VETERAN'S DISABILITIES SERVICES (VDS)
GRAND JUNCTION REGIONAL CENTER
WEEKLY BULLETIN FOR MAY 1-7, 2011

DUTY OFFICER CELL - 986-9413 ***CRISIS SUPPORT ONCALL CELL - 210-4859***

THOUGHT FOR THE WEEK: Try not. Do…or do not. There is not try. *Yoda*

Overtime
Coverage Forecast
Volunteers For Overtime
To All Pool Staff
AED'S
Open Enrollment
Hipaa Corner
April 2011 Nominations
Pancake Breakfast
Pay Day Shift
Seeking Nominations For Employee of the Month
Better Hearing and Speech Month
Pro Bono Project
Random Acts
Health Issues
Calendar Of GJRC Events
Grand Junction Events
ADS – Staff Classified
Openings Are On the Last Page

O

OVERTIME

WANT TO GET A TEXT MESSAGE WHEN POSSIBLE OVERTIME SHIFTS ARE NEEDED?
TO GET ADDED TO THE TEXT NOTIFICATION CONTACT LIST, CALL THE POOL OFFICE AT: 255-5800 or TEXT US AT: 773-3023

F

COVERAGE FORECAST

GJRC coverage outlook for the week of April 25, 2011!

Nearly every day needs some assistance to get areas covered. Finding coverage now is essential to keep operations running smoothly. There are far to many needs for the pool to find on our own. We need your help! Please share this with staff and contact the pool office to schedule those interested in assisting with some overtime. Thank you!
WEEK 4/30/11 to 5/6/11 – BEFORE ANY CALL OFFS!

Cov%=Amount of coverage the pool must secure to provide 100% coverage for the entire agency

	Days			Cov %
Date	Pool Staff	Coverage Need	Over/ Under	
Saturday 4/30/2011	10	16	-6	36%
Sunday 5/1/2011	9	13	-4	29%
Monday 5/2/2011	10	12	-2	27%
Tuesday 5/3/2011	12	10	2	22%
Wednesday 5/4/2011	12	12	0	27%
Thursday 5/5/2011	14	16	-2	36%
Friday 5/6/2011	12	18	-6	40%
		% Weekly Average		31%

	Swing			Cov %
Date	Pool Staff	Coverage Need	Over/ Under	
Saturday 4/30/2011	13	16	-3	36%
Sunday 5/1/2011	13	18	-5	40%
Monday 5/2/2011	9	13	-4	29%
Tuesday 5/3/2011	12	15	-3	33%
Wednesday 5/4/2011	9	20	-11	44%

Thursday	5/5/2011	11	12	-1	27%
Friday	5/6/2011	11	17	-6	38%
			% Weekly Average		35%

V

VOLUNTEERS FOR OVERTIME

Due to increased coverage needs all shifts are in need of overtime volunteers. PLEASE get the word out! Bases on one to one needs and given the number of call ins we have been getting the last few weeks we might need as many as four to five people to achieve preferred coverage.

Thank you! Rod Fleharty T-IV Pool Coordinator

S

TO ALL POOL STAFF

Holiday leave balances are to be at zero by June 30th, 2011. If you have not come in and scheduled this time the coordinators will be scheduling them for you at our discretion.

Thank you! The Pool Coordinators

A

AED'S

There has been AED located at Spruces Office behind the door. Meyer has an AED by the time clock and there is one in Kathi Hemmers office at the DC.

E

OPEN ENROLLMENT

I will be holding open enrollment Meetings on the dates listed below.

There will not be any formal presentations, just an opportunity for questions/answers.

- **Monday**, May 2nd, 3:00 - 4:30, 2nd Floor Admin Conference Room
- **Wednesday**, May 4th, 8:00 - 9:30, 2nd Floor Admin Conference Room
- **Tuesday**, May 10th, 8:30 - 10:00, 2nd Floor Admin Conference Room
- **Thursday**, May 12th, 3:00 - 4:30, 2nd Floor Admin Conference Room
- **Wednesday**, May 18th, 3:00 - 4:30, 2nd floor Admin Conference Room

This is a full positive enrollment again and we are required to sign up for benefits in order to continue coverage beginning 7/1/2011.

If you need a computer to complete your enrollment, please call me to schedule a time. I have an extra machine across the hall from my office. There will also be a computer available in the Pool Coordinators office.

Thank you, Karen Briggs, Administrative Services

H

HIPAA CORNER:

HIPAA Penalties for Stealing and Selling Patient Information

Two medical office workers in south Florida have been indicted on HIPAA violations and related charges for their alleged roles in an identity theft ring that used stolen patient

information to access their bank and credit card accounts, federal prosecutors said.

According to the indictment, defendants Erica Hall, 27, and Sharelle Finnie, 22, worked as office assistants at two separate medical offices in Coral Springs and Fort Lauderdale, respectively. The pair allegedly swiped patient information, including names, dates of birth, social security numbers, and other medical information, and sold it to co-conspirators. If convicted of the HIPAA violations, Hall and Finnie each face a maximum statutory term of 10 years in prison, federal prosecutors said.

Ten other alleged members of the theft ring – all Florida residents — also were indicted on bank fraud, identity theft, and related charges, including:

- Jasmin Rembert, 33, of Miramar;
- Rufus Bethea, 30, of Hollywood;
- Bianca Cook, 21, of Lauderhill;
- Courtney Gissendanner, 28, of Hollywood;
- Brandi Johnson, 39, of Miramar;
- Demarcus Hough, 30, of Ft. Lauderdale;
- Darren Baldwin, 43, of Ft. Lauderdale;
- Aaron Hough, 30, of Hollywood;
- Minnie Powell, 49, of Pembroke Pines;
- Eloise Sermons, 24, of West Park
- Sermons, Cook, and Hough remain at large.

Prosecutors identified Gissendanner as the alleged ringleader. He would use the stolen information to illegally add himself and others as "authorized users" on the victims' credit card and bank accounts. The defendants then used the stolen personal identification information to empty their bank accounts and run up credit card charges as high as $128,000 in one case.

Prosecutors said Rembert worked at the Broward County School Board in the teacher certification department, where she had access to – and allegedly stole and sold — sensitive personal identification information from teacher certification databases.

N

APRIL 2011 NOMINATIONS

Jeanette Smith is April Employee of the Month – Jeanette is a wonderful person. She genuinely cares for each and every person we serve. She is a hard worker and is always willing to give a hand. She has worked with me quite often, due to the high volume of medical appointments. She never complains and takes direction well. Her enthusiasm and good spirit is contagious. She has changed her schedule as needed numerous times and without complaint. She has also accompanied me on appointments and she is very careful and helpful while at the Dr. office. I really can't say enough about her. I'm sure everyone's thinking that she talks so much & her voice carries. Yes, those are true, however, it does not hinder her abilities to do the great job that she does.

Ann Kiloh – Ann has done an excellent job since she took over on Florida Group Home. This is demonstrated through her diligent, consistent efforts for the individuals who live on Florida and her efforts in the work skills classroom. Ann's leadership abilities are demonstrated on a daily basis, she has a firm direction in how she wants to see things done and high expectations regarding client care, how and why and a positive way to giving guidance in this area. She provides solid

support to her staff through quality guidance and recognizing work done well as it happens. Ann is a good role model for peers and clients alike.

Heidi Faries - Heidi has been the best thing to happen to Meyer North in a LONG time. She is always a pleasure to work with and not only does she have a calming effect on the staff but the people we serve as well. She can verbal judo like a pro. Heidi has gone far above my expectations as a newer member of the dorm and agency. She recently joined the med review committee and volunteered to be the staff member who assists Cedar group home on weekends for the sister dorm project. Not only did she help cover their needs but she helped solve a problem that Cedar had been struggling with for quite some time about being able to get their shopping done. Heidi has also become my right hand girl recently I planned a out of state vacation a few days prior Meyer North lost a beloved person. In my absence Heidi stepped up to the plate and took care of the memorial service arrangements and the critical care issues that happened with another client while I was gone. Other staff look up to Heidi as a leader and they seek her guidance. I believe that Heidi will make a great supervisor in the coming years. And in her own words when faced with a challenge…"No Worries"

B

PANCAKE BREAKFAST

ORCHARD MESA LIONS CLUB

32nd Annual, Mother's Day Pancake Breakfast

Date: Sunday, May 8th

Cost: $5 Donation

Time: 7 AM – 12noon

Kids 7 years and younger eat **FREE**

Drawings for Door Prizes

Have fun with the cake raffle

Location: Mesa County Fair Grounds in C building

Proceeds Fund Community Projects

P

PAY DATE SHIFT

The pay date shift only affects June 2011 payrolls only. *Kevin Church*

The **first** pay date in June for bi-weekly employees is June 3, 2011. This covers the time worked from May 7, 2011 through May 20, 2011.

The **second** pay date in June for bi-weekly employees **would have been** June 17, 2011 for the time period of May 21, 2011 through June 3, 2011. This pay date **will not be** June 17, 2011, but will be delayed until July 1, 2011. Your direct deposit net pay **will not** deposit on June 17, 2011, but will deposit on July 1, 2011.

The bi-weekly pay dates for July 2011 will not change. The July 1, 2011 pay date covers the time period of June 4, 2011 through June 17, 2011. The July 15, 2011 pay date covers the time period of June 18, 2011 through July 1, 2011. The July 29, 2011 pay date covers the time period of July 2, 2011 through July 15, 2011.

The June 2011 pay date for monthly employees **would have been** June 30, 2011. This pay date is being shifted to July 1, 2011. Your direct deposit net pay **will not** deposit on June 30, 2011 but will deposit on July 1, 2011. The July 2011 pay date for monthly

employees will not change. The July 2011 pay date is July 29, 2011.
This is due to Senate Bill 197.

S

SEEKING NOMINATIONS FOR EMPLOYEE OF THE MONTH

The Employee Recognition Committee is seeking nominations for Employee of the Month.

Nominate someone:

1) Who makes a difference to the people we support and serve; or

2) Who goes beyond the expectations of their position; or

3) Who excels as a team player; or

4) Who strives to bring out the best in others?

5) Or perhaps they do all of the above!

We would like your nominations--
please submit them electronically to myself or complete and return by mail. There are forms are in the Copy Room by the PBX Dept.
We look forward to hearing from you!
Employee Recognition Committee
Karen Briggs, Administrative Services

P

BETTER HEARING AND SPEECH MONTH

STUTTERING

Stuttering affects our fluency of speech causing repetitions of words or parts of words, as well as prolongations of speech sounds. These disruptions in speech sounds, also called "disfluencies", are not necessarily a problem; however they can impede a person's communication if they produce to many of them.

Stuttering begins during childhood and can last throughout life. It has an impact on at least some daily activities. The challenges affecting those that stutter vary from person to person. Some people experience an increase in stuttering when they are nervous or anxious, while others may have a hard time speaking on the phone or when they first answer the phone.

Some individuals may try to hide their disfluent speech by pretending to forget what they wanted to say, declining to speak or rearranging the words in their sentences.

The signs and symptoms often include repetitions of words or parts of words as well as prolongations of speech sounds. Some individuals may appear tense or "out of breath". Their speech may completely stop or be blocked. After some effort the person may be able to complete the word. They may even interject other sounds or words such as, "uummm" or "like" to delay the initiation of a word the speaker expects to get stuck on.

An evaluation by a Speech Language Pathologist (SLP) will note the number and types of speech disfluencies a person may produce in various situations. The way in which a person reacts to and copes with disfluencies will also be assessed. The SLP will also want to know if things like teasing make the stuttering worse. Speech rate and language skills will also be assessed. This will assist the SLP in determining whether a fluency disorder exists and the extent to which it affects the ability to perform and participate in daily activities. Treatment

options can then be discussed with the patient.

Behavioral treatment programs for people who stutter are designed to teach specific skills or "behaviors" to improve communication. A Speech Language Pathologist may teach an individual to control the rate at which they speak. They may also teach the person to control or monitor their breathing. Over time a person learns to produce smooth speech at faster rates.

Maintenance sessions are often necessary even after these techniques have been mastered to prevent a relapse.

If you would like more information, below is a list of organizations to check out:

National Stuttering Association
Stuttering Foundation of America
International Stuttering Association
Stuttering Home Page Chat Room

It is best to contact a Speech Language Pathologist with any concerns regarding speech disorders, swallowing issues and hearing questions.

(Information above gathered from the ASHA website)

There is a mini-grid is on page 16 of the bulletin.

B

PRO BONO PROJECT

DISSOLUTION (DIVORCE) CLINIC

For married individuals with or without children

Assistance by COLORADO LEGAL SERVICE STAFF in completion of Divorce PRO SE, (DO-IT -YOURSELF) court forms

This clinic is for low-income people.

You MUST complete an application prior to the clinic.

Date: Wednesday, May 11th

Class runs from 9:00 am – 1:00 pm

Location: Mesa County Workforce Building, 2897 North Avenue, Modular 3B

Cost: The Pro Bono Project charges $25 for this clinic and supplies all legal forms

Or 7 Hrs. Approved Community Service Completed before the clinic.

For more information or to receive an application in the mail please call 243-7940 ext. 110

Sponsored by, Pro Bono Project of Mesa County, Inc. For more information please check out our website at **www.probonomc.org**

R

RANDOM ACTS

Thank you, **DOUG BEACH** for all your work on the Trends Graphs! You're amazing with computer projects and I cannot thank you enough!

JULIE KETCHEM-SMITH… Thank you so much for all your support during Joe's final days and for all of your help with the memorial. We couldn't have done it without you. *Pat and Cedar Staff*

JAUNITA ARAGON… Thank you for the Thank you and the Easter Cookie!

A super huge gigantic THANK YOU to all the **CAIT TRAINERS** who participated in April's 2011 CORE.

We have a great team of CAIT Trainers for 2011 and I look forward to future sessions with all of you.
Thank you, **TODD MORRILL, CHRIS CRESPIN, SHEILA KUIPERS, GARRETT MCMANUS, SAL RAMOS, SANDY WILLIAMS, STEPHANIE QUALLS, ROD FLEHARTY, JAMES CRESPIN, LETICIA CISNEROS, JEAN FILES, RICK HUFF, LADONNA SALAMUN, BRITTANY AUSTIN, DANIELLE WALKER, LILLIAN LAMPTON, PAUL BOUTILIER, GIDGET KERNS, HILLARY HALL, LAURA LITSHEIM, MITZI CRABTREE, DENISE VALDEZ, TIM PURSCELL, JIM SALAMUN, CHRIS COTTRELL, NANCY HULLINGER, SHELLEY ROSALES, MARGARET GONZALEZ, CHANCE FARRELL, UTAHNA LEE.**
Thanks again, Lisa Bosch

OT Month and **HOLLY COWLISHAW**, with the assistance of **TONI TERPESTRA** & the **GROSS MOTOR CREW** put together an entry. GOOD LUCK in the contest everyone!!

NELLA, It is a pleasure to see your smiling face and your sunny disposition in the morning. Sorry I cannot see it every morning :) H.A.H.

KATHI HEMMER… Thank you for making the memorial cards for Joe's service. We appreciate all you do. *Pat & Cedar Staff*

CYNDI NYE-KUEHN… Thank you, for all your help with "the guys" when we needed it the most. Thank you for being there for them and for us. *Pat and Cedar Staff*

JOLENE ELSEBERRY… You were so patient, caring and understanding in Joe's final hours. Thank you for being there for all of us and especially for being there for Joe.
Pat

To all of the staff who cared for Joe and helped with his Memorial we could not have pulled it together so quickly without you, **MARGIE, JEFF, JASON, CARMEN, DAWN, MARY, BONNIE, PAULA, CHARLES, RODNEY AND CELISA** and Thank you for making coffee **JEFF.**
Pat Allen

Thank you, **HILLARY** for helping with vehicles and coverage last Friday. It really helped.

DAVE, RICK, SARAH, JONNA, MARLA, NATALIE, SANDE, AARON, & DEE… Thank you for all your flexibility with your schedules and all the hard work you put in helps everything happen.

FRANK CARAVETTA & DARRIN O"BRIEN … Thank you so much for helping me get into my locked car!!! You made my day a much brighter one. You're both lifesavers. You saved the madam in distress!!! *Sam D*

Thank you to all the **ADMINISTRATIVE ASSISTANTS…** for all you do!

H

HEALTH ISSUES

Fibromyalgia

Definition

Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals.

Symptoms sometimes begin after a physical trauma, surgery, infection or significant psychological stress. In other cases, symptoms gradually accumulate over time with no single triggering event.

Women are much more likely to develop fibromyalgia than are men. Many people who have fibromyalgia also have tension headaches, temporomandibular joint (TMJ) disorders, irritable bowel syndrome, anxiety and depression.

While there is no cure for fibromyalgia, a variety of medications can help control symptoms. Exercise, relaxation and stress-reduction measures also may help.

The pain associated with fibromyalgia often is described as a constant dull ache, typically arising from muscles. To be considered widespread, the pain must occur on both sides of your body and above and below your waist.

Fibromyalgia is characterized by additional pain when firm pressure is applied to specific areas of your body, called tender points. Tender point locations include:

- Back of the head
- Between shoulder blades
- Top of shoulders
- Front sides of neck
- Upper chest
- Outer elbows
- Upper hips
- Sides of hips
- Inner knees

Fatigue and sleep disturbances

People with fibromyalgia often awaken tired, even though they report sleeping for long periods of time. Sleep is frequently disrupted by pain, and many patients with fibromyalgia have other sleep disorders, such as restless legs syndrome and sleep apnea, that further worsen symptoms.

Coexisting conditions

Many people who have fibromyalgia also may have:

- Fatigue
- Anxiety
- Depression
- Endometriosis
- Headaches
- Irritable bowel syndrome

Causes

Doctors don't know what causes fibromyalgia, but it most likely involves a variety of factors working together. These may include:

Genetics. Because fibromyalgia tends to run in families, there may be certain genetic mutations that may make you more susceptible to developing the disorder.

Infections. Some illnesses appear to trigger or aggravate fibromyalgia.

Physical or emotional trauma. Post-traumatic stress disorder has been linked to fibromyalgia.

Why does it hurt?

Current thinking centers around a theory called central sensitization. This theory states that people with fibromyalgia have a lower threshold for pain because of increased sensitivity in the brain to pain signals.

Researchers believe repeated nerve stimulation causes the brains of people with fibromyalgia to change. This change involves an abnormal increase in levels of certain chemicals in the brain that signal pain (neurotransmitters). In addition, the brain's pain receptors seem to develop a sort of memory of the pain and become more sensitive, meaning they can overreact to pain signals.

Risk factors

Risk factors for fibromyalgia include:

Your sex. Fibromyalgia is diagnosed more often in women than in men. Female reproductive hormones may play a part in how women experience pain.

Family history. You may be more likely to develop fibromyalgia if a relative also has the condition.

Rheumatic disease. If you have a rheumatic disease, such as rheumatoid arthritis or lupus, you may be more likely to develop fibromyalgia.

Complications

Fibromyalgia generally doesn't lead to other conditions or diseases. But the pain and lack of sleep associated with fibromyalgia can interfere with your ability to function at home or on the job. The frustration of dealing with an often-misunderstood condition also can result in depression and health-related anxiety.

C

CALENDAR OF GJRC EVENTS

FOUND: A necklace and earring was found in the Admin. Parking lot. Please come to the PBX Dept. to claim.

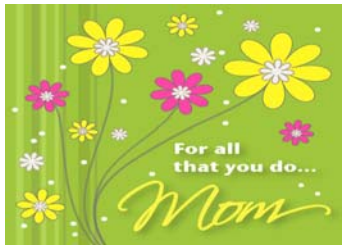
WANTED: If you have any yarn or thin ribbon you no longer want and would like to get rid of; I would love to take it off your hands. Please call Sam D. at 261-9832.

LOST: A gold chain with a cross on it is lost. If you have found this please call Denise at 245-2306 or Jean at 255-5790.

ICF CALENDAR

CBT has been canceled until June.
In June the time slot from 9:00 - 11:00 will be reserved for Gail Carravetta with the ICF TAs.

5/2 Zuni 11:45 AM (LR)
Oak 3:15 PM (LR)
5/3 BDR / Psych
News 2U 8:30 AM
Fir (LR) 3:15 PM
5/4 Team Meeting 7:30 AM (BM)
EAC Meeting - 9:30 AM, on the 2nd Floor in the Admin. Bldg.
DBT 9 AM – 10:30 (BM)
Psych Group 8:45
Lang. Group 10:30
Aspen (LR) #5 10:45
Meyer North (LR) 11:45



5/5 AB Transfer Meeting at the DC, 3:30 PM
Psych Group 9:00
5/8 ***Mothers Day***
5/9 Zuni 11:45 AM (LR)
Oak 3:15 PM (LR)

MCS CALENDER

5/8 ***Mothers Day***
5/10 Hab Meeting 7:30 AM at the DC
Psych 9 AM
BDR 12noon
5/11 Team

If you have a calendar event for the GJRC Weekly Bulletin, please submit to Jean Estes with the subject line: Calendar of Events

G

GRAND JUNCTION EVENTS

MOAB CAR SHOW / APRIL ACTION

Date: Friday, April 29th 5 PM-7 PM Pre-registration Party at City Park! Entrants Only!

Date: Saturday, April 30th at 7 AM

City Park opens rain or shine for Show entrants. Food provided by Smitty's Golden Steak & The Lion's Club, music provided by J.C. Hackett, T-shirt designs by ETC. Graphics and printed on site by Van Tee's.

Date: Sunday, May 1st at 9:15 AM Rod Run to Deadhorse Point State Park.

You can't miss this one!!

Grand Junction Criterium Series

Date: April 20th, 27th; May 4th at 6 PM – 8 PM

Spectators welcomed. Racers should contact Mike Driver, 904-5708 or www.LiveTrainRace.com

Clay Arts Guild Show

Date: April 21st – May 21st

Gallery Hours: 10 AM to 1 PM, Monday – Friday. All works are for sale, with 30% of each sale going to support KAFM Community Radio. FAFM members receive a 10% discount on all purchases.

KAFM will be exhibiting a wide variety of styles and techniques that are sure to enhance both your knowledge and appreciation for the clay arts. This exhibit will feature functional work a swell as sculpture and pottery as fine art.

Location: KAFM Radio Room, 1310 Ute Ave., 245-2320

16th Annual Fruita Fat Tire Festival

Date: April 28th – May 1st

April registration for the festival will occur from 3-6 PM at the Civic Center. Rides and trail information will be posted at the information tent in Civic Center Park

Cost: $35

"Sixteen will get ya Twenty" We want to invite you to join the fun at the 16th Annual New Belgium Brewing Fruita Fat Tire festival – always marked by the last Friday in April since 1996. Come ride with us.

Location: Civic Center, Aspen Ave., Downtown Fruita, CO, 303/635-2815, 858-7220 or www.emgcolorado.com/race fruita.htm

Orchard Mesa Lanes and Chipeta Golf Course.

All proceeds will be given in the name and memory of Mary Young to the National Breast Cancer Association

Orchard Mesa Lanes and Chipeta Golf Course.

Present The 2nd Annual Striking & Stroking for a Cure

Date: Sunday, May 1st

Entry Deadline April 28th

Cost: Optional Golf Events $5 ea

Raffle Tickets $1 or $5

Donated Raffle & Door Prizes

For more information call Chris Terebesi at 260-6274 or Orchard Mesa Lanes at 242-9297.

Tim Brown & Friends

Date: April 29th at 10 PM

No Cover / 21+

Location: Rockslide Brew Pub, 401 Main St., 858-7675

7th Annual Western Slope Coin Show

Date: April 29th & 30th at 10 AM-5 PM

Cost: Adults $2, Students $1

Appraisers on Duty – Bring your old coins. There will be 48 tables of coins and Paper money. Buy, sell, trade or just ask questions.

Location: Lincoln Park Barn, 12th St. and Teller Ave., 242-3716

Rabbit Valley Rally

Date: April 29th – May 1st
Disciplines: Off-road TT, XC –Rabbit Valley is known for the fun nature of its trails-lots of whoops, minor technical sections and fast tracking.
Location: McInnis Canyons National Conservation Area between CO and Rabbit Valley. Rabbit Valley exit 2, on the south side of I-70, Fruita, CO 720-407-6142 or www.racemsc.com/events/rabbitvalleyrally.html

4-H Horse Show

Date: April 30th & May 1st at 8 AM
Free
Location: Mesa County Fairgrounds, 2785 US Hwy 50, 255-7100

15th Annual Rose Hill Rally

Date: May 1st at 7 AM – 3 PM Canyon View Park start and finish
Cost: Adults $30 and Children (12 & under) $20
Rose Hill Bike rally, Sunday, May 1st beginning at 7 AM. Fully supported, family oriented bike ride through the scenic Grand Valley. It's a Metic century (62 miles) and half century (31 miles) routes. There will be food, T-shirts, prizes and games for the kids. Proceeds benefit Rose Hill Hospitality House at St. Mary's Hospital.
Location: Canyon View Park, I-70 and 24 Rd., 242-5940, www.stmarygj.com/body.cfm?id=383

3rd Annual Spring Swing

Date: April 30th, Silent Auction: 6:30-8:30;
Dance: 7 PM-10 PM
Cost: $30 per person. Tickets at CEC – 2708 Patterson
Variety of dance music, admission includes complimentary appetizers fro Pantuso's. All proceeds to benefit Counseling and Education Center.
Location: Clarion Inn, 755 Horizon Dr., 243-9539 or www.cecwecare.org

Metal Concert Vets Benefit

Date: April 30th at 3:30 Pm
Cost: $8 donation at the door
Benefits Western Slope Honor Flight.
Bands: The Imanl Experience, Beer Death, Murder Care, The New Fall of May and Royal Talons
Location: VFW Post 1247, 1404 Ute Ave., 433-5728

King 'n Trio

Date: April 30th, Doors open at 6 PM / Show starts at 7 PM
Cost: $20
The Trio, with guests will be the Appleton Acoustical Angel Choir. The concert is a benefit for the Western Colorado Honor Flight and the GJ Symphony's children's programs. Tickets are available at Bray Real Estate, Roper Music and at the door. It promises to be a fun filled evening of music that the entire family will enjoy.
Location: Avalon Theater, 645 Main St. For more information call David Durham 242-3647, www.gjsymphony.org

GirlFest at Mesa Mall

Date: April 30th at 9 AM – 6 PM. Summer fashion show 11 AM
Go on a She Spree! Performances and demos all day: Health & Fitness, Beauty, Arts & Crafts, "Mommy & Me", Holistic Wellness, Cooking Demos, Free services and much more.
Location: Mesa Mall, 2424 U.S. Highway 50, 257-9199 or www.missmarketevents.com

Dynamite Shoot

Date: April 30th at 10 AM – 4:30 PM
Cost: $10 shooter fee -- $2 / Shot
Benefit Shoot for The Gateway Unaweep Fire Department. This is a fun, very unique, and Loud Western Colorado event. Shoot at dynamite & blow it up for cash & prizes.

There are Eight Shooting categories and special youth targets & rates. Hot Breakfast & Lunch available.
Location: Gateway, 970-263-4322

Watts Up KAFM Block Party!

Date: April 30th at 4-8 PM
Plan to join KAFM and the merchants of the 300 block for live bands and performances, prizes and more! There'll be dancing in the streets to the hot tunes of Wheel and other special performances. Pablos will be serving up slices and pies with a portion of all the proceeds benefiting KAFM's Watt's Up campaign to increase the power on our tower to 300 Watts.
Location: 300 Block of Main St., for information call Marc Foster 241-8801 x 210 or www.kafmradio.org

Office Space – Dinner and a Movie

Date: May 3rd at 7:15 PM
Dine downtown Grand Junction Restaurant and bring your receipt to the Avalon for 2 free admissions to the movies.
Cost: $5 without a receipt
"Comedic tale of company workers who hate their jobs and decide to rebel against their greedy boss."
Location: Avalon Theatre, 645 Main St., 263-5700, www.imdb.com/title/tt0151804/

Huey, Dewey and Louie

Date: May 5th at 9 PM, No Cover
Rock/n roll, country and blues.
Location: Palisade Livery saloon, 215 Main St., Palisade, Co, 464-5449

Ranchstyle Mountain Bike Festival

Date: May 5th – 8th
Four days of fun in the sun. Public can watch for free. Competitors: $25 - $99
This includes slopestyle competitions, a trick-filled genre that allows riders to negotiate jumps, large drops and wooden obstacles.
Location: Matt Bollig's ranch, 20650 Rim View Dr., Glade Park, CO, 243-2453 or www.grassroots-cycles.com

Monster Truck Show

Date: May 6th & 7th at 7 PM
Advanced ticket sales are at local City Market stores. Gates open at 5:30 PM; there will be food and drink available.
Location: Mesa County Fairgrounds Grand stand, 2785 US Highway 50, 255-7100

7th Annual 18 Hours of Fruita

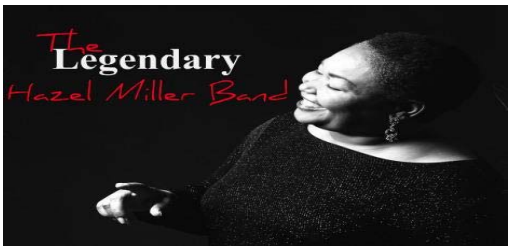
Date: May 6th & 7th
Biking Event
Location: Highline State Park, 858-7220 or www.emgcolorado.com/race fruita 18hrs.html

World's Greatest Yard Sale

Date: May 7th at 9 AM
Call Cumulus Broadcasting at 242-7788 for reserving your booth space.
Location: Mesa County Fairgrounds Park Complex, 2785 US Highway 50, 242-7788

23 Annual Downtown Art & Jazz Festival

Date: May 6th – 8th
Friday, May 6, 4-10 PM, Saturday, May 7th, noon – 10 PM; Sunday, May 8th 10 AM-4 PM
Free
This three-day Festival surrounds the installation of Art on the Corner sculptures. There will be 11 jazz performances with Bucker Funken Jazz as a headline group on Friday night and Hazel Miller Band on Saturday night.
Location: The stage will be at 4th and Main, Downtown, 256-4133 or www.downtowngj.org/PDFs/2011Music%20Lineup.pdf



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ADS – STAFF CLASSIFIED

FOR SALE: Total Gym 1100 with pull up bar & foot bar. Good condition $200 or OBO, if interested please call 261-2455.

FOUND: A $2 BILL was found on the floor in the office of F 1/4 Rd., on April 8th at about
3:30 PM. It doesn't belong to the guys' or staff. If it's yours please come by the PBX to claim.

NEEDED: A young couple with a baby girl due the 1st of May s in need of cloths & equipment. Please call 270-0876.

FOUND: Carrhart jacket, X-Large, Dark blue. Please call 245-2306 to claim.

DREAM KETCHIN SERVICE: Power Washing Everything A to Z. Call Dan Cihlar at 970/270-8514 or Ken Hill at 970/216-3656.

FOR SALE: 4 Wheeler, 2010 Polaris Trail Boss 330. Has extended service plans through Grand Valley Power Sports. $4000 If interested please call 260-7041.

FOR SALE: Women's mountain bike in good shape. Gel seat & Shimano gears. Specialized rock hopper with Judy shocks. $350 OBO, please call 260-7041.

FOR SALE: A 2010 outlaw 90, Children's ATV, $3000 obo. If interested please call 260-7041.

FOR SALE: A Doublewide Modular home, three bedrooms & two baths. $40,000. Call Jackie at 640-3252.

FOR SALE: Looking for that Special gift? Then look no further, hand made necklaces & earrings. Starting at $30 or if you have certain stones or beads, you can buy them and I can make the necklaces & earrings, if you would like. Call Vicky at 210-3024 for prices.

FOR SALE: 152 Lance Burton Snowboard, great condition has bindings. **$150 OBO**, please call at 200-7362.

HORSE & BUGGY RIDES: For any occasions, call Sonny at 361-5964.

MAINTENANCE: Miracle Maintenance Insured Home Specialist. All calls returned in 24 hours. We do an array of small jobs. For larger jobs call a contractor for smaller jobs call Dave at 970-210-7309. Rhonda McElhiney's better half.

ATTN GJRC MUSICIANS! Do you or your Band need studio time? How about some flyers made for your events? Do you have kids who need music lessons, or maybe you've been thinking about Rocking out on that old guitar in your closet?
ATOM & EVE, formerly Grey-Matter Studio, has time available for your Projects! We specialize in:
Lessons – Guitar, Violin, Bass, Piano, Vocal and Drums in many styles.
Recording – Newly remodeled studio with lots a space and great digital equipment.
Promotion – Flyers, Logo design, Posters, etc.
If this tickles your fancy – don't hesitate to call 210-7032 or 210-9668 for details and our very affordable prices! ROCK ON!!!!!

www.myspace.com/greymatterstudio

FOR SALE: GJRC Vocational workshops are creating and selling a variety of dog biscuits (beefy bones, three-cheeses, chicken lovers,
Flea haters, and puppy party mix) for $3.00 each. Stepping Stones 12" and 15" in a variety of styles and colors (cement, charcoal, terracotta, buff, and brown) call for pricing and wholesale cost for larger orders.
Seconds (not so perfect) Stepping Stones $2 ea.
Coasters in a variety of colors 6 for $6.00 stand included.
Come on in and check out all our new merchandise or call 255-5751.
Pinata's available "special order" only, $15 each, call 255-5987.

FOR SALE: **JACK + JILL** Merchandise (Always in Stock)
CD's $10 – New Lower Price!
STICKERS $2 – Special order Car Decals Available too!
HATS $15 – Black & White
T-SHIRTS $15 – White & Black
GIRLS TANKS $15 – White & Black
HOODIES $25 – Black only
BEANIES $15 – Black
Call Aaron at 210-7032 or Jess at 210-9668.
Stock Up Today! They make Great Gifts!
Support local Music!

LET ME HELP! Do you have a house you need to sell but can't? Or maybe you know someone who does? Let me help! I know several options we can use to sell your house in a hurry! Whether its a beautiful home or should be condemned, any real estate you need to get rid of I can help you with. I am NOT a realtor; I am a Real Estate Investor. Call 260-1737. Please leave a detailed message if you don't reach me.
Please call Jean Estes at 255-5730 or email me at jean.estes@state.co.us if your item has sold. Thank you

CASUALTIES OF THE WAR – 4450
WOUNDED – 33,016
CASUALTIES IN AFGHANISTAN - 1562

Please remember to submit articles for the GJRC Weekly Bulletin to Jean Estes at Jean.Estes@State.Co.Us,
By TUESDA Y AT 4:30PM

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OPENINGS

Agency Direct Care Openings

T- I OPENINGS

Location	Shift /Contact	Sat	Sun	Mon	Tue	Wed	Thu	Fri	FTE
Pool ***	Day Rodney Fleharty	**In:** 700 **Out:** 1500	**In:** 700 **Out:** 1500	**In:** **Out:**	**In:** **Out:**	**In:** 700 **Out:** 1500	**In:** 700 **Out:** 1500	**In:** 700 **Out:** 1500	1
Fir	Swing LaDonna Salamun	In: 1500 Out: 2300	In: 1300 Out: 2100	In: Out:	In: Out:	In: 1500 Out: 2300	In: 1500 Out: 2300	In: 1500 Out: 2300	1
MS	Swing Carol Thurstin	In: 1500 Out: 2200	In: 1500 Out: 2200	In: 1500 Out: 2200	In: 1300 Out: 2100	In: Out:	In: Out:	In: 1500 Out: 2300	1
Pool ***	Swing Kristi Gordon	**In:** 1500 **Out:** 2300	**In:** 1500 **Out:** 2300	**In:** 1500 **Out:** 2300	**In:** **Out:**	**In:** **Out:**	**In:** 1500 **Out:** 2300	**In:** 1500 **Out:** 2300	1
MS ***	Swing Carol Thurstin	In: 1500 Out: 2300	In: 1500 Out: 2300	In: Out:	In: Out:	In: 1500 Out: 2300	In: 1500 Out: 2300	In: 1500 Out: 2300	1
Night Pool	Nights Gidget Kern	**In:** 2300 **Out:** 0700	**In:** 2300 **Out:** 0700	**In:** 2300 **Out:** 0700	**In:** 2300 **Out:** 0700	**In:** **Out:**	**In:** **Out:**	**In:** 2300 **Out:** 0700	1
									6

For all listed openings please contact area supervisor to schedule an interview!

Better Hearing and Speech Month Sudoku

Every row, column, and 4-section mini-
Grid must contain the letters TALK

			T
	L		
A			
		K	