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# THE MONTROSE MIRROR

Your Source for Local Business News and Information

Issue No. 75 Jan. | 2014

## The "HAPPY NEW YEAR!" Issue

### STATEWIDE FORECAST: WEST SLOPE ECONOMY LAGS



*Like other sectors of the regional economy, Western Colorado's construction industry continues to struggle.*

*By Caitlin Switzer*

REGIONAL—Talk of a resurgent economy means nothing if hands that want to work hard are idle--and a newly-released statewide economic report indicates that Western Colorado still faces challenges when it comes to putting those willing hands back to work.

The newly released [\*Focus Colorado Economic and Revenue Forecast\*](#) contains a wealth of information on industries impacting the state and the nation, but little positive news for this region's construction and related industries.

Nationwide, "Economic activity will grow at a more earnest pace in 2014 and 2015," the report predicts. "Gains in construction, mostly in the residential sector, helped drive the economy amidst rising home prices." Statewide, "The housing market is projected to remain strong throughout the forecast period." Gains of 3.8 to 6.7 percent in residential value are expected for Front Range communities

*Continued on page 2*

### FEEDING THE NEED TO READ...TELLURIDE'S INDIE BOOKSTORE THRIVES BETWEEN THE COVERS

*By Suzanne Cheavens*

*Telluride Bureau Reporter*

TELLURIDE--The floors creak and the ceiling of the 100-year-old building is high and clad in tin. There is just enough room to walk between the rows of shelves and the walls are lined with books stacked so high, a rolling ladder is needed to reach the top. Modern pendants of light wash the shop with warmth and customers move languorously about, holding books, reading a paragraph or two, in search of The Next Read. Even the pleasant aroma of coffee percolating from the café in the rear of the store cannot overrule That Smell – the smell of books.

Between the Covers Bookstore has been a fixture on Telluride's main drag, Colorado Avenue, for several decades, thriving through economic downturns, the resort town's brutally slow off-seasons and a relay of committed proprietors. The popular bookshop and gathering place is now helmed by a pair of decidedly non-bookish women, Daiva Chesonis and

*Continued on page 8*



*Between the Covers owners Bobbi T. Smith and Daiva Chesonis. Courtesy photo.*

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## STATEWIDE FORECAST—WEST SLOPE ECONOMY LAGS *from page 1*

such as Denver, Colorado Springs and Pueblo.

However, here in the State's "Western Region," which encompasses Delta, Garfield, Gunnison, Hinsdale, Mesa, Moffat, Montrose, Ouray, Rio Blanco and San Miguel counties, the outlook remains troubled for the construction trades. The Western and Southwest Mountain regions are expected to see residential construction growth rates of just 1.2 and 4.4 percent, respectively, according to the Forecast.

Even energy exploration revenues in this region are on the decline, the forecast notes. "In the western region, natural gas properties are responsible for the largest share of assessed values...activity related to natural gas in the western region has declined." 2013 was also not a strong year for another of the Region's economic mainstays—agriculture. This sector was weakened by drought conditions and an early freeze, the Forecast states.

"The USDA (United States Department of Agriculture) acknowledged 33 natural disasters in Western Region counties in 2013," the Forecast notes, adding that unemployment in the region hovered at 7.2 percent compared to 6.8 percent for the State as a whole.

Scott Stryker of Montrose's Ridgway Valley Enterprises, a 16-year veteran of the local construction industry, said that he has had to take on work outside of the region to survive.

"We are a little bit unique in that we do lots of Federal government work," Stryker said. "We have projects in Oklahoma, and Southern Utah. It would be nice to be able to keep our crews closer to home and their families in 2014."

Stryker expects to see a bump in commercial construction in the coming year, however.

"It won't be like 2005 or 2006, but it is going up—we should see sustained, stable



*Classic Construction of Montrose clears a ditch near the Montrose Pavilion Dec. 28. The outlook for construction and construction-related services in Colorado's Western Region remains troubled, according to the newly-released Focus Colorado Economic and Revenue Forecast.*

growth," he said.

In Ridgway, Greg Doubt of Dallas Creek Construction said that he hopes things begin to turn around soon. A 30-year veteran of the construction industry who has spent 18 years in Ridgway, Doubt also owns a local liquor store.

"Things are still slow here," he said. "We've got jobs that are keeping us going, but there is no money in this business—most of the jobs we are bidding are at prices we saw ten years ago. This is the biggest industry in our country, and it impacts so many others—things like nails, tool suppliers—it all flows downhill."

Doubt said that he would like to communities in the region support the construction trades with things like reduced permits and tap fees.

"If they want growth, they need to step up to the plate," he said. "When I see our local talent going elsewhere just to make a living, it's not good. We need business

incentives; we need Ridgway to be more than a pass-through community where people are barely getting by."

The town's controversial streetscape effort would not help local business he believes, but other ideas, such as Ridgway realtor Kari Wage's suggestion of a local geothermal bathhouse could have a positive impact if others rallied behind it, he said.

"An awful lot of people are moving out of the area who really don't want to," Doubt said. "We need some sort of incentive to bring in new business—think how many people drive through our town every day. And yet people tell me Ridgway is the most unfriendly place, because it is so dark at night. There's not even a chance to get signage."

"Ridgway does have some geothermal springs," he noted.

"We have to do something. I am not seeing things turn around, and it bothers me."

**THE MONTROSE MIRROR**  
MONTROSE

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**Thursday, January 9, Noon**

**Montrose Library Community Room**

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**Guest panelists: Abby Padilla and Kaylynn Miller, co-editors Montrose  
High School Chieftain**

**Justin Joiner, Editor, Montrose Daily Press**

**Gus Jarvis, Editor and Marta Tarbell, Publisher, Watch Newspapers**

**Question and Answer period to follow.**

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

**For more information about the topic go to [www.montrose.co.lwvnet.org](http://www.montrose.co.lwvnet.org) and click on *Calendar of Events*.**

# PAST, FUTURE MEET IN THE NORTH FORK VALLEY



*The Shaffer family's beautiful Hotchkiss barn has become an icon for the new North Fork economy. Courtesy photo.*

By Caitlin Switzer

NORTH FORK VALLEY—The physical location suggests a resort town, but if you're not willing to roll up your sleeves and get to work, you probably don't live in the North Fork Valley. This gorgeous Delta County region, which includes the towns of Paonia, Hotchkiss and Crawford, remains a blend of traditional, blue collar industries—both agriculture and mining continue to be mainstays of the local economy.

Though the first orchards planted by white settlers were started just after the relocation of the Ute Indians in the 1880's, today's North Fork agricultural community has kept pace with the times—an emerging culture of [agritourism](#), winemaking, craft brewing and distilling, combined with a rich history and a vibrant arts scene—have already made the valley a draw for tourists from across the nation and around the world. And while traditional ranching is still part of the fabric of daily life, the range of livestock raised here has expanded and diversified to include non-traditional and organic offerings.

The [Paonia Chamber of Commerce](#) notes that the North Fork emphasis on locally-produced, high-quality (often organic or chemical-free) products has earned the region a nickname, “the American Provenance.” An active local citizens’ advocacy group, [Citizens for a Healthy Community](#), has challenged efforts by the BLM to open up lands in the North Fork for energy exploration and fracking, while encouraging the BLM [alternative plan](#), in the interest of preserving the health of the valley’s the land and water for future generations and for agriculture. However, the North Fork Valley’s heritage includes more than farming and ranching; traditional coal mining is also very much alive in the North Fork, as anyone who has witnessed one of the daily coal trains snaking its way through the valley can attest. Recent layoffs of close to 300 miners by Oxbow Mining, one of three mining companies operating in the North Fork, have focused attention on the state of this longtime local industry. Other mining operations in the area include Arch Coal’s West Elk Mine, which currently employs 350 full-time, and Bowie Resources’ Bowie #2 Mine. The web site of the Colorado Mining Association points out that miners are the highest paid industrial workers in Colorado (which ranks ninth among the nation’s coal producing states) with average annual wages of \$98,250. Despite the loss of a number of such high paying jobs, however, the economic outlook for the North Fork Valley remains stable, observers say. “We took an eight percent hit to our economy from the Oxbow cuts,” [Hotchkiss Merchant Herald](#) Publisher and longtime community activist Tom Wills said. “But it’s not the end of the world—in the 1990’s coal represented 25 percent of the local economy,

now it’s less than 20 percent.

“This is the kind of change that has come to a lot of former mining towns.”

Though only Oxbow has recently announced major cuts, Wills said he does not expect the local mining industry to continue indefinitely.

“The reality is that nobody has more than ten or 15 years’ worth of coal left,” he said. “I do feel for the miners—these are high paying jobs that are hard to find, and many of them will leave the area to find work.”

Though many locals are holding onto their wallets after learning of the mine layoffs, the impact should not be as concentrated as many think, Wills said. Because of improvements to roads throughout the region, many miners today reside in other communities and commute to the North Fork.

“We also have our wineries, and agritourism,” he said. “If you are not a coal miner, things are actually going well—it’s still ok to go into business here. Our economy is also based on access to high end markets—Big B Juices has grown 30 percent every year, and Leroux Creek Foods has done very well too.

“A house in Hotchkiss is the best investment ever,” Wills said, and said that the area’s economy also benefits from assets attached to retirees and transplants.

“What is the future of the North Fork Valley? It’s obvious—look at Ridgway, or Carbondale,” said Wills, a lifelong Coloradoan. “We have advantages over those places—better climate, longer growing season.

You can’t grow cherries in Aspen or Ridgway, it’s too cold.

“But you can grow cherries here.”

**The Mirror:**  
Coverage with vision for the future.





## REGIONAL NEWS BRIEFS

### FOURTH ANNUAL WESTERN SLOPE SOIL HEALTH CONFERENCE

#### *Special to the Mirror*

DELTA--The Fourth Annual Western Slope Soil Health Conference will be held on January 23 and 24 at Bill Heddles Recreation Center, located at 530 Gunnison River Drive in Delta. This conference is designed to educate producers, government officials, and the broad community about issues to increase organic matter in our soils through cover crops, green manure, compost, minimum tillage, and various soil amendments. Also various irrigation practices will be addressed.

There is a \$20.00 pre-registration fee to attend the conference which will begin each day at 8:30 a.m., concluding at 4:30 p.m. Registration at the door will be \$30.00.

Pre-Registration is required and can be completed by calling DCED at 970-874-4992 or via email to [sarah@deltacountyed.org](mailto:sarah@deltacountyed.org).

Agriculture sustainability is a major focus for both Delta County Economic Development Inc, and Montrose Economic Development Corporation.

Both agencies have partnered in a joint sponsorship of the conference along with other local businesses and agencies.

Previous conferences have focused on the theory and science of soil health. This conference will have a great deal of information on how to actually put practices to work on local farms.

Featured speakers for this two day conference include:

Brendon Rockey  
Rockey Farms, Colorado  
Gail Fuller  
Fuller Farms, Kansas  
Eric Wardle, Troy Boudier, Joe Brummer  
CSU, Fort Collins, Colorado  
Keith Burns  
Green Cover Seed  
Bladen, Nebraska

Other speakers graciously joining the conference include Dave Zimmerer with Schlagel Equipment, Mike Peterson with Orthman Equipment, and farmers from Fort Collins, Colorado including Troy Seaworth and Mike Steiben.

Mike Collins, Area Conservationist for the NRCS will be moderating the conference.

Davetos Italian Restaurant and C&J's Café will be serving lunch each day which is free of charge to conference attendees.

There will be a variety of agricultural product vendors on site along with in-



*Soil health and Agriculture sustainability are major areas of focus for both Delta County Economic Development Inc, and Montrose Economic Development Corporation.*

formative lectures and education throughout the event.

If you have ever asked yourself "What is Soil Health?" please join us for this two-day informative event. For more information, please contact Delta County Economic Development at 874-4992, or Montrose Economic Development Corporation at 970-249-9438.



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## PRESSING MATTERS...BIG B'S BRINGS THE FRESH TASTE OF SUCCESS



*Jeff Schwartz of Big B's Fabulous Juices.*



*Bins of local apples at Big B's Loading Dock. It takes more than forty apples to create a gallon of Big B's apple cider. Photos by Rita Clagett.*

*Story and Photos By Rita Clagett*

*North Fork Bureau*

**HOTCHKISS**--In every way, Big B's Fabulous Juices is a *family* business. The organic juice plant was founded more than 40 years ago by Bernie Heideman and his wife, in a historic 110 year-old fruit packing shed along the railroad tracks in Hotchkiss. Under Schwartz family ownership since 2002, Big B's has increased its juice processing from 500,000 pounds of apples a season to 4,000,000. Yup, that's right, four *million* pounds of apples a season.

The math staggered me. I had arrived to interview Jeff Schwartz at the end of an especially long cold day. He was moving apple bins with a forklift, and when he finished he waved at more bins full of every color apple. "We're up this year from three thousand bins to over four thousand," he said. "A thousand pounds of apples in each bin, and ninety percent of them are grown here in the North Fork Valley."

Jeff and his wife Tracey are major stakeholders in the business, which is a significant contributor to the North Fork economy, and last November won "Hotchkiss Business of the Year." Big B's employs several extended families and buys apples

from more than a dozen small, medium and large orchards in the valley. Four million pounds of apples!

Jeff acknowledges that his locally sourced, organic cold-pressed cider costs a little bit more than commercial cider, but says they try to price wisely. "If you want to take a gallon of cider home for eight dollars, it's probably worth it when you figure it takes four people a week to drink it." No wonder: It takes more than forty apples to create a gallon of Big B's apple cider. That's ten organic apples a week per person in a four-person family. That's healthy!

We stepped out of the crisp afternoon cold and into the dimness of one of the newer buildings to begin our tour. He showed me where the bins are dumped and apples get sorted and washed, and then the juicing line and bottling lines. In this loud bright room, giant bags of jugs and gleaming tanks stand waiting to be filled as people move apples through the process of getting ground into pumice and then squeezed into juice.

"We juice all day long, about 40 bins a day, pressing from 7 or 8 a.m. til 4 o'clock, from September through Febru-

ary, filling tanks as we go," Jeff says over the din of the grinding and juicing machines. The leftover pulp shoots from the end of the line through a chute to the outside, straight into a waiting 40-yard dump truck. "This closes the loop," Jeff says enthusiastically. "We fill this once a week and sell it to a local compost maker, and then we use some of that compost in our orchards."

Besides the fresh cider, [Big B's website](#) displays six flavors of organic apple juice, and several other organic or all-natural beverages. Every aspect of Big B's takes into account environmental impact, from this bioregional ethic to their choice of [HDPE plastic bottles](#) rather than glass, calculating a carbon footprint based on the best, healthiest and most environmentally friendly choices they can make for their methods and their customers.

"From the supply side," Jeff says, "we have a very strong place. It's an industry just based around moving the apples and the liquids. Hard cider is the wave of our future. It's even more profitable because it's value-adding to Big B's. It's truly the most efficient and sustainable localized alcohol, it's apples."

He adds, "The biggest acreage of western



## PRESSING MATTERS...BIG B'S BRINGS THE FRESH TASTE OF SUCCESS



*Above, (left) Big B's Cider Maker Shawn Larson; (Center) Big B's has increased its juice processing from 500,000 pounds of apples a season to 4,000,000; (Right) Big B's state-of-the-art bottling facility. Photos by Rita Clagett.*

slope fruit is right here in the North Fork Valley. White Buffalo, Ela Family Farms, First Fruits, and other orchards. Rogers Mesa Fruit makes viable the fruit industry here, because without a packing shed you're had." Big B's gets apples from some of the larger organic orchards in the valley and also mid-size and backyard orchards.

By now we have moved into the fermentation room, where Big B's apples transform in the hands of skilled brewer Shawn Larson into five flavors of hard cider sold under the North Fork Cellars label.

"Our focus now is to supply our tasting room, feeding our home base," he says happily. "Anything bigger than that is gravy. Our ciders are getting more mature and better as we start to learn more about it. It's a fun little alcohol, it's light... a fun little buzz."

Then we descend into the cellar, a low-ceilinged room with a concrete floor, filled with barrels and crates of various apple products. Throughout the tour we have continually passed by palettes of crates of ciders and juices and pallets of apples, and inhaled subtly shifting aromas through the different rooms. We wind up in the employee break room, where we settle into chairs with a couple of bottles of hard cider and two paper cups between us, as we relax from interview into conversation.

Jeff and his wife Tracey moved to the valley from Flagstaff in 2000, after trying for awhile there to farm in the Arizona desert. Both were involved in environmental and social activism before and after their marriage, but after awhile, he says,

"We knew we wanted to farm and not just be running around fighting. If I didn't have to pick up arms I wasn't going to fight a political battle. So that's what we got to do, that's our way of fighting. We want to give our kids a small skill set and the confidence and ability to survive. That's what drives everything we do, those two kiddos."

Jeff and Tracey also own [Delicious Orchards](#) in Paonia. Over the years, they've transformed a packing shed into a delightful farm store offering Big B's products, great local organic foods including cheese and seasonal vegetables, and local arts, crafts and books. A tasting bar refreshes visitors with Big B's hard ciders as well as many local wines. Tracey is an ace knitter, and a small wall of the store overflows with a rainbow of fine yarns. A café serves food made from local ingredients, and a campground nestled in the orchard boasts views of the surrounding mountains. Saturdays in summer often host an all-day barbecue with live local music, and for a small membership fee, members get a 5% store discount and monthly specials.

Throughout fruit season, Delicious Orchards sells their own organic fruits and is a popular U Pick destination for locals and travelers alike. This family-friendly activity is a lot of fun for everyone, with low limbs for kids and ladders throughout the orchards for the more adventurous. It's a great way to spend a few hours and come home with a bounty of fresh cherries, pears, peaches or apples, depending on what's ripe for the picking.

We come inevitably to the topic on eve-

rybody's minds, industrial development in this agricultural promised land. Jeff says, "Yeah, higher intensity fracking of the valley... Wouldn't it be a shame if what we don't know about it does negatively affect this bottomland, this place for habitation and growing food for a small but greater bioregion? I believe in this place and in the people of this place, and the historical and ancient value of this place. I believe we will fend it off. Because of the experience and the sacrifice of people elsewhere that have suffered from it, we've learned a lot."

By now, half the hard cider is gone from the bottles. They must have holes in them somewhere. Big B's employees start to trickle through the break room on their way home for the day. Jeff greets them all by name, "Bye, see you tomorrow, thanks!" And they respond in kind with smiles and waves. There is an ease of being, a family feel, during this end of the day ritual.

I remark upon how hard he must work as the main man in this thriving fruit growing and processing operation. Jeff's reply sums up his motivation and inspiration:

"I am driven because it's a blessing and a dream. I dreamed this when I was nine or ten years old, helping my dad with the tomato plants on the porch. To realize it... is just so amazing. Things are good, things are as good as we could ever expect or want."

*A longer version of this story appears on <http://northforkscrapbook.org>. You can also read more from Rita Clagett at <http://dukkaqueen.com>.*

## TELLURIDE'S BETWEEN THE COVERS...Continued from page 1

and Bobbi Smith, rosy-cheeked outdoorswomen whose passion for exploring under Colorado's blue skies is rivaled by their devotion to what can be discovered in the pages of a book.

The "Bookends" as Chesonis laughingly calls their partnership, purchased the venerable business from their former boss, Stuart Brown, who employed them as the store's manager (Smith) and book buyer (Chesonis). When Brown knew he wanted to sell the business, the two put their heads together, took a deep breath and made an offer. The store became theirs on December 1, 2010. Now, three years later, Chesonis calls the decision both "exhausting and gratifying," and one that both locals and visitors herald with their continuing support.

Buying the business and keeping the doors open for Telluride's book-hungry clientele was a weighty financial commitment for both of them – Smith's family was sure she had lost her mind – but with some time in the rear view mirror, the decision has proven sound.

"I thought it was an important thing for the community," Smith said. "It made me feel like I was doing something good."

The new owners wasted little time in fulfilling their vision of the modern bookstore since signing on the bottom line. They each had previously run their own businesses (Smith's Bobbi's Treats was a much loved, one-woman bakery and Chesonis' graphic arts business was once one of only a few in Telluride) and as the store's manager and buyer, the transition was natural. Smith and Chesonis set to work expanding the shop's inventory, installing a state-of-the-art point of purchase and inventory computer system. They have completely revamped the store's Website, and maintain an active presence on social media.

Despite the voracious appeal of the easy access to information, entertainment and education on the Internet, independent booksellers are surprisingly resilient. At one of the many conferences the two attend, Chesonis and Smith learned that in 2012, 42 new indie bookshops opened their doors. The downfall of mega-bookstores like Borders certainly helped make way for mom and pop operations to fill the void. But also driving indie

booksellers' viability is a community's need for a place to find kindred spirits, to be assisted by knowledgeable people they likely know, to actually hold and smell a book. It's an appeal that, for many, wins out over today's touch screen sterility.

Their success seems almost counter-intuitive in an age where the habit of reading faces more competition than ever. Chesonis recalled the Reading is Fundamental commercials that once aired on television.

"Can you imagine? Commercials for general reading! Not selling anything other than the act of reading!"

Another factor in the durability of small, independent bookshops is the growing trend to shop local. Consumers – especially those in small towns like Telluride – understand that while the prices they pay may not be as low as what can be found online, money spent in a local retail shop has benefits that radiate throughout the community. Snow from a recent storm has already been cleared from Colorado Avenue and Chesonis gestured toward the street outside her front window.

"Every time someone spends money locally, a street gets plowed. There's a connectedness in shopping local."

Not only locals, but also a steady stream of visitors cross Between the Covers' threshold every day. "People seek out bookstores," Chesonis said. "They're special places."

There is an assumption – nearly always correct – that information about Telluride can be gleaned at the bookstore. Maps, local titles and postcards are hot items with the traveling curious. Road closures, weather reports, local news and information about local community events are routinely dispensed over the store's front counter. According to Smith and Chesonis, locals regularly avail themselves of the store's special order services, negating the need to visit an online mega-seller. Additionally, those with e-readers can update



*Like literary detectives, Smith and Chesonis learn what books or authors the customer enjoys and then lead them to a selection of titles that dovetail with the reader's preferences. Courtesy photo.*

titles with ease at Between the Covers.

But what the owners both love best is the matchmaking that adept bookstore clerks engage in with their customers. Like literary detectives, booksellers learn what books or authors the customer enjoys and then lead them to a selection of titles that dovetail with the reader's preferences. The practice is called hand selling, in which the perfect book is placed directly in a reader's hands. Hand selling allows booksellers to know their clientele and their tastes and also creates a deeply personal relationship between reader and book purveyor. And that is a quality that is impossible to find with the click of a computer mouse. Looking ahead, Smith and Chesonis are always brainstorming ways to sustain not only their little shop, but also the literary vitality of Telluride and the region. They envision enhanced collaborations with literary organizations for readings, competitions and author events. And, they will continue event-specific successes, such as May's Reading Frenzy, which offers Mountainfilm Festival attendees off-site meet and greet opportunities where they can purchase books written by the festival's featured guests, notables and filmmakers. "We are bubbling with ideas," Chesonis said.

Between the Covers is located at 224 West Colorado Avenue in Telluride. For more information, call 970-728-4504, or visit the Website at: [www.between-the-covers.com](http://www.between-the-covers.com).



## REGIONAL NEWS BRIEFS

### MONTROSE HIGH HONORS SEVEN WITH DIVISION AWARDS



*Special to the Mirror*  
**MONTROSE** – Seven students from Montrose High School were awarded the MHS Division Award. Students are chosen because they have made great improvement in class, they are good role models, and work hard in class. The teachers get great pleasure out of giving this award because it can make a huge difference to that student who may need a boost or a little encouragement to continue working hard.

*Pictured:*  
 Group Picture – students L:R Front: Kaley Gleason, Patricia Johnson, Zachary Lyons  
 Back: Austin Richardson, Marcus Hill, Matt Sandoval and Andy Locke  
 Not available for the photo was Guadalupe Valdez. Courtesy photo.

## REGISTER FOR FOOD AND FARM FORUM

*Special to the Mirror*  
**REGIONAL**--Registration is now open for the Second Annual Western Colorado Food and Farm Forum. Register before Jan. 6th and pay only \$55 (includes lunch

with locally sourced ingredients). The conference features speakers on sustainable crop and livestock production, ag marketing and management, and ag specialty areas. This year's theme, Making Every Drop

Count, highlights the critical role water plays in the future of agriculture and day to day decision making. For more information, or to register, please visit: <http://www.foodfarmforum.org/>.

*Valerie Meyers' Weekly Monday*



**REAL ESTATE  
 MARKET REPORT**

*from the Road*

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

## REGIONAL NEWS BRIEFS

### REGION 10 CELEBRATES FIRST OMBUDSMAN PROGRAM GRADS



**PICTURED LEFT TO RIGHT:** The Region 10 Ombudsman Program now includes trained advocates Claudette Nicolas, Virginia Allen, Jodi Shormann and Eva Veitch. Not pictured is Cheryl Coffey of Gunnison. Courtesy photo.

#### *Special to the Mirror*

REGIONAL—Just as a tiny spark can ignite a bonfire, one person can spark a revolution. And here in Montrose, one caring professional has kicked off a revolution in long term care advocacy. Region 10 Lead Ombudsman Eva Veitch has tripled the number of trained advocates working to support and promote the rights of long term care residents throughout the region. On Dec. 23, Region 10 celebrated the first ombudsman program graduation. Four trained graduates will now work with Veitch, three as volunteers and one as a Region 10 staffer.

"We have 14 facilities in three counties," said Veitch, who also oversees Community Living Services at Region 10. "I was covering the territory myself, and I quickly

saw that it was so big, there was no way one person could cover it alone and do a good job. Now, these graduates have committed for the long term.

"What a gift to our region!"

The first graduates of the ombudsman training program include Claudette Nicolas of Region 10 as well as volunteers Virginia Allen of Delta, Jodi Shormann of Montrose and Cheryl Coffey of Gunnison.

"People are really important to me," said Shormann, known locally for her work as a community ambassador with the former Montrose Association of Commerce & Tourism. "As time goes on, to be of service is so important! After all, we are all going to be there ourselves one day. And the people I meet with are so wise! I am going to learn so much more about Mont-

rose."

Allen, a newly-retired Delta-Montrose Electric Association executive, said that she found it hard to walk away from community engagement after so many years as a leader in the work force.

"I was not totally ready just to have fun," Allen said. "I always said I wanted to be able to volunteer, and my own mom was in a nursing home. Now I can help others. I have met so many people, and I realize that every person is valuable and has something to give.

"Everybody wants to give something back."

Nicolas, who is administrative assistant at Region 10, will now serve as a trained ombudsman as well.

"I have always visited nursing facilities, so this is a very comfortable place for me," Nicolas said. "It's very natural, and will allow me to help on a grander scale."

Also joining the Ombudsman program will be Cheryl Coffey of Gunnison, Veitch said.

"Cheryl is an employee assistance counselor, with excellent mediation and communication skills," Veitch said. "Now, we will all work together."

"Each of our long term care ombudsmen can cover several facilities," said Region 10 Executive Director Michelle Haynes. "There is plenty of work!"

*A non-profit organization, the Region 10 League for Economic Assistance and Planning was formed in 1972 and serves six-counties (Montrose, Delta, Gunnison, Ouray, Hinsdale and San Miguel), operates an Enterprise center (300 North Cascade) administers the Enterprise Zone tax credit and marketing grant programs, oversees the Area Agency on Aging (AAA) and Community Living Services, coordinates regional transportation planning, and offers a loan program for small business. To learn more about Region 10, call 970-249-2436 or visit the web site at [www.region10.net](http://www.region10.net).*

REACH THE REGION 10 LEAGUE FOR ECONOMIC ASSISTANCE & PLANNING  
AT 970-249-2436 OR VISIT US ONLINE AT [WWW.REGION10.NET](http://WWW.REGION10.NET)



# ALZHEIMER'S PROGRAM CONVERSATIONS ABOUT DEMENTIA

## Conversations about Dementia Description:

When someone is showing signs of dementia, it's time to talk. The Alzheimer's Association Conversations about Dementia program is designed to help you talk with your family about some challenging and often uncomfortable topics around Alzheimer's and dementia. Some of the most difficult conversations to have are about:

- Going to the doctor to get a diagnosis or medical care,
- Deciding when it is necessary to stop driving, and
- Making plans for managing finances and legal documents to be sure the person's wishes are carried out and the costs of future care are covered.

You may try to wait until the time is "right" to have these conversations, but in reality, that time rarely comes. The sooner these discussions can take place, the better, so you can include the person about whom you have concerns and avoid unexpected situations in the future. Join us and learn some tips for breaking the ice and setting the stage for meaningful and productive conversations about dementia.

**Designed to help you talk about challenging and uncomfortable topics around Alzheimer's and dementia.**

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**TUESDAY  
JANUARY 14**

**10 am  
2377 Robins Way  
Montrose**

**OR**

**1:30 pm  
11465 Hwy 65  
Eckert**

**Lead by  
Teresa Black  
Western Slope  
Alzheimer's Assoc.  
Director**

**Please  
RSVP to  
970-275-1220**

## REGIONAL NEWS BRIEFS

### Delta-Montrose Technical College Raises Money for Colorado Lions Club Camp

#### *Special to the Mirror*

DELTA--Delta-Montrose Technical College (DMTC) Director, John Jones, presents Delta Lions' member Sheri Serve and Delta Lions' President Nick Serve with a check for \$689.28 for the Pennies for People program. The Pennies for People program supports the Colorado Lions Camp for people with disabilities by providing assistance for local children and adults who would like to attend summer camp. DMTC students and staff join together to do a community service project each year in December. The project chosen for this year was Pennies for People. This year's fund raising efforts included a chili lunch and a potato bar sponsored by Business students; donations from haircuts, oil changes, and massages by the Cosmetology, Automotive, and Massage Therapy students; sale of art/craft items by several staff members; and donation buckets throughout campus. The Emergency Medical Services department gave the biggest donation through donation buckets by bringing in over \$50 in coins.

The Colorado Lions Camp was built in 1969 by the Lions of Colorado. It was specifically built to provide a safe, accepting, summer camp opportunity for children from eight years old to adults with disabilities. Sheri Serve, who is a former camp trustee and also held the position of 6 West District Governor for the Colorado Lions, said the Colorado Lions Camp is the only one that accepts adults. She said the oldest camper to attend camp celebrated her 72<sup>nd</sup> birthday while she was at camp. It was the



*Pictured left to right John Jones, DMTC Director, Delta Lions Member Sheri Serve, Delta Lions President Nick Serve. Courtesy photo.*

first time in her life she had ever gone to camp.

The Camp is located just west of Colorado Springs and is a year round facility offering winter programs for large and small groups and summer camp for those with special needs such as vision and hearing impairment, down syndrome, developmental delays, autism, Aspergers Syndrome, ADD/ADHD, and mental and physical

challenges. To learn more about the Colorado Lions Camp visit their web site at [www.coloradolionscamp.org](http://www.coloradolionscamp.org).

Delta-Montrose Technical College is a public career and technical college in Delta, Colorado. It offers 57 secondary and postsecondary certificates in 12 different programs. All certificates can be earned in two semesters or less, with many of them only one semester in length.

**Get your news feed on.  
The Mirror  
Our stories have bite.**







## ***Food Safety Classes***

***Offered by Montrose County Environmental Health***

This 3-hour class is for food service workers  
& covers the basic concepts  
For safe food handling.

### **2014 Montrose Classes**

January 14<sup>th</sup>, 2014  
February 11<sup>th</sup>, 2014  
March 11<sup>th</sup>, 2014  
April 8<sup>th</sup>, 2014  
May 13<sup>th</sup>, 2014  
June 10<sup>th</sup>, 2014  
NO July class  
August 12<sup>th</sup>, 2014  
September 9<sup>th</sup>, 2014  
October 21<sup>st</sup>, 2014  
November 18<sup>th</sup>, 2014  
NO December class

**Pre-registration is required by calling 252.5000.**

**Classes are held at a *new location*,  
at Friendship Hall at the Montrose County Fairgrounds  
at 1001 North 2<sup>nd</sup> Street  
from 2:00 to 5:00 p.m.**

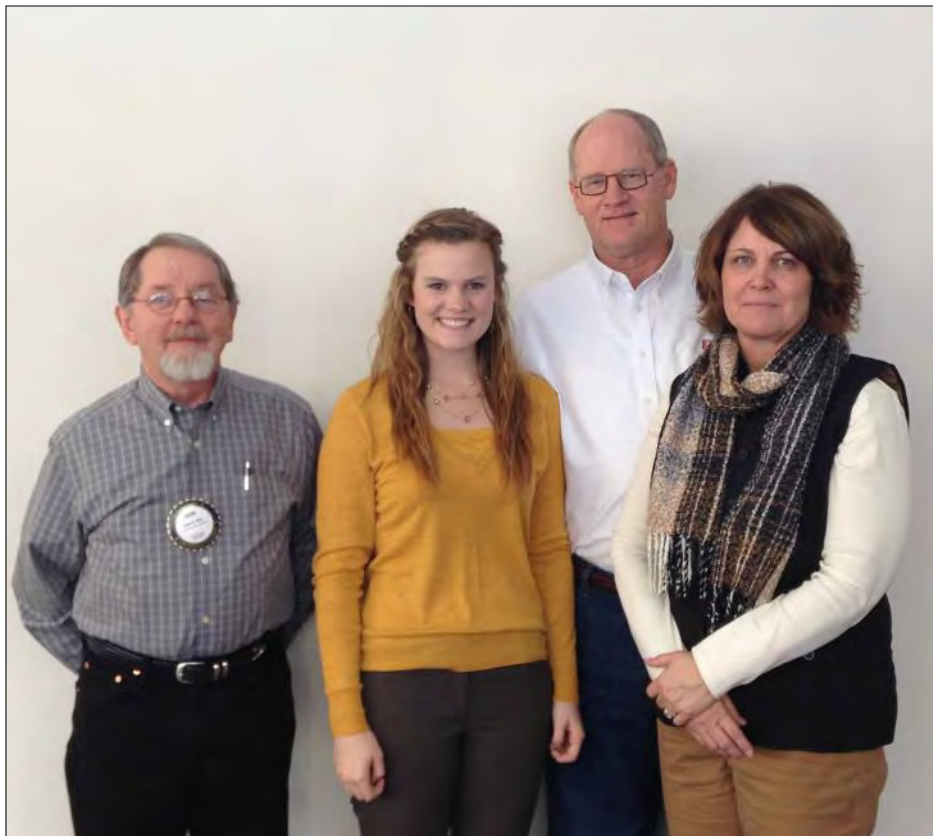
**The cost to attend is \$10 and a photo id is required.  
Successful participants will receive a food handler's card.**

*For additional information  
Or, to schedule a class at your location,  
Call Environmental Health at 970-252-5000.*



## REGIONAL NEWS BRIEFS

# ROTARY HONORS STUDENT OF THE WEEK



*Special to the Mirror*  
**MONTROSE**--Katie McClendon was honored as this week's Rotary Student of the Week. Pictured left to right are John Elo (Rotarian), Katie McClendon, Dan McClendon (father), and Cherylyn McClendon (mother). Courtesy photo.



## Silke Printz Steps Out After Her Successful Hip Replacement from MMH

Astute and particular, and after looking into surgeons and hospitals, Silke chose to have her hip replacement surgery at Montrose Memorial Hospital.

*"The procedure went beautifully. I knew from the beginning that I wanted the surgery done close to home at Montrose Memorial. The Joint Replacement Center has an excellent pre-surgery class that thoroughly explained everything I needed to know and it was very important to me that MMH has a significantly lower infection rate than other western slope hospitals. Also, Mountain View Therapy provides focused, specialized care to get patients back to the highest level of performance in the shortest time possible."*

Call Montrose Memorial Hospital today to learn more about the area's most innovative Joint Replacement Program at 970-252-2995.

**MONTROSE**   
 MEMORIAL HOSPITAL  
 800 South Third Street, Montrose, CO 81401  
 970-249-2211  
 MontroseHospital.com





## Let's Make 2014 Better By Feeding Local Seniors Together.



The Senior CommUnity Meals program saw significant changes this past year. We still need your continued support to help our Western Slope seniors receive nutritious meals in the coming year. Six million seniors in America faced the threat of hunger, lacked food or feared starvation in 2007. \* Donate now at [www.voa.org/meals](http://www.voa.org/meals). Your \$100 donation will provide a month's worth of meals or a \$25 donation a week's worth of meals. Let's work together to make the new year a combined effort to support our area seniors with community dining site and home delivered meals.

\* According to the Meals on Wheels Association



11417 Hwy 65, Eckert, CO 81418

Call: 970-835-8028

Toll Free: 866-416-6942

[www.voa.org/meals](http://www.voa.org/meals)



# LEGISLATIVE UPDATE

## BY SENATOR ELLEN ROBERTS

### LEADERSHIP-THERE IS A BETTER WAY

Legislative session 2014 is less than two weeks away and it'll be an interesting time in the Colorado Senate. The recalls and resignation of 3 Democratic senators since we adjourned in May mean a nearly 10 percent turnover in a nonelection year. Election season 2014 looms on the horizon, too, so we'll have quite the mix of personalities, issues and politics this session.

Yet, no matter the upheavals and distractions, we must focus on the threat, no, make that the promise, of continued catastrophic wildfires and the concentrated effort needed to improve forest health, statewide. This may be assisted partly by legislation, but much more needs to be done outside that avenue.

What I know I won't be supporting is the governor's recent suggestion, as reported in the Durango Herald, that we rely on farmers and ranchers as our first line of defense in fighting wildfires. This may have been an off-the-cuff idea expressed by the governor, but, when I read it, I wondered whether to laugh or cry.

Fighting catastrophic wildfires is not like extinguishing a ringed campfire. We need professional wildfire fighters, assisted by local structure firefighters, law enforcement and other first responders. Facing a wildfire bearing down on them, farmers and ranchers are rightly preoccupied with moving livestock and protecting family and other precious assets. The suggestion that relying on the country cousins to save burning metropolitan suburbs, like Colorado Springs and Fort Collins, should also be distressing to residents of the Front

Range.

We may not be able to fund a state-owned air fleet right away, but we must have a reliable emergency radio communications system and a steady, reliable supply of single engine air tankers, larger capacity planes and nimble, speedy helicopter operations. We can at least forcefully advance a western states' regional air fleet that moves with the shifting fire dangers hitting states at different times of the fire season. We need to see that local, state and federal firefighters have ample ground resources, too.

We can expand and help fund education on home mitigation efforts and the need to do prescribed burns, not dictated by air regulations to occur only in windy times to disperse the smoke, but when they can be completed safely. We must do a better job of protecting our state's watersheds and soils from the devastation caused by wildfires and this'll require getting into our forests to responsibly thin out the gnarled and diseased trees. There's no better exhibit of the terrible condition of Colorado's forests than driving over Wolf Creek Pass, immediately east of my district.

Catastrophic wildfires destroy more than homes, possessions, and happy memories. Colorado has lost lives in these fires each year recently and neighboring Arizona suffered the immeasurable loss of 19 wildfire fighters last summer.

The federal government owns 68% of Colorado's forests. The local federal foresters aren't to blame for out of touch Washington, D.C., policies that have led to the forest devastation and the loss of the

timber industry previously here. Yet, it's impossible to address Colorado's problems without demanding better stewardship from the federal landowner. This is where the governor should seek responsible, meaningful assistance and I'll be right there to help him.

It is infuriating and ironic that the U.S. Forest Service is considering closing public restrooms, that is, pit toilets, along the highways of Southwestern Colorado as the agency "no longer has the resources to properly maintain" the toilets. If the agency can't pay for maintaining a few pit toilets, can we really expect them to do better with maintaining our forests? The cost of fighting fires has decimated the most basic budget items, and yet, the federal government appears content to repeat the same insanity of reacting to catastrophe instead of getting ahead of it with restorative forest health practices.

There is a better way, but, apparently, the state of Colorado, and its governor, must lead the way as the feds cannot, or, will not. If what Governor Hickenlooper wants to focus on this legislative session is jobs for our state, trust me, job opportunities abound and public safety will improve, if we take this challenge seriously and with dedicated focus.

Colorado's present, and future, demands it from us.

Ellen S. Roberts, State Senator  
Interim Contact Information:  
P.O. Box 3373, Durango, CO 81302  
Home office phone: (970)259-1589  
[www.ellenroberts.com](http://www.ellenroberts.com)

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CALL US AT 970-275-5791 TO LEARN HOW  
SUSTAINED OUTREACH CAN HELP YOUR BUSINESS GROW.**



## REGIONAL NEWS BRIEFS

### Law Enforcement Academy Graduates Ten Students

*Special to the Mirror*

DELTA –The Delta-Montrose Technical College Law Enforcement Academy graduated seven students on Friday, December 20. Pictured left to right are Matthew Childs, Colter Poma, Zach Adams, Bruce Schmalz, Eric Girasia, Stephen Burris, and Lyle Wright. The Law Enforcement Academy at DMTC is a sixteen-week Peace Officer's Standards and Training (POST) program providing the training necessary to take the POST certification exam required for employment as a peace officer in Colorado. The Law Enforcement Academy offers three training sessions each year.

Delta-Montrose Technical College is a public career and technical college in Delta, Colorado. It offers 57 secondary and postsecondary certificates in 12 different programs. All certificates can be earned in two semesters or less, with many of them only one semester in length.



## HONORABLE MENTION

To our advertisers and sponsors...thank you!

To Montrose, for re-imagining what is possible...for working hard to bring new energy, great shopping and more COFFEE to Downtown, LoMo and the South Side; for becoming an All America City; for honoring our history and our spirit with excellent museums, recreational and cultural opportunities; and for continuing to make progress toward becoming a “No Barriers” community where wounded warriors and all citizens can find the resources and support to live their dreams...

...to everyone who lost a loved one in 2013...because to give your heart to others is what life is about...

...to Susan Leverenz of Alpine Bank in Ridgway, for thinking outside the box and helping MY business. Susan, you absolutely rock!

...and to you, our readers, for another great year. Happy 2014!!



# NOW AVAILABLE! K-9 OXX TOY

\$15 per stuffed animal dog

All proceeds go to the  
Montrose County Sheriff's Office K-9 Unit  
Donations Also Accepted



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Local Hero Dog!



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Chow Down  
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## DELTA CHAMBER RIBBON CUTTING

# Mesa View Elderly Day Services



### Special to the Mirror

**DELTA**—Ambassadors from the Delta Area Chamber of Commerce welcomed Mesa View Elderly Day Services as a new business in town on Dec. 17 with a ribbon cutting ceremony. Mesa View, located at 611 E. 4<sup>th</sup> Street, offers meals, day trips, activities, socialization and other services for seniors. Pictured are (from left) Ambassadors Christina Busch from Richards Consulting and Accounting and Klynn Wilson from Crossroads Assisted & Independent Living; Mayor Ed Sisson; Barbara Mazzella from Day by Day Adult Day Care, who sits on the community advisory board for Mesa View; Dr. Barry Singleton, Mesa View administrator; Sue Tyler, advisory board member and Sherry Judge, program director, cutting the ribbon; Michelle Barnes, nurse consultant; Ambassadors GW King from King Retirement Solutions & King College Planning and Lynn Shirk from HopeWest & Hospice; community member Paul Ash from RSVP CO West; and Ambassador Nancy Wood from Re/Max Mountain West.

## SPRING FEVER?

### DELTA COUNTY'S ONLY HOME, GARDEN & RECREATION SHOW!

BILL HEDDLES REC CENTER

March 28—9 A.M. TO 5 P.M.

March 29—9 A.M. to 3 P.M.



**70+ vendors, giveaways and demonstrations! Vendor applications available at [www.DeltaColorado.org](http://www.DeltaColorado.org) or by calling 970-874-8616.**

## NEXT BEST THING TO THE BACK COUNTRY...GEAR UP AT THE SECOND ANNUAL BLACK CANYON HUNTING & OUTDOOR EXPO FEB. 1-2



By Liesl Greathouse

MONTROSE--For hunting and outdoor enthusiasts in the area, this year's Second Annual Black Canyon Hunt and Outdoor Expo is already a tradition. Whether you are on your own, with friends, or even want to bring the kids along, this event is not to be missed.

Western Colorado is the perfect setting for the Expo, which features a wide variety of products and services on display and which takes place Saturday Feb. 1, from 9 a.m.-5 p.m., and Sunday Feb. 2, from 8 a.m.-12 p.m. at the Montrose County Fairgrounds Exhibit Hall, 1001 North 2nd Street.

Admission is free, making it one of the only events of its kind in the Western US that is free, so bring the whole family!

John Pope and Jason Killen are the masterminds behind the big show. "The event is designed to give exposure to the area of outdoor-theme businesses, including fishing/hunting guides, taxidermists, outfitters, etc." John explained. "Last year we were anticipating 1,200-1,500 people, but by 2 p.m. the first day we stopped counting at 5,500 people." This year they are expecting an even larger attendance.

John and Jason were born and raised in Montrose and describe Western Colorado as a mecca for outdoorsmen. "Jason and I are outdoorsmen, so we would attend in-



*Expect plenty of excitement at the Second Annual Black Canyon Hunting & Outdoor Expo, which takes place Saturday Feb. 1, from 9 a.m.-5 p.m., and Sunday Feb. 2, from 8 a.m.-12 p.m. at the Montrose County Fairgrounds Exhibit Hall, 1001 North 2nd Street. Shown are scenes from the 2013 Expo. Courtesy photos.*

ternational sport expos in big cities," John explained. "At the last one we attended, we thought 'we need something like that in Western Colorado.' There was nothing like this on this side of the state, and Denver and Salt Lake City are eight hours away." They started off small in Friendship Hall with just 20 businesses. They then approached Cabela's for help, and the company jumped on board. Their small idea has now turned into a big show.

The event is of great benefit to Montrose as it brings in an influx of out-of-town revenue. Last year the event drew people from 41 different counties (14 of which were in Colorado), people from 13 states and even a foreign visitor. "This expo is similar to others of its kind in a big city," John explained. "It is just a knock down version of it at a smaller venue."

Events include Kid's Corner, Wall of Game, Boy/Girl Scout Camp Cookoff, CPW Archery Shoot, CPW Small Caliber Shooting Trailer, Gunnison Gorge Anglers Fly Casting, door prizes, a silent auction, and an MC stage featuring radio personality Jim Kerschner.

Food will be available from the Horsefly Brewing Company.

New additions to the event this year include Rocky Mountain Elk calling contest, the Gunnison Gorge Anglers, and a revamp of the kid's area.

Some of the many exhibitors, taking up 70 separate booths, will include taxidermists, outfitters and guides, sporting good providers, meat processors, clubs and or-



ganizations, auto businesses, arts, clothing, and more.

Informative seminars on a wide range of topics will be held throughout the event. Speakers will include Wayne Carlton, JR Keller, Steve Byers, Frank Hatch, Dave Williams, Scott Hatch, and Jake Hyland.

The Colorado Division of Wildlife will help create an interactive area for kids. Kids can practice firearm safety and archery, and the Gunnison Gorge Anglers will be teaching fly casting and tying. There will also be outdoor-type video games to try, and gear for kids.

Demonstrations by the High Country Sporting Dogs were a big draw in 2013, and a lot of fun to watch, John said.

"Last year, February was cold and there was nothing else to do," John said. "We were the very first show of the year for the area and it was a fun place for families to come in."

The Expo has a goal of expanding to other small communities who have requested a show like theirs.

They want to keep rolling the show out in areas that are four-five hours away from big metropolitan areas and who would not normally have such an event. Some areas that have requested them include Pueblo and the Four Corners area.

John wants to thank Cabela's and all their major sponsors, as well as the vendors that followed them from last year. He said, "I look forward to a big turnout this year."

For more information, visit [blackcanyonexpo.com](http://blackcanyonexpo.com) or call 970-249-0787.



## 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](http://www.voahealthservices.org)**



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



## REGIONAL NEWS BRIEFS

### DELTA CHAMBER BUSINESS AFTER HOURS—FIRST CO NATIONAL BANK



*Special to the Mirror*

**DELTA**—The December Business After Hours was hosted by First Colorado National Bank, who did an “Under Construction” theme. They asked participating Delta Area Chamber of Commerce members for food and cash donations for the Delta Food Pantry. Along with several dozen bags of food, members donated \$142 in cash. Pictured is bank staff Andy Penfield, Nikki Gray and Jennifer Abilia, Gynee Thomassen, past president of the Chamber, and bank staff Susan Myers, Jackie Santonastaso, Brad Harding and Christy Harding. Courtesy photo.

## MMH IMPLEMENTS VISITOR RESTRICTIONS FOR FLU SEASON

*Special to the Mirror*

**MONTROSE**— Along with many Hospitals across the state, Montrose Memorial Hospital is implementing visitor restrictions in an effort to protect patients, visitors and employees from the seasonal flu. Montrose Memorial Hospital is temporarily restricting visitors 12 and under from the hospital. We also ask that you do not come to visit if you are ill. Dr Michael Benziger, Chair of the Infection Control Committee said; “We are committed to ensuring the safety of our patients, visitors and staff during the flu season. These temporary changes to our visiting policies may be inconvenient to some, but are in the best interest of everyone.”

How do you know if it is a cold or the

flu?

The common cold and flu are caused by different viruses but can have some similar symptoms, making them tough to tell apart. In general, the flu is worse and symptoms are more intense.

**COLDS:** Usual symptoms include stuffy or runny nose, sore throat and sneezing. Coughs are hacking and productive. It’s usual to have fever, chills, headaches and body aches, and if they occur, they are mild.

**FLU:** Fever is usually present, along with chills, headache and moderate-to-severe body aches and tiredness. Symptoms can come on rapidly, within three to six hours. Coughs are dry and unproductive, and sore throats are less common.

**PREVENTION:** To avoid colds and flu, wash your hands with warm water and soap after you’ve been out in public or around sick people. Don’t share cups or utensils. And get a flu vaccination — officials say it’s not too late, even in places where flu is raging.

**TREATMENT:** People with colds or mild cases of the flu should get plenty of rest and fluids. Those with severe symptoms, such as a high fever or difficulty breathing, should see a doctor and may be prescribe antiviral drugs or other medications. Children should not be given aspirin without a doctor’s approval.

Sources: U.S. Centers for Disease Control and Prevention; Roche, maker of Tamiflu.



## REGIONAL NEWS BRIEFS

### RSVP VOLUNTEERS RECOGNIZED FOR SERVICE



*Pictured: Photo at left—Long-time RSVP Volunteers were honored at the recent recognition. They are, with years of service, from left to right, **Lela Ala, 30**; **Don Govan, 20**; **Gayle Clarke-Watford, 20**; and **Wanda Schneider, 25**. Others honorees were not in attendance. (RSVP Photo).*



*Photo at right: Receiving awards for reaching plateaus in years of service as RSVP volunteers are, with number of years, from left to right, **William Minerich, 15**; **Whit Bailey, 5**; **Edith Barela, 10**; **Carol Nesius, 10**; **Helen Estep, 15**; and **Nolan McCauley, 15**. Other honorees were not in attendance. (RSVP Photo).*

#### *Special to the Mirror*

MONTROSE — Celebrating a "Winter Wonderland" for our volunteers, the Colorado West Retired Senior Volunteer Program (RSVP-CW) honored and thanked its volunteers in Montrose County with a special recognition party on Thursday, Dec. 5 at the Montrose Pavilion Senior Center.

Volunteers were honored for reaching special plateaus in their years of service to RSVP workstations. They were as follows: --30 years: Lela Ala.—25 years: Lois Curfman and Wanda Schneider.—20 years: Gayle Clark-Watford, Don Govan, William Kettle, and Thelma Newlin.—15 years: Helen Estep, Lucille LeClerc, Nolan McCauley, William Minerich, Verna Parmenter, Michael Rovella, Alta Sha, and Patricia Werden.—10 years: Edith Barela, Darlene Brown, Dottie Follman, Marjorie Grett, Willis Jones, Barbara McFadden, Carol Nesius, Mack Scarborough and Evelyn Zeiger.—Five years: Whit Bailey, Ruby Barrientos, Mary Balarde, Angie Bingham, Carolyn Brooks, Richard Cook, Lavelle Corey, Neal Kelly, Joy Long, Berta Lucero, Mary Lou Luttrell, Molly Vigil, and Kathy Wacker.

Volunteers of the year from various RSVP workstations were honored. They were:—Sue King from Hope West (formerly Hospice &

Palliative Care of Western Colorado);—Marilyn Mason from the Montrose Library District;—Helen Estep from the Montrose County Historical Society—Romonia Howard from Sharing Ministries—Elisabeth Hirst from Valley Manor Care Center—Mickie Hatch from the Olathe Meal Site;—Gayle Clarke-Watford from the Montrose Meal Site;—Darwin Haddock from Montrose Meals on Wheels;

Special awards were given as follows:—Black Canyon Storage and owners Judy and Nick Copeland were honored for "Business of the Year."—Aero Care and Emily Schneider were presented with "Sustaining Business of the Year."

—Tim Garvey received "Handyman of the Year."—Gloria Hudson received "Medicare Volunteer of the Year"

—Sherry Faith received the "Community Gratitude Award," an unplanned surprise award, presented by Arlyn Macdonald and three board members from the Community for Spiritual Awareness.

RSVP recognized and presented awards to two board members who had retired recently. They were Ethel "Lale" Jackson of Delta, who has served on the board of directors and advisory board for about 25 years, and was board

president for the last 10 years; and Carol Jean Garner of Paonia, who has been a valued board member for the past five years.

RSVP recognized Norma Abrahamson as the organization's Volunteer of the Year." Another award was given to Paul Ash, Delta RSVP Coordinator and a former board member, for over 20 years of service.

Clay Campbell, a board member, served as master of ceremonies for the afternoon event. During the program, he lit a candle in remembrance of those volunteers who have died in the past year. He also acknowledged veterans in attendance, and they came forward and were applauded. Sherry Faith, RSVP executive director, gave the yearly highlights and statistics.

Speakers included Montrose Mayor Judy Ann Files, Eva Veitch with Region 10 Area Agency on Aging, and Leslie Lewis, CPA, with Lewis and Company.

Event music was provided by "Mark on the Guitar." A special performance of Christmas carols by the Song Birds, led by choir director Kathy Borinski and accompanied by pianist Lela Ala, was enjoyed by all.

A silent auction offered a variety of items to bid on. Door prizes were announced for everyone in attendance, so everyone left with more than they came with!



# SHOP MONTROSE FOR THE NEW YEAR!



## 2014 SHOPPING GUIDE



### AROUND THE CORNER ART GALLERY



*Around the Corner Art Gallery is a Downtown destination for art lovers.*

MONTROSE--Step into Bob and Pat Brown's Around the Corner Art Gallery, located at 447 East Main Street in Mont-

rose, and you will find yourself swept up into a world of vivid color, with exciting works of art in all mediums. The atmosphere is welcoming, and the Browns and their staff greet all who enter like old friends. This is a place where the spirit of creativity lives and breathes, and where people of all ages feel immediately at home. The emphasis is on local art, created by gifted local artists and artisans. From fine oil paintings and watercolors to inspired photography, to works in bronze and beautiful ceramics and even one-of-a-kind jewelry, there is something here for all price ranges, and all tastes. Those whose works are represented include revered Western Colorado talents, and rising stars. The Browns opened the Gallery five years ago, after the building in which it is located was tastefully remod-

eled by local entrepreneur Ralph Walchle, who still owns the space. Over the years, Around the Corner Art Gallery has become a community gathering place, with exciting shows and events that draw the community Downtown to appreciate the best that the local arts community has to offer. Visit the [web site](#) to browse the catalog of artists, and to find out about upcoming shows and receptions. Challenge yourself to appreciate something new, or cherish old favorites—it's up to you...this is your local gallery! Perhaps you will be inspired to take a class, and discover the artist within. Check out the latest courses [here](#). Around the Corner Gallery can be reached at 970-249-4243. Hours are from 10:30 a.m. to 5:30 p.m. Monday through Saturday, and from 11 to 4 on Sundays throughout the season.

### TIFFANY, ETC.

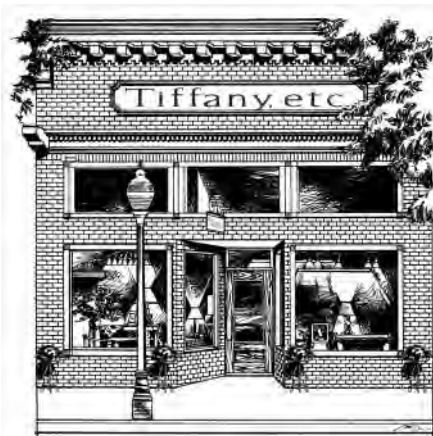
MONTROSE--Go ahead—find a little something for yourself when you stop by Tiffany Etc. in the New Year! Like the perfect bedroom set, or that gorgeous yet comfortable couch you have had your heart set on for months!

Tiffany Store Manager Lorna Santonastaso and Owner Glee Westcott shop throughout the year for the beautiful, useful, and high-quality items that make this Montrose boutique a regional shopping destination. Over the past 30 years, Tiffany owner Glee Westcott has established a reputation for superb customer service and an array of merchandise that evokes a holiday experience year-round. From special treats like the sought-after Poppa's Corn for the holiday season (Tiffany Etc. has been the main retail outlet for this locally-made product for 26 years), to home décor and accessories, candles of all shapes and

sizes, jewelry, unique apparel, artwork and even furniture, the store is a treasure chest packed with colorful, high-quality merchandise that captures the essence of Western Colorado.

"We have gift items for everyone, and we sell custom-design furniture, with fabric chosen by our clients or with interior design help from Lorna or me," Westcott said. "We have many different styles, from contemporary to lodge and Western-style to traditional. We also have accent pieces to complement any style."

Other fun, seasonal items include elk and deer "poop" candies, and a fabulous variety of stocking stuffers for all ages. Our email catalogue keeps our customer up to date on new merchandise and store events. It always pays to stop by Tiffany Etc. on Mix-n-Match Sundays for Glee's weekly special event. Tiffany Etc. is located at 439



*Tiffany Etc.. Has been a year-round shopping destination for more than 30 years.*

East Main Street in Montrose, and is open seven days a week. They can be reached at 970-249-7877.





# SHOP MONTROSE FOR THE NEW YEAR!



## 2014 SHOPPING GUIDE



### A+Y DESIGN GALLERY



MONTROSE--Yes, this is an art gallery, with exciting and vivid pieces by more than 20 local artists. It is also a place where you can relax, refresh and restore your soul over fresh coffee while shopping or just hanging out with friends. From the

new seating area, to the great selection of gifts in all price ranges, Adam and Yesenia Duncan's A+Y Gallery is your Downtown destination—and it's fine to bring the kids along! Sip a delicious affogato during the winter months (hot, fresh coffee infused with gelato), and admire Adam's astonishing custom furniture designs. Check out the Big Colorado Love items if you can—this straight-from-Telluride specialty line flies off the shelves almost as soon as it arrives.

"Everything here is hand-crafted, and we really believe in supporting local artists," Yesenia Duncan said.

"We also welcome small gatherings—just give us a call to schedule your next meeting here. And be sure to order our Gelato

sliders for your next holiday gathering or office party!"

The constantly evolving collection encompasses everything from small, exquisite jewelry items to large, breathtaking sculpture, so it's a breeze to find gifts to fit every taste and budget.

When you shop at A+Y Gallery, you are not only supporting a small family business in Montrose, and A+Y Gallery is also a drop-off point for donations to the American Red Cross typhoon relief effort. "By shopping small, you can make a big difference!" Yesenia Duncan said. A+Y Gallery is located at 513 East Main Street, and can be reached at 970-240-7914.

Hours are Monday through Saturday from 7 a.m. to 8 p.m.



## Delta County Living

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

[www.deltacountyliving.com](http://www.deltacountyliving.com)

[deltacountyliving@gmail.com](mailto:deltacountyliving@gmail.com)



# ARTS AND CULTURE

## "DARKNESS" DESCENDS... ROTHMAN TO READ AT TALKING GOURDS

### *Special to the Mirror*

TELLURIDE--The Telluride Institute's Talking Gourds Poetry Club welcomes David J. Rothman as January's featured reader on Tuesday the Seventh at 6 p.m. at Arroyo Telluride. The theme for the evening will be Darkness.

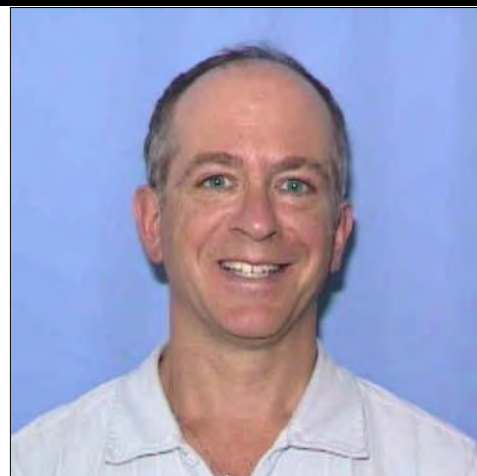
Widely-published poet (*The Atlantic*, *Poetry*, *The Hudson Review*), author and director of Western State Colorado University's Poetry MFA program with its Emphasis on Form, David's an amazing performer. He was founder and former editor of Conundrum Press and is president of the Robinson Jeffers Association. Fitting with this month's theme, David's latest book is called *Part of the Darkness* (Entasis Press, 2013). "What impresses one first about David J. Rothman is his immense imaginative and intellectual range, but the more

one reads his striking and exuberant poetry the more deeply one feels its emotional force and quiet but genuine ferocity," says David Mason, Colorado's Poet Laureate.

After the feature, we'll have a short break and then pass the gourd to give those club members and attendees a chance to read poems from the theme, pieces of their own, or the work of a favorite poet.

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. (next door to Telluride Hardware and the Masonic Hall), 970-239-2006, beginning at 6 p.m. in Telluride, Colorado.



*Talking Gourds Poetry Club welcomes David J. Rothman, above, as January's featured reader on Jan. 7 at 6 p.m. at Arroyo Telluride. The theme for the evening will be Darkness. Courtesy photo.*



## After Knee Replacement Surgery, Karen Fox is Standing Strong

With her kid's families in Texas to visit and a demanding job that she loves, Karen has absolutely no time or patience for any physical infirmity that might slow her down.

Karen knows she made all the right decisions in choosing Montrose Memorial Hospital for her knee surgeries. Her best advice? Don't suffer needlessly and put things off when there is help and excellent care readily available so close to home.

Call Montrose Memorial Hospital today to learn more about the area's most innovative Joint Replacement Program at 970-252-2995.

**MONTROSE**  
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800 South Third Street, Montrose, CO 81401  
970-249-2211  
MontroseHospital.com





# ARTS AND CULTURE

## CELEBRATE 2014 WITH FIRST FRIDAY STROLL JAN 3

### *Special to the Mirror*

**DOWNTOWN MONTROSE**--The Holidays are behind us, and it's time to relax. Perhaps a stroll Downtown would be the ticket. Several stores and galleries will be open for the First Friday Stroll from 5:30 until 8 pm on Friday, Jan. 3rd. Enjoy live music, appetizers, wine & spirits and, of course, fabulous Art.

**JEWELS AND JAZZ** - Around the Corner Art Gallery is very pleased to present a special jewelry show for its Jan. First Friday Stroll. We will display beautiful works from our gallery jewelers. If you haven't been in the gallery recently, we have 3 new jewelers who make very unique pieces. This would be a great opportunity to look for a Valentine gift for that special person in your life. Enjoy the sounds of smooth jazz by Jordan Carls and friends.

**A & Y Design Gallery** – featuring Kane Scheidegger- New photography by local photographer, an exhibit by the Montrose Visual Arts Guild and also a Woodworkers Exhibit.

The Canyon Gallery is pleased to announce the addition of nationally published fine art photographer JC Leacock! His scenic images capture the magical light, grandeur and intimacy of the American West. Mr. Leacock currently has four images on display and has plans on adding more stock soon.

In addition Scott Coyne the Local Artist of the Month, and his show entitled "Aspen Grandeur" is on display throughout the rest of the month. Mr. Coyne plays with light to capture the iconic aspen in all its splendid glory.

The Canyon Gallery is pleased to partner with The Pour House to feature budget friendly wines for the New Year. Fabula and Great Harvest Bakery will be providing fresh bread and olive oil for dipping for those looking to start the New Year off right!

Simpson Gallery will also be open, featuring the works of Mike Simpson.

**Art @ 33** - Stop by 33 N. Cascade Ave, to view great art from local artists.



*Take a stroll Downtown this Friday!  
Mirror file photo.*

Tiffany, etc. will be offering Hot Chocolate & Spiced Tea for sampling as you stroll Downtown.

We will take an additional 15% OFF any remaining Christmas Merchandise, we still have many after Christmas Bargains to be had.

We Have A special Gift for You With Any Purchase Of \$25 Or More. Visit Tiffany, etc. during The First Friday Stroll.



*FREE to Attend!  
Seating is Limited,  
so Register Today!*

Training Hosted by



## Presents USDA Funding Opportunities Training: **Grant Potential for Value-Added Agricultural Producers**

### VALUE-ADDED PRODUCER GRANT PROGRAM:

These grants may be used for planning activities, working capital, marketing value-added agricultural products and for farm-based renewable energy.

**Tuesday, January 14 • 8:30am–Noon**  
**Registration is required. Call 970-249-2436.**

Presented by PATTIE SNIDOW, USDA Community and Economic Development Director,  
Area Director of Rural Development, State of Colorado

Held at Region 10 • 300 N. Cascade • Montrose • [www.Region10.net](http://www.Region10.net)  
If you are attending the next USDA event starting at 1:30pm, feel free to bring a bag lunch.

## ***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!**

**New Year's Eve—Fractalia to play at Turn of the Century.**

**New Year's Eve—Glenn Patterson and Donny Morales at Holiday Inn Express.**

**New Year's Eve—Anders Brothers to play at Montrose Elks Lodge. \$8 cover. Safe rides home provided from 10:30 to 1 p.m. courtesy of Ric and Jodie Simon.**

**Jan. 3—First First Friday Stroll of 2014! Downtown 5:30 to 8 p.m.**

**Jan. 4—Montrose Winter Farmers Market, inside behind Straw Hat Farm Market Store at 514 South First St., 10 a.m. to 1 p.m.**

**Jan. 9—Montrose-Delta League of Women Voters Responsible Journalism Seminar, from noon to 1 p.m. at the Montrose Library Community Room. "Telling it Straight in a World that Spins—Responsible Journalism in the Age of PR." Featuring editors of the MHS Chieftain, Watch Newspapers and Montrose Daily Press.**

**Jan. 11-Montrose Winter Farmers Market, inside behind Straw Hat Farm Market Store at 514 South First St., 10 a.m. to 1 p.m.**

**Jan. 11-Second Annual Western Colorado Food and Farm Forum, 8:30 a.m. Montrose Pavilion.**

**Jan. 14-Volunteers of America presents, "Conversations about Dementia," led by Theresa Black of the Western Slope Alzheimers' Association, 10 at 2377 Robins Way in Montrose or 1:30 at 11465 Highway 65 Eckert. Call 970-275-1220 for information.**

**Jan. 18—Three Graces Women's Event, Canyon Creek Bed & Breakfast, 820 East Main, "Releasing." 9 a.m. to 1 p.m. Call 970-249-2886 to register or for more information.**

**Jan. 23-24—Fourth Annual Western Slope Soil Health Conference, Bill Heddles Rec Center, 530 Gunnison River Drive in Delta. There is a \$20.00 pre-registration fee to attend the conference which will begin each day at 8:30 a.m., concluding at 4:30 p.m. Registration at the door will be \$30.00. Pre-Registration is required and can be completed by calling DCED at 970-874-4992 or via email to [sarah@deltacountyed.org](mailto:sarah@deltacountyed.org).**

**Feb. 1-2-Second Annual Black Canyon Hunt & Outdoor Expo, Montrose County Fairgrounds Exhibit Hall at 1001 North 2nd Street. Saturday hours are 9 a.m.-5 p.m., and Sunday hours are 8 a.m.-Noon. Admission is free For more info call 970-249-0787.**

**Feb. 1—Montrose Winter Farmers Market, inside behind Straw Hat Farm Market Store at 514 South First St., 10 a.m. to 1 p.m.**

**Feb. 5—Montrose Historical Society General Meeting. Featured is speaker Keith Lucy of Delta: Western Colorado and the Civil War. Montrose County Fairgrounds, 7 p.m.**

**Feb. 15-Montrose Winter Farmers Market, inside behind Straw Hat Farm Market Store at 514 South First St., 10 a.m. to 1 p.m.**

**Feb. 22—Montrose Historical Society presents the Third Annual Pioneer Social, featuring the DeJulio Family. At Montrose United Methodist Church.**

**March 1—Montrose Winter Farmers Market, inside behind Straw Hat Farm Market Store at 514 South First St., 10 a.m. to 1 p.m.**

**March 15—Montrose Winter Farmers Market, inside behind Straw Hat Farm Market Store at 514 South First St., 10 a.m. to 1 p.m.**

**March 21-Blue Sky Music Presents Eilen Jewell and Emma Cooper at Turn of the Century.Saloon. Call 970-275-4183 for information.**

**March 28-29-Delta Home, Garden & Recreation Show, Bill Heddles Rec Center, 530 Gunnison River Drive. Friday hours 9 a.m. to 5 p.m., Saturday from 9 a.m. to 3 p.m. 70+ vendors, giveaways and demonstrations. Vendor applications available at [www.DeltaColorado.org](http://www.DeltaColorado.org) or by calling 874-8616.**

**April 5—Montrose Winter Farmers Market, inside behind Straw Hat Farm Market Store at 514 South First St., 10 a.m. to 1 p.m.**

**April 19—Montrose Winter Farmers Market, inside behind Straw Hat Farm Market Store at 514 South First St., 10 a.m. to 1 p.m.**

**April 26—Stupid band Earth Dance! Turn of the Century Saloon! Benefit for Sharing Ministries! 970-209-1260.**

**May 3—Montrose Winter Farmers Market, inside behind Straw Hat Farm Market Store at 514 South First St., 10 a.m. to 1 p.m.**



# Together, We Can Make A Real Difference.

Are you interested in making a difference in the lives of others while building your network of friends, strengthening your leadership skills and implementing new ideas?

Share your gifts and talents and become part of meaningful change for an older adult.

Volunteering is based on your schedule, so the time you spend is effective and enjoyable.

Contact one of our care centers or programs below to begin your journey.



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Valley Manor Care Center	(970) 249-9634
The Homestead at Montrose	(970) 252-9359
Home Health of Western Colorado	(970) 240-0139
Senior Community Care PACE Montrose	(970) 252-0522
Senior Community Care PACE Eckert	(970) 835-8500
Senior Community Care Meals	(970) 835-8028



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of America®**

**THIS IS WHY WE DO WHAT WE DO.™**



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Montrose, CO 81402

970-275-5791

Email Us: [Editor@montrosemirror.com](mailto:Editor@montrosemirror.com)

[www.montrosemirror.com](http://www.montrosemirror.com)



*Above, snow at Black Canyon Golf Course.*

*At left, Passage Charter School graduates were honored in a Dec. 19 ceremony at the New Life Center. Pictured left to right are graduates Carmen Rodriguez, Hanna Starling and Erika Tatman.*

*Below: Winter grasses.*



**Tuesday, January 14**  
**1:30–5pm**

**Presented by PATTIE SNIDOW**

USDA Community and Economic Development Director,  
Area Director of Rural Development, State of Colorado

***FREE to Attend! Seating  
is limited, so Register Today!***

Presents USDA  
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America  
Program**

*If you are attending  
the earlier USDA  
event starting at  
8:30am, feel free to  
bring a bag lunch.*

**RENEWABLE ENERGY/ENERGY  
EFFICIENCY GRANT & LOAN PROGRAM:**

Rural small businesses and agricultural producers are eligible to apply for grant funding under this program for renewable energy projects including systems that generate energy from wind, solar, biomass, or geothermal sources, or that produce hydrogen derived from biomass or water using a renewable energy source.

**Registration is required.**

**Call 970-249-2436**

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