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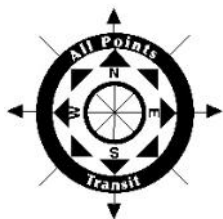
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THE MONTROSE MIRROR

Your Source for Local Business News and Information

Issue No. 66 Aug. 21 2013

The "ACCESS" Issue!

TRANSPORTATION MEANS ECONOMIC DEVELOPMENT

By Caitlin Switzer

REGIONAL—"Transportation means economic development," Colorado Transportation Advisory Committee Chair Vince Rogalski told the crowd who gathered to hear him speak at Forum at Heidi's Brooklyn Deli on Aug. 7. "Without transportation, you can't get your goods out to anybody."

Rogalski, who has worked with the Region 10 League for Economic Assistance & Planning since 1984 and served as head of the Gunnison Valley Transportation Planning Region, shared insights and information about transit and transportation planning throughout the six-county (Montrose, Delta, San Miguel, Gunnison, Ouray and Hinsdale) region. Colorado appointed its first transportation commissioners in 1909, and the former Colorado Department of Highways was created in 1917, Rogalski said. Today, there are 11 commissioners, and a 15-member statewide transportation advisory committee which oversees the Colorado Dept of Transportation.

Continued on page 6



In Montrose, public transportation is available through All Points Transit, which operates a city bus service, Dial-A-Ride services, and a Montrose/Olathe shuttle.

RIDE A BIKE, BUILD A TRAIL, HELP A CHILD, FUND A MEAL, LEARN TO TAKE A BETTER PHOTO...ALL FOR A GREAT CAUSE!



A past John Fielder Photography workshop. Photo courtesy Ouray County Historical Society.

By Caitlin Switzer

REGIONAL—Sure, the kids are back in school and the days are growing shorter. There's plenty of summer fun still on the menu for Montrose and the surrounding region in the coming weeks!

From Aug. 23-25, take time to help build trails in Ridgway, and learn how to maintain and sustain them as well. **The Ridgway Area Trails (RAT) Group** will host three days of fun and friendship as they forge ahead to build new trails at this greatest of biking destinations. Groups will meet at the trailhead at County Road 10, one half mile east of Hwy 550. Volunteers need to bring gloves, hiking boots, hats and sunscreen; Rat will provide food, drink, tools and a free T-shirt.

This is the second weekend of trail building this summer, noted organizer Brian Scranton of Ridgway.

"We built two miles of trail during the July weekend," Scranton said. "It was unreal!"

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REGIONAL NEWS BRIEFS

ALL POINTS TRANSIT WELCOMES NEW EXECUTIVE DIRECTOR

Special to the Mirror

MONTROSE—All Points Transit, the non-profit agency that operates the local Dial-A-Ride and city bus services, welcomes Sharon Fipps as its new executive director. Sharon, who joins the All Points team in early September, brings with her a wealth of practical experience and transit expertise, along with a love for Colorado and plenty of family in the area.

"I'm very excited to return to Colorado and to come to the Montrose area," Fipps said.

"All Points Transit is a wonderful gem of a mid-sized transit agency, and I feel fortunate to be selected to assist the Board and staff as they move into the next phase of development."

Sharon holds a Bachelor's Degree in journalism and marketing from Metropolitan State University of Denver, and for the past eight years, has managed the Benton County Rural and Special Transportation service in Corvallis, Oregon.

In that position she provided specialized transportation services for seniors and

persons with disabilities and general public rural transit services in Benton, Linn and Lincoln Counties, and served as a founding member of a five-county transit alliance that provided connecting transit services between five counties in the northwest corner of the state.

The five transit agencies were awarded a \$3.5 million grant from the U.S. Department of Energy to create cross-county transportation services for both commuters and tourists in Oregon.

Prior to working in Benton County, Sharon wrote grants and raised funds for several non-profits in Oregon, including the Salem Art Association, West Valley Community Hospital and Shangrila Corporation.

"With ten years of transit experience and 18 years of grant writing, reporting and



Sharon Fipps is the new Executive Director of All Points Transit. Courtesy photo.

program management, Sharon will help us take All Points Transit to the next level of serving local and regional needs," All Points Transit Board Chair Rex Swanson said. "We are very excited to welcome her to Montrose." For more information, contact Sarah Curtis at 970-249-6204 or scurtis@allpointstransit.org.

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REGIONAL NEWS BRIEFS

SAN MIGUEL COUNTY ANNOUNCES IMPROVEMENTS TO LOCAL RECYCLE SERVICES

Special to the Mirror

REGIONAL—As local providers work to make recycling efforts more efficient and cost-effective, San Miguel County consumers will see a few changes to familiar services. Bruin Waste Management is currently building a new single-stream recycle sorting facility in Montrose. The facility, which should be fully operational by the end of August, is designed to handle all recycle volume for the region, but will be open only to commercial haulers—there will be no public drop off.

Due to lack of funding for the community recycle center, SMARTS Park has closed. However, clients of SUNRISE and of Bruin Waste Management, which continues to

contract all curbside recycle services, will not experience any changes to route or on-call curbside service. The closing of SMARTS Park affects only the drop-off of recycle materials at the Illium Yard and all of the “special recycle” materials that were being handled by SMARTS Park (i.e. Construction waste recycling, compost).

Walter Wright of Telluride’s EcoAction partners expressed support for the changes. “We had great hopes for the SMARTS Park, however, we continue to collaborate with Bruin Waste Management to seek the very best options for our community,” Wright said. “Those who would like to become more involved in local recycling or who seek additional resources can visit

our web site, <http://www.ecoactionpartners.org/>.

“Obviously, recycling is very important to our community,” San Miguel County Commissioner Elaine Fischer said.

“We are working hard to figure out the best and most efficient ways to make it happen.”

The SUNRISE yard in Illium will now be used as a staging area to consolidate material into larger loads for hauling to Montrose.

If you have questions, or if you would like to tour the sorting facility and see where your recycle materials are going, please contact Manager Chris Trosper at Bruin Waste Management , 800-559-2149.



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TO YOUR GOOD HEALTH...CHEF SARAH MANDELL



Sarah Mandell of Montrose works with clients to help them achieve their health and fitness goals. Photo Patrice Mitchell.

By Caitlin Switzer

MONTROSE—In another life, she was a marketing professional. Today, she has become the beautiful face of her own brand—a Montrose-based business called Flourish to Thrive that helps busy people take control of their health and develop positive, rewarding relationships with food. So effective are her strategies for weight loss and health, that she has become a go-to resource for local fitness trainers wanting to take their own health and well-being to a higher level.

When personal Chef Sarah Mandell celebrated a milestone birthday last week, she was in the best shape of her life—and refreshingly honest about what it took to get there.

“There is no magic pill, or diet,” said Mandell, a trained vegan chef who specializes in delicious meals prepared with organic, whole foods, locally sourced. “You have to make that choice; and when you get off track, don’t beat yourself up—get back on. There is no replacement for health.

“You need to eat the right foods, and realize when you are full. It’s pretty simple.”

Mandell also tells clients the brutal truth—that drinking alcohol and coffee on a daily basis can make it much, much harder to drop those extra pounds.

However, with a strong client base in Telluride, Mandell can find herself so busy at times that it can be hard to follow her own advice.

“Lots of people skip meals, and then

when they do eat, they forget to chew,” she said. “They don’t eat mindfully. I tell my clients to eat three meals a day, and to not eat after 6:30 p.m. if possible.

“But people know that I have times just like you, times of the year when I get off track,” she said. “Just like you, I want a glass of wine.”

So this summer, rather than simply coaching clients through weight loss and detox, Mandell immersed herself in the

process, detoxing, exercising, and eating the same foods she prepared for others. All the while, she documented the experience on social media for others to share.

This summer’s fitness campaign began with an instructor at the popular Z-Fitness club who wanted to drop a few pounds, she said.

“For the first two weeks, I made all of her food for her,” Mandell said, “healthy, whole foods—grains and lots of veggies. And she started losing weight.”

Others began to notice, and to ask Mandell for advice about weight loss and detoxing. A discussion about detox campaigns turned into just that.

“There were five of us,” Mandell said. “I knew that I needed to supervise, but I de-



Though she is a trained vegan chef, Sarah also prepares healthy meat and seafood dishes. For busy clients, she can prepare a week’s worth of meals at a time. Photo Patrice Mitchell.

cided to go ahead and do it right along with them. That way, I could share what they were going through. The group experience was fantastic—we all felt accountable to each other.”

As the group began to grow, Sarah found herself delegating some cooking chores.

“We took shifts to help prepare the food,” she said. “They all came over and cooked, and we learned a lot. I had never done that before, and it was a great experience.”

When the group attended the Telluride Bluegrass Festival in June, they found their resolve challenged.

“There was food everywhere! And drinking!” Mandell said. “But we had support, and we stuck to it. We took our energy soup and our detox food with us.”

TO YOUR GOOD HEALTH...CHEF SARAH MANDELL



Lunch might consist of Moroccan meatloaf prepared with organic meats, accompanied by a homemade slaw and two raw vegetable salads.



Though a glass of wine with dinner can be a delight, Sarah advises clients against drinking alcohol on a daily basis, as it causes the body to store fats. Photo by Patrice Mitchell.

Among the things Mandell tells her clients is to plan ahead—that there are three meals every day.

“I ask questions,” she said. “Is your lifestyle energizing or depleting you? And if they become frustrated, I cook for them—mindfully and consciously like I do for myself. They succeed when I do the cooking—because when they open the fridge, they see nothing but healthy choices.”

Mandell often takes new clients on supermarket tours to discuss healthful options to common ingredients.

“People don’t like being told what they can’t have,” she said. “I am not about elimination, but substitution. I turn people on to new foods, healthier choices—perhaps a coconut milk yogurt so you can go dairy-free, or fermented Kombucha in the morning instead of coffee. It’s more about showing people alternatives that will make them feel better—and making it easy.”

After all, removing the obstacles to good health is just one way that Sarah serves her clients.

“Whether you want to detox, have meals prepared for a week, or learn about food, if you want to change, I can help,” she said. “I offer so many things. I meet people

where they are. I know that I have the ability and the education to help you take control of food. What you eat can be a source of healing.

“I help people get into a pattern,” she said. “We all need food. Healthy eating empowers people and shows them they can learn to do things efficiently, they can find a way that makes it easy and enjoyable. With our group this summer, everyone was in a place where they needed help. One of the ladies learned to drink water during the day, another had been going hours without eating at all. Sometimes it’s just about awareness.”

Personal Trainer Nik Obert of Snap Fitness has high praise for Sarah’s meals and expertise.

“I think what Sarah does is amazing,” Obert said. “Her food is absolutely fabulous—healthy, great energy, and great for your digestive health, which is important to all of us.

“I really can’t say enough,” Obert said. “The simplest things are the most amazing. You want to take your time because it is so good, but you also want to scarf it down.”

To reach Sarah Mandell and Flourish to Thrive, call 323-422-4817.



Fresh, organic ingredients, locally sourced, are tools for health. Photo by Patrice Mitchell.

“There are a variety of approaches,” she said. “I can help anyone achieve their goals—just tell me what is your desire.”

THANKS FOR READING THE MONTROSE MIRROR!
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TRANSPORTATION MEANS ECONOMIC DEVELOPMENT

continued from page 1

"CDOT's budget of \$1.1 billion per year seems like a lot," Rogalski said. "But when the governor instituted an advisory panel to evaluate need, the panel estimated that CDOT needs another \$1.5 billion annually to put everything in good shape."

Regional priorities include Hwy 550, Hwy 50 and Hwy 92, Rogalski said, recalling that it cost \$70 million to complete the recent four-laning project between Grand Junction and Delta.

Various mechanisms to fund transportation projects have been implemented over the years, with the traditional gas tax gradually becoming less important as transportation becomes multi-modal

(encompassing rail and bus transit, bike trails and aviation, in addition to highways). Among the new concepts is the MPACT64 Initiative, a statewide collaborative effort that seeks to increase transportation funding throughout the state, Rogalski said.

Rogalski pointed out that the average cost of a car-deer impact is \$3,000, and that it could cost \$50 billion to replace the state's once comprehensive system of railroads.

"The dollar numbers in transportation are horrendous," he said. "But things are cheaper over here than they are in Denver."

Money for projects is no longer allocated by the "resource allocation" process that divided funding for the state's transportation regions on a percentage basis, Ro-

galski said, but by a "program distribution" process that takes all of the state's roads into account.

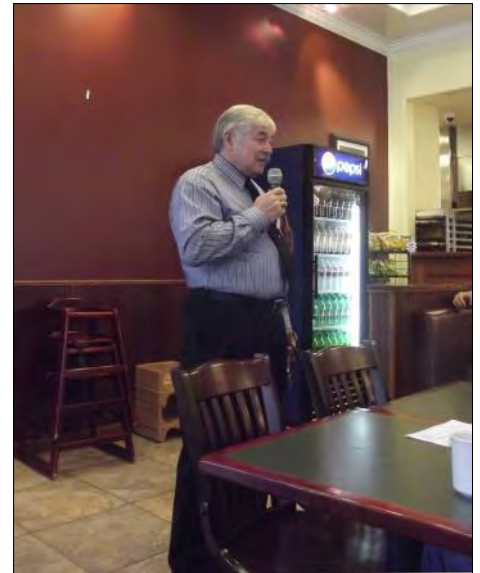
According to CDOT, the average commute on the Western Slope is around 12 minutes, compared to 19 minutes in Metro Denver, and 17 minutes statewide. The number of daily vehicle miles traveled in Colorado is expected to reach 111 billion by 2030.

Both transportation and transit are key issues that will affect the economic health and future of this region in the future, notes Executive Director Michelle Haynes of the Region 10 League for Economic Assistance & Planning, which oversees transportation and transit planning efforts in the six-county region.

"Transportation is how we get goods and services in and out," Haynes said. "When people relocate here, they need a reliable way to get things in and out. Transit speaks to a community's live-ability; a number of people here must travel to work, and they need to be able to get back and forth cost-effectively. Our seniors need to be able to get around as well, to medical appointments and shopping, and they need to be able to get home."

Transit services for seniors allow those who use them to remain in their homes longer, and to live economically and with dignity, Haynes said.

Currently, Delta County funds 60 percent of senior transit services, compared to six



Colorado State Transportation Advisory Committee Chair Vince Rogalski.

percent funded by the City of Montrose and Montrose County, Montrose transportation advocate and community activist Peter Crowell said.

"Mesa County spends less than we do, though they have more roads," Crowell said.

"Two things that are of great importance to me personally are the development of a regional transit authority for the Delta-Telluride corridor and the increased funding for human services transit from the City of Montrose and Montrose County."



Valerie Meyers

**Realtor,
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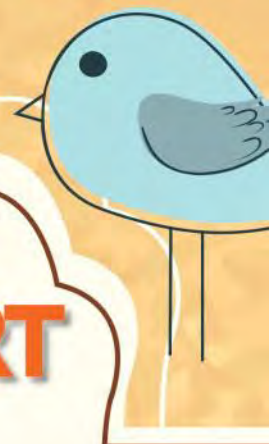
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OPINION/EDITORIAL

LETTERS TO THE EDITOR

CITY COUNCILOR OUTRAGED BY ARTICLE

Caitlin:

As one journalist to another, I was disappointed with your attack on Rob Joseph in the Aug. 7 edition of the Montrose Mirror. An editorial, where opinion is warranted, is not a lead article, which is what you did.

The Montrose Mirror has been a wonderful source of information since its inception, with the depth a print newspaper can't afford. Yet in this article, you slanted the facts you wished, and omitted others.

Please note that Mr. Joseph's salary does not include any money from the Tourism Promotion tax, nor the Retail Sales Enhancement fee. Mr. Joseph has duties as

the Assistant City Manager and is not full-time Office of Business and Tourism director. Citizen committees, with two City Council representatives, evaluate proposals and make recommendations. Summerfest was designed by citizens who wanted to provide a signature event for Montrose, like Cornfest is for Olathe. I attended the first Cornfest 20 years ago--it was held on the high school grounds and entertained several hundred of us. It grew. And so will Summerfest.

Regarding the City's perceived duty to fill motel rooms and restaurants by using the Tourism Promotion tax collection, I disa-

gree. The City should attract attention so people will come, businesses need to be attractive to get people through their doors. The traveling public demands amenities, as it always has. In the 1960s, an outdoor swimming pool was an attraction. Today, it seems to be full-breakfasts, spacious gathering places, and ample parking, near as I can tell. Journalist to journalist, Caitlin, please return to your comprehensive article format, and refrain from the people-bashing prevalent in other media.

*Carol McDermott
Freelance writer
City Councilor*

SELECTING A NEW MONTROSE POLICE SERGEANT

Dear Editor:

The Montrose P.D. convenes a Sergeant's Promotion Board when they need to select a new sergeant to replace one lost due to attrition. This is a three-day process, with the first day's board (this past Tuesday) consisting of three outside law enforcement commanders, one of whom was the Montrose County Sheriff. Day 2, Aug. 7th, utilized a citizen panel of four civilians. On day three, the board is comprised of M.P.D. administrators. The process is well-designed, formal and absolutely fair. There are no favorites, political agendas or

pre-conceived choices. There were seven highly qualified candidates for the single position. It was an honor to be a board member on day two and it was an eye-opener. There were no "lemons" among the candidates. Each candidate had his or her strong points but all of the applicants were outstanding, dedicated and excellent examples of what we want in our police department. Each of the board on Day two came from a different perspective. I had been a criminal defense attorney, judge and law enforcement officer in my prior life. My fellow board members each had

dissimilar but outstanding backgrounds. Our task was not easy. Montrose is fortunate to have a superb police department and we were charged with selecting one of its future commanders. The life of today's police officer is complex, constantly changing and fraught with challenges. They are required to make life and death decisions in an instant while a court's possible review may take years. I salute the Montrose Police Department and especially the seven sergeant candidates we interviewed Wednesday.

John W. Nelson, Montrose

The Mirror:
Coverage with vision for the future.





MONTROSE COUNTY NEWS AND INFORMATION

COUNTY TO CONSIDER A SECOND FBO AT AIRPORT

Montrose County News Brief

MONTROSE—Montrose County Commissioners are pleased to announce that, through a transparent and competitive process, the county is considering a second Fixed Base Operation (FBO) service provider at the Montrose Regional Airport. This consideration is a direct result of requests from private businesses looking to create a second FBO at the airport.

The airport is a taxpayer-owned facility for which the Board of County Commissioners serve as the primary steward. Commissioners Ron Henderson, David White and Gary Ellis unanimously directed staff to issue the formal request for proposal (RFP).

Commissioner Ron Henderson's statement: Recruiting a second fixed base operation service provider at the Montrose Regional Airport will fulfill the intent of the taxpayers of Montrose County to maximize the airport as an economic driver providing general aviation service for recreational tourism. Free enterprise is alive and well in Montrose County.

Commissioner David White's state-

ment: As County Commissioners, we have a core responsibility to ensure that anyone seeking to do business in Montrose County experiences a positive opportunity to do so.

Issuing a request for proposal for a second fixed base operator allows us to fulfill our responsibility to the citizens of Montrose County to provide economic growth and responsible government.

Commissioner Gary Ellis's statement: Airport expansion is the number one priority of our citizen-driven strategic plan. With the request to entertain a second FBO, I believe this opportunity is consistent with that plan, which calls for increasing the number of airport service providers and commercial airlines operating at our airport. Today's action is entirely reasonable and a positive step in that direction.

County Manager Rick Eckert's statement: Multiple reputable service providers are interested in establishing FBO operations at Montrose Regional Airport. Increased demand for airport services and the fact that our county owns several under-

-utilized airport parcels are synergistically creating exciting new economic development opportunities.

County Director of Aviation Lloyd Arnold's statement: I'm grateful to have the unwavering support of all three commissioners and the county manager and for the confidence they place in me. Recruiting a second FBO service provider will facilitate additional customer service while helping to fund airport infrastructure and facilities improvements.

Wednesday, Sept. 18, 2013, is the response deadline for any/all FBO service providers interested in partnering with Montrose County.

The Board of County Commissioners anticipates making a final decision this October. For more information on the RFP, please visit www.montrosecounty.net, call the Montrose Regional Airport at (970) 249-3433 or email fboproposal@montrosecounty.net. Please visit <http://www.montrosecounty.net/DocumentCenter/View/5367> to view the RFP and attachments.

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REGIONAL NEWS BRIEFS

SAN MIGUEL COUNTY TO RESIDENTS: PLAN NOW FOR CHANGES TO FLOODPLAIN RULES AND REGULATIONS

Special to the Mirror

TELLURIDE—In October, major changes to the national floodplain insurance program will impact the owners of residential and commercial properties in Telluride and San Miguel County.

As a result of federal changes and directives from the Colorado Water Conservation Board (CWCB), San Miguel County is making changes to its Floodplain Rules and Regulations.

Many will face higher flood insurance premiums and additional costs when the Biggert-Waters Reform Act of 2012 goes into effect Oct. 1.

“...property owners in Telluride and other parts of San Miguel County can expect to see their flood insurance premiums rise between six and 25 percent annually,” notes local insurance agent Kevin Kell. “How much your individual premium increases depends on your flood zone, the age of your structure, and the information obtained on the Elevation Certificate.”

Because of the changes to federal and state laws, Colorado communities are faced with higher floodplain management standards intended to reduce risks to people and property in the event of flooding. Those communities that fail to adopt and

implement the new standards will face severe penalties, including possible suspension from the National Flood Insurance Program (NFIP) and state sanctions. San Miguel County’s Board of County Commissioners unanimously approved changes to the Floodplain Regulations in the Land Use Code at their meeting Aug. 7.

The County must update and adopt the changes to Land Use Code Appendix A-Floodplain Regulations to reflect the changes required by the Colorado Water Conservation Board by January 14, 2014. County staff recommends removal of the Floodplain Development regulations from the Appendix section of the land Use Code, and incorporation of the regulations into the LUC as a new Section 58, Floodplain Regulations.

Modifications to the CWCB’s model ordinance include: Removing the BOCC as entity reviewing the Floodplain applications and adding the designation of a Floodplain Administrator to administer and enforce these regulations; The County does not have a Board of Adjustment that would review variances and appeals of Floodplain Permit approvals or denials so staff has removed the Section Variance and Appeals section. Administrative Re-

view appeals will be referred to the BOCC. BOCC application review appeals will be directed to the courts; We have established an Administrative Review process by the Floodplain Administrator for allowed uses, a two-step review process for bridges over certain waterways, and a one-step BOCC special use permit process for all uses not listed under the two-step review process; The submission requirements have been added to the body of the regulations rather than as an attachment to the permit form; A major change is a new section addressing Critical Facilities which has been added pursuant to newly-adopted regulations by the CWCB; We have combined the Floodway, Flood Fringe and Flood Prone District allowed uses, uses by Special Review and Prohibited Uses together rather than listing each district separately, to reduce repetition of language; New definitions have been added from the Model Ordinance.

More information, including the text of the LUC amendment and supporting materials, can be found on the County’s web site www.sanmiguelcounty.org.

For additional information on the impacts of changes to the NFIP, please contact your insurance agent.

HONORABLE MENTION

To school teachers everywhere...and especially those in the Montrose County Re-1J District!

To Mack’s Family Entertainment and Sports Center, for giving local kids a new place to play on hot summer days!

To the Montrose Recreation District, for giving us all an affordable place to swim, play and learn!

To Bridges of Montrose—whether you golf or not, this is a truly elegant place to take in a meal or a show, or just enjoy a delicious cool beverage in good company!

To Jennifer Loshaw of Ouray, new Office of Business and Tourism Coordinator for the City of Montrose!

MIRROR IMAGES...THE GREAT MUSHROOM HUNT!



Brad Switzer shared these photos, taken at an undisclosed location, of a large porcini, a very big Boletus Edulis, and drying ceps.

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MONTROSE COUNTY NEWS AND INFORMATION

County Planning & Development Permits Up 34 Percent From 2012

Montrose County News Brief

MONTROSE--In the recently released Montrose County Planning and Development Department monthly report, the total number of permits issued has increased 34 percent year-to-date since 2012. Moreover, the number of permits to build a new single family residence is up 67 percent from last year's figures.

In 2012, the number of permits issued in

the month of July was 13 permits, while this year saw 28 permits for the month—these figures do not include permits for septic systems. Another interesting fact is that the total valuation for improvements and construction this year is \$5,906,450.52—approximately \$1.2 million above the previous year. There were also five single family residence construction permits filed in July, keeping even

with June's permit numbers but a huge jump from 2012 that saw only one permit in that month.

"These are terrific numbers and I'm proud that we've been able to keep up with increased demand with our reduced Planning and Development Staff. I hope this is the beginning of a long increase in building activity," said Montrose County Manager **Rick Eckert**.

Citizen Surveys Delivered to Random Sampling in Montrose County

Montrose County News Brief

MONTROSE--Over the past weeks, a random sampling of citizens of Montrose County may have found a survey in their mailboxes from Corona Insights, a Colorado-based research firm.

After a few calls questioning the validity of the survey, Montrose County wants to assure its constituents that this is, in fact, an official document.

The purpose of the survey is to help the county gain valuable information regarding the county services, facilities, strategic

plan, communications and more. "We often encounter the 'silent majority' or those that may not be well-versed in the county's operations," said Organizational Development Manager Corrinne Shearer, who is heading up the survey effort.

"This survey is intended to break through that barrier and gain a better understanding of what is important to the residents of Montrose County."

If a survey was in your mailbox, please make sure someone in the household who is at least 18 years of age and had the most

recent birthday complete the survey (year of birth doesn't matter).

The letter also provides the option to participate online with an ID and PIN number. Participation is very important as the county needs a high number of surveys returned for statistically relevant results.

If you have questions for Montrose County regarding the survey, please contact 970-252-5036.

If you need assistance with the online survey please contact Corona Insights at 303-894-8246.

MMH TO OFFER HEALING HARMONICAS CLASS

Special to the Mirror

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

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

The repeated pattern of pushing air from the lungs into the instrument, and then sucking air back into the lungs helps people learn to control and boost their breathing. Come join us for fun and friendship while learning to play the harmonica. The

class fee is \$10 which includes the harmonica and instructional materials.

The 8-week class begins Sept. 11 and meets on Wednesdays from 3 to 4 p.m. at the Mountain View Therapy Center for Wellness, 815 S. 4th Street.

For more information, please call our volunteer instructors, Don at 970-249-5363 or Ann at 970-252-1258.

SHARING A LOVE FOR THE GREAT OUTDOORS



Tristan Janus of Cedaredge, 15, hopes to become a fly fishing guide someday. Above, Tristan paddles a kayak. Courtesy photo.

By Caitlin Switzer

CEDAREDDGE—Like many teens, Tristan Janus is spending his summer by the water. In the case of this Cedaredge High School student, however, the water in question consists of rivers and hatchery raceways rather than the local pool. Thanks to friend and neighbor Andy Meehan, owner of Solitude Outdoors Fly-fishing shop in Cedaredge and host of the

Inhale Outdoors radio on Saturdays (KUBC-580 AM, Noon to 1 p.m.), Janus has been exploring the world he hopes to eventually enter as a professional guide.

"Last week we went fly fishing in South Park with a world-renowned fly fishing guide," Meehan said. "This week, Tristan has been working at the Hotchkiss Fish Hatchery. And I had him listen in while I interviewed an aquatic biologist, so he could learn."

The experience has been a good one, Janus said. "I liked checking on the fish at the hatchery, sampling them and taking them from the inside raceways to the outside," he said. "Most are Rainbow trout, though inside they have some smaller cut-throat."

The fishing industry is appealing, because "everyone you meet is nice," Janus said. "It's a good hobby."

And one that could eventually become something more--though Tristan is still in the ninth grade, he has set his sights on a life in the sporting industry.

"I think I am going to be a fly fishing guide," he said. "I am thinking about Alaska."

Getting people to live their passion for the outdoors, and sharing information about different outdoor activities is what drives Meehan, who first opened his shop in 2007. "I am not trying to get people into sports, but to disseminate fun, interesting information," Meehan said. "For example,

this week I talked to the guys who started the Black Canyon Hunt & Outdoor Expo. We talked about three topics.

"One of my advertisers, Jim Carroll, teaches a Concealed Carry class," Meehan continued. "He will be teaching a home invasion class as well--a fascinating, amazing class--so people can learn the skills they need and practice them on a weekly basis. We are also going to be offering two other schools--a fundamental pistol shooting school, to give people the skills to carry, taught by Monte McDermith and Roy Spiker at Black Canyon Wing and Clay. The other will be a two-day, two-night survival school, based on the premise that if you are stranded, you will be able to survive."

After 71 episodes of his radio show, Meehan appreciates the help of longtime radio personality Jim Kerschner, who has served as HIS mentor. And he has not lost his own passion for learning about the passions of others. "I try to cover varied outdoor recreation--a little of everything, from rock climbing and biking to fishing and boating," Meehan said. "The majority of my listeners have a passion for only one.

"My mom calls me after every show," he added, "and she always says the same thing; I wish you would have more people on, and talk about a variety of different subjects." To learn more, visit www.inaleoutdoors.com.

CASA VOLUNTEER CLASSES SCHEDULED IN DELTA, GUNNISON, MONTROSE

Special to the Mirror

REGIONAL--CASA stands for the basic human rights of a child. Build a legacy as a CASA advocate: serve our most vulnerable population and be the voice for an abused or neglected child. CASA of the 7th Judicial District (Court Appointed Special Advocates) announces that their September classes for incoming CASA volunteers are scheduled to begin Monday, September 16th in Delta, Gunnison, and Montrose counties. To help CASA serve these children and make the communities

in the 7th Judicial District safer, healthier places for children, visit www.CASA7jd.org, email info@casa7jd.org, or call: Delta (970) 874-7730; Gunnison (970) 641-7998; Montrose (970) 249-0337. Serving our most vulnerable population as a CASA volunteer is a powerful way for concerned citizens to become change agents in their communities—and the only way for a private citizen to be an appointed member of the court. 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. 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 homes for children, utilizing highly trained and dedicated volunteers.



The League of Women Voters® of Montrose County

invites the community to attend

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DO I HAVE TO BUY IT IF I DON'T NEED IT? WHAT PLANS ARE
AVAILABLE AND WHEN? and more.....

THURSDAY, SEPTEMBER 5 AT NOON

MONTROSE MEMORIAL HOSPITAL CONFERENCE ROOMS A&B

Linda Gann, Western Slope Outreach Coordinator, will provide the **latest updates**
to Connect for Health Colorado, our state's answer to the Affordable Care Act
legislation.

QUESTION & ANSWER PERIOD TO FOLLOW



The League of Women Voters, a nonpartisan political organization, encourages informed and active
participation in government, works to increase understanding of major public policy issues and
influences public policy through education and advocacy.

For more information, go to www.montrose.co.lwvnet.org

OUT AND ABOUT IN MONTROSE!



Above, Grace and Jessica White enjoy a late Sunday summer afternoon at the Mat-tics Orchard Farm Stand at Main Street and North San Juan Avenue. At right, Lynn Vogel, owner of Comparable Sales Research, speaks to a standing-room audience at Heidi's Deli during a Forum presentation Wednesday Aug. 14. She presented statistics regarding residential sales in Montrose, Delta and Ouray counties. Image courtesy Cara Fandel for Howling Wolf Photography.

MONTROSE HALL OF SHAME...

Mirror Staff Report

MONTROSE—Despite calls to the City of Montrose's Code Enforcement Officer, this abandoned trailer at South Second Street and San Juan Avenue remains open to the elements—and dangerous to local kids, who have been observed playing around the structure and several others in similar condition. However, city code states that empty structures must be sealed. We feel that this should be enforced—after all, this trailer sits just yards from a school bus stop where little school children wait each day.



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

CELEBRATING MONTROSE—ALL AMERICA CITY!



A wounded warrior takes part in the Welcome Home Montrose's Mission: No Barriers week in June. Courtesy photo.



The City of Montrose celebrated its designation as a 2013 All America City with a special float during the Fourth of July parade. Former DDA Director Scott Shine and his family rode alongside on their bicycles. Mirror file photo.

By Liesl Greathouse

MONTROSE--It's a bird, it's a plane, no, it's Montrose, winner of the All-America City Award! Considered a tremendous recognition of civic accomplishments, Montrose became one of ten winners of the 2013 All-America City Award. The city won the Award due to the hard work and collaboration of three organizations: Welcome Home Montrose, the Downtown Development Authority, and the Montrose Forest Products sawmill.

As the All-America City Award for 2013 focused on communities supporting military families, Welcome Home Montrose was the inspiration for applying this year. Welcome Home Montrose is a community-based, volunteer-powered initiative designed to build a bridge for veterans and their families into civilian life.

Melanie Kline, President of Welcome Home Montrose, said, "The award is a feather in our hat for how our community works together for large projects like this. It is a point of civic pride and I am really excited for people to know and make veterans more visible in their communities."

Welcome Home Montrose continues to grow and adjust for the future. "As we identify gaps and strengthen services on behalf of veterans and their families, more

veterans will visit and stay," Melanie explained.

The Warrior Resource Center will also continue to play an important part. "We tie together all services (educational, job, medical), anything to do with military families, they can find here," She explained.

The community involvement has greatly encouraged Melanie. "I love meeting the amazing people who want to support the troops," She said. "When we opened, we opened a portal of giving, from money to cookies to furniture. We are a big exchange place, offering friends and connections. It has been amazing watching all of it happen. It has become much bigger than I ever imagined."

Melanie hopes to have a lot more veterans move to Montrose. "We have an amazing quality of life in Western Colorado," She explained. "The suicide rate of veterans makes me sad. If we can help with that, it is worth it."

In addition to helping veterans, Montrose has also been working to help local businesses.

The Downtown Development Authority (DDA) has been working hard to establish Downtown Montrose as a strong business, social and cultural center. The organization was created in 2010 by a vote of the

people in the zone that the DDA covers.

Bob Brown, owner of Around the Corner Art Gallery and Interim Director of the DDA, explained, "The DDA was put in place because of the troubles that businesses Downtown were facing. We want to create an environment where strong businesses can thrive and where people can enjoy."

The DDA started off by conducting promotions to help draw people to Downtown businesses. Since its creation, 39 businesses have been started in the zone. Another important part is its revolving loan fund, the Downtown Opportunity Fund, used to help businesses with facade improvements and expansion. It is also a Main Street Community, part of a national organization.

For Bob, being able to see businesses grow in the area has been incredible. "I'm a business owner and I have seen the community shift from worrying about losing businesses, to growing the businesses that are here," He said. "We are riding towards becoming a more vibrant, thriving community Downtown, attracting people from Montrose and the region."

Even though the Award may not be monetary, Bob sees the value as being a sign to locals: "It signals to the community that

CELEBRATING MONTROSE—ALL AMERICA CITY!

Continued from page 18

we can come together, and to adjacent communities that we are a place of potential,” He said. “We are alive, moving forward, doing good things, and this is national recognition of a community effort pulled together.”

Jobs in Montrose are important, and being able to keep viable businesses in the area is crucial.

One such business has made the area unique, as Montrose is home to the largest sawmill in the western states that remains today.

However, the sawmill (formerly called Intermountain Resources) was put into receivership in 2009 for three years.

Sandy Head, President/Executive Director of Montrose Economic Development Corporation (MEDC), was part of the effort to get the sawmill back up and running. “MEDC works to retain companies, help them expand, and bring new ones in,” She explained. “At the time, our commu-

nity worried about the loss of jobs. Because our mission is keeping jobs in Montrose, we worked with other organizations for three years talking with potential buyers.”

MEDC was eventually able to find a buyer, who purchased the mill in 2012 and renamed it Montrose Forest Products LLC. “Over 250 viable jobs were saved,” Sandy said. “It was a huge victory for Montrose and Colorado. We cannot lose a sawmill with all the beetle trees we have here.”

For Sandy, the Award is encouraging for the city. “It shows that we are a good place to spend time in to people coming into our community,” She explained. “This Award is part of moving forward in a healing, positive way.”

Sandy believes that the Award helps to highlight how Montrose is becoming better each day. “We work to bring businesses in, bring jobs in, and increase the quality of life in the area,” She said. “We have

been nurturing businesses here and creating a positive business climate. We have the potential to continue to grow at a higher rate of speed.”

On Aug. 22, there will be the All-America City Celebration in front of the Warrior Resource Center at 6:15 p.m., during Main In Motion.

The celebration will include remarks from local, state and national dignitaries and recognition of the Montrose All-America City (AAC) delegation.

Thanks to community effort and collaboration, Montrose now has the honor of being recognized as an All-America City, a place that values veterans and their families, downtown business and development, and sustainable job growth in the forest industry.

Hopefully by working together Montrose will continue to make strides forward, supporting ‘Truth, Justice and the American Way.’



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REGIONAL NEWS BRIEFS

REC DISTRICT TO HOST COMMUNITY MEETING WEDNESDAY

Special to the Mirror

MONTROSE--On Wednesday Aug. 21st, the Montrose Rec. District (MRD) will be hosting community meetings for the Woodgate Master Plan and efforts to build Montrose its 1st first multi-purpose Community Recreation Center (CRC). The meeting times are 1pm at the Aquatic Center, 25 Colorado Ave., OR at 6pm at the Columbine Middle School Cafeteria, 600. S. 12th Street. Please note the new meeting location for the 6 pm meeting; this was originally scheduled at Montrose High School.

The meeting content at the 1pm meeting will be the same as the 6pm meeting, which will give two options so residents can choose the one that best fits their schedule.

Members of the Montrose community are strongly encouraged to attend to provide input and guidance to MRD.

Since the CRC effort in 2011, MRD has been working to improve and further define the CRC plan. First and foremost, is the acquisition of the Woodgate Property

for the CRC site, 26 acres near the south round-a-bout and Wal-Mart, at a substantial savings, \$299,888. The property was last purchased for \$985,000. Secondly, is progress achieved on creating a strategy for alternative, non-tax funding through grants, fundraising and partnership contributions. The newly created Montrose Recreation Foundation is central in this effort. Thirdly, MRD has pursued an aggressive savings regiment from existing revenues through such mechanisms as the Shared Services Agreement with the City of Montrose, whereby City departments fulfill functions needed by MRD in exchange for re-imbursement.

The result is savings to MRD of over \$100,000 per year. Lastly, MRD has also received a Department of Local Affairs (DOLA) grant to pay for much of the cost of the Master Plan.

The Woodgate Master Plan began last month and will continue through November. It involves a MRD Board appointed Citizen and Partner Advisory Panel.

This group has representation from sever-

al private, non-profit and public entities. One major goal of this group is to facilitate partnerships who desire direct involvement in the project.

This Master Plan is applying and refining the CRC plan from 2011. This was an in-depth public process that identified the facility that would meet the needs of the community, a process where the Citizen Task Force was the driving influence in the creation of the plan. It specifies a 72,000 square foot recreation center, which would be at the Woodgate site.

The plan also calls for the current indoor pool to be converted into an indoor turf field house for the continued benefit of Montrose.

On Wednesday, community members will be asked to provide input on the recreational components that they'd most like to see at the Woodgate property, including indoor and outdoor facilities, provide feedback on three different site plan possibilities that have been drafted and help advise MRD on the general direction of this effort.

SPA PARTY AT THE HOMESTEAD!



Residents of Volunteers of America Homestead at Montrose enjoyed a special "just for the ladies" spa party recently, with facials, satin hand treatments by a Mary Kay professional, and massages. Thanks to Activities Director Cheryl Homer for sharing photos of the big day! Courtesy photos.

REGIONAL NEWS BRIEFS

MONTROSE-OLATHE ASTRA CLUBS WELCOME NEW MEMBERS, EARN AWARDS



Special to the Mirror

MONTROSE/OLATHE—On Sunday, Aug. 11, 2013, parents, students at Montrose High School, Altrusa members, and ASTRA members gathered for an orientation to the ASTRA International of Montrose, Co., Inc. which is the teenage version of Altrusa International of Montrose, CO., Inc. Prospective students applied for membership and learned about the activities of ASTRA as did parents. Olathe High School has an ASTRA International of Olathe, Co., Inc. If a student of either Montrose High School or Olathe High School wants to join this organization, they can ask a counselor at either high school. Both Olathe and Montrose ASTRA Clubs each recently received an Altrusa International Award called the End of the Year Report. The Montrose Club also received a \$100 check for their assistance in the Stuff the Bus Event in 2012. These monies will be applied to the 2013 Stuff the Bus Event at which The Montrose Club donated 240 backpacks.



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RIDE A BIKE, BUILD A TRAIL, HELP A CHILD, FUND A MEAL, LEARN TO TAKE A BETTER PHOTO...ALL FOR A GREAT CAUSE! *Continued from page 1*

To learn more, visit www.ridgwaytrails.com.

Bicyclists can give back by taking part in the **19th Annual Partners Bike Challenge Bike Ride** Sept. 14, a benefit for Partners of Montrose, Delta and Ouray. This year's ride includes two routes, a free concert by Bruce Hayes in Ridgway's Hartwell Park after the ride from 2 to 4 p.m., and a free Trek Mountain Bike to be awarded to the

top pledge earner. To learn more or sign up, call Partners at 970-249-1116.

Every year, the **Montrose Farmers Market** hosts the annual **Montrose Garlic Festival**. This year, the festival includes a community-wide celebration of the Market's 35 year anniversary as well as the essential bulb, and will take place Sept. 7 at the Market, at South First and Uncompahgre from 8:30 to 1 p.m. Show

up early, and enjoy the antique tractor show, great music by David Starr & Roy Martin, cooking demonstrations and delicious local foods!

On Sept. 20, catch the **"Very Best of Western Music" with the Diamond W Wranglers and Rex Allen, Jr.** at the Montrose Pavilion (7 p.m., tickets \$25). The show moves to the Wright Opera House in Ouray on Saturday, Sept. 21 (7 p.m., \$25) and to Ouray's historic Western Hotel on Sunday, Sept. 22, where Chef Rosemarie will prepare a special dinner prior to the performance.

This is the fourth time the Diamond W Wranglers have come to the region, with their blend of original songs and country classics, according to promoters John and Virginia Ast. In 2008, the Diamond W Wranglers earned the Will Rogers award for "Western Music Album of the Year" from the Academy of Western Artists for their song "Deep in the Saddle." The group has performed at the Country Music Hall of Fame in Nashville, the Roy Rogers-Dale Evans Theater in Branson Missouri, and on the Great Wall of China. Shows will benefit Dolphin House in Montrose and the Wright Opera House in Ouray. Call 970-325-7255/970-901-8515 or email vjast@q.com for information. Special sponsorship packages are available including tickets & a CD. Diamond W Wranglers' CDs are available at \$15 in advance (call or email above), or for \$20 autographed at the shows. Listen to their music at www.diamondwwranglers.com or www.thediamondw.com

The good times will also roll in Lower Montrose on Sept. 21, when the always excellent Stupid Band steps up to the "plate" to show support for Sharing Ministries at the first annual **Sharing Ministries Street Dance**.

"We're going to have some fun, and host a benefit to help Sharing Ministries continue purchasing food for families in need," Sharing Ministries Executive Director Oneda Doyal said. "There is always a need, particularly this time of year before the Holidays.

"Don't forget the hungry people in our community!"

From 3:30 p.m. to 7 p.m., the street dance will feature three bands, with Rusty George and the Rusty Mountain Society

rat
RIDGWAY AREA TRAILS

Trail Building

A WEEKEND OF FUN & CAMARADERIE WITH THE RIDGWAY AREA TRAILS GROUP

August 23-25

August 23: 3:00-7:00pm: Trail Building
7:30pm: Food & Beer in Hartwell Park

August 24: 9:00am-3:00pm: Trail Building [pack your own lunch]
3:30am-5:30pm: Ride!
6:00pm: Burgers & Beer

August 25: 9:00am-3:00pm: Trail Building [lunch provided]

Meet at trail head on County Road 10 (1/2 mile east off of Hwy550). Safety talks will start promptly at 3:15pm or 9:30am depending on the day; please arrive on time to get volunteer paperwork completed.

RAT will provide food/drinks/tools for attendees. Please bring gloves, hiking boots, hat and sunscreen!

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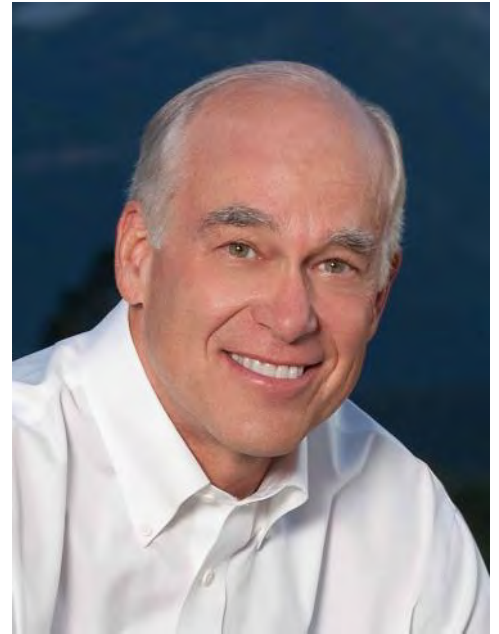
The Ridgway Trails Group is a member of the Colorado Plateau Mountain Bike Association, a 501(c)3 dedicated to the development and maintenance of regional mountain bike trails on the Colorado Plateau

RIDE A BIKE, BUILD A TRAIL, HELP A CHILD, FUND A MEAL, LEARN TO TAKE A BETTER PHOTO...ALL FOR A GREAT CAUSE!

Continued from page 22



For more than 25 years the Stupid Band has been rocking Montrose. Come on out, and dance for a great cause! Courtesy photo.



Do you love to capture the local landscape through the eye of a camera? Photographer John Fielder will conduct a workshop in Ouray Sept. 28 and 29. Courtesy photo Ouray County Historical Society.

opening for The Stupid Band on the stage in front of the Sharing Ministries Warehouse in LoMo.

Great party food—including a pig roast and smoked pork sausages—by Scotty Kenton's Hog Rock BBQ will help you keep your strength up as you dance, and there will be \$1 tacos by Ah Chihuahua on the menu as well. Great giveaways by sponsors should also keep the good times rolling, Doyal said.

Though the sun sets around 7 p.m., the party won't—just step into 2 Rascals Brewing Company for some great beers and music by Doug Kolz.

"It's just a big old outdoor BBQ with dance music," Doyal said. "The weather is going to be perfect—not too hot or too cold—and this is something fun to get away and do!"

Tickets for the Sharing Ministries Street Dance will be \$10 per person or \$25 for families, and includes one free drink, she

said. To learn more about the event, call Vogy at 970-249-1321.

If capturing the beauty of Western Colorado through the eye of a camera is your passion, **spend Sept. 28 and 29 with famed photographer, publisher, teacher and preservationist John Fielder in Ouray.**

A fundraiser for the Ouray County Historical Society, the workshop is hands-on, and open to all skill levels. According to an OCHS news release, Fielder will guide field shoots that showcase the mountains' brilliant fall foliage, historic mines, and snow-dusted peaks, and will work individually with each participant, providing advice on composition and technique both in the field and during editing sessions. The cost of the workshop is \$750, and includes transportation to the field shoots and some meals. General instruction and critique sessions will take place at Ridgway's Sherbino Theater, and participants should plan to bring their own

35 mm digital SLR and a laptop.

According to the news release, Fielder has taken photographs for 39 exhibit format books, guidebooks and children's books, is a three-time winner of the Colorado Book Award, and is perhaps best known for creating Colorado's best-selling book of all time, *Colorado: 1870-2000*. He has been exploring Ouray County and the surrounding region since he was a gold and silver prospector for CF & I Steel Corporation in his college summer of 1970. As a nature photographer, he has photographed every road and trail in the area, and knows the best of the best places for autumn color. Fielder's photography has earned 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.

To sign up to learn more, call 970-325-4576 or visit www.ouraycountyhistoricalsociety.org.





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REGIONAL NEWS BRIEFS

FEDERAL RESERVE ECONOMIST TO SPEAK AT HEIDI'S DELI FORUM AUG. 21

Special to the Mirror

MONTROSE--Economist from the Federal Reserve Bank comes to Montrose to give a timely presentation: "Overview & Outlook for the National & Regional Economy." Alison Felix, Assistant Vice President and Denver Branch Executive of the Federal Reserve Bank, will visit Montrose for a special economic presentation at Heidi's Brooklyn Deli on August 21st 8am - 9:30am. The presentation is free and open to the public. She will discuss an overview and outlook for the National and Regional economy. The key economic

indicators will include Colorado and the US on: monetary policy, employment, housing, inflation, GDP, energy, agriculture and banking.

Ms. Felix serves as the Federal Reserve Bank's regional economist in the states of Colorado, Wyoming and northern New Mexico. Ms. Felix' current research focuses on local tax incentives and the incidence of state and national corporate taxes. Adam Miller, a CERTIFIED FINANCIAL PLANNER™ at ElderAdo Financial, helped organize this special presentation and commented: "We are excited that

Montrose has this opportunity to hear and ask questions directly to an executive from the Federal Reserve Bank."

Prior to being named Denver Branch Executive, Ms. Felix served as a senior economist in the Regional Affairs Department at the Federal Reserve Bank of Kansas City. She has a Ph.D. in economics from the University of Michigan. She also holds an M.A. in economics from the University of Michigan and a B.A. in mathematics and economics from Kansas State University. For more information on the presentation, please call 970-249-9900.

PAONIA CELEBRATES THIRTEENTH ANNUAL MOUNTAIN HARVEST FESTIVAL

Special to the Mirror

PAONIA--A weekend of celebration showcasing the abundance of Agriculture, Music and the Arts in the North Fork Valley. We are blessed with many organic and traditional farms, which provide everything from meats, cheeses, dairy, breads, vegetables, flowers, lavender, wines and more.

Each year we have been able to include more and more local businesses and non-

profits with events such as: The Grape Stomp, Chili Cook-off, Pie Contest, Farm/Wine/Gallery/Bicycle Tours, Art vendors, a Farmer's Market and much more. As always, there is a lot of continual live music, both in Town Park and especially during the special Saturday night "Harvest of Music" concerts! Tickets for the Saturday night concerts include one ticket price for four venues & 16-bands.

Besides bringing all of this fun to you and

the surrounding region, the festival provides educational opportunities and scholarships in agriculture to local teens and farmers. It also supports various local non-profit organizations through your participation. Come share in the experience and find out all that the beautiful North Fork Valley has to offer!

Please visit:

www.mountainharvestfestival.org for more information.

19th ANNUAL PARTNERS CHALLENGE BIKE RIDE SEPT. 14

Special to the Mirror

MONTROSE--Join Partners Mentoring for a beautiful bike ride, on a spectacular end-of-summer day. On September 14th, Partners will be hosting the 19th Annual Partners Challenge Bike Ride, offering two different breathtaking rides in Western Colorado.

Ride 1 begins at the top of Cerro Summit and winds along a magnificent route through national forests and river basin country over Owl Creek Pass, ending in Ridgway Town Park. This bike ride is rated moderate to difficult and is fully sup-

ported with sag wagons, well-supplied rest stops, and a bike mechanic. Ride 2 is a family fun ride from Ridgway Town Park to Ridgway Reservoir and back. All riders will be given lunch at our post-ride picnic in Ridgway Town Park, which will include a live performance from musician Bruce Hayes. Registration for riders is \$100 -- \$50 donation, plus a minimum \$50 in pledges. Families that ride together can share their pledges -- \$50 for each adult rider, plus a combined minimum of \$50 in pledges.

Top pledge earner will receive a free Trek

Mountain Bike from Cascade Bicycles. Registration is due by Sept. 9th.

Partners of Delta, Montrose and Ouray celebrates 26 years of service to youth this year.

All donations and pledges are tax deductible and proceeds support the Partners mentoring program for children 6 – 17 years old in our communities.

Get the full details on the ride, register, or make a pledge by visiting our website at www.partners-west.org or call the Partners office in Montrose at 249-1116 for more information.



ARTS AND CULTURE

RIDGWAY LIBRARY TO WELCOME ARTIST DAVID CARY AND PHOTOGRAPHER NATALIE HELLER



Dave gathers much of his wood by permit at the Ridgway Reservoir. Courtesy photo.

Special to the Mirror

RIDGWAY-- An exhibition by photographer Natalie Heller and artist David Cary will open at the Ridgway Public Library on Saturday, Sept. 14. An opening reception with refreshments will be held from 4 to 7 p.m. Natalie Heller and David Cary have been friends and neighbors for years. Using very different media, the two use their craft to reflect the majesty of the world around them. Dave Cary's lamps and mirrors are made from the natural materials found in the waterways and mountains near Ridgway, CO. Delicate, contorted willow, water-worn driftwood, reeds, recycled metal and hand-made, watercolored rice paper are his media. Over 25 new lamps will be featured at this exhibition. Much of Dave's latest work features lamps made from rice paper maché combined with handfinished driftwood. Complex reed structures in geometric shapes are applied to the driftwood bases, then Dave slowly applies layer upon layer of rice paper coated with resin papier maché. "You would not think a 6' 6" guy would

love delicate, painstaking work," Dave says, "but the results are well worth the effort."

"My newest lamps also incorporate the work of another local artist, the Beaver," says Dave. "Beaver chew wood is a textural delight and it makes my lamps more of Nature's artistry than my own craftsmanship." After all, Nature is really the artist," Dave adds, "I just joyfully go along for the ride."

Natalie Heller is gaining recognition as one of the region's ranching photography masters. Her ability to capture scenes of ranching life without pretense brings out the beauty found in cowboys and animals at work. From close-up shots of latigo leather to the dusty, focused work of branding, she frames shots that draw the viewer into the scene. "I have always been in love with horses and 'the West,' having grown up on western movies. "Just as thrilling to me has been my good fortune to photograph and document our some of our local ranching life," Natalie added. "My first trip to Telluride in 1994 inspired



Natalie Heller taking photos from a rodeo gate. Courtesy photo.

me to take up photography." Natalie says. "Changing light, weather and seasons are just another excuse for me to head out with my camera and find some new way to capture the beauty of this place where I live," she added. "How could one help but not be swept away by the breathtaking beauty of the San Juans?" Her photographic passion also includes the art of automobiles and the rugged landscapes of Colorado and surrounding areas.

Her career as a photographer began when Natalie placed several of her photographs onto note cards and shared them with friends. Then, one by one, she started selling cards to local shops.

"One special shop owner kept encouraging me to branch out and I've taken her advice," Natalie says. Her framed prints are now available in several area galleries and shops. To learn more about Natalie Heller and David Cary's exhibition, contact the Ridgway Public Library at 626-5252 or these websites: lightshipsart.com and loneconephoto.com. The exhibition will be open until mid-November.

ARTS AND CULTURE

MONTROSE ALTRUSA NAMED DISTINGUISHED CLUB OF THE YEAR



Special to the Mirror

MONTROSE--Altrusa International of Montrose, CO., Inc. received the Distinguished Club of the year Award at the Altrusa International Conference in New Zealand the last week of July. Altrusa International of Montrose, CO., Inc. has received this award every year of the history of the award, 20 years. Diane Winger, attending the conference, accepted the award. Altrusa International of Montrose, CO., Inc. will be receiving another patch as they did last year to add to the banner shown in the photo.

Thanks for reading the Montrose Mirror!
970-275-5791

Savor the San Juans... Enjoy a tour of local homes and a taste of local foods

Special to the Mirror

MONTROSE--Savor the flavor of the Western Slope! If you have an interest in great kitchens and great food, then mark your calendar for the 1st annual local food, chef, and home showcase Sunday, Sept. 15 from 11am-4pm. Savor the San Juans will highlight local foods, chefs and homes in the Montrose area.

Co-sponsored by the Valley Food Partnership and the Montrose Community Foundation, the event will include a tour of six unique Montrose homes as well as local food tastings prepared by local chefs at each stop. The carefully curated homes include an Historic Victorian, a Wildlife Inspired Manor, Hartman Gardens and Vineyard, a Sports Inspired Solar Home, a Luxury Golf Course Patio Home and an Old World Transitional Masterpiece. Featuring the full array of culinary talent the city has to offer, each home will showcase a local chef preparing seasonal foods from local farms. Participating chefs include Chef Al Callozo -Four Corners Cafe at Chipeta Sun Lodge (Ridgway), Chef

Janice Wheeler - Pine Cone Catering , Chef Drake Pulliam - Creekside Restaurant at Cobble Creek, Chef Nick Rinne and Sous Chef Jesus Hernandez - Sushitini, Chef Roberta Madsen- Remington's at The Bridges, and Mike Gillespie- Living Farm (Paonia).Tasting menus are crafted from the generously donated products from Dayspring Farm, Matties Orchards, Circle A Gardens, Parker Pastures, Living Farm, Buckhorn Gardens, Straw Hat Farm, Dad's Patchwork Farm, Valley View Bakery, Hartman Gardens, Garrett Estates Cellars, Drost Chocolate and others.

Participants will end their experience with a Toast of the Tour from 1-5 pm @ the Turn of the Century Saloon in downtown Montrose. The toast will include more delectable drinks, including local beers, wines and hard cider, and desserts. Celebrate the local contractors, designers, chefs, florists, and farmers that make living in the San Juans an amazing experience while supporting two valued community non-profits.

A limited number of tickets are available

to the public beginning August 15th. Costing \$35, they will be sold at following Montrose locations: Timberline Bank, Montrose Farmers Market, Around the Corner Art Gallery, A+Y Design Gallery, and Tiffany's Etc.

The proceeds from this event will benefit the Valley Food Partnership and the Montrose Community Foundation .

The Valley Food Partnership strives to improve the health of all community members and invigorate the economy by expanding access to locally grown foods. As a mission driven organization, the Valley Food Partnership is committed to working together to grow a healthy community by connecting local farms to forks.

The Montrose Community Foundation serves the agenda of the community by providing capacity-building workshops for nonprofit organizations, scholarships to deserving students, substance-abuse treatment scholarships, philanthropy programs to area youth, community service recognition programs, partnership for community initiatives, and grants to nonprofits.

ARTS AND CULTURE

OCHS QUILT SHOW AND QUILTER'S TEA SHOWCASE VINTAGE QUILTS



The theme of this year's Ouray County Historical Society Quilt Show is "Under the Covers." Courtesy photo.

Special to the Mirror

OURAY--Vintage quilts from throughout the country will adorn the walls of the Ouray County Historical Museum during the annual Quilt Show August 20-September 27.

The always popular exhibit features traditional and unique patterns created before

1960. Many are family heirlooms while others were pieced by longtime Ouray County residents. The quilts hang in exhibit rooms throughout the museum. Information panels alongside the quilts tell the story behind each one and its creator.

The show concludes with the annual Quilter's Tea at the Venue Roscoe Fox at

3 p.m. in Ouray on September 27. The drawing for the OCHS raffle quilt will take place during the tea.

The theme of this year's tea is "Under the Covers." The event will feature a special presentation by Jo Ann Glim, of Bradenton, Florida. She spent her childhood in Grand Junction and her father owned a foundry in Ouray. Glim will draw from her memoir, "Begotten With Love: Every Family Has Its Story," to share stories of her life--including quilting--on the Western Slope.

Sue Hillhouse, who leads the OCHS quilting team, will offer excerpts from women's diaries that span more than 150 years. One example: a woman wrote that she was "thrilled" to receive a needle as a gift from her husband!

Hillhouse also will give a presentation on the creation of the OCHS raffle quilt, "Cathedral Window," which is displayed at the Museum Store and Research Center on Main Street in Ouray. Tickets are \$1 a piece, six for \$5, and are available at both the museum and research center.

Admission to the Quilter's Tea is \$10, which includes refreshments and admission to the Quilt Show. Regular museum admission, including the Quilt Show, is \$6 per adult and \$1 for children 6-12. The museum is located at 420 Sixth Avenue in Ouray.

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

OURAY WOMAN'S CLUB GRANT APPLICATIONS DUE SEPT. 30

Special to the Mirror

OURAY--In keeping with its commitments of community service and philanthropy, and ready with its proceeds from its successful Annual Rummage Sale in June, 2013, the Woman's Club of Ouray County is now accepting grant applications from Ouray County non-profit organizations for funding special projects. The deadline for grant applications is Sept. 30. Grant requests should include the following information: (1) a brief description

of the non-profit organization, (2) amount of funding needed, (3) reason for the funding request, (4) other sources of funding for the non-profit organization, and (5) all relevant contact information. Grant letters should be mailed to Vivian Ferguson, Co-President, Woman's Club of Ouray County, P.O. Box 6, Ouray, CO, 81427.

The Board of Directors of the WCOC will review the grant applications and make its recommendations for funding to the full membership for final voting at its

regular monthly meeting on Oct. 16. The Woman's Club of Ouray County eagerly anticipates sharing the proceeds from its Rummage Sale with many deserving non-profit organizations in Ouray County. If any organization has questions, please contact co-presidents Vivian Ferguson at 970-325-0228 or Donna Hudson at 970-325-7254.

For details and more about WCOC, please visit www.facebook.com/Womans.Club.Ouray.

ALL ABOARD...FOR OKTOBERFEST!



OCT. 5, 2013 CENTENNIAL PLAZA

Join us as a 2013 Sponsor and support All Points Transit!

Gain great exposure for your business!

Put on a fun event for the community!

Support All Points Transit in our mission to provide essential transit services to those most in need—preventing isolation for seniors and people with disabilities, keeping people in their homes as long as possible (and out of institutions), and driving seniors, people with disabilities and low income workers to medical appointments, meal sites, work and more every day.

Call Sarah at 970-249-0128 or visit www.allpointstransit.org.

We need your support for this essential service!

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



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 Farmers Market—Open EVERY SATURDAY from 8:30 am to 1 pm- on the corner of Uncompahgre and S. 1st Downtown Montrose.

Aug. 20-Sept. 27—Ouray County Historical Society Quilt Show. Admission to the Quilter's Tea (Sept. 27) is \$10, which includes refreshments and admission to the Quilt Show. Regular museum admission, including the Quilt Show, is \$6 per adult and \$1 for children 6-12. The museum is located at 420 Sixth Avenue in Ouray. For more information and hours, call 970-325-4576.

Aug. 21—Community Rec Center Community Meeting, 1 p.m. at Montrose Aquatic Center, (25 Colorado Ave.) 6 p.m. Columbine Middle School (600 South 12th).

Aug 21—Forum at Heidi's Brooklyn Deli (1521 Oxbow Dr.), 8 to 9 a.m. Coffee is \$1. Federal Reserve Economist Alison Felix will speak.

Aug. 22—Ouray County Courthouse celebrates its 125th birthday! 10 a.m. to noon.

Aug. 23—30th Annual Montrose County Democrat BBQ, Lions Park, 5:30 to 7:30 p.m. Tickets at Coffee Trader. Call 970-209-8654 or 970-249-2369 for information.

Aug. 24-25—Western Colorado Botanical Gardens 22nd Annual Grand Valley Garden Tour, 9 AM to 3 PM each day, featuring Designer Gardens and their designers, Master Gardeners, musicians and artists. Visit www.webotanic.org for ticket outlet information or call 970-245-3288.

Aug. 31—Uranium History Celebration and Reunion Picnic, Uravan Ball Park, 11 to 3 p.m.

Sept. 7-8—[Fourth Annual Roaring Fork Ranch Roping Event](#), 10 A.M. Gus Darien Arena, Carbondale. Call 970-275-1165 for information.

Sept. 7—Montrose Farmers Market Garlic Festival and 35-Year Anniversary party. David Starr and Roy Martin to play!

Sept 7--Saturday Street Fair in Delta, 8 a.m. – 1 p.m., West Third Street in Delta. Free to the public! Music, food booths, kids' activities, art, crafts, fresh produce and tons more! Something for the whole family! Stop by the Chamber of Commerce booth for free giveaways! For more info, call 874-8616 or like the Delta Area Chamber of Commerce on Facebook.

Sept. 7—Montrose Musicians Festival, 11 a.m. Montrose Elks Club.

Sept. 12--Health Equity Live Stream Series Part III--Elizabeth Myung Sook Krause, Vice President of Policy and Communications, Connecticut Health Foundation, and Nichole June Maher, MPH, President, Northwest Health Foundation, and Yanique Redwood, PhD, President and CEO, Consumer Health Foundation, will speak about foundation solutions to advance health equity.

Montrose Library Community Room (320 S. 2nd St.) 11 am- 1:30 pm ~ FREE LUNCH INCLUDED.

Sept 12--Saturday Street Fair in Delta, 8 a.m. – 1 p.m., West Third Street in Delta. Free to the public! Music, food booths, kids' activities, art, crafts, fresh produce and tons more! Something for the whole family! Stop by the Chamber of Commerce booth for free giveaways! For more info, call 874-8616 or like the Delta Area Chamber of Commerce on Facebook.

Sept. 14—19th Annual Partners Challenge Bike Ride.

Sept. 14—An exhibition by photographer Natalie Heller and artist David Cary will open at the Ridgway Public Library

Sept. 20—"The Very Best of Western Music" with the Diamond W Wranglers and Rex Allen, Jr, Montrose Pavilion, 7 PM Tickets \$25. A portion of the proceeds to benefit the Dolphin House. Call 970-325-7255/970-901-8515 or email vjast@q.com for information.

Sept. 21—"The Very Best of Western Music" with the Diamond W Wranglers and Rex Allen, Jr, Wright Opera House, Ouray, 7 PM Tickets \$25. A portion of the proceeds to benefit the Wright Opera House. Call 970-325-7255/970-901-8515 or email vjast@q.com for information.

Sept. 21—Sharing Ministries Street Dance! The Stupid Band to headline, Rusty George to open. Proceeds to benefit Sharing Ministries...show up for a great time, with BBQ by Scotty Kenton and \$1 tacos by Ah Chihuahua! When the sun sets we will move indoors to Two Rascals, where Doug Kolz will perform an evening show. Show up and share! Call Vogy at 970-249-1321 to learn how you can help!

Sept. 22—Dinner show at the Historic Western Hotel, 5 PM, Tickets \$50. Featuring Gourmet Chef Rosemarie. Following dinner is a special performance by the Diamond W Wranglers (Seating limit: 60). Call or email now for advanced ticket purchase and reservations.

Sept. 26-29--The 13th Annual Mountain Harvest Festival - FREE in Paonia Town Park. The festival is a community celebration showcasing the abundance of agriculture, music, art and life in the North Fork Valley, the "*Heart of the Western Slope*". Activities include: The Grape Stomp, Chili Cook-off, Pie Contest, Farm/Wine/Gallery/Bicycle Tours, Art vendors, Farmer's Market, Kid's activities and much more! As always, there is continual live music, both in Town Park and during the special Saturday night "*Harvest of Music*" concerts in town! Tickets for the Saturday night concerts include one ticket price for four venues & 16-bands. Come share in the experience and find what the beautiful North Fork Valley has to offer! Please visit:

www.mountainharvestfestival.org for more information.



MONTROSE CHAMBER RIBBON CUTTING



Special to the Mirror

MONTROSE--Columbine Dental Hygiene, PLLC recently opened their new office at 816 S. 5th St Suite A and celebrated with a ribbon cutting. In attendance were friends, family and the Montrose Chamber of Commerce. Photo courtesy of the Montrose Chamber of Commerce.

THE SWEET TASTE OF SUMMER IS BACK...at BEER BARN II



EAST DESSERT FIRST!

***DELICIOUS MIRAI SWEET CORN
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Above, wild Hawks Wings mushrooms, courtesy Brad Switzer...top right, Clay Greathouse is "Captain All America City" with the Montrose All America City logo (see story inside), photo by Clay Greathouse; at left, Kerry Mattics roasts green chiles at the Mattics Orchards Farm Stand on Sunday, Aug. 18.

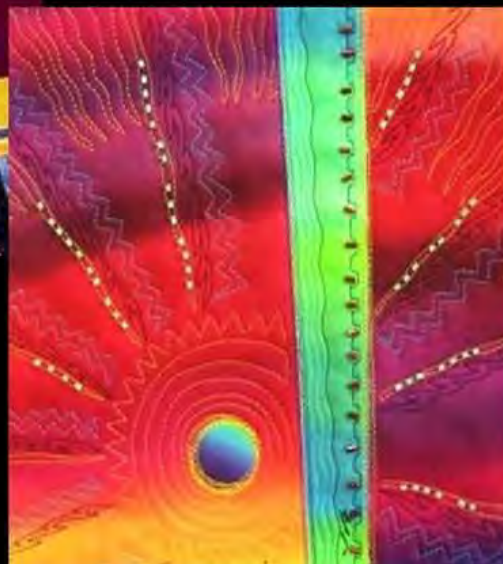
A+Y Design Gallery's First Friday Stroll: "Ladies Night" September 6th, 2013 5:30p-8p

Pathways >



Featuring a demonstration by
Jan Rickman
Mixed media fiber artist

- Ridgway local distillery **Trail Town Still** samples
- Featuring Garlic White Chocolate Gelato to get a little taste of what's in store for the 4th Annual Garlic Festival at the Farmer's Market on S. 1st Street 8a-1p September 7th!



< Dream's Edge