



Friend us on Facebook

Visit us online at
montrosemirror.com

Please Support
our Advertisers:



www.region10.net



www.montroseact.com



www.smpa.com



www.allpointstransit.org



<http://www.realestate-montrose.com/>

THE MONTROSE MIRROR

Your Source for Local Business News and Information

Issue No. 67 Sept. 4, 2013

The "ACCOMPLISHMENTS" Issue!

MONTROSE TO HOST STATEWIDE HOSPITALITY SUMMIT

By Caitlin Switzer

MONTROSE—He has worked in the hospitality industry since he was 14 years old, and acquired his own skills—and high standards-- in Europe. Today, the hotel that Guy Mendez manages, Super 8 of Montrose (1705 East Main St.), is consistently rated number one on the [Trip Advisor web site](http://TripAdvisor.com). And yet, finding workers willing to meet his exacting standards is an ongoing challenge, Mendez said.

"Too many people think that hospitality is an easy job," he said. "They are not experienced, and just want a pay check. But this is a very complex business; I trained in France, and I have worked in Paris, New York, Montreal. In Europe most people who work in hotels and restaurants have gone to school to learn, and hold degrees. In this country, we now have good training for restaurant workers and chefs, but in the service industry there is no training at all."

Here in Montrose, simply finding employees willing to learn can be difficult, he noted.

Continued on page 6



The Western Business Alliance Hospitality Summit will share skills for success. Pictured is renowned speaker and organizer Sue Hansen of WBA.

COLLABORATIVE EFFORT

KEEPS NUCLA MERCANTILE IN THE "REDDS"



Journalist Dorothy Wyland Cressler-Melrose-Spindler, who was ten when she first stepped into the Nucla Mercantile, shares this photo of the old store on her [web site](http://web.site), and recalls the experience of walking to the "Merc" on the town's wooden boardwalks as a child.

By Caitlin Switzer

NUCLA—When Michael and Kathy Redd purchased the home town grocery store in Nucla four years ago, the business had been in foreclosure. However, the Redd family—longtime locals—knew firsthand how important the grocery store had been to their community, and committed themselves to restoring its health.

"The store had been closed for a year, and it was very hard on our community," Kathy Redd said. "We had to go all the way to Naturita for groceries—it was so far!

"We started with nothing," she said. "We did not even have any working capital. We were just trying to stay afloat. But we saw a need for it. Our daughter is the bookkeeper, and our family was determined to keep it going."

Today, Redd's Mercantile (460 Main Street) is alive and well, and stocking everything from groceries to pet supplies.

Continued on page 6

in this
issue

*EAGLE Net
arrives!*

*Main in Motion
photos!*

*Liesl takes a look at
Montrose Fresh Fest!*

*Montrose Garlic
Festival Sept. 7!*

*Rita Claggett opens
Creamery show!*

TURNER, CROWELL DRAW PRAISE AT EAGLE-NET ROLLOUT



Lillian Cook of One Track, Sandy Head of MEDC, Patrick Swonger of EAGLE-Net and Danio Farnese of Elite Broadband celebrate the arrival of EAGLE-Net infrastructure.

By Caitlin Switzer

REGIONAL—It was a quiet victory, noted in a small press conference at the offices of the Montrose Economic Development Corporation (MEDC) on Aug. 27. And yet, the news that Montrose, Ridgway and Ouray are now connected to the statewide EAGLE-Net cooperative network—with speeds up to one gigabit or 1,000 megabits of data capability—will reverberate through the region as more and more residents realize the advantages of expanded broadband capabilities and critical path redundancy.

A Colorado intergovernmental entity, EAGLE-Net continues its mission to build a sustainable “middle mile” network to better connect education, libraries, government and health care facilities statewide, MEDC noted in a news release. MEDC Chair Sandy Head highlighted the positive impacts of the EAGLE-Net activation in Montrose, Ridgway and Ouray. “We rode on the wings of EAGLE-Net,”

Head said at the press conference. “There is nobody who will not benefit. This provides an opportunity to bring a whole other “leg” of infrastructure to our region, and gives us a competitive edge.”

The project was a public-private initiative, and accomplishes “middle-mile” infrastructure, allowing Internet Service Providers to tap into the network and encouraging economic development, she said. For EAGLE Net, which will now move forward to Delta, the establishment of the middle-mile infrastructure is one more step in its charge to build a statewide middle-mile network by August of 2013 in accordance with the \$100.6 million Broadband Technology Opportunities Program (BTOP) grant that it received in Sept. of 2010 from the National Telecommunications and Information Administration (NTIA).

Both Head and Patrick Swonger of EAGLE-Net gave credit to Virgil Turner of the City of Montrose and Peter Crowell of

the Region 10 League for Economic Assistance & Planning for spearheading the effort to bring EAGLE Net to the region.

“In many ways this is still the frontier,” Swonger said. “In the past, when a large infrastructure project was completed, you would have a highway or something significant to show for it...the redundancy that this project brings is equally important. The interstate of information has arrived in Montrose. Now, when someone runs a backhoe and puts a bucket through a cable, another cable can pick things up.

“This type of capacity and security of connection is what this business community needs.”

Now, “last mile” providers can tap into the network, eliminating monopolies, he said, noting that EAGLE Net is a sustainable entity that is connecting 170 primary sites.

“Now, anyone can access and use this infrastructure for transport,” he said.

Also at the news conference were Danio Farnese of Elite Broadband, the local company has that stepped up to serve rural users after the demise of Stelera Broadband, and Lillian Cook of One Track Communications, both of whom were important to the tech planning team.

“We want to see our community grow,” Cook said. “Collaboration is what made it happen, and I do appreciate everyone who has been in a fever to get it done!”

In Ouray, the infrastructure will help keep local schools among the state’s finest, said Ouray School District Superintendent Scott Pankow in the news release.

“As a rural school, we’re very excited to join the EAGLE Net Alliance,” Pankow said. “We now have broadband services to match our goal of remaining at the top ten percent of Colorado districts as a center of excellence for innovative education.”

“Technology is where it’s at,” Sandy Head said. “There are businesses here that are connected globally. People want Skype, and they want face time. They want to do business. This helps open our doors, and expand our capabilities.”

THE MONTROSE MIRROR
MONTROSE

The Montrose Mirror is your source for local business news and information.

No reprints without permission.

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

REGIONAL NEWS BRIEFS

Children's Badge Program at Montrose Regional Library Wins Library Project of the Year Award

Special to the Mirror

MONTROSE—An innovative summer children's program at the Montrose Regional Library is the winner of the Colorado Association of Libraries (CAL) Library Project of the Year Award. The award recognizes a creative and visionary project that furthers library service within the state of Colorado. The award will be presented at the statewide association's annual conference in October.

The Library's children's department launched the "Explore your World Summertime Badge Quest" program in 2012 to involve families in summer activities and slow the loss of academic skills and knowledge that can occur over summer vacation. Children earn badges in ten categories, including "Food & Farming" and "Science & Technology," by reading three books on the subject and completing an

activity, such as learning the metric system and using it to record heights and weights of family members.

The program also sought to increase use of the Library's juvenile nonfiction section. The number of books checked out in each of the badge categories rose, with science and technology books increasing by 66 percent and arts and recreation books up by 93 percent.

Several community members wrote letters in support of the project. Janaun Melvin wrote, "[A]ny program that inspires children to try new avenues that broaden their perspectives and brighten their ambitions is a program that deserves a round of applause." Leanne Hogan wrote, "[The program] does an excellent job of fueling a child's desire to learn; the more you read about a topic, the more interested you are in doing further research."

"The Colorado Associations of Libraries Awards Committee is pleased to honor Montrose Library District's innovative and creative Summer Reading Badge Program with the Library Project of the Year award," said Currie Meyer, CAL Awards Committee Chair. "The committee receives dozens of nominations for this and nine other awards each year. Every nomination reflects the highest quality of work in libraries of all kinds across the state. Choosing one winner from so many qualified individuals, projects and libraries is never an easy task, but always an inspiring one." The CAL Awards Committee selects winners each year based on nominations submitted by librarians and others in the library community. The winners will accept their awards at a ceremony at the CAL annual conference on Friday, October 18, 2013 in Loveland.



Karen Maxner - Realtor



"Maximum Service in Real Estate"

<http://www.realestate-montrose.com/>



Located at the
Historic Lathrop House
718 East Main Street
Montrose CO 81401
970.252.0090 Office
970.596-1286 Cell
800.314.8344 Fax



Info@RealEstate-Montrose.com

<http://www.realestate-montrose.com/>

Pick Up Your \$250
Rebate at Closing Gift Certificate
at Our Main In Motion Table!!!!

DDA LOOKS AT ACCOMPLISHMENTS, FUTURE



The Montrose DDA helps to coordinate Main in Motion, the long running Thursday evening summer street fair, above, and numerous other activities and opportunities in the Downtown area.

By Caitlin Switzer

MONTROSE—With the search for a new Downtown Development Authority Director Closing Sept. 3, the expedited hiring process is expected to yield a slate of strong candidates for the position formerly held by the DDA's first director, Scott Shine, who resigned in June. Montrose City Manager Bill Bell, whose staff is handling the search, said that he hopes whoever is chosen will be ready to roll out the city's Main Street program.

"We really like the DDA," Bell said. "We've done some joint projects, like our revolving loan program, which has helped put \$100,000 back into Downtown this year through approved projects. "Now, it's time to roll out the Main Street program, and get a committee in place."

For now, former DDA Chair Bob Brown is serving as interim DDA director. Though he draws "a modest salary," to fill in, Brown said that he looks forward to handing over the reins to a new director shortly.

"We got off a on a good footing, and we are very proud of what has been accomplished," Brown said. "We've had a lot of support, and things really started rolling when Scott came in. He was very focused on creating interest Downtown—there were an awful lot of things he did for us.

"We are just trying to keep it together."

A recent tempest among some Main Street merchants who objected to street

closures for the Zombie movie filmed in Montrose over the weekend of Aug. 23-24 could have been avoided with better communication from the City's Office of Business & Tourism, which was promoting the movie, and a more thoughtful approach to street closures, said Brown, who suggested incremental closures based on actual need rather than a blanket closure based on the city's capacity to schedule within the confines of a four-day work week.

"The DDA did not promote this, though we welcome filmmakers and know that a lot of people in town had fun," Brown said. "The city's Office of Business & Tourism saw value on the tourism side, but it was probably an error to create such a long closure."

The next DDA director will need to focus on building the financial health of the DDA, which works to be transparent but is cash poor, Brown said, noting that the annual budget of the organization is currently \$125,000 most of which is gleaned from taxes and from what the City has been able to kick in.

"Our TIF (tax increment financing) has not really kicked in yet," Brown said.

Among the most exciting projects currently underway is the partnership the DDA has established with the City of Montrose to restore the old Salvation Army building on 514 South First Street, he said.

"(City staffer) Virgil Turner and Scott

really put that together," Brown said. "We have a memorandum of understanding that allows us to lease the building, and they are sharing the \$100,000 we are expending to fix it, plus providing in-kind work where possible."

The building has already been rented to Chet and Karen Byler of Straw Hat Farms, who will occupy half of the structure with a market when renovations are complete.

"We should commend Chet, because he is actually doing a lot of the work," Brown said. "We have put in restroom facilities, for his store and for the events plaza. The other half has not yet been rented, but our plan is to enhance the west side to complement the Montrose Farmers Market, which has really been gaining ground."

The building should serve as a small example of the kind of project the DDA can bring about, Brown said.

"Once it is done, we need to sell, get the DDA and the City out, and turn it over to the private sector," he said.

Though Brown did note that sales are down slightly within the DDA compared to last summer, the organization's outlook is excellent.

"I think our Opportunity Fund has been very successful, because we are willing to take risk and we offer a lower rate," he said. "I hope in future the DDA will be in a position to broker both public and private funding, and create critical redevelopment, rescue and business retention. Now that we have created our first parklet, we are looking at bigger projects, and we hope to strengthen our relationship with the state's Main Street program."

A+Y Gallery owner and Downtown volunteer Yesenia Duncan, who has helped coordinate the Main in Motion Downtown street fairs on Thursday evenings this year, said that she believes the DDA is headed in the right direction.

"There is always a silver lining," Duncan said. "Change is good, new ideas and new visions are good. Without a thriving Downtown, we won't see a thriving South Side—Main Street is key. "I would love to see the DDA move in the direction of Main Street training," she said. "Let's be positive! We have to think about tourism, retail enhancement and what is best for our community as a whole, and we have got to treat outsiders with respect and gratitude."



Take care before you take aim.

Take care when hunting near San Miguel Power's substations, power lines and rights-of-way. Our crew members can be working in these areas at all times. Accidentally shooting and damaging our electric lines and equipment can be dangerous to you and our workers.

Our rights-of-way create easier access through rough terrain and open space for wild game, but please be aware that our utility crews work in these areas. For their safety, as well as yours take care before you take aim.



SAN MIGUEL POWER ASSOCIATION



Touchstone Energy* Cooperatives
The power of human connections®

MONTROSE TO HOST STATEWIDE HOSPITALITY SUMMIT

continued from page 1

"I train my own people," Mendez said, "and I know right away who can be trained and who cannot."

Mendez is not alone; in a region where many make their living from the tourism industry, first-rate customer service skills are not optional, but essential for business survival. Now, hospitality professionals and business owners seeking to brush up on the tools for success can learn from the best; The Western Business Alliance (WBA) is teaming up with the City of Montrose to offer the Western Colorado Hospitality Summit Oct. 24-25.

Expect trending subject matter to include customer service, branding strategies, social media tools and certification courses, offered at the Montrose Pavilion Events Center and shared through a blend of seminars and interactive courses.

"By the end of the summit we want par-

ticipants to have a greater understanding of the role they place in gaining client and customer loyalty which directly results into more business and greater longevity of their business," said Sue Hansen of WBA. "Whether their season is summer, winter or all year long, or whether they are a front desk attendant, a server or even a hair stylist, they will come away with actionable ideas and inspirations to do their job better and grow their business."

Hansen's business partner, Terri Leben, is a former banking and chamber of commerce executive who knows first-hand the importance of excellent customer service.

"The WBA is committed to helping businesses thrive and grow which will not only help fuel economic recovery in their communities but also encourage community engagement," Leben said.

"We work directly with businesses

throughout the year, and this is just one of many expected educational events that will delve deeper into other areas of business on current topics and trends facing the business community."

The [Western Business Alliance of Colorado](http://www.WesternColoradoHospitality.com) promotes, educates and invigorates business people through content rich business events and growth opportunities that provide substantive help to our members. The Western Colorado Hospitality Summit is funded in part through the City of Montrose's Office of Business & Tourism. To register and for more information please visit

www.WesternColoradoHospitality.com. Registration fees are discounted until Sept. 30. To encourage participation, special student discounts are available and a 10 percent discount will be provided to purchases of three or more tickets.

COLLABORATIVE EFFORT KEEPS NUCLA MERCANTILE IN THE "REDDS" *Continued from page 1*

"We have pretty much everything you need, including very good meat," Kathy Redd said.

A creative refinancing package put together by the Region 10 League for Economic Assistance & Planning in cooperation with Citizen's State Bank made all the difference in the world, she noted.

"We called Region 10, and Vince called

us back," she said. "He contacted the bank, and got things going. The process was very smooth—we are really happy."

Local shoppers are not the only ones who benefit—the store employs between nine and 10 staffers, she said.

"When you see what that little store is doing, you can see how vital they are to the community," Region 10 Business Loan

Fund Director and Small Business Development Center Director Vince Fandel said. "We believe in the West End, and we are happy that we could help this business, which is so important those who live and work in the area." To reach Redd's Mercantile, call 970-864-7363. To learn more about the opportunities available through Region 10, call 970-249-2436.



Valerie Meyers

Realtor,
GRI

Valerie Meyers'

Weekly Monday

**REAL ESTATE
MARKET REPORT**

from the Road

Cell 970-209-1378
Direct 970-257-6748



COLDWELL BANKER BAILEY & CO. • 2023 S. TOWNSEND AVE. • MONTROSE, CO 81401

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

On the Western Slope. Across the Nation.

We succeed when we help change the lives of older adults and families in our communities.



Volunteers of America is a national, nonprofit, faith-based organization who since 1896, has been dedicated to helping those in need live healthy, safe and productive lives. On the Western Slope of Colorado, we offer independent senior and family housing; senior care services, including site-based and home delivery meals programs; a PACE program, including senior day centers, in-home, and clinic care; home health care management; and assisted living, long-term, memory, transitional and respite care.

For more information, visit www.voahealthservices.org



- Valley Manor Care Center • The Homestead at Montrose
- Horizons Health Care & Retirement Community • Senior CommUnity Meals
- Senior CommUnity Care • Home Health of Western Colorado



LEGISLATIVE UPDATE

BY SENATOR ELLEN ROBERTS

Colorado Water, Wildfires and Recalls

With Labor Day behind us, I begin preparing for legislative session 2014. I sit on two legislative interim committees, one on water and one on wildfires. These committees start meeting frequently in Denver for the next two months. We'll hear presentations on various topics impacting Colorado's water supply and wildfire problems and then we'll consider whether to propose specific bills to the full legislature in January.

As part of the water committee, I attended the annual Colorado Water Congress conference in August. There, the governor and members of his administration promoted the development of a Colorado "water plan". The governor mentioned that in 5 to 10 years, he'd like to see a national water plan. A number of western states have water plans, but they vary in content and significance to overall water management. Some seem to be more ceremonial than action-oriented.

Colorado historical water law and regulations are extensive already and based on the concept that water is a property right. For many who work the land, their water

rights are the most valuable property they own.

I understand the desire to plan for Colorado's water future. I also understand the merit of looking at the impacts of mostly Front Range "buy and dry" scenarios, where those in agriculture are offered large sums for the transfer of their water rights to growing cities which leaves the formally productive ag land high and dry, literally. Still, it's unclear what the content of the governor's desired water plan would be and what it means to those of us on the Western Slope. I hope and expect that the fall's water meetings will help provide that detail and I'll want to hear from those in my senate district as to their thoughts on this as well.

The legislative wildfire meetings will pick up on the work we did through the wildfire commission that I chaired last year. As a member of this new interim committee, (it was created by a bill that I sponsored last session), we are recognizing the long term and very significant challenges Colorado faces with our forest health. We'll need to address the hazards of catastrophic wildfires that are burning

congested urban areas like Colorado Springs and Fort Collins, as well as the rural, remote regions of our state. Sound forest management must guide our policies.

I hope the wildfire committee will discuss the obvious, which is how do we better mitigate our wildfire risks, but most central to be considered is the health of our forests. There's an absolute intersection of Colorado's forest health and water quality and supply, so besides the public safety issues at stake, we must address the unhealthy current condition of our forests before they burn to ashes.

Recall elections affecting two of my senate colleagues will be decided mid-September. I've been asked what I think of recalls, especially those stemming from votes rather than politician malfeasance. My view is, recalls are the citizens' right and it's my task to prove my worth to those whom I represent, not just at regular elections, but every day that I'm in office. If I'm serious when I urge citizen engagement in the democratic process, as I regularly do, there's no room to add, "but, only if you agree with me."

EMMAUS POTLUCK SEPT. 5

Special to the Mirror

MONTROSE--Area residents are invited to attend an Emmaus potluck dinner Thursday, Sept. 5 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. Emmaus dinners are held at the church the first Thursday of each month, except July. For further information, call the church office at 249-3716.



Rick Spalenka, RLA
Landscape Architect

Rgs designs
Designer of Liveable Landscapes

19253 Ward Creek Road | Cedaredge, Colorado 81413
Tel: (970) 856-6077 | Cell: (970) 216-8837
rgsdesigns@aol.com | www.rgsdesigns.com

VOA PACE PROGRAM CELEBRATES FIVE YEAR ANNIVERSARY



Volunteers of America Senior CommUnity Care Program of All-Inclusive Care for the Elderly (PACE) employees receive five year pins at the program's five year anniversary celebration held at the Montrose Pavilion. Pictured left to right standing: Patricia Stetson, Terri Nichols, Louise Beecham, Kathy Conroe, Heidi Savoy, Mary Sinkay, Brandi Garcia, Yvonne Grimsley, Wayne Olson, Sr. Vice President Healthcare Operations, Lynn O'Neil, Dory Funk, M.D., Bob Montez. Kneeling left to right: Lauri Brown, Gloria Munoz, Maria Foster. Absent: Nancy Horn, Amanda Huber, Allan Ensley.



Monica Weatherly, Program of All-Inclusive Care for the Elderly (PACE) Center Dietician, cuts the sheet cake at the PACE five year anniversary party at the Montrose Pavilion Friday Aug. 9.

Special to the Mirror

MONTROSE – August marks the five year anniversary for the Volunteers of America Senior CommUnity Care Program of All-Inclusive Care for the Elderly (PACE) in Montrose and Delta counties. Employees, program participants, family members, outside medical support staff and the general public came together to celebrate the occasion on Aug. 9th at the Montrose Pavilion.

The festivities included a speech by Wayne Olson, Senior Vice President of Healthcare Operations who traveled from Eden Prairie, Minn. to congratulate and present five-year pins to PACE employees. Dr. Dory Funk, PACE Medical Director, walked attendees through a video presentation, which highlighted the Interdisciplinary Team (IDT) that approves and plans services for program participants.

Sally O'Connor, Montrose Day Center Manager, and Sadie Williams, Eckert Day Center Manager, were present to introduce themselves and talk about the plan for continued growth and expansion of services. Two PACE participants were present to talk about their experiences and how the program has improved their lives. Tours were offered in the Montrose center for anyone wanting to learn more about the program.

The PACE day center in Montrose County is located at 2377 Robins Way adjacent to The Homestead assisted living community, and the PACE day center in Delta County is located in Eckert at 11485 Highway 65 adjacent to Horizons Care Center.

Senior participants of the PACE program are able to continue to live at home, while receiving services helping to promote their independence.

The program allows for transportation to the day centers where seniors can receive meals and consult with registered dietitians, receive medical care including prescriptions, access to nurses, and physical, occupational, and speech therapies, plus seek pastoral care, recreation, and socialization.

This program is beneficial to the community in that it provides a full spectrum of care and services to seniors with chronic care needs and allows them to stay in their homes as long as possible.



LET'S GET FRESH! MONTROSE PACKS WEEKEND OF TEMPTING EVENTS



Cheer for the Black Canyon Sprint Triathlon! Courtesy photo.

By Liesl Greathouse

MONTROSE--For people who enjoy fresh local food, outdoor activities, brews, or art, then the First Annual Montrose Fresh Fest is the place to be, Oct. 4-5.

The Fest is four different events compiled into two days. The weekend kicks off with the Public Art eXperience (PAX) Celebration of Art and Culture on Friday, Oct. 4th in Downtown Montrose. Different chefs, musicians and artists will be paired with different stores, so attendees can stroll downtown to admire the public art exhibits and enjoy what each store has to offer, as well as get great discounts from merchants. Proceeds from ticket sales will support PAX's efforts to purchase permanent public art for the City of Montrose.

Saturday is packed with excitement. Those participating in the Black Canyon Sprint Triathlon will get started with the race at 8:30 a.m., beginning with a 500 yard (10 laps) swim at the Montrose Aquatic Center, followed by a 24K (14.6 mile) bike course winding through the west side of town, and wrapping up with a 5K (3.1 mi) run, finishing back at the Aquatic Center.

For those seeking to spend a relaxing Saturday morning, the Montrose Farmer's Market and Valley Food Partnership will present a farm to table breakfast near the Farmer's Market Plaza at South 1st and Uncompahgre. The Fresh Harvest breakfast will be prepared by Chef Janice Wheeler of Pine Cone Catering from all locally grown organic foods. The breakfast will feature a pastry station, omelet bar, organic juice, and cider pressing.

Over at Centennial Plaza, Oktoberfest will begin at 1 p.m. This is the 8th year for Montrose Oktoberfest, presented by The



Kick start your Saturday with a Farm to Table breakfast Downtown before Oktoberfest. Courtesy photo.

Black Canyon Homebrewers' Association (BCHA). The event features live music, traditional Oktoberfest fare from local restaurants, artisan booths and beer tasting from craft breweries throughout the Western Slope and beyond. Over 20 different breweries are expected to participate this year. Proceeds from the event will benefit All Points Transit.

The weekend will wind down with an Oktoberfest After Party at RnR Sports Bar, complete with music from Grand Junction's Zolopht and the Destroyers, who will also be playing Oktoberfest earlier in the day.

Two of the women who helped organize the event, Yesenia Duncan, Chairperson of the Montrose Downtown Events and Promotions Committee, and Abbie Brewer of the Montrose Farmer's Market, are excited for a festival that focuses on what the Montrose community is all about. "It's new and it's something hip to bring to Montrose," Yesenia explained.

"It introduces fresh air, art, brew, and fruits and vegetables to people," Abbie added. "It brings a newness and a freshness together at a community event where people can enjoy it. It brings outsiders in and introduces locals to what they may not have known that Montrose has to offer."

What makes the Fest beneficial to the community is the fact that certain events, such as Oktoberfest, have been happening separately for several years. But by combining all the events' resources, the events are no longer competing for people, but instead are working together to attract even more people to each event.

The entire collaborative process to make this event happen has greatly impressed Yesenia and Abbie. "So many people



A PAX sculpture from 2013. Help them get new works of art! Courtesy photo.

came together for the same cause," Yesenia said. "It has been cool to see everyone coming together to share costs and ideas."

"It has been a community effort," Abbie said. "It shows our community spirit and has ended up being a match made in heaven."

The Fest is grateful to its sponsors and to the City of Montrose for funds. Sponsorships are still available for the Fest. The most important thing that locals can do to help the event is to help spread the word by telling their friends and bringing their family to the Fest for a fun-filled weekend.

Yesenia and Abbie hope that the Fest will prove to be a success and something to look forward to next year. "I hope we continue the collaboration of events, supporting community spirit, bringing it all together so that every year we can make it a bigger event," Abbie said.

"We hope to make it an event that people will put on their calendars in January in preparation for October," Yesenia said. "We want to show everybody what the Montrose community is all about: a place for everyone to enjoy recreation, brews, shop, and eat awesome food."

For more information about tickets, the events during the Fest, discounts and specials offered by local businesses, and sponsorship opportunities, visit montrose-freshfest.com or call 970-240-7914.

Along the Ditch

by Deb Barr



What was this in the garden pond? I peered closer. Shining bright green beneath the shallow surface of the cool water was an unknown life form. Fat. Sort of puffy. I found a stick and carefully lifted it out onto the flagstone. Beautiful! But what was it? It was almost 6 inches long and as round as my thumb.

When I turned the great green mystery monster over, so gently, it had little suction-cup feet. It was a caterpillar. A really big one.

"Darn, "I thought. "It's dead." Just yesterday I had trimmed back the bottom branches off the tall poplar that leans over the small pond and patio. We keep the pond, with its electric pump, running throughout the day, providing water for the bees that live in the pastel hives on the north side of the house. In the chaos of leaves and trimmings, the caterpillar must have fallen in.

I carefully placed the limp creature, nicely preserved, on the corner of a clay flowerpot so the dogs couldn't get to it. Do caterpillars have lungs? I laughed at the thought but placed the body with the head

slightly down. Just in case.

I went to the computer. My first thought was a luna moth. The bright green, soft body was so large, and lunas are the largest of the moths. But no, it had a horn, which lunas do not. A small horn, kind of like a radar detector, extending upward at its posterior. Maybe a hornworm? It wasn't fuzzy like a luna larva caterpillar, and it had delicate diagonal stripes along its sides. No triangles.

I searched further, and then I found it. A photo of the larva of a Sphinx moth, or *pachysphinx occidentalis*, also known as a hawk or hummingbird moth. The flaccid body I had retrieved from the pond was a Sphinx moth in waiting. And yes, caterpillars have an equivalent to human lungs, called spiracles, but there are many and they are located along the sides of the body. From them, oxygen is drawn into the body through a tiny tracheal system.

I remembered the deft brown moths with long proboscises that hover here and there in the garden on summer evenings, just before sunset. This bright green monster was, in fact, a Sphinx moth larva –and

judging by its diet – would be called a great poplar hornworm.

I was elated to know and saddened. Who knew if it was the only one? Was there another in our garden, or in our neighbor's garden? It was difficult to imagine such a pudgy monster transforming itself into an agile, winged being. And I had knocked it from its larval lair, never to emerge. I left the computer and went back outside.

The caterpillar was gone. I looked at the dogs accusingly, but no, their eyes said, "Not us." And there was no sign of a slimy corpse.

Could it be? The animal sure looked dead and hadn't moved in my hand. But when I pushed aside the thick purple-headed branches of the catmint growing about the base of its clay funeral pyre...er, pot... there it was, feeding. For one small moment, it lifted its head toward me and the sunlight as if to say, "thanks," then went back to the task at hand.

"You're welcome," I replied, even though by then I knew that moths don't have ears. "Good luck. And, hey, next time, stay out of the pond, will ya?"

AGING CREATIVELY WORKSHOPS KICK OFF

Special to the Mirror

MONTROSE--The Aging Creatively Project is an expressive arts workshop series consisting of eight sessions offered two hours weekly, beginning the week of Sept. 9. For a list of the exact days, time and

locations call Linda Hoeksema at 970-210-0506 or Glenda Fletchall at 970-208-2675. During the workshop series you will learn about "Sensational Art," discover something new about yourself, gain new perspectives on aging, laugh a lot, and try out

different forms of the expressive arts including writing, acting, drawing, singing and dancing. Cost of the 8 sessions is \$50. Some scholarships are available. Space is limited for the workshops. Information, call 970-210-0506 or 970-208-2675.



Style to boot.
Coverage to last.

The Mirror

You're Invited

**35 YEAR
CELEBRATION**



PRESENTED BY BANK OF COLORADO

& GARLIC FESTIVAL

Saturday, Sept. 7th • 8:30 am to 1:00pm
Uncompahgre & South 1st • Downtown Montrose CO

- 8:30 Local Vendor Open
- 8:45-9:30 Agriculture Awards Presented & Market History Presentation
- 9:45-12:45 Live Entertainment with David Starr & Roy Martin
Local chefs cook with Garlic

Plus: Balloons from the Bank of Colorado, Kids Activities, Hoola Hooping, Country Dancing, Antique Tractor Show & Food.

FREE Concert & Event

Come Celebrate Local Agriculture!



REGIONAL NEWS BRIEFS

PAMPER YOURSELF FOR A CAUSE IN DELTA!

Special to the Mirror

DELTA--Women, come kick fall off with a bang by treating yourself to an afternoon of beauty, bliss, camaraderie and fun at the "Girl Talk: A Day of Beauty and Bliss" spa and shopping day fundraiser.

Area professionals will offer massages, facials, brow shaping, makeup application, manicures, pedicures, paraffin hand waxes and hair styling. Professionals from The Sunflower Room, The Beauty Shop, Beyond the Salon, Smartstyle, Sia Bella, Shears to You, Leta Lopez, Luminosity Med Spa, and Judy Chapman, Cheryl Chapman and Shannon Wilkes – Mary Kay are donating their time to provide these services. (Professionals listed as of 8/26/13).

The event will be held at the Delta-Montrose Technical College from 1-4 p.m. on Sunday, Sept. 8. During that time, women will have the opportunity to try as many services as they can in the allotted time, for only the cost of their ticket. In addition, there will be over 20 vendors selling handbags, candles, beauty and health products, jewelry, books, soaps and

lotions and tons more.

We'll have live music by Route 66, delicious refreshments and a fun photo booth. Representatives from Curves and Anytime Fitness will be on hand to showcase some fun new exercise classes at both facilities.

"Girl Talk: A Day of Beauty and Bliss" is a fundraiser for The Abraham Connection Homeless Shelter. The seasonal shelter will reopen on Nov. 1, offering emergency overnight shelter to homeless Delta County families, men and women. In season three of shelter (Nov. 1, 2012 – April 30, 2013), the volunteer staff provided 953 bed nights to area homeless; a 53 percent increase in services from season two.

The rapid growth of the number of people served and the number of overall nights provided has prompted the volunteer board of directors to seek funding to either purchase a vacant building in Delta or to build a new shelter here. "Our numbers just keep growing, not because more homeless are coming into the area, but because we have homeless already here, and Delta County is just now offering services to help get people back on their feet," said Cheryl

Oeltjenbruns, board president of the shelter. She added that they have \$130,000 in the bank, which is nearly half of their fundraising goal. Volunteers will continue to fundraise and grants will be sought to get a permanent home for The Abraham Connection as soon as possible. A specific location or building has not been decided on, and will not be until funding can be secured. For the upcoming season of shelter, the congregation of the Delta United Methodist Church will again allow the shelter to operate in the church basement.

You can help now by attending "Girl Talk: A Day of Beauty and Bliss." Advance tickets are \$25 and are available by calling the shelter at 970-773-8290, or at the Delta Area Chamber of Commerce. Tickets at the door are \$30. All proceeds from ticket sales will be put towards the shelter building fund.

The spa day event is made possible by the Delta-Montrose Technical College, Delta Rotary Club, Alpine Bank, Delta Elks Lodge, Altrusa International of Delta, Gunnison Energy Corp. and First State Bank of Colorado.

TOP OF THE PINES TO HOST FAMILY DAY

Special to the Mirror

RIDGWAY--*Top of the Pines* is hosting a free Open House and *Tour the TOP* day on Saturday, Sept. 21 from 1-4 pm. Trail hikes, biking, kids' activities, live music, and a dynamite raffle (drawing in December) will keep folks entertained while they picnic and enjoy fall colors in the San Juans.

Drinks will be served, but bring your own picnic and bikes. Chris Haaland will lead tours through the beautiful 175-acre

former Girl Scout camp, now owned by Ouray County and managed by *Top of the Pines, Inc.*, a 501(c)(3) group.

Information will be on display—and suggestions requested--about plans for improving the site: finishing out the enclosed pavilion; adding camp sites, trails, showers, indoor toilets, and yurts; and turning this stunning wilderness jewel into a community education center, a fun place to recreate, learn and enjoy the outdoors.

About the raffle—here's what's up for

grabs at \$10 a ticket or 5 for \$40.

* a 5-day stay in Acapulco,

* a weekend trip to Santa Fe, and

* 4 / 50# boxes of Ridgway all natural grass fed local beef valued at \$300 each.

To find your way to this remarkable mountain hideaway, take County Road 5 southwest out of Ouray to Highland Drive, then turn right and follow the signs. It's about 15 minutes from Ridgway.

For more information about TOP and the Open House, see <http://topofthepines.org>.

Black Canyon Car Club and The Homestead at Montrose are hosting our annual cars and coney dogs event on Friday, Sept. 6th from 5:30 pm to 7 pm at The Homestead, 1819 Pavilion Drive. Coney Dogs and Goodies served free!

REGIONAL NEWS BRIEFS

DELTA STREET FAIR TO FEATURE LIVE MUSIC



Musician Kenny Brent. Courtesy photo.

Special to the Mirror

DELTA--The streets will be humming with activity this weekend, as the next First Saturday Street Fair takes place on Sept. 7, on West Third Street in Delta, from 8 a.m. – 1 p.m.

On hand will be over 35 vendors, selling everything from fresh water pearls to pot-

tery, books, fresh produce, bags, jewelry, food, candles and more. Several vendors have tasty treats to offer, and others have lots of great information on community resources, activities and programs.

Come visit the staff of Anytime Fitness, who will have giveaways and membership discounts. Come visit the Delta Area Chamber of Commerce booth for giveaways or to purchase your very own “Rediscover Delta... Your Hometown” T-shirt.

Country musician Kenny Brent will take the stage from 9 a.m. until the close of the street fair. He has been playing country and western music since he was 12 years old. Over the years, he has performed with Buck Owens, Faron Young, Waylon Jennings, Jerry Lew Lewis, Johnny Paycheck and others. He recently released his 15th album titled “Guitars & Women.” He’ll bring his own special blend of “acoustic outlaw” country music to the stage.

There are a few vendor spots still available. Contact the Delta Area Chamber of Commerce at 874-8616 for more info, or find us on Facebook.

The Street Fairs are made possible by generous donations from Bank of Colorado and the Delta Wendy’s, both members of the chamber.



THANKS FOR READING THE
MONTROSE MIRROR!

MONTROSE COUNTY GARDENERS CLICK HERE!



MONTROSE COUNTY GARDENING CALENDAR FOR SEPTEMBER!



Ride #1- Cerro Summit over Owl Creek Pass into the town of Ridgway (48 miles).

Ride #2 The family ride. From Ridgway town park to the reservoir and back. Kids 12 and under ride for free (6 miles).
Free Public Concert at Hartwell Park in Ridgway with **Bruce Hayes** 2 - 4PM

\$50 Registration Fee Plus \$50 (\$25 for family ride) in pledges

Register online at www.partners-west.org

Or call the Partners office at 249-1116

Top Pledge earner gets free Trek mountain bike

Sponsors: The Montrose Mirror

KREX TV - 2 Rascals Brewing Co. - True Grit - The Riddled Raven Coffee & Espresso - Cascade Bikes - America's Custom Creations

REGIONAL NEWS BRIEFS

GET READY, GET SET, GET STUPID AT THE STREET DANCE!

SHARING MINISTRIES STREET DANCE
At the Sharing Ministries Yard in LoMo
SEPT. 21, 3:30 to 7 p.m.
Tickets are \$10 each or \$25 for a family

Featuring music by the Stupid Band
and Rusty Mountain Society!
BBQ and Pig Roast by Hog Rock BBQ!

SHOW UP AND SHARE!
For information call 970-249-1321



HONORABLE MENTION

To Nancy and Bruce Hovde of Cedaredge, for giving so much to the community for so long...

To Virgil Turner of the City of Montrose and Peter Crowell of Region 10, for the amazing things they have accomplished on behalf of this community and this region...

To DMEA's Jim Heneghan for spearheading the new South Canal hydropower project and believing that even the most monumental tasks can be accomplished with enough hard work...

To the Valley Food Partnership and Montrose Community Foundation for sponsoring the Savor the San Juans home tour and local foods showcase on Sept. 15 from 11 to 4 p.m!

In memory of Oak Grove Fifth Grade Teacher Jesse Permann, 1980-2010, gone way too soon...but great teachers live forever in young hearts.

MIRROR IMAGES...SCARY SCENES AROUND TOWN!



Not sure which scares us more...the sight of Zombies milling around during filming of a movie near City Hall Aug. 24, or the growing brush pile at South First and San Juan Avenue.

Delta County Living

Your Online Guide for Activities,
Adventure, and Living In
Delta County, Colorado

www.deltacountyliving.com

deltacountyliving@gmail.com



REGIONAL NEWS BRIEFS

MONTROSE ROTARY VISITS BOTANICAL GARDENS

Special to the Mirror

MONTROSE – The Montrose Rotary Club returned to the Montrose Botanical Gardens recently to see the growth of the garden since it was established by several Rotarians and other community members more than a decade ago.

Many of the Rotarians were impressed that the Montrose Botanical Society (MBS) has taken good care of the grounds and expanded them greatly. Currently, the MBS is working to raise funds to expand another area they call the Valley Garden to the East of the existing developments..



Montrose Memorial Hospital Celebrates Second Quarter Successes and More

Special to the Mirror

MONTROSE --At the Montrose Memorial Hospital Board of Directors Meeting on August 26, Mike Mullins of Quorum Health Resources (QHR) presented the 2013 second quarter key indicators and hospital progress.

Overall, the hospital improved in every category except one, which places MMH 24th out of 130 QHR hospitals. This overall ranking among QHR hospitals is the second highest for MMH since 2008. Some of the indicators include; net operating margin, days cash on hand, salaries and supplies as a percent of net reve-

nue and net days in accounts receivable.

In addition, MMH was recognized by the Colorado Center on Law and Policy for our relatively low comparative charge structure. The amounts that Colorado hospitals charge their patients for providing care can vary dramatically. The study shows Montrose Memorial Hospital was ranked as having the fourth lowest charge structure of the 39 Colorado hospitals included in the analysis. The data from the analysis came from the Centers for Medicare and Medicaid Services (CMS) and represents data for fiscal year 2011. Data includes billing and payment information

for the 100 most common discharges submitted to Medicare for payment.

Montrose Hospital charges were less than Delta County Hospital, Community Hospital and St. Mary's Hospital in Grand Junction.

"We continually seek to provide the highest level of care in the most cost efficient manner. The data from the Colorado Center on Law and Policy recognizes the efforts of the staff at MMH in approaching that objective. Our staff is to be commended for their work in bringing great value to healthcare in our community" stated Dave Hample, CEO of MMH.

Upcoming Expo to help seniors "Be Aware"

Special to the Mirror

DELTA--"Living the Good Life Senior Expo," presented by Delta County Senior Resource Council, and sponsored by Bank

of the West, will be Oct. 24, from 8 a.m. until 1:30 p.m., at the Bill Heddles Recreation Center, 530 Gunnison River Dr., Delta. The theme of this year's Expo is "Be

Aware," with programs and information on scams, financial concerns and health care.

For more information and vendor deadlines, call Leah Lewis at [970-712-2295](tel:970-712-2295).

ARE YOU NEW TO MEDICARE?

Special to the Mirror

MONTROSE — A free "Medicare 101 And More" program is scheduled on Monday evening, Sept. 16, from 6:30-8 p.m., at the Montrose Public Library's Community Room, 320 S. 2nd St., Montrose. No ad-

vance reservations are required. This program, titled "Are You New To Medicare?" will be hosted by Mabel and Judy, who will help those attending understand more about Medicare and the available benefits. This program is presented by the Retired

Senior Volunteer Program-Colorado West, Inc. (RSVP), AeroCare, the Colorado Health Foundation, and the State Health Insurance Assistance Program (SHIP). For more information, contact RSVP Colorado West at [970-249-9639](tel:970-249-9639).

Ridgway's Fall **PARKING LOT SALE**

**Reserve
Your Space**

**\$10 for a
10x10 space**
each additional space \$10
non-profits are free

**RESERVATIONS:
BECKY@SMPA.COM**



**SPONSORED BY THE
RIDGWAY AREA
CHAMBER OF
COMMERCE**



*because you can never have too
many salt and pepper shakers...*

OCT. 12, 2013
9AM-2PM
NORTH RAILROAD STREET

north of the Ridgway Library

Volunteer or ask questions: racc@ridgwaycolorado.com | www.facebook.com/RidgwayColorado



You're Invited To The

West End SENIOR RESOURCE FAIR

Transportation Provided By:



- *Learn about services available for seniors*
- *Door Prizes*
- *Live Entertainment*

Thursday, September 12th

At the Senior CommUnity Meal Site

386 Main Street, Nucla, CO

10:00 am to 1:30 pm

Free lunch for anyone over 60

RSVP to 970-275-1220

Sponsors:



**THE CITIZENS STATE BANK
OF OURAY**
RIDGWAY | SILVERTON | NATURITA



**SERVICES SUPPORTED BY
REGION
AREA AGENCY ON AGING**

OUT AND ABOUT IN MONTROSE—MAIN IN MOTION!



A demo dodgeball game drew crowds, and helped build excitement for the CASA 2013 Dodgeball Tournament Nov. 2.



Adam Duncan of A+Y Gallery chawks the street.



The Jason Eads Band played for the final Main in Motion Aug. 22.



Above, artist Gina Grundemann brought a touch of color and grace to Main Street.



Left, friendship blossoms at the trolley snack stand.

WELCOMING VETERANS HOME TO MONTROSE



"I am proud to be a military wife," said Emily Smith, Executive Director of the Warrior Resource Center, shown here with husband and Veterans Service Officer Sheldon Smith.

By Caitlin Switzer

MONTROSE—When it was Tim Kenney's turn to introduce himself, a simple, lunchtime introduction became a heartfelt expression of gratitude.

"This organization saved my life," said Kenney, a wounded veteran who remains on active duty with the Colorado National Guard as he heals. And Kenney, a tough-as-nails river guide in civilian life, stopped to brush away a tear.

Attendees of the lunch at the Montrose Warrior Resource Center on Aug. 22 included a number of veterans, many from the Vietnam era, so Kenney's brief but powerful comments and emotions were well understood.

The luncheon itself was a precursor to a larger celebration of Montrose's recent—and long sought—designation as a 2013 All America City. The community celebration planned for that evening included local government officials and business owners, as well as free T-shirts, special banners, and a very public display of pride. Colorado's Undersecretary of Veterans' Memorials, Steven Muro, was an honored guest and speaker.

The Warrior Center luncheon was held at earlier that day, organized by Kline and Montrose Mayor Judy Ann Files, so that Muro could meet some of those involved on a more intimate basis. After all, the non-profit that encompasses the Warrior Center, Welcome Home Montrose, was one of the reasons that Montrose finally achieved the coveted designation—the 2013 All

America City honors were intended for communities that have taken a leading role in honoring, serving, and supporting U.S. veterans.

Founded by business woman and silver-smith Melanie Kline, [Welcome Home Montrose](#) is a non-profit initiative that seeks to make Montrose, Colorado the most "veteran friendly" community in America. Though less than two years old, Welcome Home Montrose has become a major force in the community, marshaling local and outside resources in an effort to bring veterans to the area and help them to build new lives for themselves and their loved ones. At Kline's side each day is Emily Smith, a young military wife and mother whose sense of duty and honor drives her to volunteer each day as the organization's executive director, where her smile and calm presence preside.

Smith and her husband Sheldon, a veteran himself as well as the local veterans' service officer, have donated countless hours to the project for a simple reason—it is the right thing to do.

"I am proud to be a military wife," Emily told luncheon attendees, her head held high.

Pride was a feeling that many of the older veterans in the room shared, despite recollections of mistreatment at the hands of the public during the controversial Vietnam years.

Montrose business owner and solar energy pioneer Douglas Kiesewetter, who serves on the board of Welcome Home Montrose, told his own story of coming home after service in Vietnam.

"I have a deep respect for the military," Kiesewetter said. "When I came home I was spat upon, and berated regularly for walking on campus in a military uniform. I believe there has been a debt of gratitude that has not been paid, and which needs to be made right."

Welcome Home Montrose was founded in November of 2011, after Kline watched a television program about the challenges facing the nation's returning vets. She quickly turned to friends old and new for support, obtaining a donated space at 11 South Park Avenue from local rancher and business owner Ralph Walchle, and working closely with the City of Montrose.

Writer Lisa DelPiccolo discussed the city's role in the project in an article for the *Colorado Municipalities* October issue.

"The City of Montrose was an eager and immediate partner," DelPiccolo noted.

"The Montrose City Council swiftly passed a resolution of support, vowing to work toward the creation of a no-barriers environment for residents and visitors of all ages and abilities.

"With a push from City Manager Bill Bell, the City pledged that all future infrastructure projects would strive to surpass Americans with Disabilities Act (ADA) compliance to incorporate a higher level of functionality. Realizing that not all combat wounds are physical, the City also committed to providing a pleasing and open environment that would remove the stress of trying to fit into a new community.

"Other core community organizations, including Montrose County, Montrose Economic Development Corporation, the Downtown Development Authority, the Montrose Chamber of Commerce, and Montrose Recreation District responded in a similar manner and quickly adopted resolutions of support for a no-barriers community," DelPiccolo wrote.

Montrose Mayor Judy Ann Files, a former school teacher who has worked with special needs students, said that she did not know much about Welcome Home Montrose before attending the All America City competition in Denver this summer.

"That was the first time I sat down with Melanie, and I realized that this is something I can really embrace," Files said. "While we were in Denver I personally got so many questions and comments about Welcome Home Montrose—people were wowed.

"Perhaps because of my own background, I can see that this program has a tremendous impact on our entire community," Files said. "Not just veterans—this benefits us all. For a child with special needs, or someone who is handicapped, to come to a "no barriers" community is a win-win situation."

Kline herself, though she at times feels overwhelmed, continues to express enthusiasm and excitement over the many accomplishments that Welcome Home Montrose has achieved in such a short span of time. From the first annual "Mission: No Barriers" week held this June, which brought 20 wounded warriors to town to participate in a myriad of recreational and healing activities,

Continued next page.

WELCOMING VETERANS HOME! Continued from page 18

to the well-attended Veterans coffee sessions and military spouse lunches, to the countless volunteers and community members who have donated time, money, in-kind supplies and love, the non-profit has become the heart of the community itself.

"I have tried to find other, similar organizations that can serve as blueprints for us," Kline told those at the Muro luncheon. "However, there don't seem to be any; we are breaking new ground."

Typical of the those who have become involved with the Welcome Home Montrose initiative is veteran Gary Gratton, who told the group, "I was always going to be a Marine... I wore my dad's uniform until it fell apart... I am a flag waver, and Commander of the Disabled American Veterans.

"This has opened my eyes."

Today Gratton helps veterans with forms, and drives a van to Grand Junction to the VA on a regular basis.

He also carves eagle head canes to be used in ceremonies at the Warrior Resource Center.

"This is a great organization," he said.

Susan Zanol, an Air Force veteran, told the group that her own sister had once called her a baby killer.

"I had things thrown at me," Zanol said. "Some of my male colleagues would put on wigs, because at the time they were the only young men around with short hair. After the military, I went into teaching, and my principal asked me how it felt to finally have a real job."

Zanol said that she then "shut down," and never spoke of her years in the service, until learning of Melanie Kline's efforts to establish Welcome Home Montrose.

"I was skeptical," Zanol said. "I googled them—and I learned that (fellow veteran) Lee Burkins was in Montrose, and was teaching Tai Chi at the Warrior Center. I started going to the classes, and talking to Melanie.

"It is a wonderful thing to have our talents and abilities utilized," she said. "It is a privilege and an honor to live in a town that thanks you for your service.

"I once again feel proud to have served."

This simple paragraph, attached to the weekly news briefs that Welcome Home

Montrose sends to media through Western Colorado, sums up the mission of this non-profit and the people that it was created to serve:

"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."

Welcome Home Montrose was also instrumental in the successful application to have the 2014 Colorado VFW convention held in Montrose. Luncheon guest and speaker Muro, who was invited to town after meeting Mayor Files at the All America City competition earlier this year, was obviously deeply impressed.

"Thank you for what you do for our veterans," said Muro to the group on Aug. 22. "As a veteran myself, I am proud to be invited to help celebrate Montrose's designation as an All America City."



DELTA AREA

CHAMBER OF COMMERCE

COMMUNITY STREET FAIR SEPT. 7!

8 a.m. to 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.



Call or visit today to see how we can help your business!

301 Main Street, Delta. www.DeltaColorado.org.

970-874-8616. chamber@deltacolorado.org.



THE
MONTROSE MIRROR
Your Source for Local Business News and Information

Find us on Facebook at "Delta Area Chamber of Commerce."

REGIONAL NEWS BRIEFS

YOUTH COUNCIL HOSTS DESIGN CONTEST FOR CITY GATEWAY

Special to the Mirror

MONTROSE--The City of Montrose Youth Council will host a design contest for the new city entryway signage. Residents are encouraged to submit their creative and artistic ideas for welcoming visitors to our community.

Designs will be reviewed by a committee of youth council, staff, and community members.

Aspects of any and all designs may be selected for the final design and implementation of the future entryway beautification project. Entry designs may include water

features, landscaping, artistic designs, sculptures, and must include the name City of Montrose and electronic readerboard signage space. The contest is open to all ages and first place prizes will be awarded for age 12 and under (\$25 Montrose Bucks), age 13 to 19 (\$100 Montrose Bucks), age 20 and over (\$200 Montrose Bucks for both the professional and amateur categories). The contest application form is available at

www.cityofmontrose.org, at City Hall (433 S. 1st Street), or by calling 970-240-1420. Deadline for entries is

Thursday, Sept. 26, at 6 p.m. An open house and reception will take place on Thursday, Oct. 10, from 4 to 6 p.m. in the Centennial Meeting Room where awards will be presented to the first place winners. The Gateway to Montrose Entryway Design Contest is sponsored by the City of Montrose

Youth Council, Office of Business and Tourism, Landscape Architect Julee Wolverton, and

Welcome Montrose. For further information, call Carolyn Bellavance at 970-240-1420.

BEACONFEST RETURNS TO MONTROSE!

Special to the Mirror

MONTROSE--The BEACON Senior Newspaper is having a party and you're invited. The third annual Montrose-Delta BeaconFest Senior Fair will be held from 9 a.m. to 2 p.m. on Thursday, Sept. 19 at the Montrose Pavilion, 1800 Pavilion Drive.

This year's Montrose-Delta BeaconFest features an exciting lineup of live entertainment, free food, informative seminars and booths sponsored by over 60 senior-related businesses.

"We're happy to bring back BeaconFest to seniors in the Montrose-Delta area," BEACON Publisher Kevin VanGundy said.

"More than 1,000 people came through last year, making last year's Montrose-Delta BeaconFest a huge success.

"This year's show will be bigger and better."

Thousands of dollars' worth of door prizes will be given away to those who attend. BeaconFest is free to attend.

For more information, call 970-243-8829.



RIDGWAY CHAMBER ANNOUNCES FALL PARKING LOT SALE

Special to the Mirror

RIDGWAY--The Ridgway Area Chamber of Commerce is hosting Ridgway's Fall Parking Lot Sale on Oct. 12, 2013, 9 a.m. to 2 p.m. in the parking lot north of the Ridgway Library (N. Railroad St.). The

Chamber's main fall fundraiser, the Parking Lot Sale is an opportunity for community members to buy and sell their unique treasures. Individuals and businesses are welcome to participate in this one-day event. Buy or sell antiques, autos, jewels or

jelly. The fee is \$10 for one space (10'x 10'). Additional spaces are \$10 each. Non-profits can participate for free. Reserve your space by emailing Becky at becky@smpa.com. Reservations by email only.

ALPHA PROGRAM COMES TO MONTROSE

Special to the Mirror

MONTROSE--The ALPHA program, which explores the Christian faith and the meaning of life from a Christian point of view, kicks off Tuesday, Sept. 10 in the Montrose United Methodist Church, 19 S. Park Ave.

The program is free and open to anyone. Don Koeltzow, coordinator of the 10-week program, said there will be a free introductory dinner beginning at 6, followed by a presentation titled, "Is There More to Life Than This?," which provides the basic information about the Alpha program.

More than 20 million people worldwide have participated in the course, and include people from all backgrounds, religions and viewpoints.

Those planning to attend must register by calling the church office at 970-249-3716 no later than Friday, Sept. 6.

REGIONAL NEWS BRIEFS

DELTA CHAMBER WELCOMES CLEAR TALK CORPORATE STORE



Special to the Mirror

DELTA--Delta Area Chamber of Commerce Ambassador Mindi Heinrich from Crossroads Assisted and Independent Living (left) and board president Gynee Thomassen from Classic Computers (right) welcomed staff of Delta's new ClearTalk corporate store to town with a ribbon cutting ceremony on Aug. 28. Pictured from ClearTalk is Dave Fichter, multi store manager; Sean Trepas, Delta store manager; Mindy Leonard and Rebecca Spraggs, retail sales reps. Stop by ClearTalk at 25 Stafford Lane to see how they can save you money on outstanding cell phone service, phones and accessories. ClearTalk has been in business in Delta for about three months.



The League of Women Voters of Montrose County invites the community to its
Making Democracy Work Award Presentation

September 12, 2013

The Bridges at Black Canyon Clubhouse from 6-8 pm.

The LWV of Montrose County's "Making Democracy Work Award" is a chance to honor and celebrate a local resident who exemplifies leadership and service to our community and has worked to make it a strong and vibrant place to live.

The evening's highlight will be the presentation of the LWV's Second Making Democracy Work Award and recognition of all nominees.

Featuring complimentary appetizers and a cash bar.

***As seating is limited, be sure to RSVP to Karen Connor at (970) 275-1314 or kconnor1941@gmail.com

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 about the LWV Montrose County visit www.montrose.co.lwvnet.org.

REGIONAL NEWS BRIEFS

HOST OF ACTIVITIES PLANNED AROUND DODGEBALL EVENT



A scene from the first Annual Dodgeball Tournament for CASA. Courtesy photo.

Special to the Mirror

REGIONAL--CASA of the 7th Judicial District (Court Appointed Special Advocates) presents "The CASA 2013 Dodgeball Tournament," slated for Saturday, November 2. This year's event has expanded to include adult, middle school, and high school competitions, *and* high-energy, diverse events on "Dodgeball Tournament Eve" to make for a fun, multi-day experience for the region.

"Dodgeball tournaments are fun, exciting events," said Stacey Ryan, CASA's development director. "The idea is for the community to come together for CASA *and* have a good time."

"Because we serve the same six counties as the 7th Judicial District (Delta, Gunnison, Hinsdale, Montrose, Ouray, and San Miguel), regional representation is important," Ryan explained. Montrose Rec will administer the registration process online at www.MontroseRec.com. "It's been fun collaborating to make this a bigger event for CASA."

With the growth, the event is expanding into a two-day offering to make it more of

a community affair—and a regional economic driver. "Hopefully, it'll entice people to take part in the Friday night events, stay overnight, and make another day of it in Montrose for the tournament," she explained.

"By cross-promoting Friday night festivities already in place in the community like the 'Downtown First Friday Stroll & Holiday Open House' and 'Cosmic Bowling' at the Rose Bowl, plus encouraging new events, we're aiming to draw people to town, hopefully for an overnight stay," Ryan explained. They're calling the November 1st event "Dodgeball Tournament Eve."

Looking to make the Eve Events fun, high-energy, and diverse, she's been working with the San Juan Mountain Runners to organize a 5k Fun Run. "Horsefly Brewing Company will be screening the movie, hoping that it'll both put people in a 'dodgeball' mindset and drive local business," she explained. "Along with serving up the movie screening, Horsefly is supporting CASA with a Tuesday Community Tap Night the same week (10/29) which

will include a costume contest, too," all in the name of fun—and for CASA kids.

CASA works to break the cycle of child abuse and neglect, and advocates for safe, permanent, nurturing homes for our children, utilizing highly trained and dedicated volunteers. By expanding the event CASA hopes to grow their presence throughout the six-county area. "CASA does profound work for abused and neglected kids," she said, "and we need and want our communities to understand what we do, why it matters, believe in it, and help us do more of it."

CASA volunteers are assigned by judges to cases within the dependency and neglect (D&N) system. D&N cases are civil proceedings that aim to find permanency for the child or children involved. Being a CASA volunteer is the only way private citizens can become appointed members of the court. "CASA advocates do what is just, what should be demanded, for these children," she explained.

Accredited through the National CASA Association and members of CASA in Colorado, the local nonprofit, "since 2011 provided over \$220,000 in free case work to the overloaded child welfare systems—and saved our communities nearly *one million dollars* in foster care costs alone," she reported.

"Investing in these children now will help stop them from perpetuating the cycle on future generations, and strengthen the social fabric of our community one child at a time."

Still, CASA needs community backing and financial support to accomplish their mission. "CASA gives back in socially profound and economically strengthening ways," she said, "so we can't be shy about asking for help." She added, "It's important for us to consider proactively how we can support our communities and local businesses in the process of achieving our own mission."

For more information about CASA and the 2013 CASA Dodgeball Tournament, call (970) 249-0337, email to info@casa7jd.org, or visit CASA7JD.org.

For team registration, visit www.MontroseRec.com.

FEDERAL RESERVE ECONOMIST SAYS OUTLOOK IMPROVING



Federal Reserve Economist Alison Felix addressed a packed house at the Heidi's Deli Coffee Forum on Aug. 21.

By Caitlin Switzer

MONTROSE—By the time speaker Alison Felix stepped in front of the crowd at Heidi's Brooklyn Deli (1521 Oxbow Dr.) on Aug. 21, the gathering was standing room only. Felix, who was invited to the Montrose Forum by Certified Financial Planner Adam Miller of ElderAdo Financial, is assistant vice president and Denver branch executive of the Federal Reserve Bank and serves as the Fed's regional economist for Colorado, Wyoming and Northern New Mexico. Her current research focuses on local tax incentives and the incidence of state and national corporate taxes.

After noting that most of the United States economy is currently in recovery from the recession that hit the nation so hard in 2008, Felix also stated that for the past ten years, job gains in Colorado have outpaced those in the nation as a whole. "Colorado took a sharp hit to employment," Felix said, "but things have picked up, particularly over the past year. The

U.S. added 162,000 jobs in July, and we have averaged 200,000 per month for the past six months."

While most of the nation's industries are expanding, Felix pointed out highlights such as the ten percent growth experienced by Colorado's construction sector over the past year (though the industry overall is still down by 20 percent since the start of the Downturn), increased consumer spending in the leisure and hospitality sectors—stronger in Colorado than in the nation as a whole—and a solid professional and business services sector.

A loss of jobs in the Federal Government sector continues to be a weakness, with employment down by 3.5 percent, while a sluggish energy economy continues to drag its feet. Manufacturing and the financial services industries, though down slightly, are stable, Felix said.

"Colorado's path has been very similar to the United States overall," Felix said. "The construction decline actually started before the recession hit. Residential construction

is 50 percent below peak levels, but gains have been fairly strong; it is up 52 percent from 2012."

Permits in Colorado are up 32 percent, though most counties lag behind peak levels and no sharp rebound has occurred.

"The housing bust was a catalyst for the recession," Felix said, "but home prices in Colorado have risen by an average of 12 percent over the past year. All other construction activity has been mixed across the U.S., with many places still struggling...there has not been a lot of growth in public projects, but Denver's light rail has driven the economy forward, and has been a big part of spending growth."

Energy sectors have seen a sharp spike overall in both Colorado and the nation, with prices soaring and drilling activity occurring throughout the state, despite a slight oversupply of natural gas, Felix said. Mining accounts for four percent of Gross Domestic Product, and continues to be a growing sector of Colorado's economy.

Though manufacturing has been in recovery for the past three years, the sector has dipped over the past seven or eight months, she said.

As the state and nation move forward, manufacturers expect to see profits increase over the next six months, and to hire more workers and spend more money on capital expenditures. While Europe appears to be out recession, Asia is still slow, Felix noted.

"In the U.S. and Colorado both, we expect to see a continued recovery, but at a moderate pace," Felix said. "We saw the initial recovery in the government sectors, and now construction and services are spurring the recovery."

"We are a little stronger than we were in 2011, so the drop in federal government contracts will have less impact."

Among those who turned out for Felix's cautiously optimistic presentation was Dee Laird of Montrose.

"I think she is perhaps a little optimistic," was Laird's comment following the forum presentation. "It's not as good as she thinks."

THANKS FOR READING THE MONTROSE MIRROR!

Ridgway's First Annual
“PAINT-IN-THE-PARK”
Plein Air Event



Sponsored by Public Art Ridgway Colorado (PARC) & the Weaver Family Foundation

PLACE: Dennis Weaver Memorial Park, Ridgway, Colorado
DATE: Saturday, September 28th
TIME: Paint from dawn until 3:30 pm

ALL ARTISTS INVITED TO PARTICIPATE
No Entry Fee

12:00 pm - Complimentary riverside picnic lunch for all participants
4:00 pm - Judging of paintings:

\$500 PRIZE TO WINNING ENTRY

PARC will frame and donate the painting to the Town of Ridgway
Piece will be the first of a permanent collection in Ridgway Town Hall

4:30 pm - Wine & cheese reception/celebration

THE PUBLIC IS WELCOME TO OBSERVE

Artists, please RSVP by Wed. Sept 25th -- call Lupita's Bizarre Bazaar at 970-626-5050
Questions and Instructions -- call Rick at 970-275-8866



REGIONAL NEWS BRIEFS

LOG HILL LUNGBUSTER CHALLENGE SET FOR SEPT. 15



Special to the Mirror

RIDGWAY--For the second year in a row, bicyclists of all skill levels and tire preferences will race against the clock as they tackle the Log Hill Mesa escarpment.

The Log Hill Lungbuster Challenge is a fundraiser for the Ouray County Historical Society. The 15-mile time trial will begin at noon on Sunday, September 15 for elite cyclists. All other riders can start when ready at 1-2 minute intervals. The race course starts at the "Old Schoolhouse Emporium" in Ridgway and ends at the Divide Ranch and Club on Log Hill.

Although the entire course is run on asphalt, the event is open to both road bicyclists and mountain bikers. Awards will be

given in both divisions. Both types of bikers will have plenty of opportunities to use their low gears on the seven percent grade of the Log Hill escarpment, as well as a four percent grade on top of the mesa.

"The Lungbuster is one of the few bicycle events offered in Ouray County," said Kevin Chismire, president of the OCHS and an avid biker. "The participants are not only benefiting themselves physically, but their registration fee also helps to support our local non-profit organization, the OCHS."

The \$40 registration fee includes a custom pair of wicking bicycling socks for each participant, hydration and nourishment at the mile-six rest stop, and refreshments and entertainment at the Divide Ranch Clubhouse. The race packet will also include a miniature cow bell for the participant's supporters to cheer them on. The awards ceremony will start when the majority of the entrants have completed the course, or at 2:30 p.m., whichever comes first. Participants and their families are welcome to partake of the festivities.

Last year's Lungbuster drew about 40 participants who enjoyed great weather for the event, said Chismire.

"All the feedback we got was positive and many of the bicyclists stated they would be back again this year," said Chismire. "The only unexpected setback was the simultaneous cattle drive down the Log Hill escarpment that was taking place just before our race was to start. Thankfully, this did not hinder any of the riders' progress."

"We look forward to another exciting time trial again this year." The event is supported in part by the Colorado Boy and New Belgium Breweries, which are donating beer. True Grit Too, the new food and beverage catering concession at the Divide Ranch and Club, will offer a luncheon menu and distribute the beer.

Participants can register at the website www.loghilllungbusterchallenge.com or at the website www.active.com. (Search keyword "lungbuster" and follow the instructions for online registration.) Applications also are available at the Ouray County Historical Museum at 420 6th Ave. in Ouray, CO.

For more information and a map of the course, visit

www.loghilllungbusterchallenge.com or call the museum at (970) 325-4576.

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

MONTROSE ARTS COUNCIL WELCOMES CELTIC BAND COLCANNON



Colcannon includes musicians Mick Bolger, Mike Fitzmaurice, Jean Bolger, Brian Mullins and Cynthia Jaffe. Courtesy photo.

By Caitlin Switzer

MONTROSE—For 41 years, the Montrose Arts Council (MAC) has been supporting the arts and cultural events of Montrose. This season, the venerable non-profit organization is excited to offer several enjoyable concerts, kicking off with the arrival of the five-member Celtic group Colcannon on Sept. 28.

Made up of musicians Mick Bolger, Mike Fitzmaurice, Jean Bolger, Brian Mullins and Cynthia Jaffe, the group has not been to Montrose in a number of years, noted MAC Chair Sheryl Solow.

“They’re really good,” Solow said. “They play the old, traditional songs and they have created songs of their own. Mick Bolger, the leader, will bring all of his Irish instruments, and he sings in English and his native Gaelic. He plays a traditional bodhrán, or goatskin drum, and tells stories. He originally moved to the United States to get a degree in sculpture, but has ended up playing music instead.”

Mike Fitzmaurice plays guitar and acoustic bass, and is also an accomplished visual artist. Jean Bolger is an accomplished fiddle player and composer, while Mullins,

who originally joined the group to play guitar and mandolin, performs on a variety of instruments both traditional and contemporary. Cynthia Jaffe is the band’s newest member. Though she studied world music in college and focused on traditional Indian music, her heart was eventually captured by the Irish flute, according to the band’s web site www.colcannon.com.

The performance will take place in the ballroom at the Montrose Pavilion, Solow said.

“We will have an open bar, and goodies on the tables,” she said. “And depending on what the band is playing, if people want to get up and dance, they can.

“We are excited to welcome them, because they have not been here in years. Usually, the only time we get to hear Celtic music is when the band Feast plays in Grand Junction,” she said.

“This is something different for Montrose!”

Tickets will be \$20, and the show starts at 7:30 p.m.

In 2014, the Montrose Arts Council once again welcomes renowned Russian pianist Kirill Gliadkovsky, who will play for a salon to be held at a private home in Montrose on Feb. 22.

“Just to be different, this year he will focus American and Spanish composers,” Solow said.

To learn more, visit the Montrose Arts Council online at www.montrosearts.org.

METHODIST CHURCH PLANS STREET PICNIC SEPT. 8

Special to the Mirror

MONTROSE--The Montrose United Methodist Church invites residents to a free “Picnic in the Street” at 12:30 pm Sunday, Sept. 8. The church will provide hamburgers, hot dogs, and

beverages, and attendees are asked to bring side dishes or desserts to share. The picnic will follow the church’s three services at 8:15 am (blended—contemporary/traditional); 9:45 am (contemporary) and 11:15 am

(traditional). All are invited to attend one of the services, and either stay or come back for the community picnic.

The church is located at 19 S. Park Ave. For further information, call the church office at 970-249-3716.

THANKS FOR READING THE MONTROSE MIRROR! CONTACT US AT 970-275-5791.

ARTS AND CULTURE

WEEHAWKEN YOUTH ARTS PROGRAMS SET TO BEGIN

Special to the Mirror

REGIONAL--It's "Back to Weehawken" time in Ridgway, Ouray and Montrose and that means that it's time to dance, tumble and head to the dojo this fall. Weehawken's youth programs are set to begin on Tuesday, September 3rd and will run for a 12-week session into December.

If your youngster is interested in dance, Weehawken Dance offers classes for ages 2.5 and up in ballet, jazz, tap, hip-hop and tumbling for dance. Dance is offered in Ridgway on Mondays, Tuesdays and Wednesdays and is offered in Ouray on Tuesdays, Wednesdays and Thursdays. In addition, classes are offered on Fridays in Montrose. Youth dance (ballet, tap and jazz) classes are taught by Miss Natasha and hip-hop is taught by Miss Kendra. All dancers enrolled in the 12-week dance program will be performing in "The Polar Express" on December 13th and 14th at the Montrose Pavilion. Classes (running in a shorter session) are also brewing in Silverton on Saturdays or Sundays, but details are not yet ready for release.

Weehawken is ecstatic to have Sensei

Burkhard Feierabend return to the area this fall to teach the kyokushin kai-kan style of Karate, which is similar to the shotokan style of karate. Sensei has over 44 years in karate, rank of Go-Dan. Weehawken's karate program is offered on a monthly basis for all levels and ages. If enrolled, you may attend up to twice a week, by attending in both Ridgway and/or Ouray. Weehawken is held on Mondays in Ouray and Thursdays in Ridgway. Whether you are new to Karate or a seasoned student, the Sensei will work with your level. Class is offered twice-weekly from 6 until 7:30 pm for all ages/levels, but if younger students prefer to leave after 1 hour of class, that is not a problem. Payment is due **first** of the month, unless purchasing a discounted 3-month or 6-month pass via phone at 970.318.0150.

Weehawken is also offering tumbling and tumbling for dance classes in Ouray at Hypoxia Gym (the Old Biota Building). Tumbling is offered on Wednesdays with Miss Kendra: Tumbling/Hip Hop Combo for ages 5-8. Tumbling is offered

on Thursdays with Miss Mandi: Tumbling for Dance (ages 8-11 and ages 12+). Tumbling will run a full 12-week session.

In addition to these movement classes, Weehawken will be offering an exciting Afterschool Art program (ages 5-7, 8-11 and 12+) as well as new and super-cool afterschool Sound and Music Production workshop using the latest high-tech Ableton Control system (ages 8-11 and 12+). These exciting new programs will be offered toward the end of October and will run for 6-weeks. Finally, people can expect some exciting Afterschool Clay Center options for youth in Ridgway in late October.

Weehawken also offers several scholarships, however scholarship applications must be received prior to the start of the class session (semester). For information on scholarship or for scholarship applications, visit www.weehawkenarts.org or call 970.318.0150. More information on all Weehawken Creative Arts programs can be found at www.weehawkenarts.org or on facebook at www.facebook.com/weehawkenarts.

Join myStrength.com

The health club for your mind.



- ♦ Got stress? Anxiety? Depression? Parenting issues? Trouble at work? Want to lose weight? You need myStrength.com - a wonderful resource for whatever you are dealing with.
- ♦ Personalized for you, there are videos, resources, and practical tools to help you manage whatever is bothering you.
- ♦ It is free, individualized, and private - a gift to you from the Center for Mental Health.

It's easy to get started:

Visit www.myStrength.com and click on "Sign-up." You will be asked for a "Payer Code." Enter *thecentermontrose* and continue on to complete the personal profile and a brief Wellness Assessment.



ARTS AND CULTURE

RITA CLAGETT'S "NEIGHBORS, STRANGERS AND FRIENDS" OPENS AT CREAMERY ARTS CENTER IN HOTCHKISS

Special to the Mirror

HOTCHKISS--The Creamery Arts Center presents "Neighbors, Strangers, and Friends," celebrating life in the North Fork Valley through the voices of eighteen community elders, and the lens of photographer Rita Clagett.

This multi-media installation, opening Sept. 13 in the Peach Gallery, features portraits of senior citizens that Rita interviewed over the past year and a half, and highlights some of their stories in a soundtrack that will play throughout the show.

"I hope people will come and sit in the gallery and listen to these stories of valley lore and unique personal experiences, and enjoy looking around the room at the faces of their neighbors," says Rita.

The exhibit is the culmination of Clagett's term as Senior Outreach Coordinator for the Creamery.

While the volunteer duties of the post include scheduling Creamery artists to present ongoing demonstrations and workshops in several senior centers and homes throughout Delta County, she wanted "to do something more to recognize and celebrate the value of older people."

The Creamery enthusiastically embraced the idea of honoring and showcasing some of the community's senior citizens.

"Some of the people I interviewed were friends," she says, "and some were neighbors or strangers who have become friends."

"If you come to the show, you'll see some of your own friends and neighbors, and probably some strangers, too." Clagett says she put the word out that she wanted to interview people over sixty-five who had lived in the valley all their lives or who had chosen to come to it later.

"At first I didn't get a lot of response," she says, "and I also felt kind of awkward asking strangers to open up to me like that. It took awhile, but eventually one person would suggest another, and so on. I heard a lot of wonderful stories in the past year and a half. Everyone has stories that other people can enjoy and learn from. Sometimes it just takes someone wanting to hear them."

Selecting audio clips from the interviews, Clagett has woven together a soundtrack of voices that will accompany the photographic portraits with stories of wisdom, courage, humor, and local history.

The people she interviewed will each get a disc of their interview and a portrait as a thank you for participating in the project. "Their families will be able to enjoy these stories for years to come," says Rita, "and the community will have a recording of some of its history."

Also on display in the gallery will be artworks by some of the residents of Horizons Care Center in Eckert, who participated in watercolor classes taught by Creamery artist Sherry Polcyn last winter.

As part of the Senior Outreach program,



Photo collage by Rita Clagett. Courtesy photo.

Sherry volunteered to teach two classes a month for three months to an avid group of senior students, and framed their resulting paintings for display.

On **Sept. 13** The Creamery Arts Center invites you to come meet "Neighbors, Strangers, and Friends" at an opening reception for the show from 6 to 8 p.m., at the Creamery Arts Center, 165 West Bridge Street in Hotchkiss, Colorado.

This gala event is free to the public and features refreshments, a cash wine and beer bar, great art throughout the beautifully restored building, and always excellent company.

Summer hours for the Creamery are Monday - Saturday from 11 a.m. - 6 p.m.

SHARING MINISTRIES BENEFIT STREET DANCE...

3:30 TO 7 P.M. SEPT. 21!

ARTS AND CULTURE

Silverton Colorfest Quilt Show Sept. 7-8

Special to the Mirror

SILVERTON — The Silverton Threads Quilting Guild in the Victorian mining town of Silverton is again hosting the Colorfest Quilt Show & Sale, Sept. 7-8 at the Silverton School gym.

The show features amazing, intricate weaving by true artists in the tradition, according Silverton quilter Carolyn Wolf.

"There are many autumn-themed quilts," Wolf said, but the various artists tend to cover just about any theme imaginable. "We do have some that the gals brought in already that are going to be entered into the art design quilt category," Wolf said. "They're gorgeous."

The event will run from 9 a.m. to 5 p.m. on Saturday, Sept. 7, and from 9 a.m. to 3 p.m. on Sunday, Sept. 8.

Hundreds of colorful quilts from around the country will be featured, ranging from miniatures, antiques, wall hangings, decorations, new techniques, stain-glass, and much more. Also on hand will be unique vendors with fabrics, patterns and supplies.

Items will be judged in three categories: Hand Quilted, Machine Quilted, and Quilted Items. Judging will be closed Sunday at



The 2013 Silverton Quilt Show will be at the Silverton School Sept. 7-8. Courtesy photo.

2 p.m. and winners will be announced at 2:30.

Hourly door prizes and a charity quilt drawing will be offered. Admission is \$3.

FIRST FRIDAY STROLL FEATURES LADIES NIGHT SEPT. 6

Special to the Mirror

MONTROSE--Downtown Montrose's First Friday Stroll theme for September is "Ladies Night," so head to Main Street for an evening of pampering. Galleries and participating stores will feature numerous female artists and artisans doing demonstrations, appetizers and beverages, and in store specials. A+Y Design Gallery is featuring Jan Rickman, fiber artist, art quilter and creator of clothing and accessories. She creates abstract works in vivid tones as well as realistic renderings of the Western landscape and artifacts. Meet Jan and enjoy her energetic designs. Also, Trail Town Still is bringing some delicious watermelon mojitos. Around the Corner Art Gallery's featured artist this month is Tom Soucek. Tom is a very accomplished wild-

life photographer. Tom will be unveiling several new pieces at his opening reception on First Friday. His show will be displayed for the month of Sept. In keeping with the "Ladies Night" theme the gallery will feature Linda Nadel, watercolorist and Ella Marolf, sculptor doing demonstrations. Complimentary wine and hors d'oeuvres.

Canyon Gallery – First Friday's "Ladies Night" will feature Robin Wadham's show entitled "All the Wild Horses". The images capture the raw beauty of America's imperiled wild horses. Robin has a dramatic artistic touch, and a real appreciation of wild horses that captivates the viewer. Her show will be on display for the month of Sept. A wine tasting by the Pour House will also be offered.

Tiffany, etc. has a new selection of fall

tops, scarves and jewelry for 1st Friday's "Ladies Night". Pick a fall leaf for a discount on your entire purchase, shop from 5:30 to 8 at Tiffany, etc. Main Street Ice Cream Bar will be offering a free topping on any ice cream purchase for Ladies Night. What happens at She She's stays at She She's. Ladies bring a friend and receive \$20 in fashion funds to spend that night. At Nina Suzanne's 2 artists, Karen Little and Sarah Brewer, will be doing demonstrations and displaying their art. Nina is offering 10% off everything in her store from 5 to 8 pm. Quite a deal!

Be sure to treat yourself to a visit to Fabula. Potter, Krystina Maixner, will be demonstrating her artistic talent. There will also be chocolate tasting and 20% discount on all jewelry.

ARTS AND CULTURE

TROMMER AND GOODTIMES AT ARROYO SEPT. 3

Special to the Mirror

TELLURIDE--The Telluride Institute's Talking Gourds Poetry Club will feature hosts Rosemerry Wahtola Trommer of Placerville and Art Goodtimes of Norwood as performers on Tuesday, Sept. 3rd at 6 p.m. at Arroyo Telluride.

Art has a new book from Western Eye Press, *Looking South To Lone Cone*, and Rosemerry's latest book hails from Turkey Buzzard Press, *The Less I Hold*. Copies of both will be available for purchase at the gathering. Coming up in Oct. 1st, John Nizalowski of Grand Junction will star. His

latest book is also from Turkey Buzzard Press, *The Last Matinée* (2011)

Talking Gourds Poetry Club is a joint venture of the Telluride Institute, Wilkinson Library, Between the Covers Bookstore, Telluride Arts and San Miguel County poets. Members meet monthly, on first Tuesday evenings, at Arroyo Fine Art Gallery & Wine Bar at 220 E. Colorado Ave., 970.239.2006, beginning at 6 p.m. in Telluride.

At right, Poets Art Goodtimes and Rosemerry Wahtola Trommer. Courtesy photo.



TELLURIDE HORROR SHOW ANNOUNCES FIRST WAVE OF 2013 FILMS

Special to the Mirror

TELLURIDE - The **Telluride Horror Show**, a three-day genre film festival in world-famous Telluride, Colorado, is pleased to announce the first wave of film programming for the fourth annual festival that will run October 11-13, 2013.

We are also pleased to announce the appearance of special guest director Frank Henenlotter, who will be on hand to participate in a Q&A following a special presentation of Josh Johnson's REWIND THIS! and a Q&A following a special screening of the legendary BASKET CASE.

Known for his bizarre mixes of horror and humor, Henenlotter scored a surprise hit with the first film he wrote and directed, the 1982 BASKET CASE. An in-

stant cult classic, the film played for almost two years on the midnight-movie circuit before getting a more mainstream rerelease in 1984.

Henenlotter then wrote and directed the anti-drug horror film BRAIN DAMAGE in 1987. BRAIN DAMAGE also marked the first of six films with special effects artist Gabe Bartalos. An association with James Glickenhaus resulted in the 1990 horror comedy FRANKENHOOKER (which Henenlotter directed and co-wrote with then-editor of Fangoria magazine Robert Martin) as well as two sequels to BASKET CASE: BASKET CASE 2 (1990, which Henenlotter wrote and directed) and BASKET CASE 3 (1991, which Henenlotter directed and co-wrote with Robert Martin).

Though he changed careers in the early 1990s and became one of the guiding forces behind Something Weird Video (which made its reputation finding and restoring forgotten and lost exploitation films of the past), Henenlotter returned to filmmaking with the genuinely bizarre sex / horror / comedy BAD BIOLOGY in 2008. Two documentaries followed, HERSCHELL GORDON LEWIS, THE GODFATHER OF GORE (2010), and THAT'S SEX-PLOITATION! (2013). Currently screening at festivals. Henenlotter's new film, THE ART OF THIEVES, is a drastic change from the kind of film he's known for. It's a true story about the theft of street art. It will be released in 2014. For updated list of films visit <http://www.telluridehorrorshow.com/films.html>.

The Mirror:
Coverage with vision for the future.



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.

Sept. 3—Talking Gourds poets Rosemerry Wahtola Trommer of Placerville and Art Goodtimes perform at Arroyo Telluride, 6 p.m.

Sept. 4—Forum at Heidi's Brooklyn Deli, 1521 Oxbow Dr. Coffee is \$1. Speakers are Steve Savoy and Eric Feely of the Montrose Chamber.

Sept. 5—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. 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.

Sept. 5—A Taize worship service will be held at 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.

Sept. 6—Cars and Cones at the Homestead, 1819 Pavilion Drive, 5:30 to 7 p.m. Coney dogs and goodies served free!

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

Sept. 7-8—Silverton Colorfest Quilt Show, Silverton School Gym.

Sept. 7—Laff Inn at Canyon Creek B&B, 820 East Main, 7:30 p.m.

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. 11—Forum at Heidi's Brooklyn Deli, program covers newly opened Community Corrections facility. 8 a.m. to 9:30. Coffee is \$1.

Sept. 11—The Montrose Botanical Society general meeting will be show casing Ginny Price of the Extension Office. She will be doing a program on "Retrofit your garden for low watering plants". It is open to everyone, and will be at the Centennial meeting room at 7 pm. For more information please call Sally at 970-417-1524.

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. 13—The Creamery Arts Center invites you to come meet "Neighbors, Strangers, and Friends" at an opening reception for the show from 6 to 8 p.m., at the Creamery Arts Center, 165 West Bridge Street in Hotchkiss, Colorado. This gala event is free to the public and features refreshments, a cash wine and beer bar, great art throughout the beautifully restored building, and always excellent company. Summer hours for the Creamery are Monday - Saturday from 11 a.m. - 6 p.m.

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. 16—Informational program, "Are you new to Medicare?" 6:30 to 8 p.m. Montrose Library Community Room.

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 3:30 to 7 p.m. ! 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. 21—Top of the Pines of Ridgway to host family day from 1 to 4 p.m. Take County Road 5 southwest out of Ouray to Highland Drive, then turn right and follow the signs. It's about 15 minutes from Ridgway. For more information about TOP and the Open House, see <http://topofthepines.org>.

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.

Sept. 27—Cobble Creek Second Annual Watercolor Show. Reception Friday 4 –7 pm. Show runs Saturday 10 a.m. to 3 p.m..Upstairs at the Clubhouse. 699 Cobble Drive. Call 970-249-5645 for more information.

REGIONAL NEWS BRIEFS

VOLUNTEERS OF AMERICA TO OPEN CONNECT FOR HEALTH ASSISTANCE ENTER IN MONTROSE ON SEPT. 15

Special to the Mirror

REGIONAL--Volunteers of America (VOA) is one of the 57 organizations selected by Connect for Health Colorado to provide in-person assistance to individuals, families and small businesses seeking health insurance through Colorado's new Marketplace. VOA is pleased to announce the opening of assistance centers serving the City of Montrose and the North Fork Valley of Delta County (Crawford, Hotchkiss and Paonia). Starting on Sept. 15th, the assistance center serving the citizens of Montrose will be open for business and will be located in the Chamber of Commerce building at

1519 East Main Street in Montrose. The North Fork Valley assistance center located at the Creamery Arts Center at 165 West Bridge Street in Hotchkiss will also open on September 15th.

Certified Health Coverage Guides will be available at these assistance sites to help individuals, families and small businesses access their health coverage options and financial assistance programs, and to sign up for health insurance through Connect for Colorado's Marketplace. The Marketplace is the only place that Coloradans can apply for financial assistance programs to help reduce the cost of health insurance purchased through the Marketplace. This

site will open on October 1, 2013.

For more information or to set an appointment to meet with a Guide, please call or visit the Montrose Assistance Site at 970-252-0660, 1519 East Main Street, Montrose, CO or the North Fork Valley-Delta County Assistance Site at 970-872-2233, 165 West Bridge Street, Hotchkiss, CO. To speak directly to a Connect for Health Colorado Service Representative, please call 1-855-752-6749, or visit ConnectforHealthCO.com. Connect for Health Colorado is a non-profit organization that operates under the oversight of the State, and as such does not charge any fees for accessing the Marketplace.



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



EAT DESSERT FIRST!

***DELICIOUS MIRAI SWEET CORN
IS THE WORLD'S SWEETEST...***

***LOCALLY GROWN FOR YOU BY BOB MILTON
AND RAINBOW HILLS FARM!***

**STAND OPEN SEVEN DAYS
9 A.M. TO 5 P.M.**

970-275-9015

Contact the Montrose Mirror:

Post Office Box 3244

Montrose, CO 81402

970-275-5791

Email Us: Editor@montrosemirror.com

www.montrosemirror.com



Above, strollers enjoy the sights and sounds of the season's last Main in Motion event Aug. 22.



Above, a Columbine blooms in the high country. Photo by Brad Switzer.



At right, students Aiden Samuelson and Adrian Guerra fold the United States flag carefully at the end of the school at Oak Grove Elementary on Aug. 27.



Eight Critically Acclaimed Recordings

Colcannon in Concert

Saturday • Sept 28 • 7:30 PM

Montrose Pavilion Event Center • Montrose • CO

Authentic, Joyous Irish Music....

traditional with a touch of chamber music and music hall, Colcannon plays Irish music with panache, warmth and wit. Timeless songs and great musicianship transport the audience to another time and place.

CASH BAR • CHOCOLATES AND OTHER TREATS

TICKETS ARE \$20.00 EACH in advance at the Pavilion box office or at the door.

