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THE MONTROSE MIRROR

Your Source for Local Business News and Information

Issue No. 84 May 20 2014

The JOYFUL NOISE! Issue

DELTA BRINGS "GROW YOUR OWN" CONCEPT TO HEALTH CARE



CU medical school's Rural track students tour a Delta County greenhouse in 2010. This June, Delta will bring the immersion program here. Courtesy image.

By Caitlin Switzer

DELTA--Delta County has long had a reputation for fresh, locally-grown produce and locally-raised meats. Now, the term "Grow Your Own" has taken on yet another meaning for this rural community—next Month, a cooperative effort among local entities will result in the first annual "Grow Your Own" Summer Health Career Institute for local students at Delta High School.

Local businessman and economic development advocate Tom Huerkamp helped bring the players (in addition to CU and Delta County Economic Development, partners include Delta-Montrose Area Vo-Tec, Delta County School District 50, Delta County Memorial Hospital and CU's Anschutz Medical Campus) together after learning of the demise of an immersion program formerly offered by CU, in which rural school districts could send promising students to the CU Health Sciences Campus for a week of immersion that allows them to see whether they want to pursue a medical career.

In June of 2010, CU's "Rural Immersion Week"

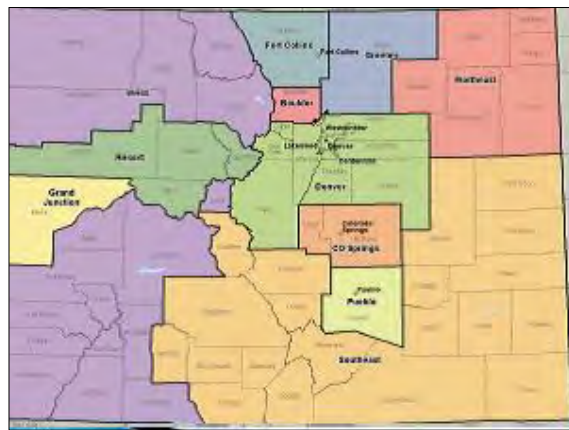
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STATEWIDE HEALTH INSURANCE RATE MAP CHANGE APPROVED

By Caitlin Switzer-

REGIONAL—For some of Colorado's poorest rural counties, belts have gotten just a little tighter. Threats of a lawsuit by officials in four of the state's resort counties—Garfield, Summit, Eagle, and Pitkin, which now pay the highest health insurance premiums in the nation--have initiated a change to Colorado's geographic rating areas that may raise costs for residents of Montrose and other rural, Western Slope counties in 2015. On Thursday, May 15, the U.S. Department of Health & Human Services (HHS) approved a request from the Colorado Division of Insurance (DOI) to shift from 11 geographic rating areas for health insurance, to nine areas for 2015. The (DOI) made the request on May 9.

There's no question the mountain "resort" communities have been hard hit when it comes to health care costs. A May 7 statement from Colorado's 2nd District Congressman Jared Polis, whose constituency includes Summit and Eagle counties, notes that, "The high premiums that residents of mountain communities have faced – the highest in the nation



A geographic health care rating map favored by state officials has received federal approval as of May 15, after a mere three-day comment period. Courtesy image.

according to a Kaiser Family Foundation Study – run counter to the spirit of the Affordable Care Act, threaten to deprive individuals of badly needed

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FEASIBILITY STUDY FUELED BY HUNGER FOR CULINARY ARTS



Space adjacent to the Montrose Farmers Market (above) at the Uncompahgre Events Plaza is being explored for use as a regional food hub.

By Caitlin Switzer

MONTROSE--Since arriving in Montrose just months ago, Downtown Development Authority (DDA) Director Wade Nichols has consumed most of his meals out within the confines of the district. Now, Nichols is hoping others will follow suit--and that they will begin to consider Downtown Montrose as a culinary hot spot and a resource for foodies throughout the region and the state.

Thanks to a collaborative effort with Valley Food Partnership, the DDA will receive \$11,380 in funding from the Colorado Department of Agriculture to conduct a feasibility study for a regional food hub in Downtown Montrose--a thorough study that includes a certified commercial kitchen and business incubator, and which will look at potential legal structures and examine in detail aspects such as succession planning and sustainability.

"We have been looking to develop a kitchen and food hub operation in the property adjacent to the Farmers Market on Uncompahgre Events Plaza," Nichols said in a news release issued May 7. "These matching funds will help measure the need for services, set out a business model, and specify the equipment and facilities we need. We are hoping that this will help us to create new food businesses, as well as see new restaurants and cafes in

the Downtown area."

The project has generated enthusiasm and support from an array of potential community partners, including the Region 10 League for Economic Assistance and Planning, LiveWell Montrose Olathe, Straw Hat Farm, the City of Montrose, Montrose Memorial Hospital, Rocky Mountain Farmers Union, Tri-River Extension, The Montrose Farmers Market and Western Colorado Community College.

"By engaging collaborators who are interested in using the facility as a place for developing value-added products, creating new businesses, lodging a local food distribution center, providing cooking, nutrition and food preservation classes, hosting product demos or catering downtown events, the facility would ultimately be more sustainable," Valley Food Partnership President Carol Parker said.

The sheer level of that collaboration will be essential to the project's ultimate success as well.

"A lot of people came to the table for this," Nichols said. "This is innovative for Montrose, and it's important. We see this as ground zero for small market agriculture here in Colorado--you don't have to have 150 acres. Growers are doing amazing things on small plots. And with a commercial kitchen that allows for the testing of new ideas, interest in the culinary arts will increase tremendously."

Once the contract is finalized, Nichols said that a formal RFP will be issued for the feasibility study. The process will be transparent and accountable throughout, he added.

"We want everyone to share honestly and casually what they really want to see," he said.

"We want to research restaurants and institutional buyers; I am hoping to involve most of the restaurants in the Montrose area, and to encourage growers and others to look at new ideas.

"We are hoping for an incubation aspect as well," he added, "so that anyone wanting to open a restaurant can use the commercial kitchen to try things out."

Though Montrose and the surrounding communities already have an excellent



Janet Hartman of Hartman Gardens offers a sample of jam to customer Linda Patton at the 2013 Montrose Farmers Market in this Mirror file photo by Barton Glasser. A possible commercial kitchen adjacent to the market could make it easier for those hoping to produce and market value-added agricultural

selection of regional Hispanic cuisine, there are many possibilities that remain to be explored, Nichols said.

And while the team already has ideas about where it wants to go, the feasibility study will help to refine and target the mission.

"We have good ideas, but with a consultant we can carefully specify the space and storage, and figure out exactly what we need," Nichols said.

"And we can put together a business plan, so we have a model of how to organize.

"I think you will see more of our smaller growers get serious when they see what can happen with a food hub and a commercial kitchen right here," he said.

The Montrose Downtown Development Authority can be reached at 970-901-9667. The Valley Food Partnership can be reached at 970-240-0421.

THE MONTROSE MIRROR

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COME JOIN US FOR A DAY OF FUN WHILE PROVIDING FUNDING TO SERVE VICTIMS OF CHILD ABUSE!



4th Annual Dolphin House Owen Reak Golf Tournament

Saturday, May 31 — At The Bridges

8:30 AM Shotgun Start — Registration/Check-in @ 7:30 AM
4-Person Scramble Format

Team Entry Deadline — May 25, 2014 or until we reach 36 teams.

\$100 per player entry fee includes: Green fees, Cart, 2 mulligans, a continental breakfast, great food after the tournament and a chance to win some great prizes!

SPONSORSHIPS AVAILABLE

PLATINUM: \$1,200

GOLD: \$750

SILVER: \$500

BRONZE: \$250 (HOLE)

Sponsors will be included in all advertising prior to the event and will have signage and special recognition during the tournament.

Platinum sponsors can enter a team of 4 at no additional cost

To sponsor this event, please send your check, along with this form, to the Dolphin House as soon as possible!

Name: _____

Business: _____

Address: _____

Phone: _____

Sponsoring:

- ☐ **Hole (\$250)**
- ☐ **Silver (\$500)**
- ☐ **Gold (750)**
- ☐ **Platinum (\$1,200)**
- ☐ **Other—** _____

At this year's event there will be hole-in-one prizes on each of the five par 3 holes!

There will also be prizes for Men's & Women's Closest to the Pin, Closest to the Middle, and Longest drive.

And, as always, you'll have the fun of Trying to beat the Pro!

PLUS the top 2 teams with the low gross, and the top 2 teams with the low net will win...

1st Place: \$100 cash per team member

2nd Place: \$50 cash per team member

WE HAD 36 TEAMS IN 2013, SO PLEASE SIGN UP & PAY EARLY TO GUARANTEE YOUR TEAM WILL HAVE A SPOT!

TEAM ENTRY FORM

TEAM CAPTAIN: _____

ADDRESS _____

EMAIL _____ PHONE: _____

PLAYER #1: _____

Handicap or average score for 18 holes: _____

PLAYER #2: _____

Handicap or average score for 18 holes: _____

PLAYER #3: _____

Handicap or average score for 18 holes: _____

PLAYER #4: _____

Handicap or average score for 18 holes: _____

Make checks payable to:

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735 S. 1st Street — Montrose, CO 81401

If you have any questions, please call 240-8655

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Our Cooperative, Our Future

Delta-Montrose Electric Association (DMEA) is non-profit and owned by the members it serves. Take part by joining us at the **2014 Annual Meeting**.

- **Cast your ballot** for three (of nine) DMEA Board seats.
- **Honor our nation** and the democratic process with a never-before seen *Flag Posting Ceremony*.
- **Learn about** the industry and what DMEA does to ensure that safe, reliable power is *affordable*.
- **Meet DMEA's new CEO** and hear his vision for the future of your co-op.
- **Find out** what exciting things your neighbors are doing to get more efficient and what you can do to **save money**.

The 2014 DMEA Annual Meeting

Thurs., June 12th at the **Montrose Pavilion**
18 Pavilion Drive, Montrose, CO

8 AM - Registration / Voting

9 AM - Flag Posting

9:30 AM - Business Meeting

- Pick up your **free DMEA LED yard lantern** and a chance to win prizes like a *slow cooker*, a *cake pop maker* or an *electric grill*!



A Touchstone Energy® Cooperative



MIRROR IMAGES...OUT AND ABOUT!



Above left, the Montrose Police Dept. honored fallen officers in a ceremony held at Centennial Plaza May 15. Above right, Brandy Reed of Emeritus Sunrise Creek greets attendees at the first Region 10 Community Living Services Caregivers Summit at Grace Community Church May 13.

STATEWIDE HEALTH INSURANCE RATE MAP CHANGE APPROVED from page 1

medical care, and unfairly penalize families for choosing to make their home in our state's beautiful resort region."

National Public Radio (NPR) noted two weeks ago that "The current premium for a 40-year-old nonsmoker in the resort counties is \$483 a month. (Colorado Insurance Commissioner Marguerite) Salazar says her best guess is that rates would drop four - eight percent in those counties, bringing the premium down to between \$444 and \$464 a month. Rates would go up in the non-resort counties. Salazar says prices could rise four-six percent, which would drive the cost of a comparable plan up from \$349 a month to about \$366."

On May 9, the Colorado Division of Insurance (DOI) issued a news release announcing its intent to ask the federal government for approval to change Colorado's geographic rating areas for health insurance for 2015. Colorado formerly had 11 geographic ratings for health insurance; that number has been reduced to nine. Montrose and surrounding counties are presently included in the West region, which is made of 22 of the state's rural, Western Slope counties. According to the DOI news release, Geographic rating areas are geographical units made up of metropolitan statistical areas (MSAs), counties or three-digit zip codes, which are used by insurance carriers to price premiums.

The DOI has now combined four rural areas into two larger rating areas, while retaining the seven urban (or metropolitan statistical areas, or MSAs).

"These larger rating areas spread the risk and costs of health care over a larger population," said Commissioner of Insurance,

Marguerite Salazar. "This is the most equitable way of working towards stable premiums in all regions in the state. The Division thanks the HHS for their prompt attention to this request to help the people of Colorado."

Because of this change, the DOI has extended its deadline for insurance carriers to provide plans and rates for 2015, from May 15 to June 6, providing time for insurance carriers to adjust to the new areas. So far, little outcry has yet been heard from the 22 rural counties whose costs will go up, largely because fewer residents in the region are aware of the change. Those who are aware of the proposed shift are crying foul, however.

"Montrose county cannot afford for our health insurance costs to go up...amongst a 9.8 percent unemployment. ...one in four families on Medicare....combined with a sales tax increase and a ballot measure coming up for schools. It will hurt small business that is already struggling," Montrose resident and business owner Terri Leben said. "Without a thriving business community, you will have a ghost town."

"Montrose needs to attract new business. Who wants to move a business to a town with such adverse tax challenges?"

The request to change the geographic ratings came just days after a meeting of the state's Health Care Cost Study Group. Only three days were allowed for comment prior to filing the request to the Federal government May 9. The Health Care Cost Study Group was convened after Governor John Hickenlooper asked Salazar to study variations in the cost of health care and health insurance statewide.

"Variations in health insurance premiums across regions arise due to variations in the cost of healthcare across regions," said Commissioner Salazar on May 2. "These variations are not new, but the transparency brought by the Affordable Care Act is new."

In addition to reviewing what drives health costs in each region, Miller & Newberg actuaries analyzed five options for the rating areas, including the current breakdown of 11 areas. The chosen option combine the Western Slope regions of West and Resort into one region, and the Eastern Plains regions Southeast and Northeast into another region.

Kaiser Health News, a service of Kaiser Permanent, notes that "The new plan would group all the western Colorado counties together — except for Mesa County, home to the City of Grand Junction. It would also group together all the counties on the Eastern Plains and in rural parts of southern Colorado."

"Combining those four counties into two larger groups spreads the cost risks more broadly," said Commissioner Salazar. "We believe this option would lead to the fairest distribution of costs across these regions."

Salazar's stance is a shift from December, when she argued that it wouldn't be fair for some of the state's poorest counties to subsidize its richest by lumping them together in the same risk pool, according to Eric Whitney of National Public Radio.

In other news, health care giant Kaiser has announced plans to expand service to Colorado's mountain communities, specifically those located along the I-70 corridor, by 2016.

WELCOME HOME ALLIANCE FOR VETERANS TO BE SUBJECT OF AUTHOR AND JOURNALIST DONNA BRYSON'S NEXT BOOK

By Caitlin Switzer

COLORADO--Donna Bryson knows a great story when she reads one. After all, Bryson herself is a lifelong professional journalist, kicking off her career as an Associated Press foreign correspondent in the 1980s and working lately as a stringer for *Stars & Stripes*, the worldwide newspaper that covers the U.S. Military.

So when Donna and her husband recently returned to his native Denver after years spent in South Africa (where Bryson published her first book), she found herself captivated by *Denver Post* reporter Nancy Lofholm's articles on the issues facing veterans as they return to civilian life.

"I have always enjoyed Nancy's work," Bryson said. "She ran a series of stories on returning warriors, and one of those stories mentioned Welcome Home Montrose.

"It just jumped out at me."

Bryson believes that as the war winds down, the American people are waking up.

"While it was going on, it was somehow under the radar," she said. "We had been living away from the States, and it kind of surprised me when I returned that the war seemed as far away here as it did from

South Africa."

Bryson had been in touch with *Stars & Stripes* about the broader issue of troops reintegrating into civilian life, so she pitched the newspaper a story about the Welcome Home Alliance for Veterans founded by Montrose resident Melanie Kline in 2012.

"It took me a couple of trips back and forth to Montrose get it done," Bryson said. "I ended up with around 4,000 words, which I cut down to 2,000."

Her *Stars & Stripes* [article](#) was published March 4, 2014 to great acclaim—but the story was still not complete. Bryson realized that she had far more to say on the subject.

"There was a lot of material in my story, but I had gotten so much more!" Bryson said. "And I had just finished my book on South Africa, which gave me confidence and taught me how to pitch a book."

So Bryson has decided that her next book will cover the Welcome Home Alliance for Veterans in greater depth and detail. The project will take at least a year, and Bryson expects to make numerous visits to Montrose and the Warrior Resource Center dur-

ing that time. She has already signed with an agent, and has noticed a high level of interest on the part of potential publishers.

"It is certainly encouraging to have this kind of response," she said, adding that part of her research will include visiting another town that is replicating the Welcome Home model. Despite Montrose's reputation for contentious politics, Bryson said that her experiences have shown her a community that has set controversy aside and worked together to welcome and support returning veterans.

"It is really quite beautiful and different," she said.



Author Donna Bryson, above, has announced her next book will be about the Welcome Home Alliance for Veterans. Courtesy photo.

THREE CANDIDATES VYING FOR SMPA BOARD SEAT

Special to the Mirror

RIDGWAY—San Miguel Power Association, Inc. (SMPA) members in district six will soon be asked to cast their vote for their director representative. District six includes the town of Ridgway, east of County Road 1A, north to County Road 4C, and south to Black Lake. Three candidates are running for the seat: challengers Jason Matesevac and Debbie Cokes and incumbent Marcus Wilson. The board position in district three was also scheduled for election; however incumbent Dave Alexander was the only candidate to submit a nomination petition and will run unopposed. He is therefore deemed elected. Biographies for the district six candidates can be found online at www.smpa.com.

Members in district six can expect to receive a mail-in ballot near the end of the month. In order to vote by mail, members must complete their ballot, insert it into the ballot envelope, sign and print their name on the ballot envelope, and return the ballot by mail to the SMPA's Independent Election Monitor. **It is very important that members follow all voting instruc-**

tions listed on the ballot to avoid their ballot being disqualified. Ballots must be received no later than 5:30 p.m. Monday, June 16, 2014. Ballots can also be hand delivered to either SMPA office and placed in the locked ballot box. Members can also vote at the co-op's annual meeting on Tuesday, June 17, 2014 from 4:30 to 5:30 p.m.

SMPA will hold its 75th Annual Meeting of Members and anniversary celebration on Tuesday, June 17, 2014 at their Nucla office, 170 West 10th Avenue and the Nucla Town Park. Member registration will open at 4:30 p.m. The polls will close and the business meeting will begin at 5:30 p.m. After a brief business meeting, all members and their families are invited to celebrate SMPA's 75th anniversary in the Nucla Town Park. Those members that attend the meeting will receive a ticket for a free BBQ dinner. There will also be a live concert, beer and wine tent, car show and craft vendors. Children can enjoy an inflatable jump house and water spray down. Members that register for and attend the annual meeting will also receive a \$10

bill credit and the SMPA 75th anniversary history book, *Legacy of Light*.

San Miguel Power is a member-owned rural electric cooperative and is governed by the consumers it serves. The annual meeting is a yearly event held by the cooperative in order to update the membership on the association's financial condition and business operations.

"The annual meeting is one of our most important events of the year, but this year it is extra special" explained SMPA General Manager, Kevin Ritter. "It marks a huge milestone in our history. For 75 years SMPA has worked to bring affordable, reliable, and responsible power to our corner of the state. It wasn't always easy, and we know the future will hold challenges as well. But we also know that with the support of our members, we will meet those challenges and find solutions just like our founders did." Members must be registered for the annual meeting and be present to receive their bill credit, meal vouchers and history book. For more information contact Toni Bertorello, Executive Secretary, (970) 626-5549 ext. 210.

MEDIATION ENABLES EQUALITY, BALANCED DISCUSSION, JUSTICE



**Mediator and facilitator
Tricia Winslow.**
Courtesy photo.

By Caitlin Switzer

COLORADO--The word is mediation. In the end, however, it's about conversation—and communication. For those who choose mediation and facilitation as a means to resolve a dispute or clarify a relationship, the process can be a way to achieve a desired outcome.

“Conflict resolution is a skill that everyone can learn,” Montrose mediator and facilitator Tricia Winslow said. “I help people solve problems and make decisions. So often, the parties already know what the solution is; they just need some help getting there.”

Winslow believes that conflict resolution is about finding a place beyond fear. She often shares the Rumi quote, “Out beyond ideas of wrongdoing and rightdoing, there is a field. I will meet you there.”

For Winslow, mediation is that field. “Mediation helps us create order from Chaos,” she said.

Winslow has done her own share of creating order from chaos; though her education and training began in Denver she has spent much of her career in the rural communities of the Western Slope. Winslow has invested in higher education, and has made a point of sharing that investment with others. After earning her Bachelors in Organizational Communications and graduating summa cum laude from Western State College, Winslow completed 40 hours of professional training in family mediation at CDR Associates in Boulder, and went on to attend the University of Denver, where she obtained her Advanced Study Certificate in Alternative Dispute Resolution.

Over the years Tricia has enhanced her strong credentials with continuing educa-

tion and volunteer work. And though she has worked for countless high-profile clients as both a mediator and facilitator, Winslow remains proudest of her work with the state's [Office of Dispute Resolution](#).

“Mediation is a balanced discussion,” Winslow said. “Someone with my credentials is trained in different processes.”

Though many retired judges often enter the mediation profession, their prior legal experiences can make the experience somewhat different for those participating, notes professional mediator and attorney James Carr of Estes Park, who believes that in such situations there can be an emphasis on settlement. In mediation, however, the process can be as important as the final result.

“Sometimes, people just want a chance to talk things through,” Carr said.

Though mediation has been a part of his practice for 12 years, Carr also has more than 40 years' experience as an attorney and an extensive background in litigation; in addition to serving as counsel to the Colorado Independent Ethics Commission and participating in legislative action relating to professional regulation and mediation, Carr is a past member of the American Bar Association's board of governors. A member of the Mediation Association of Colorado, Carr's enthusiasm for mediation is such that he coaches mediation training and speaks at mediation education programs.

“To me, mediation is a process by which parties come together to discuss a case,” he said. “The mediator is the facilitator. It is a good process that allows parties to explore different options that might not come up otherwise.”

Mediation can also equalize an imbalance of power, Carr said.

“Lots of dynamics are involved,” he said. “There can be power imbalances between two parties; as mediators we need to be conscious of these and try to equalize the

playing field. Part of our job is to maintain equality, and not let one party beat up on another.

“Mediation is a complex process, with wonderful results,” he said. “It offers an opportunity for people to walk away with a win-win situation—unlike litigation, where you end up with a winner and a loser.”

Robyn McDonald of Denver is also a professional mediator, and president of the Mediation Association of Colorado.

“Mediation is not therapy, nor is it a settlement conference,” she notes. “It is a process in which an impartial third party (the mediator) assists parties in dispute, in order to resolve their conflict. The mediator facilitates a dialogue that allows the parties a safe, confidential and voluntary place to discuss their interests, concerns and goals for resolution.”

Mediation also allows parties to maintain some control over the outcome, she said.

McDonald urges clients to prepare ahead of time, and to ask themselves questions, such as “what is the best case scenario for you moving forward (as well as the worst),” “how can you help make this scenario a reality during the mediation,” and “what would you like to talk about during this mediation?”

Mediation can be ordered by the courts in some cases, and can take several forms, including transformative, facilitative and evaluative, she said. In all cases, the mediator is there to serve the process.

“Mediators are future focused,” McDonald said. “A mediator's goal will always be to keep the collective objectives and goals at the forefront of this journey.”

For her part, Tricia Winslow continues to find working inspiration in a quote from Dr. Martin Luther King, Jr.:

“People fail to get along because they fear each other; they fear each other because they don't know each other; they don't know each other because they have not communicated with each other.”



WEST SLOPE GIRLS ON THE RUN LEAD THE PACK



West Slope Girls on the Run develops and enhances girls competencies to successfully navigate life experiences. Courtesy photo.

By Liesl Greathouse

REGIONAL--For girls looking to gain self-confidence, friends, leadership skills and the accomplishment of running a 5k, then the Girls on the Run program is a perfect fit.

Girls on the Run (GOTR) is a program for girls in third through eighth grades, designed to develop and enhance girls' competencies to successfully navigate life experiences. Through trained and supportive coaches and volunteers, girls learn life skills through dynamic, conversation-based lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event.

"The goals of the program are to develop and improve competence, unleash confidence through accomplishment, develop strength of character, respond to others and oneself with care and compassion, create positive connections with peers and adults, and make a meaningful contribution to community, all while establishing a lifetime appreciation of health and fitness," Executive Director on the Western Slope Jill Henwood explained. "It combines many of my passions-teaching, running, working with youth, and media literacy."

Henwood originally brought the program to the Western Slope in 2000, after reading about the program in a magazine. "I started it in Grand Junction, along with a couple of friends and 12 volunteers who paid to help us get Molly Barker, the founder of the program nationally, to come to Grand Junction and train us," Henwood ex-

plained. "A few years later Sue Beutler, of Montrose, came on board and started the program in the Montrose area and quickly the program grew to include all of the public schools in the Montrose/Olathe School district."

Today, GOTR of Western Colorado is one of the oldest and one of the largest GOTR councils in the nation.

The benefits of the program expand beyond just to the young participants. "Obviously, by improving girls confidence and health, it benefits the community," Henwood said. "However, we think the trickle up effect is equally powerful. We have more than 450 volunteer coaches each year, and many of our volunteers discover things about themselves like many of the girls do. I have heard from and heard about quite a few individuals whose daughters did GOTR, the individual decided to do the 5K and in the process transformed their daily habits (ie stopped smoking, eating better, etc)."

Having started and stayed with GOTR for 15 years, Henwood is now the longest serving Girls on the Run Council Director in the nation. "It started as a passion project-all volunteer out of my house-and over 15 years has grown into the best job in the world," she said.

For 15 years, Henwood has come to enjoy various parts of her job as Executive Director. "Of course, one of my favorite parts is going the races and seeing girls complete the 5K; for many girls it is their first 5K so there are usually tears and excitement," she explained. "And I really love watching daughters run with their dads, or grandpas. I know that the presence of a positive and supportive and loving father or male father figure is incredibly important as girls navigate the teen years, so I have way too many pictures of dads and daughters running the 5K over the past 15 years!"

GOTR has several upcoming projects in the works, including a new middle school program, called TEAM, and for the first time a summer camp at the Bill Heddles

Rec Center in Delta. The camp will be June 16-20 and will be an amazing week for girls entering third through sixth grades.

For people interested in helping out with GOTR, there are many different ways of getting involved. A continuing need is for volunteer coaches in Delta, Montrose, and Mesa County during the spring and in Telluride, Norwood and Naturita in the fall. There are also at least three races annually, so those are great one-time events for people to help out at.

"One of my favorite parts is training and working with our volunteer coaches," Henwood said. "Our volunteers are amazing. Coaching GOTR is a huge commitment and so many of our volunteers go above and beyond to make the season amazing for their team and provide the support and encouragement girls need. I really enjoy meeting the women and some men who give so much of their time and energy to help girls in their community."

Business sponsors are also always welcome. "So if businesses want to support a great cause-and have their business name on a lot of shirts throughout Western Colorado-please contact us," Henwood said.

For people wanting to make monetary donations, during the season participants do an optional pledge drive, so people can donate directly to GOTR, or can support a girl they know with the pledge drive.

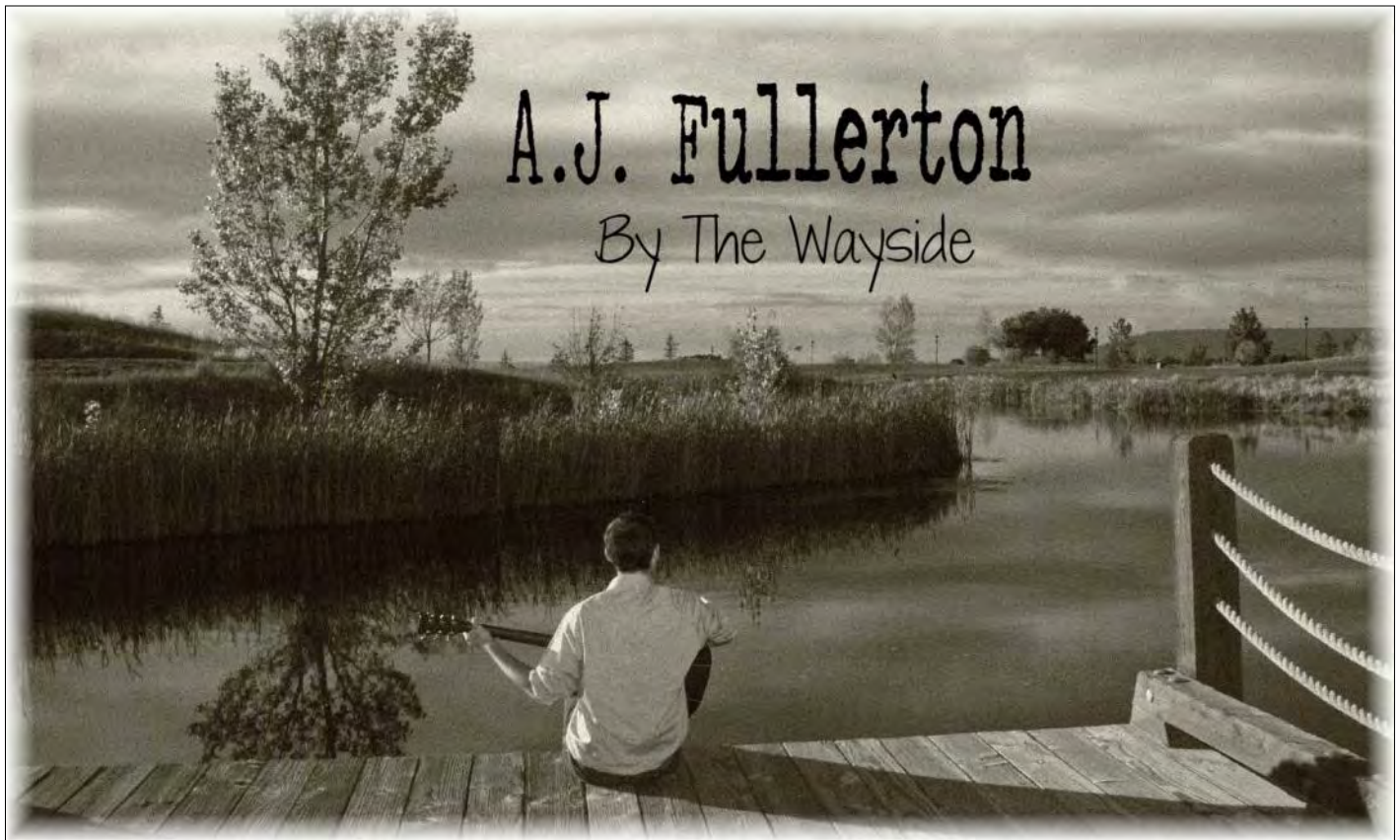
The GOTR program has been in Ridgway in the past, so one of Henwood's goals is to be re-establish the program in Ridgway and hopefully get the program going in Ouray.

For an entirely different way to get involved with GOTR, all of the counties in the area-Montrose, Delta and San Miguel County-are in need of Board Members. Contact Henwood for more information.

While there are many ways to get involved, there always one important thing that Henwood keeps in mind: "Most importantly, we always want girls to join GOTR, so if you know a girl in third through fifth grade, or sixth through eighth grade, encourage them to get involved in GOTR."

For more information about the program, helping out, or registering as a participant, visit gotrwesterncolorado.org, email jill@gotrwesterncolorado.org or call 261-5843.

CHECK OUT FULLERTON'S LATEST RELEASE 'BY THE WAYSIDE'



By Liesl Greathouse

MONTROSE--Nineteen-year old Montrose local Alan (AJ) Fullerton has been busy on the local music scene, with his most recent endeavor being his new album, *By The Wayside*.

His music falls into the blues, acoustic, folk realm, although Fullerton himself has a hard time describing his music. "I would say that it is Colorado home grown, acoustic rock," he explained. "I can't really describe how I sound. It is an out of body experience when making music. I will ask myself 'is this even me doing this?'"

Fullerton got his musical start five years ago, when his father encouraged him to pick up the guitar. His mother then strongly encouraged him to join the choir program, and he enjoyed that for as long as he was in high school. His parent's vinyl collection was also an important influence on his music before he grew into his own taste. His musical inclination eventually led him to release his first album a couple years ago. Now he has released his second album, recorded locally at Rob Jones' studio, with all local musicians. "It has been an exciting process," he said. "Most people think that creating an album is just making music, but there is a lot more in it. It has been a journey, adventure and a learning process."

Listeners of the album *By The Wayside* have liked what they have heard. "It can be hard to be humble and appreciative at the same time," Fullerton said. "A DJ I know played my music on the radio and people called in saying how the slower songs touched them. My music is from the heart, from my personal experiences, and it brings out an emotional response in people."

At local music shows, people can meet Fullerton and snag a cool t-shirt, along with the album *By the Wayside*. In addition to playing solo and with a band while promoting his album, he has been getting out in the music scene, playing with various folks including Good Times Music Company and as part of The Bondsmen. "I have been playing at different places, getting to know different people, and gathering references," he said. "It has been fun learning the music industry."

In Montrose he will be playing at several upcoming events: In May, he will be playing at the Horsefly Brewing Company on May 24, 6 p.m.-9 p.m., and at the Camp Robber restaurant on May 31, 6 p.m.-8 p.m. On June 5 he will be playing at Main In Motion, 6 p.m.-8:30 p.m., and on July 4th he will be part of the Downtown 4th of July Celebration, 1:30 p.m.-4 p.m. at Centennial Plaza.

To get another album out at some point is Fullerton's next goal. "I am always writing new material," he said. "I have written 60 songs, so now it is just a process of finding the ones that fit well together and getting them ready to be published."

His favorite part of making music is how it can be so impromptu. "I love the creative, spontaneous act of creating art, creating something new," he explained. "To share what I feel with others using just words can be misconstrued. But with music it is raw and people get it."

Fullerton appreciates all the support he has received from the local music community, as well as his mentors in music over the years. "I could not be here without them," he said. "The overflowing support of the community has been incredible, and I am very thankful to my family, friends and fans."

He also hopes that people will understand that making music is a mutual experience between him and the people listening. "I want people to know that I get as much joy from playing as hopefully people get from listening," he said. "It is a joy to share my music with others."

For more information and to listen to his album, visit reverbnation.com/ajfullerton. *By The Wayside* is available on Amazon, iTunes and CD Baby.

OPINION/EDITORIAL

LETTERS TO THE EDITOR

CLICK IT OR TICKET CAMPAIGN MOBILIZES MAY 12-25

Dear Editor:

Sometimes drivers need a reminder that buckling up is the absolute best way to protect themselves and their passengers in a motor vehicle crash. This is why the Western Regional Occupant Safety Coalition is joining with state and local law enforcement as well as highway safety officials to educate citizens on the importance of wearing seat belts through a nationwide Click It or Ticket mobilization occurring May 12-25. The minimum fine for not buckling up is \$65.

Unless you want to risk a ticket, or worse – your life, it is critical that you buckle up no matter how far you are driving. Fatal car crashes can and do happen every day, and each year hundreds of lives are lost in those crashes across the state. According to the Colorado Department of Transportation, 55 percent of all motor vehicle fatalities in Colorado in 2013 were unbuckled. And 58 percent of these unbuckled fatalities occurred on rural roadways.

Here are some other interesting statistics to think about

68 percent of unbuckled fatalities in 2013 were men

49 percent of unbuckled fatalities in 2013 involved a drunk driver

61 percent of fatalities included full or partial ejection from the vehicle

In 2013 in the counties of Delta, Gunnison, Hinsdale, Montrose, Ouray, and San Miguel there were 12 total motor vehicle fatalities, with 41 percent being unbuckled

While those may sound like just numbers, we know from personal experience they represent mothers, fathers, brothers, sisters, sons, daughters, aunts, uncles and friends right here in our communities. Too many families are told about losses that may have been prevented had a loved one only worn a seat belt.

Stepped-up law enforcement activities will be conducted by law enforcement during the May “Click It or Ticket” enforcement mobilization which runs May 12-25. Last year, 9,355 tickets were issued statewide during a similar Click It or Ticket enforcement period. Regular seat belt use is the single most effective way to protect people and reduce fatalities in motor vehicle crashes. Seat belts saved an estimated 12,546 lives nationwide in 2010, according to statistics from the National Highway Traffic Safety Administration.

Wearing your seat belt costs you nothing, but the cost for not wearing it certainly will.

For more information please visit SeatbeltsColorado.com.

Thank you,

Robyn Funk

Special Projects Coordinator

Western Regional Occupant Safety Coalition

OPEN LETTER TO THE BOCC

Dear Editor:

The members of the public that have elected the Montrose county commissioners have the right to be treated with respect. Truth of the matter, give the public of Montrose County the five core values* of our county. People – integrity – communication – professionalism -- efficiency.

The tax payers of Montrose County deserve to have transparent communication and actions from their government officials. The tax payers expect their taxed funds to be fiducially managed. The integrity of the Montrose board of county commissioners has come into question more than once in recent years.

Please explain to the people that elected you, why you have to give away millions of dollars as incentives to a new business to come to our county, like the majestic skies agreement proposes. If this new business truly asked to start a new aviation business here, the appearance of a backdoor agreement would not cause questions of the integrity, professionalism or the efficiency that you are governing our county.

If the public matters of our county are handled with our declared core values, I have no doubt that the people might regain trust in the integrity of this board of county commissioners. Begin with the truth that Norman Schwarzkopf speaks of, “the truth of the matter is that you always know the right thing to do. The hard part is doing it.”

I urge the BOCC decisions confirming new infrastructure and free enterprise involve the appointed airport advisory board and hold true to the county’s vision and mission to serve as a responsive body to the citizen needs, quality of life and individual liberties. And to provide services that facilitate public health, welfare, safety and infrastructure to Montrose County citizens in an efficient and economical manner. The people of Montrose County welcome economic development and free enterprise, but not if we have to give the farm away in sweet deals without confirmed FAA reimbursements. We need to stop the \$5,000,000 giveaway now!

Respectfully,

Tammy D. Theis, Montrose

MIRROR IMAGES—DMEA CANDIDATE FORUM



Above, the DMEA Candidate Forum was presented by the League of Women Voters of Montrose County. Top left, League member Karen Connor facilitated. At top right, Virgil Turner questioned candidates about their stance on broadband.



Above, North Region Candidate Steve Shea (center) answers a question; below, DMEA board member Jim Elder of Montrose chats with a constituent before the forum.

Above, timer Bob Connor kept candidate statements and responses within the allowed time frame. Below right, Candidates running for open seats in DMEA District 6 (City of Delta and surrounding area), District 7 (Orchard City and Cedaredge) and North Region (north of Delta-Montrose County line) were present, with the exception of District 7 Candidate Mark Eckhart, who cited a family commitment and provided his phone number.



REGIONAL NEWS BRIEFS

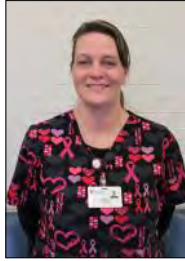
VOA AWARDS SCHOLARSHIPS TO SIX WESTERN SLOPE STAFFERS



Amy Bryant.
Courtesy photo.



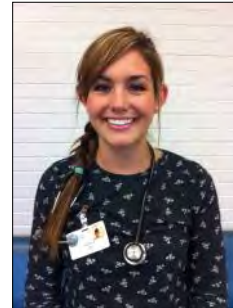
Christine Merriman.
Courtesy photo.



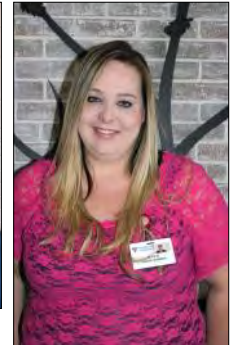
Teresa Ziegler
Courtesy photo.



Dani Fraser.
Courtesy photo.



Paige Markley.
Courtesy photo.



Ellie Hamilton.
Courtesy photo.

Special to the Mirror

REGIONAL--Volunteers of America National Services Foundation's "A Time to Grow" Employee Scholarship has been awarded to six Western Slope Volunteers of America employees.

The purpose of the educational scholarship is to support and encourage employees to pursue learning opportunities through education and training, as this is a core value and a strategic imperative within the organization.

To qualify, the employee must be employed for no less than six months, be in good standing, possess a satisfactory performance review, and the education assistance requested must be work related. The scholarship awards range from up to \$2,500 for training in fields including accounting, leadership or supervisory, social services, computer training and other specialties and up to \$5,000 for clinical or therapy education. All awards can be used for tuition and books related to the educa-

tion or training. All applicants must complete a detailed application packet and be recommended by a supervisor and one other employee.

Paige Markley is a LPN at Valley Manor Care Center. Paige received a scholarship to continue her studies at Colorado Mesa University towards an Associate's degree as a Registered Nurse (RN). She will graduate in December of 2014.

Christine Merriman is the executive director of Home Health of Western Colorado. Christine is in her last year of graduate school at Colorado State University and received a scholarship to complete her Master's of Science in Management with a specialization in Health Care Management. She will graduate in December of 2014.

Dani Fraser is a CNA with Senior Community Care PACE. Dani received a scholarship to continue her studies at Delta Montrose Technical College towards a Licensed Practical Nurse (LPN). She will

graduate in the spring of 2016.

Teresa Ziegler is a LPN at Valley Manor Care Center in Montrose. Teresa received a scholarship to continue her studies at Colorado Mesa University towards becoming an Registered Nurse (RN). She will graduate in December 2014.

Ellie Hamilton, Social Worker at Valley Manor received a scholarship for certification in long term care/social services. The class is six days in length over a three month period. She will receive her certification in June of 2014.

Amy Bryant, CNA at Horizons Health Care & Retirement Community, received a scholarship to pursue her LPN degree. Amy will either take classes at the Delta Montrose Technical Collage or through the University of Phoenix, depending upon program availability. She will graduate in May of 2015.



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

Please No Pets.

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

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Saturday, June 7th, 2014

10:00 am - 2:00 pm

Montrose County Fairgrounds

(Pre-Event Celebrity Dads Panel 9-10 am)

EVERYTHING IS FREE

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

Planning Committee: Empowering Dads, MCSD RE-1J Early Childhood Centers, Delta County HHS, Hilltop, CSU Extension 4-H, Montrose Regional Library District, Crossroads Victory, and Montrose County.

- Sponsored by Montrose County Health and Human Services' Empowering Dads Program. Empowering Dads funding is provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant #90FK0030.
- Any opinions, findings, and conclusions or recommendations expressed in this advertisement are those of the authors and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families. Program services are available to all eligible persons, regardless of race, gender, age, disability, or religion.

REGIONAL NEWS BRIEFS

STEP UP TO LIFE TO INSTALLS MEMORIAL BENCH AT ALL POINTS TRANSIT BUS STOP

Special to the Mirror

MONTROSE—On Wednesday, May 14 Step Up To L.I.F.E. installed a bench on Park Ave at 6th St. The bench honors the life of Mary Hinkson, a former Montrose County School District RE-1J Paraprofessional. Hinkson worked with Step Up To L.I.F.E., a program that helps young people with disabilities learn the life skills necessary to live independently. Many students at Step Up To L.I.F.E. ride All Points Transit's Public Bus in Montrose and Olathe. The school chose to place the bench at the bus stop closest to the school, on Red Route, Stop #7 at 6th and Park.



BLACK CANYON BARBERSHOP CHORUS HARMONY AWARD PRESENTED



Special to the Mirror

REGIONAL--Miss Katie Garner is shown receiving the May Award of Harmony from Don Barnett of the Black Canyon Barbershop Chorus. She is spreading harmony all over the world, not just Montrose.

This 15 year old freshman attending Montrose High School will be spending part of her summer in Tagaytay, Philippines. The youngest child of Jim and Kristi Garner will be the only person representing the Western Slope of Colorado at the Global Young People's Convocation and Legislative Assembly. The 400 or more young people from around the world will be addressing the question of how to promote Peace, Love, and Harmony in our world. To recommend someone for the Harmony Award, please send their name to The Black Canyon Barbershop Chorus c/o United Methodist Church, PO Box 148, Olathe, Co. 81425 or call Don Barnett 970-249-3241.

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SERVICE CLUB NEWS

DELTA KIWANIS AWARDS SCHOLARSHIPS



Special to the Mirror
DELTA--The Kiwanis Club of Delta awarded \$750 scholarships to Delta High School seniors Hailey Santanostaso and Evan King at the Delta High School Senior Scholarship Breakfast on May 2, 2014. (l-r) Club President Hayley Suppes, Hailey Santanostaso, Evan King, GW King, parent and Kiwanian.

**THANKS FOR READING
 THE MONTROSE MIRROR!
 YOUR MONTROSE
 COLORADO ALTERNATIVE
 NEWS SOURCE!
 970-275-5791!**

MONTROSE ALTRUSA RECOGNIZED AT DISTRICT 10 CONFERENCE

Special to the Mirror

MONTROSE--Every year, District Ten of the Altrusa International Inc. service organization has a conference in one of the western states of Colorado, Utah, New Mexico, and Wyoming. At this conference, awards are presented to those clubs in District Ten, of which there are 15, that achieve excellence in a variety of areas.

This year Altrusa International of Montrose was recognized in several areas: Montrose ASTRA: \$100 for their Hilltop tandem Families project.

Olathe ASTRA One of their members, Brook Gottlieb, received a \$500 scholarship.

DISTINGUISHED CLUBS-1st Place tie to Clovis and to Montrose.

MEMBERSHIP-MEMBER LONGEVITY: Recognition of members of Altrusa

over 25 years of service occurred at the conference. Our club has 12 members for 25 years or more:

Dena Brooks, 1975=39 years;
 Margaret Goodhue; 1975=39 years;
 Martha Dusio, charter 1975=39 years;
 Mary Snyder, 1975=39 years;
 Ruth Heath 1976=38 years;
 Alice Vest, 1981=35 years;
 Joyce Loss, 1980=34 years;
 Sharlene Martinson, 1980=34 years;
 Elaine Moore, 1984=30 years;
 Pat MacTiernan, 1984=30 years;
 Val Burnell, 1987=27 years;
 Dorothy Causey, 1989=25 years.

SPONSORSHIP AWARDS: awarded to members bringing in two or four or six new members for 2009-2014: Dr. Sheryl Solow for two new members and Lita Sargent for six new members.



Montrose Altrusa was recognized for excellence at the District 10 Conference this year. Courtesy photo.

Altrusa International of Montrose is celebrating their 39th year of service to our community.

Huge Annual Rummage Sale, Ouray.

Please call to schedule local pickup. Clothes, accessories, jewelry, shoes, gifts, sports items, toys, furniture, household goods, artwork, music, books, more. Clothing should be clean and in good repair.

We do not accept TVs, electronics, broken furniture, mattresses, downhill skis or boots, auto parts, exercise machines, paint, or toxic liquids. To donate or more info.

970-325-0228. www.womansclubouraycounty.org

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American employers are contending with a perfect storm of conditions that can collectively wreak economic havoc on businesses large and small.

An aging workforce, escalating obesity rates, and corresponding chronic conditions are driving up health insurance and workers' compensation costs, while driving down productivity.

Join us to learn:

- How to easily sign up for Connect 4 Health Colorado
- What health care opportunities are available for your small business
- If your small business qualifies for tax credits
- Why health Insurance through Connect 4 Health Colorado should be considered for your business
- How employee health and risk factors impact workers' compensation claims
- How workers' compensation fits into employee health promotion
- How to foster health promotion at your work site
- How to receive kick starter funding to promote health and wellness at your work site

REGION 10
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OURAY COUNTY CHORUS MAKES A JOYFUL NOISE

By Caitlin Switzer

RIDGWAY--As an Episcopal Priest, David Vickers of Ouray knows what it means to make a joyful noise unto the Lord. And as current director of the Ouray County Chorus, Vickers is helping others do just that. The group, founded originally by longtime Ouray resident Nancy Ziglar, presently has around 25 to 30 members. The Chorus performed May 4 at the 4-H Events Center in Ridgway, one of two shows it performs each year. The other regularly planned performance is at Christmas, though Vickers, who has led the group for two years, is considering adding another performance later this summer.

"We are mostly retirees and locals, so we shift around depending on the weather and who is in town," he noted. "There are no tryouts—we do this for fun. We choose music that is singable for the Chorus, but also for the audience—and anybody can join."

Though they are not professional musicians, the Chorus is including one madri-

gal and some barbershop tunes in its repertoire. Dee James serves as accompanist.

"We sound good," said Vickers, who is trained in Choral music and has worked with both school and church choirs. "Unless they have a hearing difficulty, most people have the ability to sing; with encouragement and help they can be successful."

Vickers said that he hopes to encourage younger singers to join the group, which is about the listeners as much as the singers.

"We find and create a safe space," he said, "and there are expectations that we place on ourselves—sit up straight and sing as well as you can! What we do affects others, not just ourselves. We practice once a week, and we partner with local schools to encourage others to sing too—this is not just for ourselves." Singers of all ages are welcome, he said, and the group practices at the United Church of the San Juans in Ridgway from 6:30 to 8 p.m. on Tuesdays.

To learn more, contact Vickers at 456-2443.



Ouray County Chorus meets at United Church of the San Juans, pictured above, in Ridgway. The Chorus is considering adding a summer concert this year.

DELTA APPLIES "GROW YOUR OWN" CONCEPT TO HEALTH CARE from page 1

brought a group of fourteen health professions students to Delta County to experience work and life in a rural community. The group was led by Mark Deutchman MD, director of the Rural Track, with local coordination by Delta Schoolteacher Evan Cummings. According to the Rural Track web site, students also toured an organic farm, an orchard, the fish hatchery, a re-created pioneer village and a coal mine. The coal mine tour included an extensive safety training session followed by an underground tour.

"I thought, that's a helluva good idea," Huerkamp said, of learning about the opportunities offered through Rural Track. "The admission for immersion week was \$2,000, so I had gotten a group of ten students together, right about the time the federal funding for the program went away."

So Huerkamp decided to bring the program itself to Delta.

Thanks largely to his efforts, from June 2 through 6 2014, a six-person team of

health care professionals headed by a doctor will work with 25 prequalified juniors and seniors from Delta County high schools. The group includes a mix of genders and interests ranging from veterinary medicine to surgery, Huerkamp said. Students will be tested, will complete HIPA training, and will participate in a variety of health care experiences from CPR and First Aid to hands-on lab testing and emergency work at Delta County Memorial Hospital.

"They're going to camp out at Delta High School on cots and sleeping bags," he noted, "Because there will be a program every evening until 10 p.m."

Local agencies involved include not only DCED—which has underwritten the \$25,000 cost to students, but the Delta County Ambulance District, which will provide training, and the Town of Orchard City, which will host a barbecue at the town park. Participants will also enjoy a raft trip from the Pleasure Park to Austin, Huerkamp said.

"It's going to be a mind-boggling week," he said. "The response from our local medical community has been fantastic, and every meal has been donated by our local restaurants. (Delta County Health & Human Services Health Officer) Bonnie Koehler will be there to assess and evaluate what we accomplish, and what we fail to accomplish."

"This is a first for everyone involved," he said.

"We are totally excited about it, and about the level of cooperation—total involvement. Our community has donated meals and prizes—whatever we ask for, we get. Nobody says no!"

After all, according to a report compiled by Rural Track in 2012, though approximately 20 percent of Colorado's population lives in rural areas, only nine percent of physicians practice there.

Huerkamp said that he hopes to establish a scholarship fund in future for local students who do opt to pursue a medical career.

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FOR MEMBERS THAT ATTEND THE ANNUAL MEETING

\$10 BILL CREDIT

FOR MEMBERS THAT ATTEND THE ANNUAL MEETING

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170 WEST 10TH AVENUE, NUCLA, CO

Meeting Registration - 4:30 pm

Business Meeting - 5:30 pm

Picnic & Concert in the Park - 6:30 - 9pm

Attend SMPA's 75th Anniversary Celebration and Annual Meeting of Members! Review our 2013 accomplishments at the business meeting and then head across the street to the park for a BBQ picnic and concert. Those that attend the meeting will receive a ticket for a FREE BBQ meal. Bring your lawn chairs and blankets for an evening of fun family entertainment!



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REGIONAL NEWS BRIEFS

BRUSH!, RIDGWAY AND VICTOR HEADED FOR MAIN STREET DESIGNATION

Special to the Mirror

DENVER — Tuesday, May 13, 2014

The Colorado Department of Local Affairs' (DOLA) Colorado Main Street Program has announced the City of Brush!, Town of Ridgway and City of Victor have completed important milestones toward advancing designations in the Colorado Main Street Program. The Colorado Main Street® Program revitalizes traditional downtown districts with a focus on historic preservation. The program advocates community self-reliance, local empowerment, and the rebuilding of central business districts based on their traditional assets of unique architecture, personal service, local ownership, and a sense of community. Through the Colorado Main Street® Program, DOLA staff provide resources, training and technical services in the four areas of the [Main Street Approach®](#) (economic restructuring, design, organization, and promotion) to competitively selected communities that are working in historically relevant business district settings and that meet certain threshold criteria. Main Street's [Eight Guiding Principles](#) (Comprehensive, Incremental, Self-help, Partnerships, Identifying and capitalizing on existing assets, Quality, Change and Implementation), provide a comprehensive approach to district and downtown revitalization. DOLA manages the Colorado Main Street® Program, which is funded, in part, by a grant from the State His-

torical Fund.

Reeves Brown, Executive Director of the Colorado Department of Local Affairs said, "On behalf of DOLA and our Colorado Main Street Program staff, I want to congratulate Brush!, Ridgway and Victor on the tremendous strides they've made toward revitalizing their downtowns. The work they've invested has made them competitive, outstanding candidates for the Program. The Colorado Main Street designation represents vision, teamwork and commitment to community. We are proud to partner with these communities in progressing toward this important achievement." The following is a description of the communities and the work they've accomplished toward achieving the Colorado Main Street designation:

Brush!--The City of Brush! reached core benchmarks of the Main Street Approach and has received its Main Street designation as a Graduate Community in April. Brush! has served as an exceptional leader by helping other communities understand the Main Street model. DOLA staff brought together a Resource Team to help the City's local officials, members of the business community and citizens begin work on a long term revitalization plan.

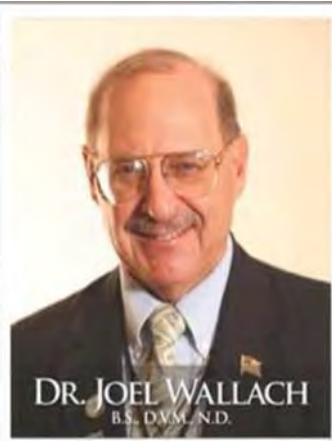
The City has been participating in the program since 2001, and has been nationally accredited by the National Main Street Center for the last several years..

Ridgway—The Town of Ridgway, a for-

mer Candidate, received Colorado Main Street Community designation in April as well. The Town has hired a staff person to help lead the community's Main Street efforts and formed a multi-year plan, organized using the Main Street Approach®. The Town has held several new events, including the Moon Walk arts walk and is working with local property owners to promote an historic preservation ethic. They are also a Colorado Creative District and celebrate the Creatives and the creative economy in their community. Local community members continue to receive training provided by DOLA and have developed a new logo and are developing a new wayfinding signage system. **Victor**—During their time as a Candidate, the City of Victor has made tremendous strides toward economic revitalization, making it an another outstanding community to receive Main Street designation.

The City has hired a part-time staff person dedicated to its Main Street efforts and has adopted multi-year economic revitalization plans. The City of Victor has developed a new, signature event, the "Steam Punk Festival" that has drawn residents and visitors to the community for two years running.

The City also is working on meeting all of the National Main Street accreditation requirements and continues to work with DOLA on training and planning.



Featuring Dr. Joel Wallach,
Scientist, Author,
Lecturer, TV and Radio Personality,
1991 Nobel Prize Nominee — Medicine,
2011 Klaus Schwarz Commemorative Medal

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Friday, May 23, 2014
Canyon View Vineyard Church
736 241/2 Road
Grand Junction CO 81505
Registration Time: 6:30 p.m.
Meeting Start Time: 7:00 p.m.
p.m.

Saturday, May 24, 2014
Holiday Inn Express
1391 South Townsend Ave
Montrose, CO 81401
Registration Time: 6:30 p.m.
Meeting Start Time: 7:00

Seating is limited—
Call Liesl to reserve your free tickets at 596-6603!

NEW IDEAS, NEW RELEASES, FREE CONCERTS ON THE MENU FOR REGIONAL SUMMER FUN



Beth Williams and Susan Walton, above, held the first of the Pearl Road Music House Concert Series May 10. Courtesy photo.

Mirror Staff Report

REGIONAL--Yes, there are a host of big-name, exciting musical performances set to take in Montrose and the surrounding region this summer.

Not all local music takes place on the traditional concert stage, however. Some local acts are opting for more intimate shows in alternative settings, while others are taking a break from performing to focus on writing or recording. And some of the season's most exciting shows are free concerts for entire communities.

On May 10, Singer/Songwriters Susan Walton and Beth Williams brought their audience home, with the first in an anticipated series of shows, the Pearl Road Music House Concert series.

The two-hour kickoff concert featured the pair in a song swap, with the artists taking turns playing originals and sharing with friends, neighbors and fans the stories behind the songs. At the end of the evening, Williams picked up the guitar and Walton

the bass, joining together for a rendition of Beth's song, *Big Bad Blues*.

Walton said that she hopes to host another House Concert in the fall featuring Warren Baker, pianist. For more information about upcoming shows, call 970 249-1382.

Sultry Montrose jazz singer Deb Barr, known for her world-class vocals and low-key local presence, performed recently with the Kevin McCarthy Jazz Trio at Arroyo in Telluride, though Barr said she has been playing mostly private events in recent months-- things like weddings, funerals, receptions, parties and church specials.

"I am working on two new albums -- all original music," she said. "Love, Faith & Mystery is a faith-based recording, and *TGF, a working title that stands for Texas Girl Forever, is a singer/songwriter album and will feature guest appearances by old friends who mostly live in Texas.

"I want to get them both done by the end of the year if possible," Barr said. "I'm writing a lot, which is wonderful, and I'm grateful that I continue to be inspired to write new material."

On May 25, Rev. George Miller will play a free concert, hosted by Community Spirit UCC, in the sanctuary at St. Paul's Episcopal Church, 2900 Sunnyside Road.

"Someone said that God gave us music so we could pray without words," Miller said. "I agree completely. Singing has always been a way for me to express the joy and gladness of being alive."

Community Spirit UCC invites you, your family and friends to "Songs I Love to Sing," a free concert being given by Miller at 2 p.m. in the St. Paul's sanctuary.

Selections will include favorites like "Old Man River," show tunes like "Impossible Dream," and folk songs like "Lonesome Valley." Rev. Miller will also sing an aria from Leonard Bernstein's "Mass." Guest artist Debra TenNaple will join Rev. Miller on two pieces, and will also play two of her own. Sharon Clark is the accompanist.

A love offering will provide summer camp scholarships for the youth of the

church. Community Spirit UCC is wheelchair accessible. For more information, contact Rev. Karen Winkel at 970-765-7070.

On July 5, the long-awaited Stupid Band Earth Dance will take place at Turn of the Century Saloon in Montrose--and as always, the dance party (featuring the band's popular originals and some cover tunes) will be a canned food drive for Sharing Ministries. Doors open at 8 p.m., and admission is \$10 and a non-perishable food item. For information call Bradley at 209-1260.

Finally, Western Colorado also welcomes a host of free concerts this summer, thanks to Pickin' Productions. In Ridgway, the seventh *Annual Free Summer Concert Series* in Ridgway Town Park is set for Thursdays in July, from 6pm 'til Dark--finishing up on July 31 with a performance by longtime Telluride favorite Peter Rowan. The family-friendly shows include activities for the kids, a live broadcast on KVNF, and fun, late-night after parties at the Sherbino Theater.

For a full lineup of national acts, visit www.ridgwayconcertseries.com. The entire series is free to the public and features top notch national acts. The Ridgway Concert Series is presented by the Town of Ridgway and funded entirely by community sponsors, fundraisers and donations. The on-site alcohol and merchandise sales also help fund the series.

In Paonia, Pickin' Productions free concerts take place Thursday evenings in August, starting at 6 p.m. KVNF is Pickin' in the Park's presenting partner and will be serving refreshing beverages, including award-winning, locally-brewed draft beer by Revolution Brewing, local wine from the *West Elks Wineries* and cold, crisp hard cider from *Delicious Orchards*. 2014 welcomes back local food vendor *Delicious Orchards Organic Farm Market*.

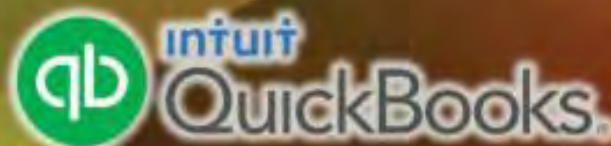
Pickin' Productions also produces *The Mountain Air Music Series in Ouray* (Thursdays in June). All concerts will be broadcast live on KVNF.

ALL ABOARD MONTROSE REGIONAL LIBRARY BOOKMOBILE AT MAIN IN MOTION MAY 29

Special to the Mirror

MONTROSE--The Montrose Regional Library invites all area families to drop by our Bookmobile on the first night of Main in Motion in downtown Montrose, Thursday, May 29, from 6:00 to 8:00 p.m., to register for the children's, teen, and adult summer reading programs. Kids and teens will receive a free book for signing up! Learn about our collaboration with the Montrose and Olathe Schools to promote summer learning and to keep kids on track for the fall. Find out about our exciting new badges and how families can organize activities and reading around badge challenges! Learn how to earn a yard sign that says "A Library Champion Lives Here!" And don't worry if you can't make it to the kickoff event. You can register online at www.montroselibrary.org or at the Montrose Regional Library, 320 S. 2nd Street.

QuickBooks Seminars



QuickBooks 1: June 2 • QuickBooks 2: June 4

Both Days Classes Available Noon–1pm & 5:30–6:30pm

Members: \$20 / \$40 for Both

Non-Members: \$30 / \$50 for Both

QUICKBOOKS 1 OVERVIEW:

- Some Basic Principles of Accounting
- Entering Transaction in QB
- Perform a Complete Company File Setup
- Set up Accounts in the Chart of Accounts List
- Reconcile Your Checking Account
- Create Bank Reconciliation Reports
- Reconcile Credit Card Accounts and Record a Bill for Later Payment
- Track & Record Company Sales
- Record Sales Receipts
- Record Invoices and Payments from Customers
- AND MUCH MORE!

QUICKBOOKS 2 OVERVIEW:

- Set Up Vendors in the Vendor List
- Print & Void Checks
- Process Customer Returns & Credits
- Create Customer Statements
- Create Sales Reports
- Describe Several Types of QB Reports
- Create Several Different Business Management Reports
- AND MUCH MORE!

Taught by **CHRISTINA BUSCH, CPA**
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REGIONAL NEWS BRIEFS

OLATHE HIGH SCHOOL HOLDS ANNUAL SCHOLARSHIP LUNCHEON

Special to the Mirror

OLATHE- Nineteen 2014 Olathe High School graduates were honored on May 6, 2014 at the OHS Annual Scholarship Luncheon held at the Harvest Church in Olathe. Scholarship awards were presented by representatives from 28 various local organizations, families, trusts and universities.

The scholarships awarded totaled \$138,920.--The scholarships and recipients were: *Ruby Demoret Memorial Scholarship* - Heidi Weber; *Didrikson-Niles Fund* - Dallas Holden, Temry Rodriguez and Rebecca Roth; *San Juan Coloradoans for Nebraska* - Paige Ready and Tori Davis; *Montrose Rotary Club* - Kalie Hubbard; *UVEA Scholarship* - Kayley Archuleta; *Montrose Lions Club* - Jason Seymour; *Eldon & Ruth N. Veirs Scholarship* - Kayley Archuleta, Kalie Hubbard and Paige Ready; *Cindy Watson Foundation* - Denise Ceballos; *Montrose Altrusa* - Kalie Hubbard and Brooke Gottlieb; *Ben & Pat Woods Scholarship* - Rio Green; *DMEA* - Heidi Weber; *Olathe Elementary* - Heidi Weber; *Colorado Mesa University Principal's Award* - Travis Crockett, Laura Frescas, Temry Rodriguez, Andrea Rivera, Talisha Marchbanks and Daniel Nieto; *Colorado Mesa University Merit Scholarships* - Kalie Hubbard, Temry Rodriguez, Kayley Archuleta, Paige Ready and Rebecca Roth; *Olathe Rebekah Lodge* - Denise Ceballos; *Chandra Castle Memorial Scholarship* - Tori Davis, Heidi Weber, Dallas Holden, Talisha Marchbanks, Wade



Olathe High School scholarship recipients pictured above. Courtesy photo.

Rowley and Paige Ready; *Keith Killen Memorial Scholarship* - Heidi Weber; *Montrose Emblem Club* - Jason Seymour; *OHS Booster Club* - Heidi Weber, Denise Ceballos, Kayley Archuleta, Jason Seymour & Rio Green; *EP Johnson Agricultural Trust* - Jason Seymour, Tori Davis and Rio Green; *Montrose Cattlemen's Agricultural Scholarship* - Heidi Weber; *Curfman Memorial Scholarship* - Heidi

Weber; *Olathe Fire Dept.* - Andrea Rivera; *Montrose Cattlemen's Scholarship* - Tori Davis and Jason Seymour; *Frances & Lucy Bockhaus Memorial* - Rio Green; *OHS PAC* - Heidi Weber, Kalie Hubbard and Tori Davis; *1st Colorado National Bank* - Tori Davis; *Olathe American Legion* - Jason Seymour, Denise Ceballos, Heidi Weber and Kalie Hubbard. Not pictured is Heidi Weber.

HOPEWEST TO HOLD BENEFIT GOLF TOURNAMENT

Special to the Mirror

MONTROSE--HopeWest will hold its 16th Annual Golf Tournament in Montrose on Saturday, June 21. The ladies and men's four-person scramble will begin with a shot gun start at 9 a.m. at the Links at Cobble Creek in Montrose.

HopeWest is still accepting team and individual registrations. The cost is \$100 per person or \$400 per team, which includes a

cart and lunch. Proceeds from the tournament benefit HopeWest serving Montrose and Ouray counties. HopeWest is also looking for individuals and businesses who are interested in sponsorship opportunities. "The Montrose Golf Tournament is such a great event," said Director of Community Relations, Nancy Hoganson. "We really appreciate all of the wonderful people who come out and play or sponsor the

tournament. It's a great way to have fun, while also helping support people in our area who need HopeWest services."

Last year, 34 teams enjoyed the beautiful setting, friendly company and great prizes all in support of HopeWest.

For more information about how to register for the tournament or to sponsor a hole, please visit www.HopeWestCO.org or call the HopeWest office at 970-240-7776.

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

REGIONAL NEWS BRIEFS

COLORADO BYWAYS CELEBRATES VOLUNTEERS

Special to the Mirror

DENVER – Colorado's Scenic and Historic Byways is celebrating its 25th anniversary this year in a number of ways. This includes recognizing all of the volunteers who have made the program a success by donating their time and energy to the byways program.

Colorado's 25 Scenic and Historic Byways all function independently. Many are nonprofits with boards that continually seek new members. These groups frequently work with the citizens that live in byway communities and the visitor center and museum volunteers who help enhance the byway experience for travelers. In addition to ongoing organizational and community efforts, many activities are planned along the byways by volunteer organizations, such as:

Volunteers for Outdoor Colorado (VOC) is an outdoor stewardship organization that takes care of Colorado's outdoors and natural resources. This is a perfect opportunity to connect people who want to have a hands-on experience. Some of the skills training that VOC offer includes trail design, post fire restoration, chainsaw and crosscut certification. <http://www.voc.org/> HistoriCorps saves and sustains historic places. This nonprofit organization works through partnerships to mobilize volunteers to save and sustain our nation's special places while providing educational and outdoor experiences. By working with constituents, partners and volunteers, HistoriCorps is implementing meaningful solutions that save special places for many generations to come. [http://](http://historiccorps.org/)

historiccorps.org/

Along with improving Colorado's outdoor resources and saving its special places, many local organizations have specific missions, including:

Independence Pass Foundation promotes and protects the ecological, historical and aesthetic integrity of the Independence Pass corridor and encourages enjoyment, safety and appreciation of the Pass. <http://www.independencepass.org/>

Friends of the Poudre is a nonprofit grassroots organization dedicated to preserving northern Colorado's Cache la Poudre Riv-

er, and enhancing its educational, environmental, recreational and historic values.

Friends of the Poudre always is seeking projects to undertake, volunteers who can help out and individuals who would like to be board members. <http://poudreriver.org/friends-of-the-poudre/>

Eleven of Colorado's 25 byways are designated by the U.S. Secretary of Transportation as America's Byways®, which gives Colorado more national designations than any other state. For more information about the Scenic and Historic Byways, visit www.ColoradoByways.org.

SIGN UP FOR MHS GIRLS' BASKETBALL PEE-WEE SUMMER CAMP!

Who: All Girls who will be entering 3rd-8th Grade in the fall of 2014!

When: Tuesday thru Thursday, May 27-29, 2014 from 8am-12pm at MHS Lloyd MacMillan Gymnasium. This is for young ladies to learn the fundamentals and sportsmanship of the game of basketball in a safe, friendly and fun environment. (Players will be split into grade and ability levels to ensure fair and equal playing time.) Cost is \$45.00 per player (includes instruction, a camp T-shirt and a MHS basketball to new campers 2014. Please make checks out to MHS Girls Basketball).

Mental Health First Aid

People Helping People



Mental Health First Aid can help you learn the skills to identify, understand & respond to signs of mental illnesses and substance abuse disorders.



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For more information on times and locations of training opportunities, contact Robin

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MONTROSE COUNTY NEWS AND INFORMATION

COUNTY TO HOLD PUBLIC HEARING ON PROPOSED ON-SITE WASTEWATER TREATMENT SYSTEM REGULATIONS JUNE 16

HEARING NOTICE *

Notice is hereby given that a public hearing will be held by the Montrose County Board of Health in the Commissioner's Boardroom, 161 S. Townsend Avenue, Montrose, Colorado on Monday, **June 16, 2014 at 9:00 a.m.** to consider adoption of the proposed On-Site Wastewater Treatment System (OWTS) regulations for Montrose County.

Special to the Mirror

MONTROSE COUNTY--As mandated by the State of Colorado, Montrose County will adopt new regulations regarding the permitting, performance, location, construction, installation, alteration, repair, cleaning and use of septic systems (OWTS) in all areas of Montrose County.

Written comment may be sent to: Montrose County Board of County Commissioners, c/o Planning and Development Director, 317 S. Second Street, Montrose, CO 81401; or c/o swhite@montrosecounty.net

A draft copy of the proposed regulations are available for review on the Montrose County webpage, at the Montrose County Planning and Development Department Office located at 317 S. Second Street, Montrose and at the Courthouse Annex, 300 Main St., Nucla, Colorado during regular business hours.



**CLICK HERE FOR
MONTROSE COUNTY
GARDENING CALENDAR!**

CHIPETA ROAD CLOSURE ANNOUNCED

Special to the Mirror

MONTROSE-- Montrose County Public Works will close Chipeta Road between West Main Street/Highway 90 to Fruit Park Road on Wednesday, May 21 and Friday, May 23, from 8 a.m., to 5 p.m., both days for asphalt paving purposes. Motorists will be required to use alternate routes. For more information, please call the Montrose County Road & Bridge Department at 970-249-5424.

PLANT SCHOOL GARDENS THAT THRIVE!

June 12--8 a.m.--3:30 p.m. - School Gardens That Thrive and Basics of Gardening at Montrose County Fairgrounds; registration 8am. Integration of lesson plans with garden activities will engage teachers, parents, and volunteers. After lunch Master Gardeners will teach basic gardening techniques. Hosted by Valley Food Partnership, LiveWell Montrose Olathe and Tri-River Extension. More information at valleyfoodpartners@gmail.com or 209-7712.

CLUB NEWS

ALTRUSA INITIATES NEWEST MEMBER



Special to the Mirror

MONTROSE--Altrusa initiates their newest member, Lynn Neal. Current membership is at 53. For more information visit the Altrusa International of Montrose website on line. You may be a friend of one of the members who would be very pleased to sponsor you for membership. Left, Lynn Neal, center, is initiated into Altrusa International of Montrose as her twin sister, Theresa Bailey looks on from the audience. Allison Nadel on the left, President and one of Lynn's sponsors, pins her new pin on while sponsor Lita Sargent watches on the right. Her third sponsor, Dr. Sheryl Solow, was not able to be present. Allison first met Lynn when they worked together at Ridgway Flower Shop a number of years ago. Lynn is the youngest of seven, is a twin, and has twins herself. She has an MS in Education, was name as an Altrusa Apple Award recipient, and named Teacher of the Year in May 2012. She loves to dance and travel and loves her two dogs.


MONTROSE ROTARY HONORS STUDENT OF THE WEEK, AWARDS SCHOLARSHIP

Special to the Mirror

MONTROSE—Left-Irah Wooten was recognized and honored as Rotary Student of the Week. Pictured left to right: Dr. Chuck Alexander (Rotarian), Irah Wooten, Alicia Lamprecht (Mom).

Right-The Montrose Rotary Club was pleased to award the Montrose Rotary Club Scholarship to Clayton Beutler. Pictured left to right: Kelsey McCarthy (Rotarian), Clayton, Susan Beutler (Mom), and Steven Beutler (Dad).





Valerie Meyers

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Valerie Meyers'

Weekly Monday

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



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 14th, 2014
February 11th, 2014
March 11th, 2014
April 8th, 2014
May 13th, 2014
June 10th, 2014
NO July class
August 12th, 2014
September 9th, 2014
October 21st, 2014
November 18th, 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 2nd 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

Making Your Kids Smoke-Free Zones

Special to the Mirror

COLORADO-Making Your Kids Smoke-Free Zones

Children can't hide from secondhand smoke. Secondhand smoke comes from lit cigarettes, cigars, and smoke exhaled by smokers. When children breathe secondhand smoke, it is like they are smoking too. Secondhand smoke has thousands of chemicals and the poisons can stay in children's bodies. There is no safe distance between the smoke and your children. No matter where a cigarette is smoked in your home, the entire house ends up sharing the air. Smoke from one cigarette can stay in a home for hours, even if you can't smell it. Smoke can stick to fabrics like clothes, furniture and carpet for weeks.

There is no safe level of secondhand smoke.

Children who breathe secondhand smoke can have more:

Ear infections (nearly 2 million annually in the US)

Coughs and colds

Respiratory problems such as bronchitis and pneumonia (150,000 – 300,000 new cases annually in the US)

Tooth decay

Children cough and wheeze more and have a harder time getting over colds.

Stuffy nose, headache, sore throat, eye irritation, and hoarseness

Children with asthma may experience asthma attacks and the attacks may be more severe, requiring trips to the hospital. (8,000 to 26,000 new cases annually)

An increased risk that a child will develop many different types of childhood cancer. Sudden infant death syndrome (SIDS), which is the leading cause of death in infants after one month of age. Mothers who smoke or are exposed to cigarette chemicals during pregnancy have smaller and less healthy babies.

Additionally, one of the most harmful long-term effects of secondhand smoke for children who grow up with parents who smoke is that those children are more likely to smoke. The effects of secondhand smoke aren't just felt during their upbringing: Poor lung development (their lungs never grow to their full potential)

Lung disease

Heart disease

Cataracts

Opening a window or using a fan does not protect your children. Air purifiers and air fresheners do not remove smoke's poisons.

Smoke from one cigarette can stay in a room for hours. Don't smoke at home, even when children aren't there. Even if

you cannot smell it, cigarette smoke can still harm your child.

To protect children, homes and apartments must be smoke free. Do not allow anyone to smoke in an enclosed space such as a vehicle, especially if children will be utilizing that space too. Decide to have a smoke-free home and car, and ask friends and family to respect your decision. Get rid of ashtrays in your home.

Fill your car's ashtray with spare change so you aren't tempted to fill it with ash.

The only way to protect children from secondhand smoke is to always smoke outside the home and outside the car.

Keep a special 'smoking jacket' or other shirt you wear when you smoke so you do not bring clothes full of smoke back into a smoke free home. Wash tobacco residue off your hands when you come back inside.

No amount of secondhand smoke is safe.

Children respect and learn from an adult's actions and words. If you need help quitting please contact the Colorado Quitline to choose a life free from tobacco. The Quitline is here to help with resources such as specialized coaches and tools to help you overcome barriers and be tobacco free. 1-800-QUIT-NOW(784-8669)

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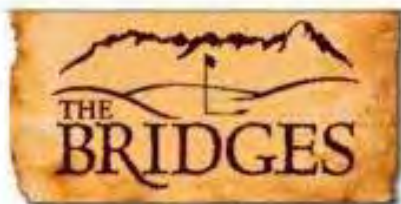
CONTACT: Abbyarts@gmail.com



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Fundraiser
Golf Tournament
Saturday, June 14, 2014
The Bridges Golf Course



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Betty Wilson & Family

All Proceeds will benefit special projects to enhance and enrich the lives of our residents.

Deadline for Entry:
June 7th

8:30 a.m. SHOTGUN

2-Person teams

18 HOLE – SCRAMBLE FORMAT

HANDICAPPED & FLIGHTED

ONLY \$70 per player
Includes: golf, cart, range balls, lunch & prizes

Entry forms are available at
The Bridges Golf Course
Or The Homestead
Call 252-9359 for more info



REGIONAL NEWS BRIEFS

DELTA DEM HEADS TO DC FOR CONGRESSIONAL CAPITOL CONFERENCE

Special to the Mirror

DELTA-Genevieve Novinger, a third-generation Delta woman and the vice chair of the Delta County Democratic Party, has been accepted as one of 100 people across the state – and the only Delta County person – to attend the Congressional Capital Conference in Washington, D.C.

The conference is sponsored by Sen. Mark Udall, Colorado Mesa University and University of Colorado – Colorado Springs. “It’s pretty spectacular that I was chosen to represent Delta County,” Novinger said. The group going to the conference is representative of the demographics of Colorado.

She will be in D.C. from June 16-20. During her time there, she and the other Colorado delegates will get an insider’s view to the government workings, and will have the opportunity to meet with Colorado senators and representatives, both Republicans and Democrats. The group will also hear from a variety of speakers, including former Sen. Wayne Allard, Sen.

Patty Murray, D-Wash., Sen. Chuck Schumer, D-N.Y., and Sen. Ted Cruz, R-Texas. The group will be treated to a special tour of both the Capitol and the White House, and will get to see parts of those buildings that the general public does not get to see.

Novinger has never been to Washington, D.C., and is looking forward very much to the trip. “I’m excited to go. This will be a whole new experience for me.”

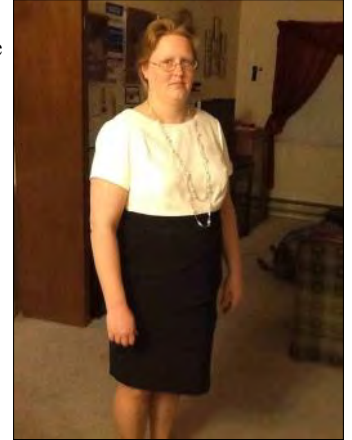
She is looking for some assistance in getting to D.C. The application fee, hotel and airfare will cost \$2,000. Novinger has launched a GoFundMe campaign called “Mrs. Novinger Goes to Washington,” where she is accepting donations to help her make the trip. Online donations can be made until June 9 by going to www.GoFundMe.com/8gxj6g. She also has donation jars set up at Uptown Wines in Delta, and at Heart of the Dragon in Paonia. Any donations under \$20 will be matched by Novinger herself. She is also doing yard work and other odd jobs to help

pay for the trip. To hire her, call 399-3533

“As most people know, I am passionate about government and its inner workings,” she said. In addition to serving the local Democratic Party, she served as

the campaign manager for Jessica Garrow’s CU Regent campaign in 2012.

“I would appreciate any support Delta County can give me as I go to represent the people on this trip,” she said.



Genevieve Novinger is raising funds to go to Washington D.C. Courtesy photo.

HONORABLE MENTION

To Sara Carlquist, for her work with Delta County Economic Development!

To Earth & Sky Herbal Accessories, LLC in Sampler Square...16 South Grand Avenue...970-275-5813...opening May 31!

To Carol Parker, for building the Valley Food Partnership into a powerhouse advocacy group for healthy, locally grown foods!

To local musician, writer and events pro Yvonne Meek, for working so hard to make dreams come true...

To Cheri Isgreen, for bringing her show (and her stallion, Monarch!) High Point, the Art of Showing Horses, to A+Y Gallery June 6.

RE-1J SCHOOL NEWS BRIEFS

POMONA THIRD GRADERS MEET READING GOALS FOR THE YEAR!



Special to the Mirror

MONTROSE—Third grade students in Ms. Eason's class at Pomona Elementary had much to celebrate on Thursday. The entire class had reached their Accelerated Reader (AR) Goals for every quarter this school year. Accelerated Reader is a computer program that helps teachers manage and monitor student's independent reading practices. Students spent many hours reading to achieve this goal. For the year, they read 2,241 AR books and earned a class total of 1,404 points. Ms. Eason said, "In the seventeen years of using AR reading in my classroom, I have never had a class where all of the students met their AR Goals in a quarter. I am extremely proud of them all for reaching their goals all four quarters!" (Pictured: Pomona Elementary 3rd Grade Students, Superintendent Mark MacHale, 3rd Grade Teacher Ms. Eason).

HEALTHY, FREE SUMMER MEALS FOR KIDS AND TEENS

Special to the Mirror

MONTROSE – Montrose & Olathe School District Nutritional Services Department is offering free summer meals to all children between the ages of 1-18. There are no application or income requirements necessary. Meals will be provided starting June 2, 2014 through August 1, 2014 at the following sites and times:

Olathe Elementary, 211 N. Roberts Avenue, Olathe-Breakfast-7:30am to 8:30am Lunch-11:15am to 12:45pm

Montrose Recreation Center, 25 Colorado Avenue, Montrose-No Breakfast Served. Lunch-12:30 p.m. to 1 p.m.

Black Canyon Boys and Girls Club, 2900 Sunnyside Road, Montrose-Breakfast -7:30am to 8:30am-Lunch-11:15am to 12:45pm

Centennial Middle School, 1160 S. 5TH Street, Montrose-Breakfast-7:30am to 8:30am-Lunch-11:15am to 12:45pm

Rocky Mountain Service, Migrant Head Start, 290 Hap Court, Olathe-Breakfast-8:30am to 9:00am Lunch-11:30am to 12:00pm.

The Summer Food Service program is administered by the USDA and the Colorado Department of Education. For more information call 970-252-7912.

ROGER LAKE MEMORIAL SCHOLARSHIPS AWARDED TO VISTA GRADS



Pictured are Vista grads Mary Flores (left) and Cassidy Ross (right). Courtesy photo.



Scholarship at the VISTA Charter High School graduation on May 16. Roger H. Lake was a life-long educator. Roger stressed the dignity and personal satisfaction that each individual might gain from education as they grew and took their place in the community.

In 1986 he developed the program that later became Vista Adult High School, of which he was the first principal. This program evolved into the present day Vista Charter High School.

Each of this year's recipients has made plans to pursue further education and training beyond high school as a means of achieving their career goals. Flores has enrolled in the cosmetology program at Delta-Montrose Technical College. After becoming a licensed cosmetologist, she hopes to further her education even more by enrolling in the business program at Colorado Mesa University, completing her education to enable her to open her own salon. Ross will begin classes in journalism and communication at Adams State University this fall. She is excited to learn about the variety of courses that she will be taking that will help her become a professional journalist and hopefully, someday, a successful author.

Special to the Mirror

MONTROSE—Two 2014 VISTA Charter High School graduates, Mary Flores and Cassidy Ross, were announced as the recipients of the 2013 Roger Lake Memorial

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



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

REGIONAL NEWS BRIEFS

FBO MEDIATION EFFORTS UNSUCCESSFUL, JET CENTER PARTNERS SAY

Special to the Mirror

MONTROSE—On May 6, Jet Center Partners (JCP), which owns and operates Black Canyon Jet Center, announced that their good faith mediation efforts with the County of Montrose were unsuccessful regarding access to documents that have led to a proposed contract for a second FBO at the Montrose Regional. At issue is the public's right to review public records under the Colorado Open Records Act, and in this case the public's right to access the original proposal for the 2nd FBO. "We remain perplexed and flabbergasted by the County's position that the people of Montrose County do not have the right to examine documents that will essentially bind them and us to paying \$5 million dollars in financial incentives for a second FBO over the next 20 years," said Ken Watson, General Manager of Black Canyon Jet Center. "The public cannot meaningfully participate in a pre-decision discussion without having access to the documents we've asked to see, which the Colorado Open Records Act guarantees to all citizens."

MHS Girls Soccer Booster Fundraiser

Special to the Mirror

MONTROSE—Friday, May 23rd from 5-7 pm; MHS Girls Soccer Boosters are hosting an end of the season celebration fundraiser BBQ at 2 Rascals Brewery 147 N. 1st, to boost funds for the 2015 Soccer Season. Come congratulate the girls for winning the SWL and making it to the Sweet 16. We will be serving brats, hotdogs, beans, potato salad and chip. \$5; buy your own beer. For more information call Amy Rowan 970-275-5251.

GALACTIC SLIDE SHOW PLANNED

Special to the Mirror

MONTROSE--Retired physics professor and researcher Richard Powell will present a slide show/lecture at First Presbyterian church June 21 at 7:30 p.m. Powell will present images he has photographed of different types of deep space objects taken in Lake City and Tucson using a digital camera through an 8" telescope. The presentation includes pictures of: diffuse nebulae in which new stars are being created; supernovas and planetary nebulae produced by the death of stars; galaxies; and galactic collisions. These demonstrate how the world we live in began, evolved into what we know today, and is continuing to evolve.

There is no need to have a scientific background to understand and enjoy the beautiful pictures. The talk is child-friendly and admission is free.

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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.

Valley Manor Care Center is a certified validation community with certified nurses leading one on one and group validation sessions. Contact us today for complete details. Welcome Home to Valley Manor.



Valley Manor Care Center
Montrose Rehabilitation Center

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970-249-9634
www.valleymanorcare.org

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Tuesday, May 20

BASIC: 9:30–11 AM

INTERMEDIATE: NOON–1:30 PM

**Chamber
Members \$10**

Non-Members \$15
(per class)

101: Basics of FACEBOOK

You know you want a Facebook account, but if getting started is the hard part then this is the workshop for you! You will:

- Learn all of the terminology for Facebook
- Create a simple business page
- Learn important aspects of using Facebook for business
- Be educated on basic privacy settings
- Start posting in class
- ...and much more

102: Intermediate FACEBOOK

You have a Facebook business account, but if you want to take it to the next level this is the workshop for you! You will:

- Make your business page more engaging for your target audience
- Enhance your Facebook page with photos
- Manage the right amount of privacy for your business
- Create a simple strategic social media plan that's right for your business
- Improve and share your posts in class
- ...and much more

Please RSVP to 970-874-8616

Held at Delta Area Chamber of Commerce • 301 Main Street • Delta



With Delta
Community
Partners



REGIONAL NEWS BRIEFS

CONNECT FOR HEALTH COLORADO SIGNS UP FOURTH HIGHEST NUMBER OF PEOPLE AMONG ALL STATES OPERATING THEIR OWN MARKETPLACES

Special to the Mirror

DENVER - Connect for Health Colorado has signed up the fourth highest number of people for private health insurance among all states that operated their own Marketplaces, according to new data released today from the Centers for Medicare and Medicaid Services (CMS).

The report includes data from states that operated their own state-based Marketplace as well as those that used the federal Marketplace (healthcare.gov).

CMS looked at total enrollments from Oct. 1, 2013 through March 31, 2014 for both private health insurance and Medicaid and Child Health Plan Plus. Connect for Health Colorado continued its open enrollment period through April 15 and currently has signed up more than 129,000 Coloradans.

When measuring total numbers of people who accessed private health insurance or Medicaid during open enrollment, over 307,000 Coloradans signed up, making Colorado 14th highest among all states and the District of Columbia, according to the CMS report. Among states that operated their own Marketplaces, Colorado ranked 5th.

By comparison, Colorado is the 22nd largest state by population, based on 2012 US Census data.

"With our partners, we are proud of our high national rankings and our success helping Coloradans get health insurance," said Connect for Health Colorado CEO Patty Fontneau.

"We will continue to work to enhance technology and services. We'll also continue to focus on keeping our fees among the lowest in the country and following Colorado's own path toward improving the health of our communities."

Connect for Health Colorado initial analy-

sis shows sign-ups for private health insurance occurred in every county and generally mirrored the percentage population of each county in the state. The private insurance customer base also is trending younger, with 38.1% of Coloradans signed up ages 0-34; 35.1% ages 35-54; and 26.8% ages 55 and older.

* The proportion of enrollments was within 1% of the population percentage and uninsured adult population percentage for nearly all counties

* Of all counties, Summit County has the highest percentage (39.8%) of young adults (18-34) and the lowest percentage of enrollees ages 55+ (18.9%) when you look at the county's total enrollments. Denver County's young adult proportion of enrollees is 36.4% and Larimer County's is 30.7%. The statewide young adult enrollee proportion is 26.4%.

During the first enrollment period that ended March 31, Colorado's Marketplace offered 150 health plans for individuals and families through 10 different insurance companies. It also offered 92 health plans through six insurers to small employers through the Small Business Marketplace. The Marketplace fostered greater competition for the benefit of consumers and provided prices that were affordable to many Coloradans. Tax credits averaged \$277 a month - bringing costs down significantly for many customers.

Connect for Health Colorado is working closely with the Division of Insurance and the Department of Health Care Policy and Financing (which operates Medicaid) to prepare for the next open enrollment period for individuals and families, set to begin November 15 for health insurance plans that take effect beginning January 2015.

While open enrollment for 2014 individu-

al and family health insurance is over, some Coloradans will still be eligible to find coverage this year:

* There is no deadline for small employers who want to offer insurance benefits for their employees and they can begin the enrollment process at any time.

* Coloradans who experience a life-change event - such as a job change or job loss, divorce or newly moving to the state - that causes them to lose their coverage can also sign up for new insurance and see if they newly qualify for a tax credit. They must report these changes to Connect for Health Colorado within 30 days of the change.

* Native Americans living in Colorado can sign up throughout the year

* History:

Through state laws, Connect for Health Colorado was established as a non-profit entity with a Colorado mission. Just 18 months after hiring technology vendors, the non-profit organization opened Colorado's own health insurance marketplace October 1, 2013, supporting customers with a statewide network of trained experts.

* Colorado was one of the most efficient state-based Marketplaces in the country, spending \$108 million to date on new technology systems; a Colorado-based Customer Service Center with over 200 employees; support, training and certification for hundreds of community-based Health Coverage Guides and over 1,550 licensed agents/brokers; and a statewide marketing effort to educate Coloradans about the new service.

We increased access for harder-to-reach populations by providing a shopping portal in Spanish, language services and convenient walk-in sites and enrollment events across the state in libraries, grocery stores, churches and community sites.

AARP DRIVERS SAFETY CLASS OFFERED IN DELTA AND MONTROSE

AARP Driver Safety Course Montrose Montrose County Health and Human Services at 1845 S. Townsend Ave., Montrose, will host the AARP SMART DRIVER Program from 8:30AM to 1PM. June 12 in Montrose, and July 21 at Bill Heddles Recreation Center in Delta. 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. Montrose Contact: Amy at 970-249-2436 ext. 203 8AM-3PM M-F. Delta Contact: John at 970-424-1778. Pre-registration required.

Struggling in a tough job market?



Empowering Dads can help!

Are You a Father who is:

- Financially accountable for your children
- Able to work, and
- Unemployed or underemployed



Empowering Dads is here to help you!

Here is what we have to offer you....

- Fatherhood Coach dedicated to you and your fatherhood goals
- Access to resources for career planning and job skill training
- Hire Colorado & Workforce Center Employment opportunities

We also offer you:

- Parenting Skills, Tips and Tools
- Healthy Relationship Skills, Tips and Tools
- Resources to help strengthen your family's financial situation
- Activities for Parents and Kids to do together
- Other Dads you can talk to and who will listen to you



WHERE AND HOW TO ENROLL:

Empowering Dads
1845 S Townsend Ave
Montrose, Colorado 81401
970-252-5000
empoweringdads@montrosecounty.net
Empowering Dads - Delta Office
326 Main Street, Suite 202
Delta, Colorado 81416
970-275-9619



We're here for Dads. Be there for your kids.



REGIONAL NEWS BRIEFS

RIDGWAY ANNOUNCES MICHAEL MARTIN MURPHY TO PLAY FATHER'S DAY CONCERT

Special to the Mirror

RIDGWAY—Michael Martin Murphey Concert. Father's Day, Sunday June 15. 4:30-6 p.m. Ridgway Town Park. Benefit concert for Ouray County Ranch History Museum. Donations are encouraged and gratefully accepted to help cover the costs of this event. Open seating - bring a folding chair or blanket. VIP tickets available. VIP includes Pre-concert gathering 4 p.m. at Ridgway Town Hall with refreshments, Concert Seating, and Post-concert 'Meet & Greet' with Mr. Murphey at Timber Creek Gallery. Catered by True Grit. Cash Bar. VIP Photo Opportunity. All proceeds from concert donations, ticket sales, auction, and sales of museum merchandise, benefit the museum's Capital Acquisition Fund. The museum is a 501C(3) organization and Colorado Region 10 Enterprise Zone. Info., <http://ocrhm.org>. VIP Tickets, Joan, 970-318-1190.

ALTRUSA AWARDS SCHOLARSHIPS



Special to the Mirror

MONTROSE--At a recent Altrusa International of Montrose, CO. meeting the membership distributed scholarships and recognized the recipients. Also present were parents of the recipients in celebration of their achievements. Left to right are: Marietta Johnson, Delta Montrose Vo-Tech Scholarship; Rio Green, Ben and Pat Woods Scholarship; Kalie Hubbard, OHS, General Scholarship; Jason Seymour, OHS, General Scholarship; and Brooke Gottlieb, OHS, General Scholarship. Each recipient stated who they brought and where they will be furthering their education. Marietta Johnson is graduating from Delta-Montrose VoTech as a Practical Nurse and will attend Colorado Mesa University to become a Registered Nurse. Rio Green will be attending Hastings College to study Wildlife Biology. Kalie Hubbard will attend Colorado Mesa University to study to become a Radiology Technician. Jason Seymour will attend West Texas A & M to study Animal Science. Brooke Gottlieb will attend University of Northern Colorado to study Event Planning. Brooke is the daughter of Altrusa member, Michelle Gottlieb who is the chair of the Olathe High School ASTRA Club which is sponsored by Altrusa International of Montrose, CO.

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REGIONAL NEWS BRIEFS

WELCOME HOME MONTROSE—WEEKLY UPDATE



PLEASE JOIN US FOR ANY OF THESE!

MONTROSE CITY COUNCIL WORK SESSION

On **Monday, 19MAY14, at 1100 (11 a.m.)**, Welcome Home Montrose will present to a Montrose City Council work session. These meetings are open to the public, and we encourage all who are interested to attend. We have experienced exponential growth during our brief existence, and as we continue to generate statewide, national and even international attention, we believe it is more important than ever to keep our local officials in the loop. We welcome this opportunity to communicate with Montrose City officials and staff.

WE'RE THROWING A POTLUCK!

It's on **Wednesday, 28MAY14 @ 1800 (6 p.m.)** Bring a dish to share! This event is open to all veterans, military families, and to our wonderful community—that means you!

GARAND, SPRINGFIELD, VINTAGE MILITARY AND MODERN MILITARY SERVICE RIFLE MATCH

On Saturday, 07JUNE14 **Colorado West Gun Club**, 29051 Highway 92 in Hotchkiss, hosts this fun fundraising event from 0700 until done. Contact Jerry Lingo, silvrjack@yahoo.com or Lloyd Stahl, lestahl@bresnan.net for registration, or pre-register/register between 0700 and 0900 hours at the match site. Registration forms are also available at the Warrior Resource Center and at the Stengel Range (Colorado West Gun Club) in Hotchkiss.

REMAX ALPINE VIEW YARD SALE

On Saturday, 07JUNE14, **ReMax Alpine View** of Montrose will hold a benefit yard sale in their parking lot (2730 Commercial Way) from 0800 to 1400 (8 a.m. to 2 p.m.). There is a semi parked there accepting donations, and they are also willing to pick up! Please call Terri Holman for information: 970-249-6658.

REGISTRATION FOR THE 2014 MISSION NO BARRIERS 5K RUN/WALK IS NOW OPEN!

A special thanks to those whose hard work is making this event happen - 5k committee members include Correna Montoya, Valerie Meyers, Kerri Noonan-Inda, Casey Corrigan, Laura Sitton and Kate Taylor. This dedicated team has been working very hard to make this fun, first time event a success-they deserve special recognition. The 5K takes place at the Bridges **21JUNE14**. Register now on our website <http://welcomehomemontrose.org/no-barriers-5k-run/>!

IN OTHER NEWS:

THE WELCOME HOME ALLIANCE FOR VETERANS CORPORATE HEADQUARTERS HAS RELOCATED—

Our corporate headquarters has a new home! Below is a statement from our landlords, Deb and Larry Wooddell:

“On behalf of the Milestone Building in Montrose, Colorado, Deb and Larry Wooddell are delighted to provide this opportunity to honor *The Welcome Home Alliance for Veterans* (locally known as *Welcome Home Montrose*) and those they serve by welcoming their corporate headquarters into the building. Deb and Larry’s family veterans date back to the Revolutionary War. Many family members served in combat in all branches of the armed services. Members lost their lives in battles beginning with World War I continuing through World War II to Korea. Many more suffered very negative premature life ending consequences from combat participation.

“The office has been donated by the Milestone Building LLC to honor local veterans and their families and all veterans who have served and are serving their country in all branches of the service to protect our freedoms.

“Welcome Home Montrose - We salute you!”

SPRING FEVER...TIME TO SHOP MONTROSE!



2014 SHOPPING GUIDE



CELEBRATING SIX YEARS – AROUND THE CORNER ART GALLERY

Special to the Mirror

MONTROSE-- Around the Corner Art Gallery celebrates its six-year Anniversary in the month of May, 2014.

This month we feature Barbara Torke of Cedaredge, who does wonderful and whimsical pastels of animals, people and landscapes.

This show will be her "Heritage Series" with vintage cars, trucks, and people from the 1920's and 1930's.

Also featured is Ramon Reed, a photographer from Pitkin, CO, who will also exhibit his dramatic wildflower photos.

By the way, Mother's Day is coming soon.

This May is a great opportunity to shop Downtown Montrose for your mothers and the other special women in your lives!

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 entrepreneur Ralph Walchle, who still owns the space. Over the years, Around the Corner Art Gallery has become a community gathering place, with exciting shows and events that draw the community Downtown to appreciate the best that the local arts community has to offer.

Visit the [web site](#) to browse the catalog of artists, and to find out about upcoming shows and receptions.

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.



Photo by May featured artist Ramon Reed of Pitkin. Courtesy image.

GET SET FOR SUMMER WITH HOT DEALS FROM TIFFANY, ETC. !

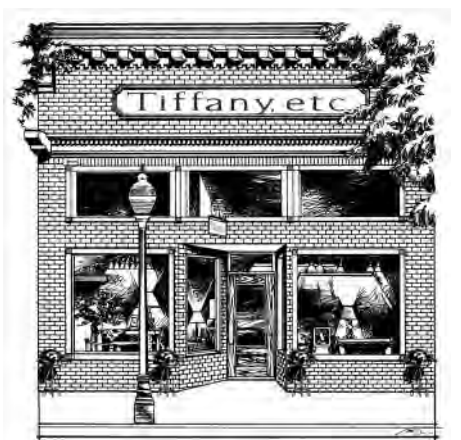
Special to the Mirror

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 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!

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/>.

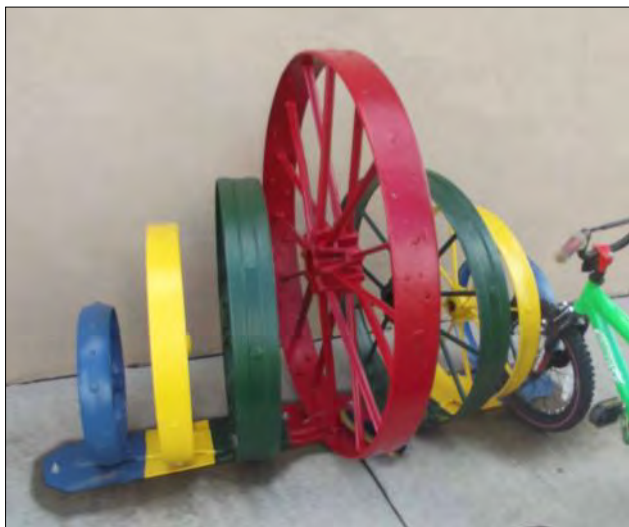
A vibrant field of wildflowers in shades of purple, yellow, and orange, with green foliage in the background.

Rita Clagett Writes from the North Fork Valley
www.dukkaqueen.com

A close-up photograph of two goats in a wooden pen. One goat is white with a yellow tag, and the other is white with a pink tag. They are looking over the wooden railing.

DELTA COUNTY LIVING
**YOUR ONLINE GUIDE FOR ACTIVITIES, ADVENTURE AND LIVING
IN DELTA COUNTY, COLORADO**
Deltacountyliving.com
Deltacountyliving@gmail.com

MIRROR IMAGES—RIDGWAY PARKS AND PARC UPDATE



RIDGWAY—Ridgway's beautiful green spaces share the spirit of creativity that is everywhere here. From top left, a bike rack created for the town's athletic fields by a local artist; Julie and Rocky of the Ridgway Parks crew show collected barrels that will be painted by schoolchildren and used for trash collection in keeping with a Ridgway tradition; Ridgway sculptor Pokey Park's "Poco a Poco" sculpture is on display in Hartwell Park thanks to PARC (Public Art in Ridgway Colorado); left, Parks Maintenance official Danny Powers keeps the town pristine with an organic weed control and fertilization program; center, Ridgway Town Clerk Pam Kraft with PARC's newest acquisition, the Circle of Life Fountain beside Town Hall. Donors can help to support the fountain project with commemorative pavers.

SERVICE CLUB NEWS

ROTARY HONORS STUDENT OF THE WEEK



Special to the Mirror
MONTROSE—MacKenzie Keefer was honored and recognized at this weeks Rotary Student of the Week. Pictured L to R: Nancy Hoganson (Rotarian), Shelly Keefer (Mom), MacKenzie, and Ben Keefer (Dad).

Thanks for reading
the Montrose Mirror!
Please call
970-275-5791
for ad rates and
information!

SECOND SATURDAY STREET FAIRS DOWNTOWN DELTA

MAY 10
JUNE 14
AUG. 19
SEPT. 13
OCT. 11

2 P.M.



On West Third Street in beautiful Downtown Delta. Fun for the whole family. Art – crafts – toys – books – food – live music – kids' activities – and tons more! Vendor applications available at www.DeltaColorado.org, or call 970-874-8616 for more info.

LEARN TO MAKE GOOD DECISIONS, GET FASHIONED FOR FUN!



Girls can learn about making the right decisions, and gain valuable life skills with Fashioned For Fun, beginning June 4. Courtesy photos.

By Liesl Greathouse

MONTROSE--Girls ages 11-15 can enjoy a summer of fun, friends and fashion with Fashioned For Fun!

Fashioned For Fun (F4F), sponsored by the Life Choices FRC, supports 'Fun Without Compromise.' Girls learn life skills, gain self confidence, play fun games, and enjoy their summer with the help of entertaining and educational speakers and Youth Advisors (young women who work as leaders in the program).

Some of the many topics covered during the seven-week program include Dress for Your Body Type, Friendship Skills, Self-Defense, Nutrition, Etiquette, and Poise & Posture.

The program's weekly workshops will be held Wednesdays June 4-July 16, from 1 p.m.-3 p.m. at First Church of the Nazarene, 705 S. 12 street in Montrose. A Fashion Show Finale will be held on Thursday, July 17 at 6:30 p.m. at Montrose Christian Church.

"The goal of F4F is to help a young woman understand herself, her relationships and cast a vision for her future," said Anita Daly, Education Coordinator at Life Choices. She also heads up the F4F program, which was based on a one day program that she attended as a teen.

While F4F is hosted at local churches, it is not a religious program, although Biblical principles are the foundation of everything the Life Choices FRC presents. "We



are holding the event at the Nazarene Church this year simply because of the easy access to residential neighborhoods," Daly explained. "This way participants can walk or bike over if their parents are working. The Fashion Show is held at Montrose Christian church because it has a great stage and they are wonderful to work with."

2014 will mark the fifth year of F4F, and it has gone through several changes over the years, including making it a single one-day event.

But this year it is going back to its original format. "We have tried a couple of different formats but have returned to the seven week version which we feel gives a greater opportunity for participants to miss a week if other summer activities, such as summer camp, are on their schedules," Daly said.

The response from past participants and their parents over the years has been very good and many participants keep coming back year after year. "This program varies each year enabling girls to participate more than once," Daly explained.

"And many past participants continue on

by becoming a Youth Advisor, helping facilitate workshop activities, small group discussions and help out behind the scenes during the Fashion Show."

The cost of the program is \$45 per participant, and Altrusa has provided a grant enabling the program to offer a few partial scholarships. Space is limited, so people are encouraged to register as soon as possible.

Daly loves the program and how it helps girls in a variety of ways. "My favorite part of this program is seeing the 'lights come on' when girls grasp a new concept, such as observing a student implementing a communication technique with her mom or changing her wardrobe after the modesty presentation," she said.

"F4F helps young women understand who they are and helps them to better understand how they fit in society. When they know who they are, what true love looks like and who really loves them they can avoid some of the common pitfalls of teen life."

For more information and to register for the program, call 249-4302 or visit lifechoicesmontrose.org.

Golf Tournament to benefit the MHS GIRLS BASKETBALL PROGRAM

Special to the Mirror

MONTROSE--SUNDAY, JUNE 29TH, 2014, SHOTGUN START AT 8:30 AM

\$70 per player includes golf and lunch, prizes for 1st and 2nd place, closest to the pin contest, long drive competition, and mulligans available. Proceed will help offset the cost of travel, equipment and camps. Registration forms located at the Links at Cobble Creek or Amy Rowan 275-5251 to have a registration form emailed or mailed to you or to sponsor a hole. [Register as a team or as an individual by sending this completed form and payment as follows:](#)

The Links at Cobble Creek, 699 Cobble Drive, Montrose, CO 81403, for more information Troy Youngren at the Pro Shop at Cobble Creek, 970-240-9542.

Michael Martin Murphey

Sunday, June 15, 4:30 pm

Father's Day

Benefiting
Ouray
County
Ranch
History
Museum

Donations
encouraged!



VIP tickets
available

VIP seating.
All others,
please
bring folding
chair or blanket

Ridgway Town Park

Benefit concert for Ouray County Ranch History Museum



Post-concert VIP Meet & Greet with Mr. Murphey
At Timber Creek Gallery • Catered by True Grit • Cash Bar

Info: ocrhm.org. VIP Tickets: 970-318-1190

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.

Ridgway concert series-7th Annual Free Summer Concert Series Ridgway Town Park, Ridgway, CO, Thursdays in July, 6pm 'til Dark-July 3, 10, 17, 24, 31.

Pickin' in the Park—Paonia's Seventh Annual Free Summer Concert Series, Paonia Town Park, Paonia, Thursday Evenings in August, 6pm 'til dark.

Mountain Air Music Series in Ouray (Thursdays in June). Visit www.pickinproductions.com for more information on any of the free concerts.

May 20—Region 10, Delta Chamber present Facebook Classes, Delta Chamber of Commerce at 301 Main Street. For times and info call 970-874-8616.

AARP Driver Safety Course—Save on insurance, keep up on newer traffic laws, and learn defensive driving techniques. For details and schedule for Montrose and Delta, contact John 970-856-6924 or 970-424-1778.

May 21—Free seminar—Healthy Employees mean Healthy Business - 9am to 11 at Region 10 Enterprise Center.

May 23—5-7 pm; MHS Girls Soccer Boosters are hosting an end of the season celebration fundraiser BBQ at 2 Rascals Brewery 147 N. 1st, to boost funds for the 2015 Soccer Season. Come congratulate the girls for winning the SWL and making it to the Sweet 16. We will be serving brats, hotdogs, beans, potato salad and chip. \$5; buy your own beer. For more information call Amy Rowan 275-5251.

May 24—Cobble Creek Spring Tea, from 2-4pm at the Cobble Creek Clubhouse. This year's tea is a fund raiser for the Cobble Creek Permanent Book Fund at the Montrose Public Library The tea will feature a full assortment of fancy tea sandwiches, scones, lemon curd, Devonshire cream and fabulous desserts. Bring your mothers, daughters, granddaughters, friends and your own special teacups to share the fun. Tickets are \$15.00 per person and are available at the Cobble Creek Pro Shop. Seating is limited so buy your tickets early.

May 25—The Ouray County Ranch History museum opens for the season! The Museum will be open from noon-4 p.m. A ribbon cutting ceremony for the new Branding Exhibit will be held at high noon. Chris Whitney, the State Brand Commissioner and Ridgway native-son has been invited to attend the ceremony. The museum will be open Saturday to Members only, with a special Members Party at the museum from noon to 4 p.m. New members are welcome. A Cow Creek lunch will be served both days. The museum is located in the old Colona Schoolhouse, just off Hwy 550 at Colona. For more information, including our lineup of summer events and how to become a member, please visit <http://www.ocrhm.org/>.

May 28—Montrose County Town Hall Meeting, 161 South Townsend 6 p.m. Strategic business plan.

May 28—Community potluck-Welcome Home Montrose Warrior Resource Center, 6 p.m. Bring a dish to share! This event is open to all veterans, military families, and our wonderful community.

May 28—10 am-11:30am. Montrose Library Teen Summer Reading Sneak Peek Breakfast Book Talk—Come share donuts and juice and be the first to hear about the newest Young Adult books to hit our library's shelves. These books have never been available for check-out before today!

May 29—6 p.m. Main in Motion Summer Reading Kickoff-Montrose Library Teen Summer Reading-Find the Bookmobile at the first Main in Motion, and join us to sign up the whole family for Summer Reading!

May 29—Hillsdale College Constitutional lecture series, Friendship Hall. Separation of Powers: Ensuring Good Government. 7 p.m.

May 31—Fourth Annual Dolphin House Owen Reak Golf Tournament, Bridges of Montrose. Call 970-240-8655 for information.

June 1-7—2014 Health Care Career Institute, presented by Delta County Economic Development and CU Health Sciences. Call 874-4992 to donate and for information.

June 4—3:30 to 6 p.m. Montrose Library Teen Summer Reading-Pay it Forward! Join us for a screening of the popular film "Pay it Forward" and stay to discuss how one good deed can SPARK a chain reaction. Pick up your "Good Deed Coupons" and begin a summer of Paying it Forward!

June 6—Tri-County Water Dedication at Ridgway Hydropower plant. For more information visit visit: www.tricountywater.org.

June 6—Black Canyon Barbershop Quartet and McPhly, Delta Performing Arts Center, 7 p.m. Advance tickets \$10, at the door \$15. Children under 12 no charge to enjoy the show so bring them along. At the Montrose Pavilion a bonus Afterglow, with food and more entertainment, for \$10. Information call 249-7015 or Chorus Web at www.blackcanyonchorus.org.

June 7—Black Canyon Barbershop Quartet and McPhly, Montrose Pavilion, 7 p.m. Advance tickets \$10, at the door \$15. Children under 12 no charge to enjoy the show so bring them along. At the Montrose Pavilion a bonus Afterglow, with food and more entertainment, for \$10. Information call 249-7015 or Chorus Web at www.blackcanyonchorus.org.

June 7—Hang with Dad for a Day! Montrose County Fairgrounds—fun activities and games, parenting tips, music and much more! Everything is free! 10 a.m. to 2 p.m.

June 11—7 pm - 8:30 pm. **"Lavender Under the Tent"** Montrose Botanical Society will be holding a meeting with Tracy Harrison, local Master Gardener and President of the Western Slope Lavender Association, presenting on the endless possibilities of lavender and the joy of its renaissance. Location will be at the Montrose Botanic Gardens south of the Pavilion on Niagara. Information: 249-1115 or www.montrosegardens.org.

June 12—8 a.m.-3:30 p.m. - School Gardens That Thrive and Basics of Gardening at Montrose County Fairgrounds; registration 8am. Integration of lesson plans with garden activities will engage teachers, parents, and volunteers. After lunch Master Gardeners teach basic gardening techniques. Hosted by Valley Food Partnership, LiveWell Montrose Olathe and Tri-River Extension. More information at valleyfoodpartners@gmail.com or 209-7712.

June 12—Delta-Montrose Electric Association Annual Meeting, 8 a.m. at the Montrose Pavilion.

June 13-15—Ridgway Area Chamber of Commerce presents the Second Annual Ranch Rodeo, Barn Dance, Moonwalk and Heritage Days Celebration! Call 970-626-5014 for more information.

June 14—Volunteers of America Fundraiser Golf Tournament, Montrose Bridges. Deadline for entries June 7.

June 14—Montrose Garden Tour, 9am-2pm. Stroll through 5 beautiful local gardens & enjoy live music and artists painting in the gardens. Tickets are \$12, or \$10 if you are or become a member of the Montrose Botanical Society. Tickets can be purchased at the Pavilion, Around The Corner Art Gallery, & morning of tour, at the Montrose Botanic Gardens. Learn more at montrosegardens.org or call 249-3577.

June 14—Celebration of the USS Montrose, Warrior Resource Center (11 South Park) 6 to 8 p.m.

June 16—Montrose County Public Hearing on Proposed on-site wastewater treatment system regulations, 9 a.m. in commissioners boardroom.

June 17—Region 10 Lunch-n-Learn, Noon to 1 p.m. 300 North Cascade. Southwest Hearing, "Say What." Protect your hearing, and what to do about hearing loss you already have. We will discuss what feelings are normal with aging and depression signs to look for are. What questions to ask your doctor and treatments? This program is designed to help support our elders and those with disabilities, you will learn more about how you can help others.

June 19—SCRATCH-ing the Surface-Montrose Library Teen Summer Reading Program 10 a.m. to Noon-Join special guest George Perfors and learn how to create your own computer animation with SCRATCH. Space limited to first 20 registrants.

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 |



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Spring scenes from around the region...clockwise from top left—strawberries plums greet travelers at the Ridgway Fruit Stand; Liba Kopeckova cuts a bouquet of daffodils in Downtown Montrose; Danny Powers, who cares for Ridgway's parks, shows off the town's green—and organically fertilized—athletic fields. "I want our fields to be safe for our kids to play on," says Powers, a lifelong athlete; Below, Scotty Kenton snapped this picture of a sleepy bear.



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