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# THE MONTROSE MIRROR

Your Source for Local Business News and Information

Issue No. 81 April 1, 2014

## The SOAR HIGHER Issue

### IADC SEEKS TO PRESERVE CANYON STRUCTURES

By Caitlin Switzer

DELTA--Along with the bright sun and hushed quiet comes a sense that time stands still in Escalante Canyon. And yet, the ravages of the years are visible for those who look—some of the buildings left by the canyon's early homesteaders are now in danger of being lost to neglect. The buildings themselves are the remnants of a grand history, of generations of ranchers and pioneers who braved the remote depths of the canyon to live a challenging life with few amenities. Over the past centuries, this peaceful setting has seen life, death and plenty of drama—from the livestock wars, to the Ben Lowe-Cash Sampson shootout, to the universal ravages of disease and heartbreak. Today, many of the cabins constructed by the original pioneers are falling apart.

And just as the stories are lost when older generations pass on, the loss of historic buildings can leave a rift in the fabric of memory.

The Interpretive Association of Western Colorado (IADC) and Colorado Canyons Association recently hosted a bus tour of the Escalante Canyon home-



*IADC and Colorado Canyons Assoc. recently hosted a tour of the Escalante Canyon for those interested in the preservation of its structures and history. Courtesy photo.*

*Continued on page 5*

### WATER OUTLOOK STRONG FOR 2014, BLUE MESA EXPECTED TO FILL



*Water spills from Crystal Dam in this Bureau of Reclamation photo.*

By Caitlin Switzer

REGIONAL—It's the most controversial topic in Colorado, and perhaps the world. But this spring, for a rare, quiet moment, officials do NOT expect major fights to erupt over water in the Gunnison River Basin.

Jason Ullman, Assistant Division Engineer for Colorado Division of Water Resources Division Four, noted the rare lack of drought conditions this spring. The Colorado Division of Water Resources is among Colorado's oldest state agencies, charged with administering the priority appropriations doctrine that was created at the time of the State's constitution.

"We had so much rainfall last fall," Ullman said. "We had a strong early-season snowpack, and we have not really had any big dust storms, so the snow is very clean. When the soil froze for the winter it was already fairly saturated, which makes a huge difference in the amount of runoff."

Conditions have been so favorable that the Bureau of Reclamation expects Blue Mesa to fill completely in 2014, he said.

*Continued on Page 2*

in this  
issue

*Divine Fish  
Market Opens!*

*OBT's 30K Data  
Report Due*

*A Visit with  
AA Antiques!*

*Juliet Carr Offers  
tools, hope!*

*Crane Days Photos  
by Scotty Kenton!*

# MONTROSE ROAD FOOD RODEO SET FOR JUNE 5, 2015

By Caitlin Switzer

MONTROSE--Colorado is known for many things...including some of the world's greatest food trucks. Now, a citizen committee in Montrose is hoping to share what makes this state one of the tastiest in the U.S., with a Montrose Road Food Rodeo scheduled for June 5, 2015.

City and DDA officials have already expressed support for the 2015 food truck convention, which is being spearheaded by Jody Holland of Affordable Inns.

"I am really excited about doing this!" Holland said. "I want to really engage our whole community, and make it fun and rewarding for everybody involved."

The committee hopes to draw food trucks from across the Western Slope, Front Range, and neighboring Western States. The committee is tentatively planning to add an element of "junk in the trunk" as well, with local vintage and junk vendors included to add shopping diversity to the event. For now, the main thing is to hear from as many interested locals as possible, and the committee is reaching

out to those who have proven expertise in the field.

"I spoke with my friend Jan France, executive director of America's Disaster Relief about the needs of food truck vendors," committee member and entertainment coordinator Yvonne Meek said. "ADF was originally based in Montrose and would travel and provide support to communities needing disaster relief. She also participated with Main in Motion as one of the vendors during my time organizing. ADF is now based in Florida, but Jan occasionally makes it up to Montrose. She provided a list of pointers for us that will help in meeting the needs of vendors, consumers, and the county and city requirements."

Also assisting with logistics as a committee member is Tammy Blennis, former owner and operator of the popular Montrose food cart, Tamale Trolley. New volunteers are invited to join the team, which is scheduled to meet once again at noon at Affordable Inns (1480 South Townsend Ave.) on April 16.



Above, a couple chats near a food truck at Main in Motion in 2013. Mirror file photo.

According to research compiled by committee member Amy Harmsen, successful food truck conventions are held in many other communities across the U.S., including "Street Eats" in Scottsdale, Arizona, and the "Columbus Food Truck Festival" in Columbus, Ohio.

Harmsen hopes to be able to bring one of the Oscar Meyer Wiernmobile vehicles to town for the event.

## WATER OUTLOOK STRONG FOR 2014, BLUE MESA EXPECTED TO FILL from page 1

"They are predicting runoff that will pretty much fill Blue Mesa this year," he said. "The (senior water right) Uncompahgre Valley Water Users (UVWUA) started their water year (Nov. 1) with a full first-fill at Taylor Park Reservoir and they have 22,000 acre-feet of second fill, so there's almost no chance they will need to make a (Gunnison) tunnel call this year," he said, "and Ridgway Reservoir is much higher than usual, so there may not be any calls on the Uncompahgre."

"We could actually have a less contentious year."

Natural Resources Conservation Service (NRCS) [Snotel data](#) indicates that snowpack in the Upper Gunnison River Basin is presently at 167 percent of last year's total.

Consumers should still treat water as the precious commodity it is, however, notes Adam Turner, Manager of the Project 7 Water Authority.

Project 7 is a cooperative effort between seven local entities (The City of Montrose, City of Delta, Town of Olathe, Tri-County Water Conservancy District, Menoken Water District, Chipeta Water District and Uncompahgre Valley Water Users Association), created to bring potable highly drinking water to the people, plants and animals of the Uncompahgre River Valley.

"Our message is that we always need to conserve," Turner said. "Our whole region could look like the area near Whitewater without the systems we have in place."

And while Western Colorado is not suffering this spring, many other regions are parched, and eyeing the resources here.

"There are downstream users in California who want more," he said. "And while we would love to help the Front Range, we just don't have that luxury—we can't drill another Tunnel."

Pressure from other, thirsty communities

will only increase in future, however, Turner said.

"Court findings are on our side here," he said. "But the reality is if something does not change, there won't be enough water to make hydro-power at Glen Canyon Dam in 2015."

"I am not as optimistic as some; we are blessed to have storage here, but if you don't fill, you don't have the water. And yes, the snowpack looks good, but dust is an issue, and until it is actually captured... we don't really know. In 2011, they filled Blue Mesa to the brim, within 100ths of an inch," he said. "But in the last few years we have all seen parts of that reservoir that haven't been seen since it was built."

"Like the national debt, you can move things around, but someday somebody is going to have to pay those bills," Turner said.

"It's the same with water."

**THE MONTROSE MIRROR**  
MONTROSE, CO

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Editor: Caitlin Switzer

Publisher: Jon Nelson

Post Office Box 3244

Montrose, CO 81402

970-275-5791

[www.montrosemirror.com](http://www.montrosemirror.com)  
[editor@montrosemirror.com](mailto:editor@montrosemirror.com)

## OPINION/EDITORIAL-LETTERS

### CDOT WANTS TO HEAR FROM YOU

*Dear Editor:*

Beginning in early April, the Colorado Department of Transportation is hosting a series of interactive telephone town halls (TTH) around the state. The purpose of these electronic meetings is to hear from you about your transportation needs and priorities and answer any questions you might have.

A TTH is like a radio talk show that's focused on transportation. We're incorporating this new technique so that citizens who normally don't have the time or inclination to attend a public meeting regarding the Statewide Transportation Plan or its development can do so from the comfort of home.

The TTH will be automatically calling a sizeable number of people in this transportation planning region. If you get called, simply stay on the line after answering your phone call and you will be connected to the meeting automatically. If you don't receive a call but want to participate, please call toll-free, **1-877-229-8493, PIN 112034**.

A number of transportation experts will be answering questions, including your representative on the Colorado Transportation Commission, people from CDOT and myself.

The TTH for this area is on Wednesday April 2, 2014 at 7-8pm

Host – Transportation Commissioner, Doug Aden / Co-Host – Vince Rogalski (STAC Chair)

More information is available by visiting – [www.coloradotransportationmatters.com](http://www.coloradotransportationmatters.com)

I look forward to hearing from you!

*Thanks*

*Vince Rogalski Chairman Gunnison Valley TPR*

*CONTACT PHONE NUMBER (to confirm authenticity) 970-249-2436 x 202 (Region 10)*

### MEET THE MONTROSE POLICE... *WITHOUT GETTING A CITATION!*

*Dear Editor:*

"Coffee with the Cops" occurs the fourth Thursday of the month at 9 a.m. at the Great Harvest Bread Co. on Main Street. Not the anticipated dog and pony show, the first event had a large audience which listened, questioned, and commented. It was time well spent. Anyone interested in our community should plan to attend one of these informative sessions. It gives the residents an opportunity raise any concerns they may have and to personally meet those dedicated officers who protect us all. That first session was very informative about not only personnel but operations as well.

*John W. Nelson*

*Montrose*

### THEIS ACCEPTS DEMOCRATIC NOMINATION FOR DISTRICT TWO COMMISSIONER RACE

*Dear Editor:*

Saturday, March 22, 2014, Tammy D. Theis (Tice) accepted the Montrose County Democratic Party nomination for the 2014 election of Montrose Board of County Commissioner, District Two.

The nomination outlined details of her background in non-profit sectors, as an educator, governance, leadership, interests and community involvement. She is known for her philanthropic skills, and duties with numerous non-profit organizations that have developed into sustainable organizations continuing to make a difference locally and statewide.

Mrs. Theis, a Colorado native born in Denver, is a graduate of Cedaredge High School in Delta County. Married to Robert for 37 years, with two adult children in Denver. She was employed at Delta-Montrose Electric Association as a Staking Engineer for over 35 years.

In 1992 she was elected to the Executive Board for the International Brotherhood of Electrical Workers (IBEW) Local Union #111 throughout the State of Colorado and Wyoming to represent over 5,000 skilled trade utility industry workers, serving as their Vice-president till 2008. She also served as the legislative and political education coordinator for all construction / industrial trades for Western Colorado Trades and Labor as President and Colorado American Federation of Labor and Congress of Industrial Organizations Vice President for 9 years.

The achievements of this community leader, labor union officer, and her long career with a Rural Electric Cooperative suits this leader to represent the Montrose County as Board of County Commissioner of District 2.

*Tammy D. Theis*

*Candidate for Montrose County Commissioner District 2*

*60815 Hwy 50, Montrose, Colorado 81401*

*Mobile 970.209.4507*

*Email [unionyes@montrose.net](mailto:unionyes@montrose.net)*





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## IAWC SEEKS TO PRESERVE CANYON STRUCTURES *from page 1*



*The Musser Family, above, was the glue that held the canyon together for generations, notes IAWC's Chris Miller. Courtesy photo.*

stead properties, including those listed on the 2013 Colorado Preservation Inc. listing of the state's Most Endangered Places, the Water Wheel on the Gunnison River, the Walker Homestead Cabin, and Tombstone Carver Captain Smith's cabin.

"All three present themselves as community resources in which local citizens can relate to their history," notes a fundraising letter released by IAWC Executive Director Chris Miller. "The three homesteading

sites of Escalante Canyon are all unique to the Canyon area, not only for their manner of construction (cabins built in 1911) but for the historical elements attached to them."

Miller is currently lobbying the Colorado Division of Parks and Wildlife, which owns the historic properties, to allow the non-profit IAWC to submit a grant application to the state historic fund for a historic structure assessment. Both the Walker Homestead and Captain Smith's Cabin were designated to the Colorado Register of Historic Places in 1997, she notes.

Highlighting the deteriorating condition of the structures was the point of the March 15 bus tour, which carried 66 participants on an informative excursion.

According to Chris Miller, if permission is obtained from the Division of Parks and Wildlife, IAWC can take advantage of the available grants to complete assessments of structures. Such assessments include historical information about the properties, examination of all structural components (e.g. foundation, framing, walls, and roof-

ing), interior and exterior finishes.

IAWC is also interested in honoring the human legacy of the canyon. On March 13, the group hosted a lecture entitled, "The Pioneer Spirit of Escalante Canyon" at Bill Heddles Recreation Center in Delta, at which they paid tribute to Bernice Musser, beloved matriarch of the Musser Family. More than 140 attended the lecture, Miller said.

"The program covered the historic events and the people that shaped the Canyons History," she said. "The tale of Escalante Canyon is a tale of struggle, change, frontier, and friendship all that is part of the story of the West itself."

Miller also noted that the Musser family was the glue that held the canyon together for more than four generations through good times and bad times. To honor Bernice and her lifelong generosity in sharing the history of Escalante Canyon with others, Miller hopes to preserve the canyon properties for future generations. To learn more, call 970-874-6695, or visit <http://www.interpcolorado.org>.

## Partners Teams Up with Schwan's Cares for Fundraising Campaign

*Special to the Mirror*

REGIONAL--Partners Mentoring of Delta, Montrose & Ouray is teaming up with Schwan's Cares to provide another great opportunity to support the youth in your community. Visit <http://schwans.flipgive.com/f/18447> or call 1-855-870-7208 with campaign ID number 7087 to purchase any of Schwan's high quality products from March 1 – April 15

and they will donate 20 percent to the Partners program. For even more bang for your donation dollar, Schwan's will also donate 40% of proceeds from each sale of their \$25 gift cards (limit one gift certificate purchase per person). After you place your first order you can make subsequent orders throughout the campaign right at your door. After the campaign is over, you can continue to make your Schwan's orders

through Partners, and they will donate 5% of their proceeds to our program throughout 2014.

Partners of Delta, Montrose & Ouray serves children in our community by providing structured and supported mentoring relationships with adult volunteers. For more information on this fundraiser and our program, visit the Partners website, [www.partners-west.org](http://www.partners-west.org).

## ADRC, CRCA COMBINE EFFORTS, MEETINGS

*Special to the Mirror*

MONTROSE--The ADRC (formerly ARCH) and CRCA (formerly The Senior Resource Council), have opted to combine efforts and meetings. The next meeting will be 4/8 from 9:30-11 a.m. at Region 10, 300 N. Cascade in the Sneffels room.

The meetings will be the 2nd Tuesday each month. The focus of these groups has been resource development and to look at gaps and solutions for gaps in our area. We welcome any and all agencies that work with seniors/disabled adults in Montrose, Delta, Gunnison, Hinsdale, West End and San Miguel counties to attend. This is a great opportunity to network and get more people involved to help fill needs. Call Region 10 at 970-249-2436 if you have any questions.

THANKS FOR READING THE MONTROSE MIRROR!

CALL 970-275-5791 OR 275-2658 FOR AD RATES AND INFORMATION!



## SHARING REMNANTS OF THE PAST --CHARLENE BAECKER AND AA ANTIQUES



*Above left, one of the interesting objects found at AA Antiques. Above right, Charlene Baecker shows off a cabinet of fine glassware.*

By Caitlin Switzer

MONTROSE—Ask Charlene Baecker why she has spent so much of her life in the antiques business, and her answer is quick.

"You have to love it," Baecker said, who owns AA Antiques at the Boardwalk (17648 US HWY 550). "My dad dabbled in antiques—I would go to auctions with him when I was a child. I read and I learned. You have to get the history of things!"

"I have been in the business around 50 years," she said. "I started out refinishing furniture with my husband, and I still have a barn full."

Baecker is easily the senior shop owner at the popular Boardwalk Shops antique destination. She and her husband Bernie had a store Downtown in 1992, but sold it. In 1994 they constructed the current shop on their own land, and have appreciated the ambience that the Boardwalk's current owner Dennis Vanderwist has created.

"I'm very happy with Denny," Baecker said. "He cleaned the place up, and brought in different things. There's no competition here—everybody does their own thing and loves what they do. It's good for customers!"

"We have eight different vendors here," Baecker said of AA Antiques. "They are all different; everything from jewelry to antiques. We have shopping for every pocketbook, with prices from 50 cents up to \$3,000. And we can answer questions."

Despite the abundance of real "finds," the shop is spotless—something Baecker in-

sists on. And she does not charge her vendors any rent, because they help with upkeep and with running the store. Current Manager Joanne Seymour started as a vendor in May of 2013, and has worked as manager for the past three months.

"I have always loved to shop for antiques," Seymour said. "Back in Indiana, there was a store close by and I got a booth. Soon, it grew to four. I made money, but mostly it was fun, a hobby—I had been a high school counselor my whole life. When we moved here, things started accumulating, and I looked for booth space. I looked in Grand Junction, Delta and Montrose."

"One day I ran into a friend, and she told me to come on down here," Seymour said. "I called and set up a time, and met Charlene. I liked her. She didn't have any space open, but she made a little spot for me, and a booth. I outgrew it in two weeks, and it progressed from there."

Seymour works nine days a month, and takes pride in the fact that the store's inventory consists of real antiques.

"We don't have junk," she said. "And everyone here is so easy to work with."

Baecker's years in the business have added to her knowledge, but have not diminished her enthusiasm. "I love to find out the history of things," she said. "The old school stuff is truly amazing. I had an old school desk with a chart, made of canvas like they used to do, from the 1880's. You flipped it, and there was a chalk board. One of the top dealers in the U.S. bought it."

Baecker is not a big fan of the *Antiques Road Show* television program, but she greatly enjoys the *American Pickers* show, which she feels is more true to life.

"If you do this for a living, there is a lot of work involved," she said. "If you do find an antique, it may need repair and it may need to be cleaned up. Then you have to present it. There's so much to it! And after you present it, someone will offer you half of what it's worth."

Baecker appreciates the creativity and craftsmanship of the older items. "Each piece tells us something about history," she said. "And they made this stuff by hand. For me, that's the love of it, the time taken to make something. Prison art is wonderful, because those artists had nothing but time. There is also tramp art... there is art in antiques!"

For years Baecker has published an informative pamphlet for the Colorado West Antique Dealers Association, listing local antique dealers and including a regional map.

She has collected "everything you can name." There is one thing she has not done, however.

"I have never yard-saled," Baecker said. "I have never learned to argue with someone over a price; if they tell me what they want for it, then that's what I'll pay."

AA Antiques is open seven days a week, from 10 a.m. to 5 p.m. during the winter and from 10 a.m. to 5 in the spring, summer and fall.

The phone number is 970-240-8118.

## CRANE LIFTOFF AT FRUITGROWERS RESERVOIR



*Above, author and birding columnist Evelyn Horn of Eckert (left) speaks with Kirsten Isgreen and Rick Hurt of Montrose during Crane Days on March 22 at Fruitgrowers Reservoir near Eckert and Austin.*



*Viewers relax in lawn chairs to enjoy the "show" put on by Sandhill Cranes.*



*Above right and below, Sandhill Cranes in flight. Left, bird watchers flock to Fruitgrowers Reservoir.*



*It's that time of year to see Sandhill Cranes! According to Evelyn Horn, in the spring the cranes tend to land at Fruitgrowers Res after 3:30 p.m.(MDT) and may be as late as sunset. The next morning liftoff occurs after 9 a.m. when the warming and mid-morning winds provide enough lift to travel over Grand Mesa – it's a spectacular scene, and lots of folks were out there Friday morning. —Scotty Kenton*

PHOTOS BY SCOTTY KENTON  
PHOTOGRAPHY.



## CITY'S \$30,000+ ANALYTICS REPORT PROMISED IN MAY



*Above, city officials speak at the March 11 2013 OBT event summit, at the Montrose Pavilion, vowing to fill hotel beds and make cash registers ring. A year later, they are promising to engage in "pinpoint" advertising thanks to a \$30,000 data analytics software package that will generate a report on who visits Montrose and why, expected in May.*

*By Caitlin Switzer*

MONTROSE--Early in 2013, the newly-created Montrose Office of Business & Tourism paid \$30,000 to Marketing Telluride for a software package designed to analyze visitor data collected by local lodging establishments. In May, the results of that effort will finally be made public in the form of a report, according to a news release issued by OBT staffer and outreach pro Stacey Ryan.

The release notes that "With the help of IXI Services, a division of Equifax, and the Telluride Tourism Board (TTB), the Montrose Office of Business and Tourism (OBT) is developing a data analytics report that will provide an actionable marketing foundation to boost tourism – and as a result, local retail sales. When the report is made available in May, OBT will use it to attract visitors by creating highly-targeted marketing and advertising campaigns to drive business to the Montrose region."

According to Assistant City Manager and OBT Director Rob Joseph, "By studying geographic, demographic, and socioeconomic data from previous visitors, messaging can be developed to target groups identified as likely visitors of Montrose. The advertising messages will be placed in pinpointed media vehicles, thereby increasing the effectiveness of advertising dollars and visitor conversion rates to the area," Joseph said.

"We have farm tractors planting crops

down to the inch with global positioning systems ensuring full utility of the land—why not run our advertising and marketing programs with the same precision?"

Indeed, why not? However, a public information request pursued by the Montrose Mirror earlier this year notes that the OBT already spent more than \$90,000 on advertising between January of 2013 and January of 2014, long before obtaining any statistical data. According to Joseph himself—whose resume lists no prior governmental or tourism experience and who uses only his first name on his city answering machine—a \$421 copywriting course expenditure with American Writers & Artists, Inc. was made to ensure that future advertising would be free or no-cost by training locals to become professional travel writers.

"The same story can now potentially recirculate dozens of times and if we do it the way I've envisioned, this becomes the lion's share of our advertising!" Joseph said last month.

A report in Saturday's Montrose Daily Press quotes Joseph as saying, that the OBT will "pick up the tab" for the analytics and report, and that the expense will fit into its "budget." However, entries in the OBT's check register for 2013 show that Marketing Telluride has already been paid \$20,000 and \$10,000 for the analytics software. Telluride Tourism Board CEO Michael Martelon, who successfully pitched the concept to the Montrose City Council

last year, told the Press, "You get commercials on TV doing it, IBM is doing it, everybody is doing it," he said. According to the Press, Martelon commissioned similar reports from IXI Services in 2012 and 2013, and credits those with a 13 percent increase in regional sales after the first year. **However, Telluride has an established slate of year-round festivals as well a world class ski area, unlike Montrose.** Martelon did not return calls to the Mirror by Press time.

The Best Western Red Arrow Hotel is among the local lodging establishments who have been working with the City on the data analytics process. Manager Heather Dunaway said that she does believe it is a good idea, but has not gotten any results back yet.

"So far, all we have done is participate," she said.

Another local hotel owner said that he received a recent phone call from someone asking questions about data, but added that he was unaware of the analytics program. Jeff Anderson of Country Lodge said that he hopes that more promotional efforts will center around the Black Canyon National Park.

"People go to the Canyon, and then they come to town to eat and sleep," he said. "We don't really promote the Black Canyon with solid, actionable ideas, but we should—it is what we have.

"I work 24 hours a day, 365 days a year," he said. "But we're crashing here."

THANKS FOR READING THE MONTROSE MIRROR!





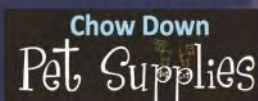
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## REGIONAL NEWS BRIEFS

### CHF Coaching and Consulting to Offer Body Intelligence Seminar

*Special to the Mirror*

MONTROSE – CHF Coaching & Consulting LLC is proud to offer a Body Intelligence (BQ) seminar April 3, 2014 in Montrose, Colorado. The interactive seminar runs from 6 – 8 p.m. and will help participants learn the latest practices of using their own body intelligence, in an effort to: Let go of stress; Scan the body for messages about health and life choices; Connect your heart with what is really important; Tell your body you ARE ready

to listen; Be the flow instead of the chaos in everyday life.

In addition, participants will leave the event with eight simple ways to connect with their own body intelligence, which will enable them to find solutions to live a happier and more balanced life.

The \$35 seminar will be held in the Historic Church Building in the Museum of the Mountain West – Highway 50 & Miami Road, Montrose, CO. The event will also include light refreshments. For more

information or to register (space is limited), email [CHFcoach@me.com](mailto:CHFcoach@me.com) or call 970.249.4162.

About CHF Coaching & Consulting LLC  
CHF Coaching & Consulting, LLC supports people who want to live life in the way they know in their hearts they came to live.

Whether it is time to change careers, move into the career of retirement, improve a relationship, or change old habits that no longer serve.

### Three RNs Nominated for Nightingale Awards From Delta County Memorial Hospital



*Three Registered Nurses from Delta County Memorial Hospital were nominated from their clinical peers, supervisors, friends or family for the Western Colorado Nightingale awards—Katie Herbert RN – Med/Surg Supervisor, Amanda Gauthier RN – Intensive Care Unit, Jessica Bates RN – Emergency Department. Courtesy photo.*

*Special to the Mirror*

DELTA--Three Registered Nurses from Delta County Memorial Hospital were nominated from their clinical peers, supervisors, friends or family for the Western Colorado Nightingale awards and attended

the 27th annual banquet in Grand Junction on March 22<sup>nd</sup> on the campus of Colorado Mesa University.

Jessica Bates, RN, Emergency Department was nominated for innovation in finding creative ways to implement electronic health records. Amanda Gauthier, RN, was nominated for leadership in the Intensive Care Unit. Katie Hebert, RN, Medical/Surgical Unit supervisor was also nominated in the leadership category.

Jessica Bates RN – Emergency Department—Jessica's determination and diligence to find creative ways to implement electronic health records for Delta County Hospital Emergency Department led to her recognition for innovation. Jessica worked long hours, challenging her team with new ideas to make records more efficient. She always kept the phrase in the background, "How will this change or help the patients?" Her innovation, energy and leadership led to the successful implementation for electronic health records at her work site. The records have improved communication between physicians and nurses, while creating records that are efficient, timely and reduced medical errors while improving documentation.

Amanda Gauthier RN – Intensive Care Unit—Amanda Gauthier is a natural born leader who thrives on encouraging and exciting our next generation of nurses. Amanda exhibits leadership skills in her work with patients, students, and other staff members. As a critical care nurse in the ICU at Delta Memorial Hospital,

Amanda displays all the qualities of a Nightingale nurse in her bedside care. Amanda exhibits an optimistic attitude and holds herself to a high standard of nursing. One of Amanda's passions in nursing is her desire to be a leader and to mentor students.

Katie Herbert RN – Med/Surg Supervisor

Katie Hebert is a solid and reliable resource for the employees that fall under her leadership. Katie is known to be dependable, calm, and humble. Katie takes on the role of "lead by example", and is one that will not compromise patient safety. Katie is a true professional; she goes above and beyond to assure patients are cared for in a professional and caring manner. Katie is a great example of what a nurse should be. Katie truly is the light that patients and staff turn to when they are in need. The Nightingale Award for Excellence in Human Caring was started in 1985 to honor nurses who best exemplify the philosophy and practice of Florence Nightingale, a 19<sup>th</sup> century nursing pioneer. For the past 27 years registered nurses throughout the State of Colorado are nominated by their peers, supervisors, friends and family for this prestigious award. Nurses are nominated for one of three categories – Advocacy, Leadership and Innovation. Several nominees from the Western Slope event are then selected to go onto the State Nightingale Event in Denver in May. A total of 25 RNs from health care facilities on the Western Slope were nominated this year.



## DIVINE FISH MARKET EXPANDS RETAIL HOURS, SPECIALTIES IN LOMO



*The Divine Fish Market is located at 25 North Willerup in Lower Montrose.*

By Caitlin Switzer

MONTROSE--When longtime Mountain Valley Fish & Oyster owner Andy Goldman decided several years ago that it was time to sell his wholesale fish business in the LoMo neighborhood, he wanted to ensure that it would be well taken care of and that whoever took over the company would continue to serve local customers with retail hours as well as meeting wholesale needs.

He began negotiations, and recently completed the sale of his company to Seattle Fish Company.

In the process, Goldman's vision of a market that continues to serve local customers has not only been realized, but will be expanded upon.

Today, the market itself—now called Divine Fish Market—is owned and operated by Tobey Vogt, a 20-year veteran of the food industry, and his wife Delphine, a manager with Seattle Fish Company, which serves as Vogt's wholesaler.

The family, which also includes two young children, has found Montrose to be a welcoming community and a great place to live.

"I had been looking for two years to buy my own restaurant," Tobey Vogt said. "My wife is a manager with Seattle Fish Company, so they knew I was interested and they approached me."

Vogt is about 20 percent through the ren-



*Divine Fish Market is a true family business, with owner and operator Tobey Vogt, left, supported on site by his wife Delphine, right. Delphine is a manager with the market's wholesaler, Seattle Fish Company. Since acquiring the business, Tobey has expanded retail hours.*

ovation process, and has already expanded the market's retail hours. The Divine Fish Market is now open Monday through Friday from 11 a.m. to 4:30 p.m., and will be offering fresh meats as well in the near future.

"I am going to have a meat case, and wild mushrooms," Vogt said.

Though Vogt will be running the place by himself, Delphine is available as well to answer questions about the product.

"We are focused on customer service," she said. "This is all about you, what you need, and what you want. We want to have the best service as well as the best fish—and soon meats!"

In the past, the market received deliveries twice a week, she noted, but is now getting deliveries three times a week.

Customers can expect to see more spices and dried options on the shelves as well.

"Also, we are flying our fish directly into Denver," Delphine said.

"So it is swimming on Monday, and in Montrose by Wednesday—it's fresher."

Expanded retail is just part of the Divine Fish Market's plan for growth, she noted. "We want to focus on what this community needs and on getting the best choice of fish," she said.

Tobey, who was raised in a small Pennsylvania farming town, finds Montrose to be the right fit for his family after 13 years in the Vail-Beaver Creek area.

He has already found a favorite lunch spot—the Riddled Raven Coffee Shop in Sampler Square, owned by former Mountain Valley Fish & Oyster staffer Jamie Berndt and his wife Sarah.

"My wife and I eat lunch there three or four times a week," Vogt said. "We tell Jamie we would pay double, the food is so good."

Customers are welcome to call Divine Fish Market to place special orders, and ask questions about seafood, Delphine said. "You still have a direct connection to the wholesaler," she said, "with a store focused on retail. It's the best of both worlds, really."

"We are so excited to be here," she added. "We feel so welcome!"

Divine Fish Market can be reached at 970-249-0866. The web site,

[www.divinefishmarket.com](http://www.divinefishmarket.com) is currently under construction, but customers can enter their emails at the site for an update when it goes live.

"We will have a vast menu, and you will be able to order online," Tobey said.

## REGIONAL NEWS BRIEFS

### COME PLAY, HELP KIDS AT CASA RAY OF HOPE EVENT ON APRIL 12

#### *Special to the Mirror*

MONTROSE--On Saturday, April 12th from 5-6:30pm at the Montrose Pavilion CASA will be holding a public carnival of games. Games tickets are \$2 each or 6 tickets for \$10. Immediately following the games will be CASA's annual "Ray of Hope Annual Benefit & Dinner". All are invited to participate. The games will include jelly bean guess, backhoe drop, non-motorized mini bike races, flying sock monkey target shoot, bean bag toss, bow & arrow shooting, ping pong ball toss, etc. Prizes for these games have been collected from throughout the CASA 7<sup>th</sup> Judicial

District area of Delta, Gunnison, Hinsdale, Montrose, Ouray and San Miguel Counties. (CASA stands for Court Appointed Special Advocates)

This year's Ray of Hope Benefit will focus on "Remembering the Child." The evening's activities will help take us back to when we were children and at the same time remind us that the many children that CASA serves never get to be child-like. Fund-raising highlights during the dinner will include the "Dessert Dash". The Dessert Dash will feature whimsical specialty desserts created by restaurants, bakeries and pastry chefs throughout the 7<sup>th</sup> Judicial

District. Each table selects its own "dasher" to choose a dessert. The table with the highest bid has the first chance to choose a dessert with the second highest bid being called seconds later, and so on.

The benefit will also include a live auction for great items including overnight get-a-ways to Ouray, Alexander Lake Lodge and a Ute Mtn. Casino & Resort Suite package, truck loads of gravel, Disneyland Tickets, a week stay in Kauai, Hawaii, a locally hand-made table, etc.

CASA is still seeking attendees for the benefit dinner. Tickets are \$60 per person or \$550 for a reserved "Table of 10 Friends." To attend, volunteer or donate to this event, call CASA at 970-249-0337.



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DELUXE COMPLIMENTARY BREAKFAST

### MEDICARE COUNSELING IN DELTA ON APRIL 7

#### *Special to the Mirror*

DELTA--The Retired Senior Volunteer Program Colorado West will be offering personal medicare counseling in Delta in April. A trained counselor through the State Health Insurance Program (SHIP) will work with individuals and couples to evaluate their current plan and guide them toward the plan or plans that will best meet their lifestyles and medical conditions, and perhaps save them money, too. The counselor will not endorse or suggest any particular plan. There is no charge, but appointments are required, and are now being taken for Monday, April 7, at the Delta Public Library, 211 W. 6th St., Delta. To make an appointment, or for more information, call RSVP Colorado West at [970-249-9639](tel:970-249-9639).

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## HOT WHEELS MEALS GETS ROLLING!



*Hot Meals on Wheels Volunteers pack meals at the pavilion. Photo by Clay Greathouse.*

*By Liesl Greathouse*

MONTROSE--The Golden Circle Seniors group is helping care for local seniors by re-establishing hot meal delivery to homebound seniors.

The goal of the Golden Circle Seniors, formed in 1972, is to get older Americans out of isolation by providing programs that involve opportunities for seniors to socialize, to eat a nutritional meal, and to exercise both mind and body. Seniors volunteer in various capacities to help with the programs.

In October, 2013, the vendor who provided senior meals (Volunteers of America) changed the service in the wake of Federal budget cuts. Homebound seniors went from a weekday hot meal delivered by Golden Circle Seniors volunteers, to six frozen meals twice-a-month (total of 12 per month), delivered by an employee.

Even though the Golden Circle is a social and advocacy group, not a food service, the membership strongly believed that frozen meals delivered twice a month by VOA did not meet the nutrition or social needs of Montrose's homebound seniors, and voted to find a better way. So with just a month to find a solution, Hot Wheels Meals was created.

"We didn't feel that it was fair and we felt that something more needed to be done," said Winnifred Tappan, a 12-year volunteer at the Senior Center and a member of the committee that helped arrange the meal program. "The homebound were not able to open the frozen meals and some would forget about them and put

them in the fridge rather than the freezer. The response has been great, with a lot of things being donated to help the cause."

Currently there are 38 participants in the program, and Carol McDermott, along with others, worked on the logistics of the program. "Our goal is to help homebound seniors stay in their own homes for as long as possible," McDermott explained. "Research has shown that seniors who live longer in their own home, live longer in general. We want to treat participants with dignity and respect, recognizing their independence."

Local catering vendors were approached about providing the meals, with two agreeing to help. Starting in February and hopefully continuing for a couple months, Great Harvest Bread Company will provide the meals Monday, Tuesday, Thursday, and Friday. The Camp Robber will handle Wednesdays. Golden Circle ordered the food containers, which are made of a sturdy plastic and are microwavable and dishwasher safe. Homebound seniors receive monthly menus from which to select the days they want the hot meal delivered. The cost of each meal is \$5, which seniors pay in advance - whatever they can afford - with community fundraising efforts to help subsidize the hot meals for those who need it.

Volunteer drivers were recruited, all of whom are seniors and many of whom used to work with the Volunteers of American Meals on Wheels program. Forty-four drivers have had background checks and badges made.

"I think it's great the way drivers have stepped forward," Tappan said. "The Montrose United Methodist Church even took over a whole route. We have had no trouble getting volunteers."

Chuck Moslet, a driver through the Methodist Church, thinks that the program is grand. "It helps old people who cannot cook or get out have a hot meal," he said. "We visit a little bit, giving them perhaps the only contact with people that they will get that day or that week. I like the program, I really do. It helps a lot of people."

Don Jovan, a driver, knows personally the importance of seniors having contact with the outside world. "A lot of seniors will say, after I knock on the door, 'come right in'," he explained. "But I had one man and woman who didn't know anything. The only person who recognized me was the dog." Family members were contacted, and the couple is now in a nursing home.

Golden Circle is in the process of getting insurance so they can use the kitchen at the Montrose Pavilion/Senior Center. When that is done, all the packing and washing of the food containers will be done in one convenient location.

In addition to looking for grants, the Golden Circle Seniors initiated an Adopt-a-Senior fund raising program. For \$1 a meal-day, a person or organization can support a senior who cannot pay the full price of the hot meal, by subsidizing him/her. People can donate by going to Alpine Bank, under Golden Circle, and specify Adopt-a-Senior. People can specify a person they would like to sponsor, and more than one person can help pay for someone (as in the case of one woman who has two people helping pay for her meals). Golden Circle makes sure that all of the Adopt-a-Senior money collected goes directly to the Hot Wheels Meals program. Another good way that people can help is at the Golden Circle's Annual Yard Sale in June, the group's major annual fundraiser for general operating costs.

So far the Hot Wheels Meals program seems to be working well. "Most people are just grateful to have a hot meal," Tappan said. "It is the same price to eat at the congregate meal site at the Senior Center, but the homebound get the addition of having their meal brought to their home, set on the table, and containers opened. The drivers stay long enough to check how seniors are doing and give them the human contact they need." To donate, volunteer or for more information, call 970-252-4889 and leave your name and number.

## REGIONAL NEWS BRIEFS

# PARTNERS SEEKS AUCTION DONORS

*Special to the Mirror*

REGIONAL-- The 25<sup>TH</sup> Annual Partners Auction will be broadcast from 7 a.m. to 7 p.m. on Tuesday, April 22, 2014. Radio stations **KUBC 580 AM - The Voice of the Valley**, **94 KIX Colorado Country 94.1 FM** and **SUNNY KBNG 103.7 FM** will be simultaneously broadcasting the auction and streaming audio live on their website, [www.coloradoradio.com](http://www.coloradoradio.com).

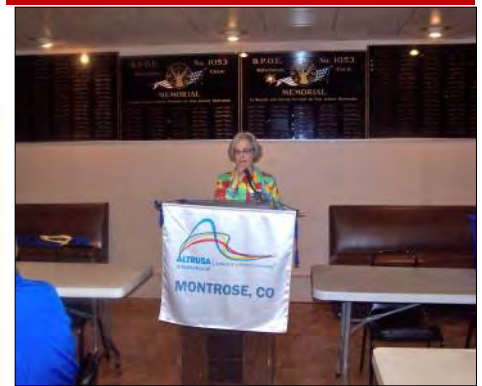
Partners has served youth in our tri-county area for more than 27 years. We have matched hundreds of youth in structured and supported mentoring relation-

ships with adult volunteers. The auction is our most important fundraising event of the year and it enables us to continue our work with children who are faced with the most difficult circumstances. You can support Partners and the children we serve by bidding on auction items, donating auction items, sponsoring an auction board, or volunteering to help during the auction on April 22nd.

Sponsors and donors will be recognized on our website and on the three radio stations leading up to the auction, as well as live during the auction. Your support of

Partners will be as good for business, as it is for your community and the children we serve. For full details regarding donating, sponsoring or volunteering for the 25<sup>th</sup> annual auction, visit our website, [www.partners-west.org](http://www.partners-west.org) or call our office, 249-1116, today!

### DISTRICT GOVERNOR VISITS MONTROSE ALTRUSA



*District 10 Altrusa Governor Judy Stubbs. Courtesy Image.*

*Special to the Mirror*

MONTROSE—Judy Stubbs, District Ten Governor, spent time in Montrose to speak to the members of the Altrusa International of Montrose, CO. club. We were thanked for being members, for being at the meeting, and for supporting our club. We were reminded that the Albuquerque club of nine members disbanded but that the Colorado Springs Club disbanded but came back. She discussed the reviewed changes such as the implementation of a two year budget, ways the Board is being funded, directing all local clubs to use a fiscal year budget rather than a calendar year, using the FAQ's questions section on the District Ten website, the ability to change/update your own profile re phone numbers or e-mail changes. We were informed of the consolidation of the Long Range Strategic Plan to seven pages with five categories and the important SIX IDEALS. As a member, step forward to be on your nominating committee and the District Ten nominating committee. Step forward to be a local officer or a District Ten officer (see page 8). Lastly, send in Member Emeritus nominations ASAP.

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## REGIONAL NEWS BRIEFS

### MONTROSE EDUCATION FOUNDATION NAMES TEACHERS OF THE YEAR

*Special to the Mirror*

MONTROSE- At the Annual Teacher of the Year Reception at the Holiday Inn, the Montrose Education Foundation (MEF) awarded its annual Teacher of the Year Award to three Montrose & Olathe School District teachers. The three teachers selected for the 2014 Teacher of the Year were:

- Nora Waldow— 2nd Grade Teacher— Johnson Elementary School
- Teresa Brown— 7th Grade Math & Science Teacher— Columbine Middle School
- Dr. Mark Bollinger— Science Teacher— Montrose High School

The Montrose Education Foundation's Teacher of the Year program recognizes licensed classroom teachers for the significant contributions they make to their school, community, and school district. The program is modeled after the Colorado Teacher of the Year Program and selections are based on that program's scoring matrix. Nominees are individuals who: Inspire students of all backgrounds and abilities to learn; Have the respect and admiration of students, parents, community, and colleagues; Plan an active and useful role in the community as well as in



*Pictured left to right are 2014 RE-1J Teachers of the Year Nora Waldow, Dr. Mark Bollinger, and Teresa Brown. Courtesy photo.*

their school; and Demonstrate high levels of academic achievement for his/her students.

Forty-Four teachers were nominated this year and were introduced during the American Education Week Reception which was held on November 21, 2013. Twenty outstanding educators com-

pleted the Candidate Questionnaire to be eligible for consideration. The recipients each received \$500 from Alpine Bank and the Montrose Education Foundation. Formed in 1985, the Montrose Education Foundation supports the Montrose and Olathe School District to meet the learning needs of students and to celebrate and rec-

# Cara Fandel

## INSPIRATION THROUGH IMAGING



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# MONTROSE COUNTY NEWS AND INFORMATION

## MCSO'S SUSAN BYRNE NAMED APCO COMMUNICATIONS DIRECTOR OF THE YEAR



*Susan Byrne, the Communications Director for the Montrose County Sheriff's Office, was recently selected as the Association of Public Safety Communication Officials (APCO) 2014 Communications Director of the Year.*

### *Special to the Mirror*

MONTROSE--Susan Byrne, the Communications Director for the Montrose County Sheriff's Office, was recently selected as the Association of Public Safety Communication Officials (APCO) 2014 Communications Director of the Year. "This award highlights Susan's professionalism, skills and leadership during our recent transition of the dispatch center and throughout her career," said Sheriff Rick Dunlap. "She is a very deserving recipient

and we are lucky to have her on our team."

In 2010, Susan observed a need to expand and upgrade the small regional dispatch center at the sheriff's office. Following the completion of the Montrose County Justice Center Annex in 2012, the dispatch center relocated to the new building. Susan continued to work as project manager and orchestrated a large-scale move for dispatch to an adjacent building that was designated for dispatch in the capital plan for the county. The new

Montrose County Regional Communications Center (dispatch) is equipped with state-of-the-art technology as well as additional space for dispatchers, training area and consoles to accommodate the increased call volume for the 31 agencies served.

"This is such an honor," said Susan. "I've been in public safety communications for 34 years and never expected this recognition. I've had a tremendous amount of support from the Sheriff, Undersheriff and county as we all began planning for the project and I'm very proud of what we have accomplished."

Susan was nominated by Undersheriff Adam Murdie. He cited Susan's dedication to completing the project with a positive attitude and professional composure, as well as her selfless nature for consideration by the APCO committee.

"Susan commends the following people [dispatch managers, dispatchers, technicians, procurement and more] and humbly does not even give herself an honorable mention, however she played the most integral role in this entire project," wrote Murdie.

The application also included a letter of recommendation from Dave Petty, owner of QDS Communications, regarding his work with Susan during the dispatch transition in February. One of Dave's highest compliments is that Susan is "constantly focused on the safety of the Montrose County citizens." The award will be presented to Susan during the annual National Telecommunicators Week Luncheon on April 18th in Castle Rock, Colo.

**[CLICK HERE FOR YOUR MONTROSE COUNTY GARDENING CALENDAR!](http://www.montrosecounty.net/DocumentCenter/View/5907)**  
**<http://www.montrosecounty.net/DocumentCenter/View/5907>**



## REGIONAL NEWS BRIEFS

### NORTHSIDE FIFTH GRADER WINS IN SCHOLASTIC CONTEST

*Special to the Mirror*

**MONTROSE** – Qadira Eshelbrenner, a Fifth Grader at Northside Elementary School, received notification this week that she was selected as one of the ten extremely talented Runners Up Winners of Scholastic Reading Clubs' *Jeff Kinney & Dav Pilkey Story Smashup Contest*.

Qadira's submission was one of almost 9,000 from all over the country. Shelly Keefer, Fifth grade Teacher at Northside, had all of her students participate in the contest. Students watched a webcast that featured *Diary of a Wimpy Kid* author Jeff Kinney and *Captain Underpants* author Dav Pilkey creating the first six panels of a story.

Students then added to the story by creating their own one-of-a-kind, three panel ending that included both the narrative and illustrations.

Mrs. Keefer told her students "kids from here can win and do win- It can happen!" Each of the ten runners up will receive a great collection of graphic novels from Scholastic, which contains twenty books.

For more information on the contest visit [www.scholastic.com](http://www.scholastic.com).



### PARTNERS MENTORING SEEKS DONORS AND SPONSORS FOR 25<sup>TH</sup> ANNUAL AUCTION

*Special to the Mirror*

**REGIONAL--** The 25<sup>TH</sup> Annual Partners Auction will be broadcast from 7:00 a.m. to 7:00 p.m. on Tuesday, April 22, 2014. Radio stations **KUBC 580 AM - The Voice of the Valley, 94 KIX Colorado Country 94.1 FM and SUNNY KBNG 103.7 FM** will be simultaneously broadcasting the auction and streaming audio live on their website, [www.coloradoradio.com](http://www.coloradoradio.com).

Partners has served youth in our tri-

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Sponsors and donors will be recognized on our website and on the three radio stations leading up to the auction, as well as live during the auction. Your support of Partners will be as good for business, as it is for your community and the children we serve. For full details regarding donating, sponsoring or volunteering for the 25<sup>th</sup> annual auction, visit our website, [www.partners-west.org](http://www.partners-west.org) or call our office, 249-1116, today!



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## ***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

## MONTROSE ALTRUSA MAKES A DIFFERENCE WORLDWIDE

*Special to the Mirror*

MONTROSE--Diane Winger, Altrusa International of Montrose, presented an interesting and thorough report of the activities of the International Committee for the local Altrusa service organization.. International Women's Day on March 8, World Health Day on April 7, and International Day of Families on May 15 are all supported through our work with the KIVA project.

KIVA, *empowering people around the world with a \$25 loan*, is a website where individuals who need financial assistance in their project for earning a living are listed. Altrusa of Montrose has donated

\$2850 for 113 loans in 40 of the 73 countries on the site. Select, loan, get repaid, repeat! is the very easy process.

Total loans repaid are \$2419...99% with only \$20.36 in default...less than 1%.

**Women's Day:** 77% of our loans were made to women working to improve their own business or to educate themselves or their families. **Health Day:** 3 of the loans involved this as follows.

Operating a Family Home to take in persons leaving a hospital needing long-term care to return to productive life (US); receiving health training to sell OTC natural medicines (Bolivia); providing pharmacy medications (Sierra Leone, Democratic

Republic of the Congo).

**Day of Families:** most loans impact the overall income & standard of living of the families. Diane read several comments written by recipients about the impact of just \$25 in their lives, their families, their livelihood.

The committee has donated \$100 to the KIVA project and to the local Warrior Resource Center for the "Let Freedom Ring" project of making chimes hung in the community in honor of veterans.

Volunteer to help with this project any Monday through Wed. from 10-12 a.m. at the Warrior Resource Center on Main and Park, southwest corner.

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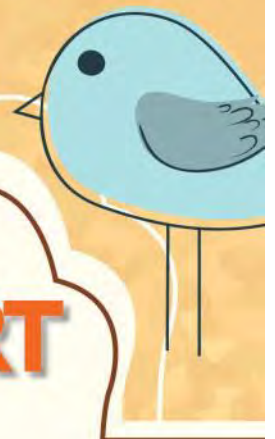
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Weekly Monday

**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!

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**Double Eagle:** \$500.00

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John Abel  
249-4924

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All Proceeds will benefit special  
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Examples of past projects include patio  
addition with fire pit, awning, bird aviary,  
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**Deadline for Entry:** June 7<sup>th</sup>

**Green Fee:**

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Sign up below to play:

**PLAYERS NAMES**

1. \_\_\_\_\_

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## THE HOMESTEAD AT MONTROSE

### Fundraiser Golf Tournament Entry Form

**Saturday, June 14, 2014**

**The Bridges Golf Course**

**2500 Bridges Drive - Montrose, Colorado**

**8:30 a.m. SHOTGUN**

**2-Person teams**

**18 HOLE – SCRAMBLE FORMAT**

**HANDICAPPED & FLIGHTED**

**Our Major Sponsor is:**



**Additional entry forms** are available at

**The Bridges Golf Course 252-1119**

**Or Contact:**

**The Homestead at Montrose – 252-9359**

**Send entry form along with check payable to**

**The Homestead at Montrose;**

**1819 Pavilion Drive; Montrose, Co. 81401**

**PHONE NUMBER**

**HANDICAP**

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\_\_\_\_\_  
\_\_\_\_\_



## MIRROR IMAGES...OUT AND ABOUT!



*Altrusan Tracy Ries, right, delivers a \$500 check on behalf of Altrusa to Museum of the Mountain West Founder and Board Chair Rich Fike. The funds will be used for the stained glass windows in the restoration of the 1913 Church Building.*



*Jon Nelson snapped this photo at last week's well-attended Home & Garden Show in Delta.*



*Longtime CASA of the 7th Judicial District Executive Director Karen Tuttle, above left, welcomes new Director Carlton Mason in a celebration at Region 10 on March 19.*

## Olathe Middle School Raises Money for Cancer Center



*(Pictured L: R-Back row- Stacy Goza, Joe Archuleta, Anthony Garcia Vargas, Dawson Walraven, Scot Brown. Front row- Francie Smiles of the San Juan Cancer Treatment Center, Shayen Hoey, Maddi Brown, Taylor Lindsey, Cynthia Cortez).*

### *Special to the Mirror*

**MONTROSE** -The College For Every Student (CFES) scholars at Olathe Middle School raised \$200 for the San Juan Cancer Treatment Center in Montrose. They students participated in a Money War between grade levels. The 8th grade class won the contest with \$115. The scholars raised the money to purchase magazines for the cancer patients at the center.

One of the core practices of CFES is Leadership through Service. This is just one on the many community service projects that OMS has participated in this year. The scholars made and donated 15 blankets for the Colorow Care Center in Olathe during the holidays.

The scholars also created a "Giving Tree" where they decorated a tree with school supplies during December for all of the students of the school that needed assistance additional support with school supplies. The CFES scholars are sponsored by Stacie Archuleta, Sixth and Seventh grade Reading and Language Arts Teachers.

## 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



## JULIET CARR'S WEB SITE OFFERS TOOLS FOR HEALING, HOPE

By Caitlin Switzer

MONTROSE--In the 1960's, the great American poet Anne Sexton wrote, "... suicides have a special language. Like carpenters they want to know which tools. They never ask why build...." The poem itself, entitled 'Wanting to Die,' was inspired by the suicide of Sexton's friend, the poet Sylvia Plath. Sexton, who suffered from lifelong mental illness, ended her own life in 1974.

Today, Montrose mom and writer Juliet Carr wants to put some very different tools on the table—tools for staying alive and healing, even after a personal suicide attempt or an attempt by a loved one.

The non-profit that Carr founded after a close family member's two unsuccessful suicide attempts, the Kirwan-Carr Foundation, has been transformed into a web site, [www.attemptedsuicidehelp.com](http://www.attemptedsuicidehelp.com). Why the change?

"It's hard to find board members for a non-profit," she noted. "And I have found that there is a lot of support out there for those who have lost someone to suicide. It's easier to talk about losing someone than about someone who has attempted suicide but who is still alive. There is a lot of anger that comes with mental illness and with suicide."

The web site includes extensive resources and links for the loved ones, professionals and friends of someone who has attempted suicide, as well as resources for those who have attempted to end their own lives.

The message is simple—acceptance, strength, healing.

"I hope that people will turn to our web site, and help us spread this information," Carr said. "There are some great tools for setting daily goals, ways to help if you are struggling with suicidology and ways to help others who are struggling with this."

"Statistics clearly show that suicide attempts are 200 times more likely than suicide completions. So many families have no tools, and no resources," she said. "You need to find the right people to support you."

Carr hopes to complete her first book soon, now in its third edit. She has also used her writing ability to let go of the pain caused by her experiences and by her own struggles with depression and anxiety.

"This is my toughest battle," she said. "But I am hoping to make a difference. I hope people can find the tools I put online. I don't want anybody else to go through this, because it's preventable. As



Tools for acceptance, strength and healing are available at Juliet Carr's web site, [www.attemptedsuicidehelp.com](http://www.attemptedsuicidehelp.com).

a community and a society, we allow it not to be. It's hard to be honest when you are fighting mental illness—you don't know if someone is going to judge you.

"But you do get better," she said. "After a suicide attempt, you might wonder, will this ever end? It does. There is a difference between violent and non-violent attempts, but the research shows that the average length of time for healing is two to five years after the most recent attempt."

Carr's web site also offers guidelines on ways to support someone who is suffering.

"If you look at a situation and you can't deal with mental illness or be there for someone, don't," she said. "But if you want to help, be specific. Be incredibly specific, and if you can, be there for the messy stuff. Don't say, 'let me know if you need anything.' Ask how you can help, and do it. Otherwise you are just walking away."

Juliet Carr has also volunteered at the Oak Grove School at least once a week since her oldest child entered Kindergarten, and believes that being a mother is the most important job she will ever hold. Her oldest child is now 17, and she has a fifth grader and a first grader as well. She has found it very rewarding to watch them grow and learn decision-making skills.

"As parents, at the heart of what my hus-

band and I have done is to encourage our kids to be who they are," she said. "I want them to know who they are—if that's the one thing they leave home with, it's good. I just love to hear them laugh; they are so awesome."

She has also recently joined two friends, Kendra Morrow and Krista Montalvo, in an innovative project called Three Graces. The group holds regular women's retreats focused on reflection, creativity and respect, with speakers and presenters from the community.

"I really have enjoyed being part of it," she said. "We are all people, all one step from the street. And there are so many amazing people who choose to live here, and who are willing to share their gifts, talents and abilities. Really, Three Graces is not faith-based, but it is a soul thing."

When her children are grown, Carr hopes to travel more. She has already learned many important lessons on the journey called life, however.

"My passions will stay with me forever," she said. "We adopted our last animal from a shelter, which I believe in. Literacy and children's rights are essential. And our freedoms and what our flag represents are very, very important to me. I am starting to write more again; I love interviewing people and finding their stories."

"As my friend Krista Montalvo said recently, 'Do the Work.'"

## REGIONAL NEWS BRIEFS

### MOUNTAINFILM ANNOUNCES ADDITIONAL GUESTS FOR 2014

#### Breakthroughs in Dementia, Specializing in Validation

Imagine connecting with older adults who have dementia in ways that help them experience greater peace, dignity, and happiness...moments of recognition, faces full of joy, growing confidence in their eyes.



Validation is built on an empathetic attitude and a holistic view of individuals; understanding the meaning underlying an individual's behavior, rather than awareness of reality, is the goal in validation.

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#### *Special to the Mirror*

TELLURIDE — Mountainfilm in Telluride just released the latest in an expanding roster of festival guest speakers, including new additions to the line-up for the Moving Mountains Symposium, which will focus on the theme of "wilderness."

In addition to the Symposium speakers previously announced — such as Jared Diamond, Cheryl Strayed, M Sanjayan and others — the festival has added talks by national wilderness advocates Douglas Brinkley, Juan Martinez and Jamie Williams.

Douglas Brinkley has testified before Congress on drilling in the Arctic National Wildlife Refuge, has written about the environmental movement during the era of Rachel Carson's *Silent Spring*, 1961 to 1964 — which culminated in the historic American Wilderness Act in 1964 — and is currently writing a book about FDR and the American conservation movement.

National Geographic Emerging Explorer and environmentalist Juan Martinez is a national spokesman for the importance of getting youth into the outdoors, especially those from disadvantaged backgrounds.

Jamie Williams owns a straw-bale home in Paonia, Colorado, but currently resides in Washington, D.C., where he is the president of The Wilderness Society, the conservation organization leading American efforts to protect our nation's shared wildlands.

Mountainfilm has also released a list of several confirmed festival speakers:

When Mountainfilm audiences first met climber Alex Honnold in 2010's *Alone on the Wall*, he was already breaking records in the dangerous sport of free climbing. Now, arguably the most famous athlete in his sport, Honnold will return to Mountainfilm to talk about suffering, failure and risk. Morgan Spurlock will bring his groundbreaking *Super Size Me* to Telluride for a 10th anniversary retrospective screening, along with some of his latest provocative work. And famed alpinist Conrad Anker will join ethnobotanist and academic Wade Davis to discuss the mysteries still surrounding George Mallory's attempted ascent of Mount Everest 90 years ago in 1924.

"It is shaping up to be another exciting year for us at Mountainfilm with a great mix of new and old guests," says Mountainfilm in Telluride Festival Director David Holbrooke. "We've been hoping to get Jared Diamond to the festival for years and are always happy to have old friends like Conrad Anker and Wade Davis come back to town."

See the full roster for the Moving Mountains Symposium on Wilderness or click through to the list of Special Guests to see how the festival is shaping up. Programming staff are working hard to finalize the film list, which will be announced in early May. In the meantime, keep an eye out for additional announcements on artists and special programs.

Tickets and festival passes to Mountainfilm in Telluride, which includes the Moving Mountains Symposium, are currently on sale.



# ARTS AND CULTURE

## DAVE CARY'S "NATURAL VISION" ON DISPLAY AT CREAMERY THROUGH APRIL 7



*"Natural Vision," an exhibition of functional art by artist David Cary is ongoing through April 7. Courtesy Image.*

Dave slowly applies layer upon layer of rice paper coated with resin papier maché. "You would not think a 6' 6" guy would love delicate, painstaking work," Dave says, "but the results are well worth the effort."

New to this show are driftwood sculptures created by Dave to reflect the rhythm of the wood.

One intricately made piece represents a Viking ship, complete with hand-carved oars and shields.

Another titled "Gnome" is a contorted swirl of Pinyon wood, finely finished to a silky smooth texture and very much looking like a woodland gnome, complete with hat.

"My newest mirrors are a virtual textural delight," Dave adds. Dave's latest elliptical mirrors feature circles of perfectly finished Cedar, burned Aspen, Maple and Cottonwood arranged around the frame. Other mirrors feature driftwood with hand carvings that reflect symbols found in Nature. To learn more about David Cary's exhibition, contact [gal-lery@creameryartcenter.org](mailto:gal-lery@creameryartcenter.org) or [light-shipsart@gmail.com](mailto:light-shipsart@gmail.com).

The Creamery Gallery is located at 165 Bridge Street in Hotchkiss, CO.

### *Special to the Mirror*

**HOTCHKISS** -- "Natural Vision," an exhibition of functional art by artist David Cary is ongoing through April 7 at the Creamery Center for the Arts Peach Gallery in Hotchkiss.

Dave, a Ridgway artist, is featuring his newest driftwood lamps and mirrors along

with several new sculptures and wall pieces. More than a dozen new works are featured at this exhibition.

Much of Dave's latest work features lamps made from Japanese rice paper combined with hand-finished driftwood. Complex reed structures in geometric shapes are applied to the driftwood, then



## DEADLINE FOR SEEDLING TREES FROM CSU IS APRIL 11

### *Special to the Mirror*

**REGIONAL**—It's **SPRING** – Plant a seedling tree **WINDBREAK**. There is no longer a minimum acreage requirement. CSU is currently taking orders for the seedling trees; deadline day is April 11th, the trees will be ready for pick-up in early May.

To qualify for the program:

Use the seedlings for conservation purposes

Bare root trees, small potted and regular potted trees are offered in lots of 25 or 30 at a nominal cost. Seedling survival supplies are available from the CSFS.

Contact Ginny Price at CSU Extension at 970-249-3935 or email Ginny at [gprice@montrosecounty.net](mailto:gprice@montrosecounty.net).



# LEGISLATIVE UPDATE

**BY SENATOR ELLEN ROBERTS**

## A WAR ON RURAL COLORADO?

Last week had some serious bumps in the road that didn't bode well for rural Colorado.

Repeatedly, it's been stated this year that there's no war on rural Colorado, that the phrase is a partisan myth created for political purposes. After what transpired last session and now what's happening during this year's budget process, I dispute that denial. If it's not a war on rural Colorado, it's much more than benign neglect.

Here's what I'm talking about. After waiting 10 years to receive funding to build a new science building on the Fort Lewis college campus and that project rising to the number two position on the list to receive project funding, all of a sudden, Durango's Fort Lewis is dumped for projects almost entirely benefiting the metro areas, none as high on the priority list as Fort Lewis College.

The Joint Budget Committee, comprised of six Front Range legislators, decided to override the work of the legislative capital development committee and bypass its recommendations based on extensive meetings, site visits and consideration by the second committee. One wonders why a legislator would spend the large amount of time required to be a capital development committee member if their project

list will be discarded as easily as it has been this year.

The Durango Herald printed a graph illustrating the short shrift dealt the Western Slope projects after this upsetting development and the point was made all too clearly. Now, if revenue exceeds what's forecasted, Fort Lewis may receive its funding in the fall, hardly the time of year to start a new construction project at higher elevations.

Secondly, last week, high-level staff in the governor's administration failed to recognize the urgency of the recommendations of the report on the advisability of a Colorado wildfire air fleet. The report was only released after the budget bill had passed the House, making funding the recommendations a Gordian knot problem now. To make matters worse, instead of the report being first disclosed to the Joint Budget Committee and all other legislators as required by the bill passed last year, certain portions of the report were leaked by the administration to a Denver television reporter.

Why does this matter to rural, forested Colorado? Because the 2014 wildfire season has already started and the report recommends putting in place more aerial and additional ground firefighting resources this year. You can find the report online at

[www.dfs.state.co.us](http://www.dfs.state.co.us).

I have tremendous respect for the author of the report, Director Paul Cooke, who heads up Colorado's Division of Fire Prevention and Control. He's worked closely with the Wildfire Matters interim committee that I'm a member of and was a huge help when I chaired the Lower North Fork Wildfire Committee. The report sums up the conclusions of a group of Colorado wildfire experts and stakeholders greatly affected by wildfires across the state. If the recommendations aren't funded in this budget bill, then it's yet another year that goes by with Coloradans and their homes at greater risk from wildfires.

My frustration with the disregard for the needs of rural Colorado is compounded by the fact that, since 2009, \$450 million in mineral severance taxes, intended to support rural Colorado and state infrastructure, were diverted to backfill the state's budget.

These developments are more than benign neglect.

**Ellen S. Roberts, State Senator**

*Legislative Contact Information:*

200 E. Colfax Avenue, Denver CO 80203

Denver Capitol office phone: (

[303\)866-4884](tel:3038664884)

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

## Print media still has its uses...

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## REGIONAL NEWS BRIEFS

### LEARN WHY EVERY BUSINESS NEEDS A WEB SITE

*Special to the Mirror*

DELTA--In this day and age, it is imperative that every business – from store front to home-based, from sole proprietorship to a company with more than 100 employees, from retail to wholesale to service industry and everything in between – needs a web-site.

More than 90 percent of consumers go online first to begin shopping for everything from insurance to senior care services to mascara to that new car. Can you afford to not reach 90 percent of your customers or potential customers?

Business of all shapes and sizes are invited to learn why every business and organization needs a least the basic web presence, as well as what elements a successful website should include. Christine Jackson

from Grand Valley Design will lead an introductory course on Thursday, April 10, from 1-2:30 p.m.

While in college, Jackson found her strong suits were in delivering digital media marketing solutions to small businesses who could not otherwise acquire the costly solutions which were – and are – the alternatives. Small businesses have unique budgets and unique internet marketing needs which, often times, require special care and attention.

For several years, Christine served many Western Colorado agencies as an independent digital marketing consultant and service provider. Within a short amount of time the need of her clients grew, demand for new services grew and technology growth certainly followed closely. She met

that need by finding additional help in the areas which had the most demand and launching Grand Valley Design, a full service digital media firm. Jackson is happy to deliver 13 years of expertise in her industry to the public and to clients through education, consulting and delivery of services. Come hear how being online can affect your bottom line – but don't worry, there will be no sales pitch. By working together, we can create a stronger economy in Delta County, one step at a time. Think local and act global.

The seminar will be held in the upstairs conference room of the Delta Area Chamber of Commerce. The seminar fee is \$10 per business. Class size is limited to 15 people. Please bring note-taking materials. RSVP by calling 874-8616.

## HONORABLE MENTION

To Stephanie in City Market Pharmacy, for a random act of kindness that meant SO much....

To Diane Havens, Brad Switzer, and all the other Iowa transplants who really just want a great tenderloin sandwich...

To adorable Hotchkiss business owner Deborah Shaffer, caught shopping SheShe Boutique last week, for reminding us that it is always OK to look good!

To Montrose Memorial Hospital for "big city" excellence in health care and "small town" responsiveness to the needs of patients and families...

And to Qadira Eshelbrenner, Northside Fifth Grader and gifted young writer...one of the ten Up Winners of Scholastic Reading Clubs' Jeff Kinney & Dav Pilkey Story Smashup Contest. Qadira's winning submission was one of 9,000 from across the nation...all we can say is WOW. Nice job!!!

...and to Qadira's Fifth Grade teacher, Shelley Keefer, for encouraging her students to read, write and live their dreams.

# SPRING FEVER...TIME TO SHOP MONTROSE!



## 2014 SHOPPING GUIDE



### FIND ADVENTURE, ART AT AROUND THE CORNER ART GALLERY



*Around the Corner Art Gallery is a year-round destination for art lovers.*

*Special to the Mirror*  
MONTROSE-- It's almost spring—so

March over and visit Around the Corner Art Gallery, 447 East Main Street in Montrose!

Adventure themed paintings will be displayed in support of the Adventure Film Festival; guest artist, Ramon Reed will show his stunning wildflower photography for the month of April, and music will be provided by Karen Mercer. Complementary wine and hors d'oeuvres.

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 six years ago, after the building in which it is located was tastefully remodeled by local entre-

preneur 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, until 8 on Thursdays, and from 11 to 4 on Sundays throughout the season.

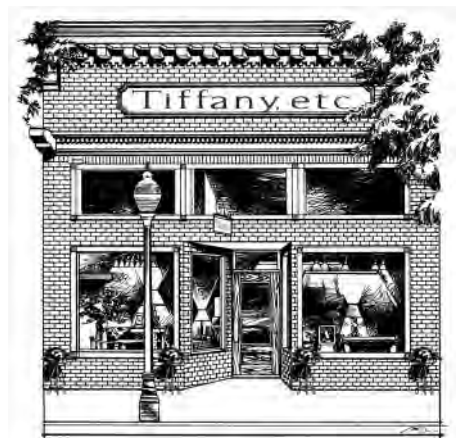
## APRIL 1-15, A TAX-FREE HOLIDAY AT TIFFANY, ETC. !

*Special to the Mirror*  
MONTROSE--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, Westcott has established a reputation for superb customer service and an array of merchandise that evokes a unique shopping experience year-round. You may need an entire new look for your home or that perfect gift for your best friend—just think, Tiffany, etc. for home décor and accessories, candles of all shapes and sizes, jewelry, unique apparel, artwork, and even custom design furniture, with fabric chosen by our clients or with interior design help from Lorna or Glee.

"We have many different styles to choose from, Contemporary to Lodge and Western to Traditional. We also have accent pieces to complement any style."

The store is a treasure chest packed with colorful, high-quality merchandise that captures the essence of Western Colorado. Our email catalogue keeps our customer up to date on new merchandise and upcoming store events. Mix & Match Sunday gives our customers a chance to shop in a leisurely atmosphere from 11 a.m. to 4 p.m.; buy 3 items get #4 FREE! Tiffany etc. is truly A Downtown Montrose Shopping Experience!

Tiffany Etc. is located at 439 East Main Street in Montrose, and is open seven days a week. They can be reached at 970-249-7877.



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

**CALL JON AT 275-2658 TO FEATURE YOUR BUSINESS IN  
OUR WEB SITE (AND MIRROR) SHOPPING GUIDE!**



## MIRROR LIFESTYLES...LINKS TO LOCAL BLOGS WE LOVE!

The logo for 'A Marmie Life' features a stylized blue bird icon to the left of the text 'A MARMIE LIFE' in a colorful, playful font.

A WOMAN'S LIFESTYLE BLOG  
WWW.AMARMIELIFE.COM

Krista Montalvo is a Southern Peach living the mountain dream with her three little girls and husband. She is a lover of all things domestic, ranging from a great local find to cooking and gardening to thoughts in her heart to fashion for you and your home. Bluebirds are her thing and she is solar powered by the Colorado sunshine. [www.amarmielife.com](http://www.amarmielife.com)!

The logo for 'colorado yurt co.' has 'colorado' in a small, light green sans-serif font above 'yurt' in a large, bold, dark green sans-serif font, with 'co.' in a smaller, light green sans-serif font to the right.

Yurts, Tipis, and Tents: Handmade in a World of  
Mass Production...

<http://www.coloradoyurt.com/blog/>.

A vibrant field of wildflowers in shades of purple, yellow, and orange, with green foliage in the background.

Rita Clagett Writes from the North Fork Valley

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

A close-up photograph of two white goats with black faces and ears, looking over a wooden fence. One goat has a yellow tag on its ear, and the other has a pink tag.

**DELTA COUNTY LIVING**

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IN DELTA COUNTY, COLORADO**

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

# ARTS AND CULTURE

## WEEHAWKEN DANCE PRESENTS "ALICE" AT THE PAVILION



Weehawken Dance presents "A Dance Fantasy" at the Montrose Pavilion April 16.

### Special to the Mirror

MONTROSE--Weehawken Creative Arts will be presenting their Winter/Spring Dance production of *Alice in Wonderland: A Dance Fantasy* on Wednesday, April 16<sup>th</sup> at the Montrose Pavilion.

*Alice in Wonderland* will be presented to the community and its visitors to showcase the talents and growth of the Weehawken Dance program, led by Artistic Director Natasha Pyeatte and instructed by Pyeatte, Ms. Emma J. Rainey and Ms. Kendra Manley. As is typical with Weehawken Dance, the performance is certainly dance-

oriented, but offers the audience member a full-on live theatre experience as well.

"This show is peppy and rockin'. The soundtrack is amazing and the visuals are bright and wild. It's a sure-fire way to get the blood pumping and have a great night out" said Weehawken's Executive Director, Ashley King.

She continued: "Audiences are sure to enjoy the familiar storyline, combined with the raw talent of over 95 local children from Ridgway, Ouray and Montrose. Weehawken's performances are considerably more than just a dance recit-

al: they are a full-blown production, worthy of a night or afternoon out on the town -- for all ages."

As the Wright Opera House is currently closed for some exciting renovations, Weehawken's *Alice in Wonderland* will run one-night-only on Wednesday, April 16<sup>th</sup> at 6 pm at the Montrose Pavilion.

Tickets will go on sale to the public in mid-March and will be available at Mouses' Chocolates in Ouray; at Cimarron Coffee and Books in Ridgway; and at Tiffany Etc and the Montrose Pavilion in Montrose. Ticket prices are \$15 for adults and \$10 for Senior Citizens and Students and \$8 for children under the age of 12. Reserved section seats (seats in rows 1-6) will also be available by phone at 970-318-0150. Since Weehawken's performances generally sell-out and since this show is one-night-only, it is important to buy your tickets in advance.

Come support Weehawken's incredible assembly of talented young dancers

For more information, call Weehawken Creative Arts: 970-318-0150, visit [www.weehawkenarts.org](http://www.weehawkenarts.org) or email at [questions@weehawkenarts.org](mailto:questions@weehawkenarts.org).

Weehawken Creative Arts is a non-profit arts organization that offers classes and arts opportunities year-round to adults and children alike.

The mission of Weehawken Creative Arts is to provide high-quality arts education and programs in personal growth to adults and children.

Programs are based in Ridgway and Ouray and are also offered in Silverton and Montrose.

**The Sixth Annual Montrose County School District Art show opens**

**Monday, April 21 and continues through Friday, May 2.**

**Thanks to Region 10 League for Economic Assistance & Planning**

**for again hosting the show at the Enterprise Center,**

**300 N. Third in Montrose. The show may be viewed daily from 9 a.m. to 5 p.m.**

**Artwork representing students in grades**

**kindergarten through 12th grade**

**will be featured.**



# 3 Part Marketing Series

The Montrose Chamber of Commerce is partnering with Colorado Mesa University to bring a series of 3 Marketing sessions designed specifically for local business.

Series: \$50 Chamber members/\$75 non-members  
Individual classes: \$20 chamber members/\$30 non-members

**March 11th** – The Biggest Marketing Mistakes Made by Businesses & How to Avoid Them

①

## Speakers:

*CMU Department of Business Faculty*

Dr. Emma Fleck, Assistant Professor of Business  
Ms. Deb Parman, Instructor of Business  
Third Speaker- TBA

**April 8th** – Low Cost Marketing Ideas for Today's Economy

②

5:30PM – 7:30PM  
at Colorado Mesa University  
Montrose Campus  
234 S. Cascade Avenue

**May 13th** – Developing Profitable, Long-Term Relationships with Your Customers

③

Reservations are required no later than the day before each class.  
Please RSVP to 970-249-5000 or [information@MontroseChamber.com](mailto:information@MontroseChamber.com)

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Light Refreshments will be provided

No Shows & Cancellations will be invoiced

# ARTS AND CULTURE

## GENEAOLOGY SEMINAR HELD MAY 17

### *Special to the Mirror*

MONTROSE--Fore-KinTrails Genealogical Society will hold a one-day genealogy seminar on May 17 in Montrose and is happy to announce that prominent genealogist Patricia Roberts will be the featured speaker. Pat is active in many national, state, and local genealogy societies, and is also a well-known writer, teacher, and popular speaker.

At the event, which is open to the public, Pat will speak on "Writing a Family History Your Family Will Read;" the "Salem Witch Trials," which is a fascinating story with a personal connection; and "Cemeteries," where Pat relates her adventures in cemetery research, along with cemetery art and tips and techniques for how to search graveyards for elusive ancestors.

The seminar will be held at the Warrior Resource Center, 11 South Park Avenue, from 9 a.m. to 3:30 p.m.

Registration is \$20 for Fore-Kin Trail members and \$25 for non-members, and includes lunch.

Interested persons may contact Dorothy Causey, [dorothycausey@yahoo.com](mailto:dorothycausey@yahoo.com), 970-596-0264, or Cathy Crim, [cicrim03@gmail.com](mailto:cicrim03@gmail.com), 970-240-3803.

## RIDGWAY MOONWALK, STUDIO TOUR APRIL 17

### *Special to the Mirror*

RIDGWAY--Please join the Ridgway Creative District and Weehawken Creative Arts for the next Ridgway MoonWalk: South Ridgway Studio Tour on Thursday, April 17, 2014, from 5 – 8 PM. Start by picking up the MoonWalk map/brochure from the brochure box at the "MoonWalk

Tonight" sign at the corner of Railroad St. & Highway 62. Visit participating studios on the south side of Ridgway (Moffat St. area) to see a variety of paintings, multimedia, metal and glass creations, including those of Meredith Nemirov, John Clark, and Joanne Taplin. Some studios will offer demonstrations, and all will show their work, as well as give tours of their spaces.

This is a walkable event (hopefully the weather will be nice), and all ages are welcome. Look for the moon balloons! Save the Date: Next Ridgway MoonWalk – Sunday, May 13, 2014, 6-9 PM, highlighting the Solar Ranch neighborhood! For more information on MoonWalks, go to [www.ridgwaycreativedistrict.com](http://www.ridgwaycreativedistrict.com) or [www.facebook.com/RidgwayMoonWalks](http://www.facebook.com/RidgwayMoonWalks).

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SEEKING GARDENERS OF ALL LEVELS OF EXPERIENCE.  
PLOTS AVAILABLE FOR SPRING PLANTING! APPLICATIONS  
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TO LEARN MORE OR TO BECOME A COMMUNITY GARDENER:

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EMAIL: [COMMUNITYGARDEN@CI.MONTROSE.CO.US](mailto:COMMUNITYGARDEN@CI.MONTROSE.CO.US)

PHONE: 970-240-1420





# ARTS AND CULTURE

## FIND ADVENTURE AT FIRST FRIDAY STROLL!



*Don Peterson's "The Canoe Dock" is on display at Around the Corner Art Gallery Downtown, which features paintings with an adventure theme. Courtesy photo.*

### *Special to the Mirror*

**DOWNTOWN**--Several Montrose galleries and businesses will be supporting the 1st Annual Adventure Film Festival by using the theme of "Adventure" for their First Friday Stroll. The Stroll is Friday, April 4th, 5:30 to 8 p.m. Join the adventure in Downtown Montrose.

Well it can be an adventure to venture one block east of main street on N. Cascade to **Art@33**, but as in all adventures there is something to be gained and you will not be disappointed at **Art@33**. We will have a wide and varied display of art from local talent, wine tasting and chance to visit and commiserate with fellow art aficionados. Spring weather should be helping everyone's disposition, daylight savings time will help with the daylight hours so spend a pleasant evening strolling the walk ways of our great city and viewing great art, see you then. Can't forget to mention that Kate Richardson won last

month's gift certificate give-away to Remington's Restaurant. Hope you enjoy it Kate!!

**Nina Suzanne's** will be open till 8:00 for the first Friday Stroll and will be featuring a new line of fun workout clothes in three colors. Buy one pair of shorts, pants or a tee and get a second for half price. Nina Suzanne's is located at 336 E Main 252-7337.

**Guru's** restaurant will be having an art show called "Adventures in Art from Nepal", an interactive art show. It will be hosted by Western Colorado Friends of the Himalayas. Chai tea and tasty Nepalese treats will be served.

**Around the Corner Art Gallery** - Adventure themed paintings will be displayed in support of the Adventure Film Festival; guest artist, Ramon Reed will show his stunning wildflower photography for the month of April, and music will be provided by Karen Mer-

cer. Complementary wine and hors d'oeuvres. (attached picture is "The Canoe Dock" by Don Peterson)

**Fabula** is going to be open for the First Friday event. We will have samples of our food items we offer in the store, plus have a drawing for a free Haiku bag/purse.

**A+Y Design Gallery** will be featuring "Adventure Art" in support of the 1st Annual Adventure Film Festival-Montrose. Artists represented are Kane Scheidegger, Jenny McIntyre and Tammy Cliché. (Attached picture of the Black Canyon entitled "Painted Sunrise" by Kane Scheidegger)

April showers brings May flowers-- "First Friday Workshop" at **Amazing Glaze**, Friday April 4, from 6:30-8:30 pm. Our workshops are always fun & can be done with ease regardless of your skill level!

There is no charge for the workshop. Only fee is for the bisque piece of your choosing.

Pre-registration is suggested as class space is limited. Call or stop by to sign up!

Stop by **Tiffany, etc.**, 1st Friday. We have New Adventures in Home Décor arriving daily. Venture into Tiffany's for gifts, jewelry & a special Friday evening. Starting April 1st through the 15th pay absolutely **NO SALES TAX DURING OUR TAX FREE HOLIDAY** we will pay all of your tax for you on your entire purchase only at Tiffany, etc.

**The Canyon Gallery** will be chock full of adventurous fun on the First Friday Stroll. Local Adventurer and extreme skier, Eric Ming will be showing photographs of Alpine skiing and sharing stories of his adventures! Garrett Estates winery will be offering wine tastings proving you don't have to go far to be adventurous. Fran Noonan of Origami Owl will show the ladies how to custom design jewelry to complement their bold personality. Don't miss the fun! See you Downtown!

**CALL 970-275-5791 FOR MIRROR AD RATES AND INFORMATION!**

# ARTS AND CULTURE

## PAINT YOUR OWN GLASSWARE...WITH ABBY ARTS!



*By Abby Altshuler*

NORWOOD--Given as I've just finished up a collection of painted glassware, it seemed fitting I should continue describing the how-to of this craft. For this collection I used the drip method as follows: Choose your color, easy, or colors, harder, that will drip over the item. Try some out as you go on throw-away pieces to be sure the colors will work together. Mix up your concoction of paint, glaze and drying retarder as described in the last article but make this one more runny. Tape off the tops of drinking glassware so the paint doesn't collect at the rim. Then, starting at either the top or bottom of the piece, brush runny color around the circumference and let it drip down, creating beautiful patterns. If it's not running enough load your brush

and hold it against the glass where you want more dripping.

Let dry and add your next color if desired, making this mix thicker if you want an effect like that shown on the green glasses. Much of this enjoyable craft is trial and error, allowing a lot of "what happens if I..." thinking and fostering creativity.

This method can also be used in watercolor paintings, dripping paint onto the paper and moving it around allowing the color to do its thing. If you'd like to play with paint but would enjoy making your mess in a studio instead of your kitchen, please contact me as I arrange my summer class schedule and let me know your interests and available dates. Reach me at [abbyarts@gmail.com](mailto:abbyarts@gmail.com) or through my

website [abbyartspainting.com](http://abbyartspainting.com) Happy Painting! Abby.

## CREAMERY ARTS CENTER TO HOST "A NIGHT IN TUSCANY"

*Special to the Mirror*

HOTCHKISS--You won't want to miss the Creamery Art Center's "Night in Tuscany" lasagna dinner on Saturday, April 26. This festive event begins at 5:30 pm with appetizers and a cash bar offering local wines and micro brews. At 6pm dinner will be served including: freshly baked homemade breads, a garden salad and your choice of meat or veggie lasagna made with fresh local ingredients. Finishing off the evening will be coffee and a dessert cart that will amaze you. The price for the evening is \$25/person or \$20/person for Creamery members and supporters. Tickets are available at the Creamery Arts Center, 165 W. Bridge St. Hotchkiss, CO 81419, or by calling 970-872-4848. Deadline for reservations is Tuesday, April 22.

## VOLUNTEERS NEEDED FOR RSVP COMMUNITY EVENTS

*Special to the Mirror*

REGIONAL--Volunteers needed by RSVP to help with upcoming community events

For more information, contact Barb Moore at [\(970\) 249-9639](tel:9702499639), or Paul Ash at [\(970\) 399-3514](tel:9703993514)

End Date: April 12. Please run as often as possible until April 12. Thank you!!

Be a Hero in the Community by volunteering with the Colorado West Retired Senior Volunteer Program! We are presently working to place volunteers for upcoming events in the region, including the Ray of Hope event sponsored by CASA of the 7th Judicial District on April 12! RSVP volunteers must be age 55+, and get free liability insurance while they are volunteering. We need you! Call for details! [970-249-9639](tel:9702499639).



# ARTS AND CULTURE

## CREAMERY ARTS CENTER FEATURES 12 CONFLUENCE GALLERY ARTISTS



*Image by Gayla Michaud.  
Courtesy Image.*

### *Special to the Mirror*

**HOTCHKISS**--The Creamery Arts Center in Hotchkiss is proud to present the work of twelve artists from Delta's Confluence Gallery, who will be combining their efforts for a show in the Peach Gallery during the month of April. An artists' reception will be held Friday evening, April 11<sup>th</sup> from 6 to 8 pm. This show will be on display through May 5<sup>th</sup>.

The Confluence Gallery; An Artists' Co-operative was founded in the spring of 2013 by a group of artists interested in creating a gallery space in Delta, Colorado. They are located inside the 4<sup>th</sup> & Main Exchange in downtown Delta, at 365 Main St.

The members are a diverse group, some who are full time artists and some who have jobs and also love to create.

Their vision is "to be a fun and interactive destination in Delta for art enthusiasts, to promote fine arts and crafts uniquely created by local artists through visual displays and demonstrations, to connect the community with the handcrafted cultural movement, and to give the community and its visitors a hub for art commerce."

At the Confluence Gallery you will find a variety of creations including: paper crafts, paintings in oil, acrylic and watercolor, handmade soaps, mixed media, jewelry, photography, drawings, sculpture and



*Image by Fred Honchell.  
Courtesy Image.*

more. They also offer classes, demonstrations and artist receptions.

The Confluence Gallery always welcomes new members and encourages interested artists to join their meetings and get involved. For more information, contact Jean Stortz at 763-607-1448 or find the group on Facebook.

During the past year they have shown their artwork at Delta's Saturday Street Market, Deltarado Days, Applefest, and the Delta Home and Garden Show.

The Confluence Gallery is a member of the Delta Area Chamber of Commerce and is currently attending Downtown Delta Revitalization Meetings and helping to plan the 50<sup>th</sup> Anniversary celebration for the Delta County Museum.

Confluence Gallery artists participating in the Creamery Show in April will include: **Gayla Michaud**~ Photographer, **Dana Nesbitt**~ Weaver, **Mary Key**~ Painting



*Image by Jean Stortz.  
Courtesy Image.*

and Stone Etching, **Fred Honchell**~ Watercolorist, **Victoria Sterkle**~ Abstract Oil Painter, **Jean M. Stortz**~ Oil Painter, **Laura Curtis**~ Alpaca Yarn Quilts, **J.Che'Davies**~ Painter, **Nancy Giordano**~ Jewelry Maker, **Jessica Good**~ Paper crafts, Soaps, & Jewelry, **Chuck Christie**~ Sculptor, and **Penny Heuscher**~ Photography.

We hope you will join us in celebrating these gifted area artists at the Creamery Arts Center located at 165 W. Bridge St. Hotchkiss, CO 81419.

Opening night festivities on April 11<sup>th</sup> include free refreshments and a cash bar for local wines and micro-brews.

Gallery hours are: Monday through Saturday from 11 to 5.

The Creamery Arts Center can be reached at 970-872-4848. For up to date show and class information follow us on Facebook or visit our website at: [www.creameryartscenter.org](http://www.creameryartscenter.org).

**Montrose Historical Museum is accepting donations for our annual yard sale. If you are cleaning out your garage, basement or closets and need a great place to donate the items, we are the place! We do not accept appliances, electronics or clothes, but everything else is welcomed.**

**Please call Sally at 249-2085 for drop off times and information.**

**This great yard sale will be April 25<sup>th</sup> to 26<sup>th</sup>, from 8 am to 3 pm.**

# Alpine Bank

invites the community to the

7TH ANNUAL

## FREE COMMUNITY SHRED DAY

Saturday, April 19, 2014  
8 AM – 11 AM

On-site document shredding  
at both Montrose  
Alpine Bank locations:

2770 Alpine Drive  
1400 East Main Street

\* LIMIT 5 BOXES PER PERSON \*

Shred any unwanted documents  
with personal information

- Tax Documents (7 years and older)
- Old Bank Statements
- Old Medical Records
- Canceled or Blank Checks
- Credit Card Statements / Solicitations
- Personal Bills

\* Staples or Paperclips Do Not Need to be Removed



**Alpine Bank**

alpinebank  
.com

Member  
**FDIC**





## REGIONAL NEWS BRIEFS

### HOPEWEST HOSTS 21ST ANNUAL 'LIVING WITH GRIEF' PROGRAM

*Special to the Mirror*

GRAND JUNCTION--HopeWest will host Hospice Foundation of America's 21st Annual Living with Grief® teleconference: Helping Adolescents Cope with Loss.

This year's Annual Living with Grief program focuses exclusively on the issues that adolescents face as they cope with loss. Adolescence, broadly defined, from middle school years to emerging adulthood, is a significant developmental period during which adolescents form identity, independence, and intimacy.

Illness and loss profoundly influences

these processes. Moreover, adolescent encounters with loss are likely to be traumatic-deaths by accident, suicide, and homicide.

This program explores the ways that healthcare workers, hospices, educators, social workers, counselors, clergy, funeral directors, and other professionals can assist adolescents as they cope with loss.

**Grand Junction** Thursday, April 10-11:30 a.m. - 3 p.m., HopeWest Hospice Care Center, 3090 North 12th Street (CE Available) Questions Contact Mary, 970-683-4927.

**Montrose** Thursday, April 10. 11:30 a.m. - 3 p.m., Montrose Memorial Hospital 800 South 3rd Street, (CE Available), Questions Contact Ed, 970-240-7734 Event Registration

This is a free program and lunch will be provided.

An optional book to accompany the program will be available for \$20 at the event. This program is sponsored locally by Martin Mortuary in Grand Junction and Taylor Funeral Services in Delta.

For more information please call 241-2212 or visit HopeWestCO.org.



**OLATHE COMMUNITY GARDEN**

Applications Available at Town Hall: Due April 11th!

For more information:

P: 249-0705 E: [michelle@livewellmontroseolathe.org](mailto:michelle@livewellmontroseolathe.org)

Located in Olathe Community Park. Sponsored by the Town of Olathe.

**The Sixth Annual Montrose County School District Art show opens Monday, April 21 and continues through Friday, May 2. Thanks to Region 10 League for Economic Assistance for again hosting the show at the Enterprise Center, 300 N. Third in Montrose.**

**The show may be viewed daily from 9 a.m. to 5 p.m.**

**Artwork representing students in grades kindergarten through 12th grade will be featured.**

# CASA OF THE 7TH JUDICIAL DISTRICT **RAY OF HOPE**

BREAKING THE CYCLE OF CHILD ABUSE AND NEGLECT IN OUR COMMUNITIES

## ANNUAL BENEFIT

**MONTROSE PAVILION**

**APRIL 12, 2014**

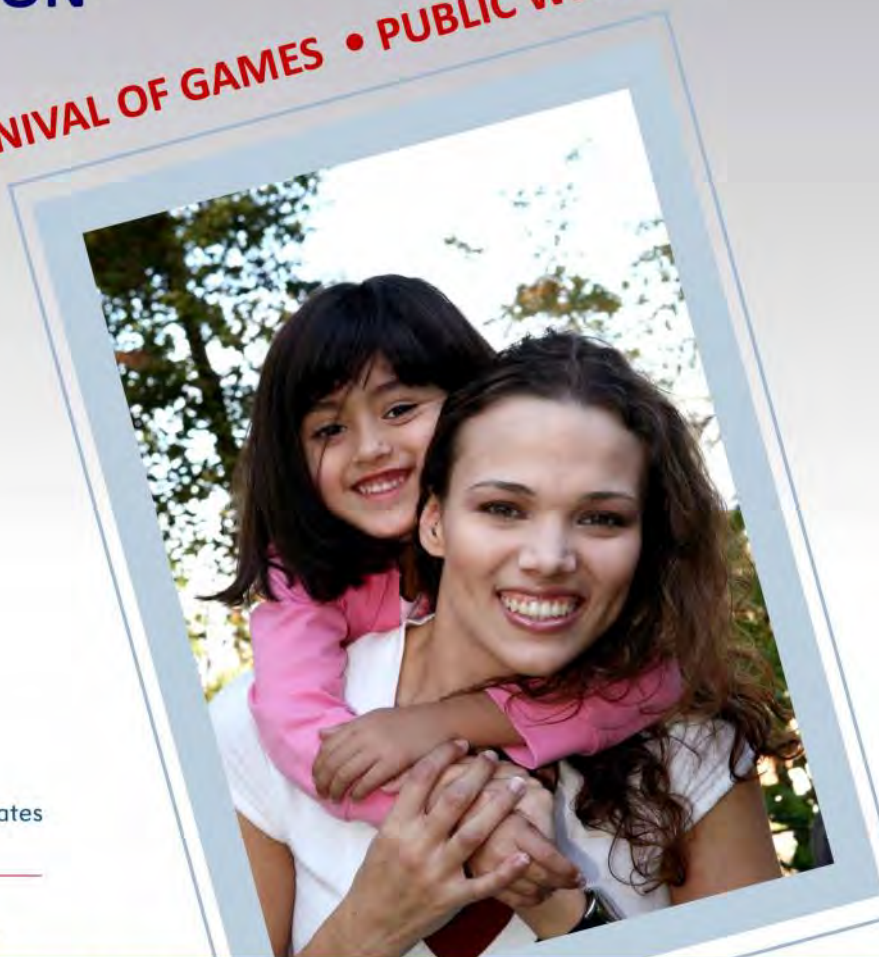
**CARNIVAL OF GAMES • PUBLIC WELCOME**

**5:00-6:15 PM  
CARNIVAL GAMES**

**6:30-9:00 PM  
BENEFIT & DINNER**



**CASA OF THE  
7TH JUDICIAL DISTRICT**

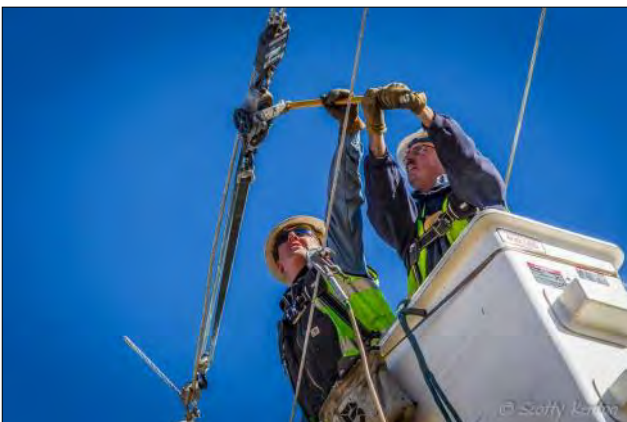


**DESSERT DASH, PRIZE BUCKET DRAWINGS, LIVE AUCTION**

**TICKETS \$60/PERSON OR \$550/TABLE OF 10 FRIENDS • SPONSORSHIP PACKAGES AVAILABLE  
TO ATTEND, SPONSOR, VOLUNTEER OR DONATE: 970.249.0337 • [info@casa7jd.org](mailto:info@casa7jd.org)**



## POWERING UP...SMPA STRINGS NEW LINES TO REDVALE



*This four-mile project involves stringing new line from Coventry to Redvale, and will take several months to complete. In these photos, crews were setting the correct tension on the new line strung the day before. Clockwise from top left—a truck awaits; Leif Karo, Lead Lineman, holds examples of different types of wire used on power lines; KJ Johnson, Journeyman Lineman; and Jon Puderbaugh, Journeyman Lineman in the bucket, with Becky Mashburn and Lief Karo on the ground; Jon Puderbaugh, Journeyman Lineman, KJ Johnson, Journeyman Lineman; Standing: Leif Karo, Lead Lineman.*

PHOTOS BY SCOTTY KENTON PHOTOGRAPHY

## ***Hold the Date! Upcoming Business and Cultural Events***

### **ONGOING-**

**-First Friday Strolls Montrose Downtown** —Monthly from 5:30 p.m.-8p.m. Artist Demonstrations, Free Wine Tastings, and in store

promotional events!

**-Coffee with the Cops**—Held at 9 a.m. on the fourth Thursday of each month at Great Harvest Bread Company, 324 East Main Street in Downtown Montrose.

**-On Wednesdays from March 12 through April 16 Lenten Music at Noon** will take place at the Montrose United Methodist Church, 19 South Park, from Noon to 12:30 p.m. Bring a sack lunch and come enjoy music that reflects the season, featuring a variety of musicians from the community. Please call the church office for more information, 970-249-3716 or [www.montroseumc.org](http://www.montroseumc.org).

**Seven week Bible Study**—Montrose United Methodist Church (19 South Park) presents a seven-week Sunday Bible study, “Hard to Dance with the Devil on Your Back,” by Ray Buckley, beginning at 9:45 a.m. in Room 1, Downstairs. All are welcome! Find endurance and strength with the weight of the world on your shoulders. To learn more call 970-249-3716.

**April 1-Business Before Hours**—Delta Chamber of Commerce, Richards Consulting, 164 Meeker Street, 7 to 8 :30 a.m.

**April 1-15-Tiffany Etc., Tax-Free Holiday!**

**April 4-6-Adventure Film Fest**, sponsored by Watch Newspapers, the DDA and the OBT, Downtown.

**April 5**--The Montrose Woman's Club will be sponsoring the annual Flea Market at Friendship Hall , from 8 am to 4 pm. Lots of new and used items. Breakfast & lunch will be available. No admission charge. Proceeds go to local charitable organizations. To rent a table, call 970-964-4721.

**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 7**--The Retired Senior Volunteer Program Colorado West will be offering personal Medicare counseling in Delta in April. There is no charge, but appointments are required, and are now being taken for Monday, April 7, at the Delta Public Library, 211 W. 6th St., Delta. To make an appointment, or for more information, call RSVP Colorado West at [970-249-9639](tel:970-249-9639).

**April 8**--Passage Charter School, a public high school for pregnant and parenting teens, will be holding registration and enrollment at 5:30pm. Prospective students will get to tour our facility, meet with teachers and childcare staff, and complete enrollment paperwork. The school is located at 703 S. 9th in Montrose. For more information, please call 970-249-8066.

**April 9**--Montrose Botanic Gardens - Open to Public, educational session and Botanical Society meeting at 7 pm. City Centennial Room off Centennial Plaza, Montrose. Carol Patterson, Archeologist, PhD, and Glade Hadden, BLM Archeologist, will talk about Ethnobotany - the study of relationships between people and plants. Focus will be on Native Utes and surrounding Native American's use of Yucca. Hands-on demonstrations of stripping yucca leaves for making sandals, mats, rope and soap. Not just for adults--bring the kids!! Questions call Sara 970-249-1115 or [www.montrosegardens.org](http://www.montrosegardens.org).

**April 12**-Casa of the Seventh Judicial District Ray of Hope Event, Montrose Pavilion, 6 to 9 p.m. Call 970-249-0337 for more information.

**April 17**-Passage Charter School, a public high school for pregnant and parenting teens and infants and toddlers, will be holding an Open House from 3-6:00pm. The school would like to share with the community, our facility, staff and mission. Please come by 703 S. 9th in Montrose and learn more about PCS. For more information, please call 970-249-8066.

**April 17**-Ridgway Moon Walk! 5-8 p.m. South Ridgway neighborhood.

**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 19**—8 a.m. to 11 a.m., free community shred day, both Alpine Bank locations.

**April 26**—Creamery Art Center's "Night in Tuscany" lasagna dinner. This festive event begins at 5:30 pm with appetizers and a cash bar offering local wines and micro brews. At 6pm dinner will be served including: freshly baked homemade breads, a garden salad and your choice of meat or veggie lasagna made with fresh local ingredients. Finishing off the evening will be coffee and a dessert cart that will amaze you. The price for the evening is \$25/person or \$20/person for Creamery members and supporters. Tickets are available at the Creamery Arts Center, 165 W. Bridge St. Hotchkiss, CO 81419, or by calling 970-872-4848. Deadline for reservations is Tuesday, April 22.

**April 24-26**-Pinwheels for Prevention Child Abuse Prevention Event. Colorado Children's Campaign to visit Montrose April 24. For more information call Partners at 970-249-1116.

**April 25-26**-Montrose Historical Museum Annual Yard Sale, 8 a.m. to 3 p.m.

**April 25** - Fourth Annual Cobble Creek Compassion Bash – Interactive fashion show for guys and gals, complimentary hors d'oeuvres with cash bar, dancing, raffles and grand prizes. All to benefit Dr. Mary Vader's Helping Hand Fund, a component of the Montrose Community Foundation. Cobble Creek Clubhouse, 6 pm. Tickets: \$20, available at She She Boutique and D'Medici Footwear Main St., Montrose, Cobble Creek Pro Shop and online at [www.compassionbash.eventbrite.com](http://www.compassionbash.eventbrite.com). For more info call 970-964-4947 or email [info@cobblecreek.com](mailto:info@cobblecreek.com).

**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.

**May 8**--AARP Driver Safety Course-Montrose County Health and Human Services at 1845 S. Townsend Ave., Montrose, will host the AARP SMART DRIVER Program from 8:15AM to 1PM. May 8. Save money on insurance, keep up on newer traffic laws ( one half day course). Membership in AARP is not required. Fee: \$15 for AARP members, \$20 for non-members, Pre-registration required. Contact: Amy at 970-249-2436 ext. 203, 8AM-3PM M-F.

**May 9-10**-Montrose Wine and Food Festival. [www.montrosewineandfood.com](http://www.montrosewineandfood.com).

**May 13**-- Passage Charter School, a public high school for pregnant and parenting teens, will be holding registration and enrollment at 5:30pm. Prospective students will get to tour our facility, meet with teachers and childcare staff, and complete enrollment paperwork. The school is located at 703 S. 9th in Montrose. For more information, please call 970-249-8066.

**May 13**-Ridgway Moonwalk, 6 to 9 p.m. Solar Ranch Neighborhood.



## 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.



Horizons Health Care & Retirement	(970) 835-3113
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



**Volunteers  
of America®**

**THIS IS WHY WE DO WHAT WE DO.™**

Contact the Montrose Mirror:

Post Office Box 3244

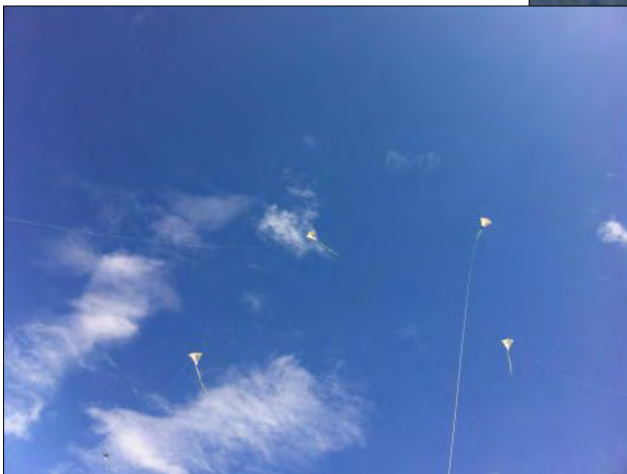
Montrose, CO 81402

970-275-5791


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

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

*Right, Scotty Kenton snapped this shot of sandhill cranes in flight during Crane Days in Eckert. See more of Scotty's uplifting photos inside this issue.*




*At left, Brad Switzer took this picture of kites, flown by happy kids, at the annual Partners Mentoring Kite Building and Flying Activity in Delta March 22.*






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