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THE MONTROSE MIRROR

Your Source for Local Business News and Information

Issue No. 72 Nov., 2013

The "What's Old is New Again" Issue!

RECORD CROWD PACKS EGYPTIAN FOR CIVIL WAR FEST

By Caitlin Switzer

DELTA--A capacity turnout of 400 Civil War buffs thronged Delta's Egyptian Theater for the Civil War Sesquicentennial Celebration Saturday afternoon. Civil War Historian and Musician Danny Agajanian performed on Main Street in Union blue as ticket holders filed into the theater to see a screening of the movie "Copperhead."

It just might have been the largest crowd the historic theater has seen since 1929.

"During the Great Depression, there was a nationwide phenomenon known as "Bank Night" that started right here in Delta, at the Egyptian Theater," Delta Historical Museum Director Jim Wetzel said.

"When it was introduced, merchants would donate what they could, and you had to be there to win prizes.

"Even a bag of groceries was a big win during the Depression."

The sold-out Civil War Sesquicentennial was a fund-

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Musician and Historian Danny Agajanian played music from the Civil War Time Period.

WHAT TO GET FOR YOUR PET!



Tara and Rowdy of Chow Down Pet Supplies pose in front of the K9 Oxx display. Stuffed replicas of Montrose County's canine hero have been a holiday hit for 2013. "We can't keep him on the shelves," Tara said.

By Caitlin Switzer

MONTROSE--She already has a special dish, 65 toys and a servant (you). So what in the world do you get for your cherished little (or big) pet this holiday season? Local experts have some ideas for you. If Downtown is your destination, Chow Down Pet Supplies at 202 West Main Street may have just what you are looking for.

"Christmas is one of our favorite times of the year," said Chow Down owner Krista Bush. "We have all kinds of fun stuff! Toys, cookies, jingle bell collars, all kinds of great beds...toys, treats and beds are really big this year."

On Sale Day Dec. 14, customers can take an additional 20 percent off, she said. Chow Down Pet Supplies also has two Santa photo days devoted to benefiting the Montrose Animal Protection Association (MAPA)—bring your pet in to get his or her photo taken with the big guy between 10 a.m. and 4 p.m. Nov. 23 and Dec. 14, and proceeds will go to help MAPA help less fortunate animals.

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REGIONAL NEWS BRIEFS

HORIZONS HEALTH CARE & RETIREMENT COMMUNITY ANNOUNCES NEW REHABILITATION DIRECTOR

Special to the Mirror

ECKERT--Volunteers of America and Horizons Health Care & Retirement Community is pleased to announce the appointment of Suzie Stramel as the new Rehabilitation Director.

Stramel will oversee a dynamic therapy team consisting of knowledgeable occupational, physical and speech language pathologist therapists at the Eckert location.

A resident of Colorado for the past thirty-three years, Stramel is no stranger to the area as she has worked in both staff and management positions in hospitals, skilled nursing facilities, out patient physical therapy departments, and home health in the Delta County area as well as in Denver and Boulder. Stramel has a physical therapy degree from Wichita State University with expanded education in orthopedics, vestibular rehabilitation, myofascial release, and craniosacral therapy.

"I was looking for a chance to move back to the Western Slope," Stramel said. "I like the slower paced way of life here and I knew that Volunteers of America has a strong, patient centered care philosophy." Stramel was the Rehabilitation Director

for Horizons for four years before moving to Boulder.

"I am especially interested in seeing our department expand its outpatient program and will make that one of my initial and long-term goals," she said.

"I also plan to focus on our ability to provide more outpatient orthopedic treatments for patients who have suffered fractures, total joint replacements, and muscle and joint injuries."

"We are thrilled to welcome Suzie back to Horizons," Sara Sterling, Executive Director, said.

"Her knowledge of physical therapy and rehabilitation is quite extensive and she brings specialized techniques to our program that will not be found in other outpatient rehab centers."

Stramel holds a unique certification in the LSVT BIG Program (Lee Silverman Voice Training) for Parkinson's disease. The LSVT LOUD Program originated as a training to help Parkinson's patients learn how to speak loudly. The BIG Program, developed in 2007, emphasizes big or large body movements which can improve strength and balance to improve functional

movements. She explained that the LSVT Big Program is an intense physical therapy program consisting of therapy four times per week for one hour each for a total of four weeks.

The patient also has "homework" or exercises to perform at home.

For more information on the Horizon Health Care's rehabilitation program, please contact Suzie Stramel at 970-835-3113 or sstramel@voa.org. Or visit the web site at www.HorizonsHealthCare.org.

For more than a century, [Volunteers of America](http://VolunteersofAmerica.org) has been recognized as a respected name in health care for older adults, and a dedicated ministry of service which supports and empowers America's most vulnerable groups. We address the most challenging issues of our day and develop innovative solutions through highly effective human-service programs that reach almost 2.5 million people in 44 states. Visit VolunteersofAmerica.org.



Suzie Stramel.

WHAT TO GET FOR YOUR PET? *CONTINUED FROM PAGE 1*

"It's really fun to come in and do a little spoiling of your pet," Bush said. "We're open Monday through Friday from 9 a.m. to 7 p.m. and on Saturday and Sunday from 10 a.m. to 5 p.m." Over in South Montrose, or SoMo, Petco is located at

3421 South Rio Grande in the River Landing Shopping Center. The big box store offers everything from small pets to grooming services, and any trend sweeping the human world is probably happening here.

"We have holiday sweaters, even some argyles," noted Customer Service Professional Elena Johnston. "We also have all kinds of little gift packs, as well as treats, toys and coats. "Be sure to stop by for antlers and Santa hats!"

THE MONTROSE MIRROR
MONTROSE

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REGIONAL NEWS BRIEFS

LAVENDER ASSOCIATION HONORS CENTENNIAL STUDENT FOR PRIZE-WINNING POSTER

Special to the Mirror

MONTROSE—Members of the Lavender Association of Western Colorado and Centennial Middle School officials took time Nov. 13 to celebrate the artwork of Centennial Middle School Seventh Grader Emily Bernstein, third from right. Emily's work, below, has been selected to promote the Fourth Annual Christmas Craft Show at Two Rivers Convention Center, Dec. 7.



SMPA Establishes New Scholarship in Honor of Late Board Member

Special to the Mirror

RIDGWAY--San Miguel Power Association, Inc. (SMPA) has established new scholarship in memory of James "Wes" Perrin, a former SMPA board member who passed away from throat cancer in the spring of 2013. Perrin served on SMPA's board for 14 years until his passing.

"Wes was an ardent supporter of energy efficiency and renewable energy. During his time on the board he helped bring to life many of the programs and services we offer today. The board chose to honor his contributions by establishing the Wes Perrin Memorial Scholarship," said SMPA General Manager Kevin Ritter.

The Wes Perrin Memorial Scholarship is a \$2,500, four-year renewable scholarship that will be awarded to one deserving candidate from across the co-op's service territory. Applicants must be dependents of SMPA members living in the service terri-

tory, graduating from their senior year of high school in 2014, demonstrate a passion for energy and intend to pursue a degree and career in the energy industry. The \$2,500 scholarship will be awarded to the winning applicant each year during the course of their studies, up to \$10,000.

In addition to the newly established scholarship, SMPA is also offering its standard scholarships to this year's high school graduating class. The co-op awards nine scholarships, totaling \$14,000, to graduating seniors from across the service territory. Applicants must attend school within SMPA's service territory, be a dependent of an SMPA member, be on schedule to graduate in 2014, and plan to attend a secondary education institution.

The San Miguel Power Association Scholarship, in the amount of \$2,000, is awarded to one graduating senior from each of the six high schools within the

service territory. The Tri-State Scholarship, in the amount of \$500, is awarded to two graduating seniors from the service territory. The Basin Electric Power Cooperative Scholarship, in the amount of \$1,000, is awarded to one graduating senior from the service territory. Applications are available online at www.smpa.com/Youth/scholarships.cfm.

The deadline to apply is February 10, 2014. Late submissions will not be considered. Completed applications can be returned to:

San Miguel Power
Attn. Becky Mashburn
PO Box 1150
Ridgway, CO 81432

Students may also submit applications electronically by emailing the documents to becky@smpa.com.

For more information contact Becky at (970) 626-5549 ext. 212.



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GRAND OPENING TO BE ANNOUNCED!

WHAT'S ON THE TABLE FOR LOCAL COOKS THIS THANKSGIVING?

By Caitlin Switzer

MONTROSE—Hungry locals have plenty of opportunities to indulge this Thanksgiving—whether you cook at home, share the Holiday meal with friends, or attend the always popular Montrose Community Thanksgiving Dinner at Friendship Hall from noon to 3 p.m. on Nov. 28, the options are seemingly endless. But how do those who cook for a living every day choose to celebrate America's favorite feast?

Sean Redd, who spends most days at Camp Robber Café as a line cook, has the Holiday off this year. In honor of the occasion he has invited ten guests to his home for a party.

"I think I will be smoking my turkey," Redd said, "with cilantro and lime juice infused under the skin, just to help it stay juicy."

For side dishes, he has no intention of serving cranberry sauce in any form.

"I will have sweet potatoes, candied yams," he said, "And of course mashed potatoes and corn gravy."

Head Chef Roberta Masden will be on the job at Bridges of Montrose on Thanksgiving Day 2013.

"We are doing brunch here, with all hands on deck," she said. "We will have turkey, roast beef and stuffed leg of lamb. For fun, we will also have things like Oysters Rockefeller, and crab stuffed shells with béchamel sauce. There will be chilled

shrimp in an iced bowl, with two dipping sauces, and of course the traditional green salad, mashed potatoes and sweet potatoes."

Masden said the meal choices will also include fruit salad and several kinds of gravy, as well as hot brioche rolls.

"We will have our new dessert buffet," she added. "It is really, really good this year."

Tradition rules the holiday for Jeff Archer, who spends most days cooking at Pahgre's Restaurant.

"This year I will be home, and I plan to have the typical turkey and mashed potatoes—all of the good stuff," Archer said. "I like to keep things traditional for the holidays. My brother and I are both cooks, so we make everything from scratch."

The big event will be dessert, he noted.

"I am going to make an Apple Brown Betty," Archer said. "It's more like a cobbler than traditional apple pie, with oatmeal and brown sugar."

For Chef Sarah Mandell of Flourish to Thrive, a healthy diet does not mean deprivation—especially on Thanksgiving.

Known for preparing delicious but healthful meals, the popular Montrose chef has made everything from gluten-free fried chicken and dairy-free pumpkin pie for health conscious holiday meals. So when Mandell finds someone who is "tired of turkey," she offers alternatives.

"I think pork tenderloin is festive and



Thanksgiving means a work day for Kelli Hartman of Great Harvest Bread Company. Hartman and her team will be taking orders for the holiday meal through Nov. 23.

definitely steps up to the occasion," Mandell said. "My go-to recipes are Pork Tenderloin with pears and shallots, from Epicurious.com (Bon Appetit/January 2010), and Pork Tenderloin with Balsamic Cranberry Sauce (same website, same magazine Nov 1998).

"The balsamic cranberry sauce is fantastic and it certainly fits the bill for Thanksgiving," she said, adding that sweet potatoes are also the perfect accompaniment to pork.

"Stuffing goes with either dish as well," she said. "You can switch it up and do a wild rice stuffing as your side dish. Wild rice is gluten-free, and is a grass rather a grain."

"And it's delicious with a wonderful texture."

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REGIONAL NEWS BRIEFS

Stakeholders Applaud BLM's Inclusion of North Fork Alternative Plan



North Fork residents packed a community meeting presented by Citizens for Health Community in 2012. Mirror file photo.

Special to the Mirror

PAONIA- Area stakeholders are applauding the U.S. Bureau of Land Management Uncompahgre Field Office's decision to include a community-based plan for consideration in an upcoming management revision for the area's public BLM lands.

"This is a tremendous opportunity for the communities in the North Fork to work with the BLM to ensure strong protective management for these popular, heavily-utilized public lands," said Brent Helleckson, proprietor at Stone Cottage Cellars, and stakeholder representative for the West Elk Winery Association.

"Although they are only a small percentage of the BLM lands in the region, the public lands in the North Fork are vitally important as our water sources, as wildlife habitat, and to our businesses which rely on the rural character of the valley."

After twice winning deferment from the BLM of a previously scheduled oil and gas lease sale of the area's BLM lands, local stakeholders have worked the past year and a half to craft a plan that protects the agriculturally rich North Fork Valley from future oil and gas leasing and development.

"Oil and gas development here in the valley has the potential to adversely affect our farm, and our neighbors' farms," said Mark Waltermire with Thistle Whistle Farm and stakeholder representative for the Valley Organic Growers Association.

"We need to know that management will be at least as protective as the North Fork Alternative Plan and that the BLM will account for the economy and uses already in place," Waltermire said. "We will work to make sure that the final plan protects existing resources and uses."

In late October the BLM notified organizations coordinating the North Fork Alternative Plan effort that the agency would consider the community-based plan in its draft environmental impact statement for the agency's management plan revision. That draft document is now expected out in 2014, and will be available for at least 90-days of public review and comment.

"We are grateful that the BLM validated the community's engagement and input in deciding to consider the North Fork Alternative Plan," said Sarah Sauter, director of the Western Slope Conservation Center, one of the groups helping to steer the effort.

"Now we want to show the BLM the support that ensures it is adopted into the final plan."

The North Fork Alternative Plan is a resource-based approach to future oil and gas leasing that seeks to protect the existing economy of the valley along with its water sources, rivers and wildlife areas, community and recreational areas, and sensitive and scenic features of the landscape.

The North Fork Alternative Plan would close certain areas to oil and gas leasing and would impose strict surface use restrictions—including No Surface Occupancy—and development set-backs in places where leasing might be allowed to occur.

The North Fork Alternative Plan was developed in response to earlier attempts by the BLM to lease public lands for oil and gas drilling in the center of, and sur-

rounding, the towns, farms and residents of the valley. Stakeholders representing agricultural, tourism, realty, and conservation groups involved in stopping the lease sale set out to craft a community proposal to present to BLM in conjunction with the forthcoming land use plan revision.

The BLM's resource management plan currently in effect was finished in 1989, and the badly outdated nature of it was a major factor in forcing the agency to defer the earlier lease sales. Stakeholders wanted to avoid repeating that fight, and to take the opportunity to try and engage the BLM constructively during its new plan revision.

Since being released as a set of recommendations in March 2013, the North Fork Alternative Plan has received the support of the Towns of Paonia and Crawford, West Elk Winery Association, Valley Organic Growers Association, the Paonia Chamber of Commerce, and others, along with over 700 local residents.

And although supporters applaud BLM's decision to consider the North Fork Alternative Plan, and will advocate that the agency adopt it, at best it is only an administrative solution.

Real and enduring protection for the valley's public lands is best achieved by an Act of Congress.

And many proponents of the North Fork Alternative Plan will keep hopes and efforts directed toward that permanent solution as well.

"We are hopeful that the BLM has realized our community is united when it comes to keeping industrial development out of places it doesn't belong," said Jim Ramey of Citizens for a Healthy Community, co-coordinator of the North Fork Alternative Plan effort.

"We will engage the agency to help it adopt the North Fork Alternative as a strong management framework.

But the real solution is protecting the public lands in the valley for their other values and uses, and ultimately we want to convince our Senators and Congressional delegation to help make that happen."

REGIONAL NEWS BRIEFS

CHAMBER FOR GOOD CONNECTS DELTA COUNTY CHARITIES

Special to the Mirror

DELTA--“Someone once told me that Delta County isn’t poor, not where it counts. We’re an incredibly blessed and rich community, because of the caring, generous people who live here,” said Kami Collins, executive director of the Delta Area Chamber of Commerce. Just look at the sheer number of organizations here that help the local community with everything from literacy to animal rescue to scholarships to shelter to sending home food with hungry school kids. “Looking at all these organizations – Altrusa, St. Nicholas Project, The Abraham Connection, Rotary, Kiwanis, all of them – we are so much stronger together, and these organizations are doing great things for Delta County,” Collins said.

When David Moss, the president of the National Chamber for Good Network, contacted Collins about the Delta Area Chamber of Commerce becoming a “Chamber for Good,” she jumped at the opportunity for Delta organizations and philanthropic givers to be a part of this network.

Chamber for Good is a community-building service which allows local non-profits to raise their visibility within the community and also provides businesses and philanthropic individuals an easy way to become aware of local charitable needs, causes and events.

Bringing individuals, organizations and businesses together to achieve great things is a key focus of the chamber. The Chamber for Good system provides a clearinghouse that serves to connect all local charitable organizations and causes with the individuals and organizations within our community that are eager to support local needs. Chamber for Good makes it easy to give local. “This tool allows us to harness the goodness of our residents and businesses and really strengthen our community in

a way that we haven’t been able to before,” explained Collins.

“It’s amazing how many local needs go unnoticed by individuals and organizations that would gladly volunteer time, donate items or financial help if they only knew about them,” Moss said. “Many of the noblest causes operate seemingly in the shadows with little or no public awareness. We’ve found there is wonderful movement building throughout the country that can best be described as ‘Give Local.’ The Chamber for Good website raises the visibility of these local charities and causes and allows communities to really make an impact with those charities that serve the people and causes in our own backyard.”

The Chamber for Good tool allows residents of our community to view local charitable needs posted by local charities sorted into three areas: financial needs, volunteer needs and item needs. All local charities that fit the eligibility guidelines have the ability to create a public profile on the Chamber for Good site, then post needs in the three areas as they arise. Residents not only have the ability to browse local charitable needs, but can also make item and volunteer offers.

For example, a local individual or group can go to our community’s Chamber for Good website and click “offer volunteer time,” then give a brief description of the date and time they’re available to volunteer, and then send it to all local charities or just those charities within a certain category. The charities are instantly notified via email and can respond back to the individual or group making the offer.

Or, if a Delta area business needs to unload a number of chairs no longer in use, for example, the business clicks on “offer items to charity,” describes the items, then clicks submit. Instantly all local charities



are made aware of the items and can respond to the donating individual.

Residents are encouraged to go to the local Chamber for Good website and enter their email address toward the bottom of the home page. By doing this they will be notified once per week, by email, of the local needs that exist among the charitable organizations and causes that operate within our community.

You can find the Delta Chamber for Good by clicking the Chamber for Good logo on the Chamber’s website homepage at DeltaColorado.org.

Also, every non-profit in Delta County, whether or not you are a member of the Delta chamber, is encouraged to become a partner on Chamber for Good, Collins said. “We want to connect the entire community. Feel free to list your organization and reach more people.” For information on Chamber for Good, please contact the Delta Area Chamber of Commerce at 874-8616. The Delta Area Chamber thanks the Delta County Independent, KRYD JackFM, Clubb’s Store Company, Wells Fargo and Tayshen Automotive for making the Chamber for Good partnership possible in Delta County.





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RECORD CROWD PACKS EGYPTIAN THEATER FOR CIVIL WAR FEST from page 1



Keith Lucy of Delta helped to organize the sold-out Civil War Sesquicentennial.



Above, a poster for the movie "Copperhead," and a Union Soldier Guarding the door were signs of Delta's Sesquicentennial, Signature Event which honored the 150th Anniversary of the American Civil War.



raiser for the Museum, and was organized mainly by Brad Davis of Davis Clothing and Civil War buff Keith Lucy.

"We really had a blast with this," Wetzel said. "The prize drawings were the big thing—we had seven of them. We are raising money to buy a new microfilm reader for the Museum; the one we have now is so old we can no longer even buy parts. We will not have enough money to fund the whole purchase, but this puts us a good distance closer."

The Delta Historical Museum is an outstanding local resource, with papers in the collection that date back to 1883.

"We do so much family history research," Wetzel said. "A new microfilm reader will really help." Colorado was not yet a state when Confederate General Robert E. Lee surrendered to Union Army General Ulysses S. Grant at Appomattox, Virginia in April of 1865, effectively ending the nation's bloody Civil War. According to the late Jerry Kopel in an article written for the conservative Independence Institute, the assassination of President Lincoln five days later actually delayed Colorado's entry into the Union.

"Lincoln won re-election without Colorado's help," writes Kopel. "His Vice President, Democrat Andrew Johnson, supported the Union. When Lincoln was assassi-

nated, Johnson became president on April 15, 1865. Then began the fight between Democrat Johnson and the Republican Congress, which delayed Colorado's statehood."

It was not until 1876, after many failed attempts, that Colorado finally achieved status as the 38th state in the Union, Kopel notes.

Perhaps it is the state's embattled history and strategic importance to both the Union and the Confederacy that continues to inspire local Civil War buffs even today. Though Confederate partisan ranger units were active in this state between 1861 and 1865, a New Mexico campaign launched by Confederate Brigadier General Henry Sibley in 1862 in an attempt to gain control of Colorado's gold fields, Nevada's mineral wealth and California's ports failed when the Southern armies were defeated at Glorieta Pass. So strongly did Union sympathizers feel that the hoisting of a Confederate flag above a store on Denver's Larimer Street was enough to spark a citizen uprising in 1861, according to an account of the incident on Wikipedia.

For Keith Lucy of Delta County, remembering the nation's Civil War and Colorado's key role as a territory is a passion. Lucy recently walked from Delta to Montrose County in period dress to honor the

Sesquicentennial of the Civil War.

"We sold more than 400 seats," notes Lucy, who added that the Henry 30-30 Octagon Rifle awarded to a ticket holder at the Sesquicentennial was inspired by President Lincoln.

"Lincoln owned one, and shot it on the White House grounds—something that would be a big no-no today," said Lucy, whose great-great Uncle was killed at the Battle of Shiloh in 1862. A Civil War musket was also given away, and a drawing was held for the opportunity to fire an authentic Civil War Springfield Rifle, he said. Attendees also vied for chances to win a packet of Civil War era recipes, and a year's subscription to *Civil War News*.

Putting on the event was quite a bit of work, but also fun, Lucy said.

"This was a commemoration of the 150th Anniversary of the American Civil War," he said, noting that the event was a partnership between the Delta County Historical Society, Delta Museum and local schools.

"This is a historical celebration," Lucy said. "We are showing a matinee of the movie 'Copperhead,' which is based on facts and is about people who opposed the Civil War and the pressure and turmoil that was caused. All of them believed the Bible supported their own position—this is

RECORD CROWD PACKS EGYPTIAN THEATER FOR CIVIL WAR FEST

continued from previous page

a history lesson.”

Guest Historian Gary Parrott spoke, and many who attended the screening of the movie did so in period garb.

“Colorado was not a state at the time, but the Front Range certainly had both Northern and Southern sympathizers,” Lucy said. “When Colorado volunteers met the Confederates at Glorietta Pass they stopped Confederate access to the gold fields—it was an important engagement.

“There were Copperheads in Colorado too,” he said.

A self-professed Civil War buff, Lucy, 57, has toured battlefields and studied American and Colonial history. Though helping to put on the Sesquicentennial took plenty of effort, he said that he might consider doing it again in another 50 years. “On October 26, I walked from Delta to Olathe in period dress,” he recalled. “A guy from KJCT8 TV followed me for a couple of miles. It really wasn’t so bad, although the last half-mile was pretty rough. Lots of people waved to me along the way, and when I got to Olathe I just sat down. Somebody gave me a drink of water.”

Lucy said that though State House District 58 Rep. Don Coram tried to interest the Colorado legislature in recognizing the 150th Anniversary of the War Between the States, “We never heard a peep,” he said.



At right, ticket holders began to line up early for the chance to win prizes.

And yet, “This is part of our history,” Lucy said. “We have a tendency to forget what happened in the past, but we do so at our own peril—we risk repeating our mistakes if we ignore what went on before.”

Honoring the past also builds connections to the present, and makes us stronger, he said, and added that the humanity of his-

torical figures is key to our understanding of history.

“The movie, ‘Copperhead,’ is about non-resistance,” Lucy said. “That if you take a stand and believe you are right, you may take a hit. It’s a message that is as relevant today as it was during the Civil War—or the Revolutionary War, for that matter.”

Valerie Meyers' Weekly Monday



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REGIONAL NEWS BRIEFS

SMPA SECURES \$50K IN MATCHING FUNDS FOR RENEWABLE REBATES

Special to the Mirror

RIDGWAY--San Miguel Power Association's \$140,000 renewable energy rebate fund was exhausted at the start of this month. That money was funneled back to the membership through 17 roof-top solar photovoltaic installations, 33 SMPA Community Solar Array systems and three solar hot water systems. But the co-op isn't leaving their members empty handed for the rest of the year.

"Our renewable rebates are always popular. This year our funds ran out with three months left in the year. We had to find a solution for our members who were still interested in pursuing renewable energy and depending on our rebate," explained SMPA General Manager Kevin Ritter.

SMPA found that solution in the Clean Energy Collective (CEC). The CEC offered up a \$50,000 matching grant. That plus an additional \$50,000 from the co-op's renewable energy fund will replenish the renewable rebate pool for the remainder of the year. The funds are available on a first-come, first-served basis. The availa-

ble rebates are as follows:

Solar Photovoltaic* Residential: \$1 per watt; max of 3kW or \$3,000

Solar Photovoltaic* Commercial: \$1 per watt; max of 10kW or \$10,000

Small Wind Residential: \$1 per watt; max of 3kW or \$3,000

Solar Domestic Hot Water – Electric Backup: \$1,000 per installation

**rebate also applies to purchases in the SMPA Community Solar Array*

SMPA members interested in installing a renewable energy system and receiving a rebate are encouraged to work with an installer who is a member of the North American Board of Certified Energy Practitioners (NABCEP). A list of certified installers can be found online at <http://www.nabcep.org/installer-locator>. Members interested in participating in the SMPA Community Solar Array can work directly with the Clean Energy Collective to reserve their rebate. SMPA requires a \$250 deposit on all renewable energy rebate reservations.

For more information about SMPA's re-

newable energy rebates visit

www.smpa.com/Service/renewablerebates.cfm or contact SMPA Energy Services Technician Wiley Freeman at wiley@smpa.com or (970) 626-5549 x231.

About the Renewable Energy Fund

SMPA's renewable energy fund is a member-supported fund that is financed through SMPA's Green Cents and Green Blocks programs.

Through the Green Cents program SMPA members can choose to round up their bill each month, and the co-op deposits those extra cents – on average less than \$7 per year – into the renewable energy fund. SMPA members can also purchase renewable energy offsets, called Green Blocks, in increments of 100 kilowatt hours for \$1.

One hundred percent of the money collected is put into the renewable energy fund.

The fund is then used to pay for renewable energy projects within SMPA's service territory, such as the SMPA Community Solar Array or rebates.

CASA 2013 DODGEBALL TOURNAMENT WAS A BALL!



CASA Volunteer and Mrs. International 2013 Amy Gregorio participated in a number of pre-dodgeball tournament activities, including unveiling a CASA-wrapped skid loader to kick-off an on-going promotion by Black Dog Equipment of Montrose. Ten percent of rentals for the machine will be donated to CASA. Photo by Tim Frates.

Special to the Mirror

REGIONAL--CASA of the 7th Judicial District (Court Appointed Special Advocates-CASA) hosted 26 teams at their second annual dodgeball tournament on Saturday, Nov. 2, at Centennial Middle School in Montrose. Crowds cheered on teams representing all six counties in the 7th Judicial District (Montrose, Delta, Gunnison, San Miguel, Ouray, and Hinsdale) —and as far away as Rifle, CO. Elected officials were among the participants who put themselves on the line for CASA, including District Attorney of the 7th Judicial District Dan Hotsenpiller and Montrose County Sheriff Rick Dunlap.

"The event really got the word out about CASA, and the energy was incredible!" said CASA Executive Director Karen Tuttle.

To learn more about CASA's mission and child advocacy efforts, email to info@casa7jd.org or call (970) 249-0337, or visit www.casa7jd.org.

LOVE SURVIVES FIERY CRASH THAT KILLED PILOT IN 1945



Leila Ross Ala of Montrose, beneath pictures of her handsome brother, World War II Pilot Charles Ross, and other family members.

By Caitlin Switzer

MONTROSE—He was born near Ridgeway in 1916, delivered by Ouray's Dr. Bates. As a young man he was good looking and charismatic, and might have pursued a career in the field of entertainment had he survived. Sadly, though Pilot Charles Ross was able to parachute from the fiery explosion that had engulfed his B25 above Italy in 1945, he survived for just a matter of days after being rescued by caring civilians. Ross, who was 28, was greatly missed by his family, including younger sister Leila who was then a schoolteacher. Over the years, Leila has saved a few treasured pictures of her handsome brother, and treasured a thousand memories.

"He was seven years older than me," she

said. "Mother kept his letters from the time he was inducted. It was quite a history—he used to say that he loved to fly, but he sure hated those missions."

When the family learned that Charles had been shot down, it was February.

"The War ended in June," Leila recalled. "We knew he was missing, but we had just hoped he had gone North, or something..."

Instead, they learned that Ross had died in a military hospital in Trentino, Italy. His sister, now 90, lives in Montrose, where she has spent most of her life. Last week, Leila Ross Ala learned that somebody in Trentino had acquired a picture of Charles long ago, and wanted his family to have it.

The letter had found her via the Welcome Home Montrose Warrior Resource Center Facebook site, after it had been received and posted at the front desk of the non-profit's headquarters at 11 South Park Avenue. WHM Founder Melanie Kline had mentioned the letter on Jim Kerschner's KUBC radio show a week ago, and when she returned to the Warrior Resource Center, Kline encountered World War II veteran Charles Carr.

As fate would have it, Carr had been a seventh grade student of Leila's many years ago, and thought the letter referred to her brother. After some investigation, Carr found Leila at Homestead of Montrose.

For Kline, it was the latest in a series of miracles that have taken place since she founded Welcome Home Montrose and the Warrior Resource Center several years ago.

"I am amazed at the internet, at Facebook, at Google translator, the miracle of Welcome Home Montrose, and a wonderful man in Italy who contacted us with a very old photo he has kept since 1945,"

Kline said. "What are the odds?"

As Leila awaits the arrival of the long lost photo, she has been working to compose a song in honor of Charles, and writing her memories down.

"I was a teacher, and when I got the word about Charles I was fresh out of college," she said. "I was 20, and I had students as old as 16! It really was not the best year."

Born in the West End and a graduate of Norwood High School, Leila stays sharp today with laughter and by playing music—though she is a polio survivor, she has adapted to her physical limitations and still plays for others--and by reflecting on life's mysteries.

"My brother was no coward," she said. "He was burned and broken, and his crew had gone down with the plane. He was in a hospital right there, but he may not have had the will to live."

In the words of a poem that Leila continues to rewrite a little each day, "Did he have an inkling that this would be his final mission, the silver bird, pilot and his crew?"

Leila looks forward to having another photo of Charles for her album, and enjoys visiting with the staff who assist her at Homestead of Montrose. She does have some suggestions for the kitchen, however.

"I watch Dr. Oz," she said. "I think they should make our cooks watch Dr. Oz—there aren't enough vegetables on our plates, and they tend to be overcooked. They'll put corn with potatoes--how about a fresh salad?"

Paying attention to her health is a lifelong habit, she noted, and she has no intention of breaking it now.

"I am 90 years old, and I can do what I want," she said.



Style to boot.
Coverage to last.

The Mirror

REGION 10 HOSTS ECONOMIC GARDENING WORKSHOP FOR LOCAL OFFICIALS



Economic Gardening was the subject of a Nov. 18 workshop at Region 10.

By Caitlin Switzer

MONTROSE—As any gardener knows, preparing the soil and planning for the growing season are essential to achieving a decent harvest. On Nov. 18, the Region 10 Small Business Resource Center hosted a workshop specifically for local economic development officials on Economic Gardening, with the idea of creating a more fertile environment for businesses to grow.

Leading the presentation was Joe Keck of the Fort Lewis College office of the Small Business Development Center in Durango. Attendees came from Montrose and the surrounding communities. Also on hand to provide insight was Ed Morlan of the Region 9 Economic Development District of Southwest Colorado.

Though many development agencies work to lure “second stage” companies—those with six or more employees and earning revenues between \$500,000 and \$50 million annually—Keck said that his organization works largely with local companies. Today, the Fort Lewis College SBDC has 500 clients, which Keck called “intense.”

“We need to target our resources, and we believe “bird in the hand” companies bring a better return than companies brought in from outside,” he said, and added that his own interest in obtaining better data for business was sparked by the experience of owning a Hallmark store in Cortez years ago.

“We were looking for good information, and while there was “canned” information available from Hallmark, it was hard to develop a business plan based on those numbers, which were so much higher than



The Region 10 Enterprise Center is located at 300 North Cascade in Montrose.

what we were seeing,” he said. “About half of the businesses we work with at the SBDC are startups, and we want them to walk out the door armed with much better information.”

The “grow-your-own” economic development philosophy was inspired by the experience of Littleton, Colorado, Keck said.

“When Martin Marrietta closed, the economic development director met with the City to talk about what to do,” Keck said. “And they decided not to pay tax rebates or offer incentives to outside companies, but to work with what they had.”

A toolbox is essential to economic gardening, and includes an array of data resources that are available for data mining—everything from business to business marketing lists, industry and lifestyle reports and profiles, and the demographic data known as “tapestry” that helps further define a community and a market. Keck listed the resources he and his team have used to assist clients, who range from municipalities to companies to restaurants to Native American tribes.

“Folks want to know, if they are going to grow their companies, what are the opportunities?” Keck said. “So we started to compile data, and a build a network of business advisors—we value their time at \$100 per hour, and give them a 12.5 percent credit on their state taxes.”

Providing retail data for decision makers based on sales tax filings was an early project that Keck and his team took on, and as time went on, they continued to build their arsenal of resources. Research Consultant Donna Graves has been instrumental in developing the process of “data mining” for Region 9 and the SBDC, developing ways to use the data on behalf of local

business; one of Grave’s many accomplishments has been to come up with a “pull factor” for Region 9 communities based on the available data.

“Tapestry” Information on lifestyles and demographics can be especially useful to those who are new to a community, Graves said.

“If you already live there you may have a pretty good idea, but if you are coming in from outside, this kind of information— income levels, educational attainment, type of home—can help you decide what type of business to open,” Graves said.

Keck also suggested that one way to get started building information resources is through the Home Loan Bank Jobs grant program, which provides \$25,000 in funding with few strings attached.

“If you are in the business of tracking jobs, this is a cool source of funding,” he said.

Keck noted that recent FLC SBDC clients have included the Southern Ute Tribe, whose Ignacio Cultural Center became a \$39 million project.

Region 10 Executive Director Michelle Haynes, who organized the economic gardening workshop, said that her contacts with Region 9 and the Durango SBDC have given her a new outlook on what is possible for an economic development organization in rural Western Colorado.

“I have a new appreciation for data mining,” Haynes said. “You develop a picture—and then use your resources to get a BETTER picture.”

Among those who came to the Region 10 workshop was Sarah Carlquist of Delta County Economic Development (DCED).

“I work in economic development, and I have heard about economic gardening before but did not know much about it,” Carlquist said. “I am here to learn.”

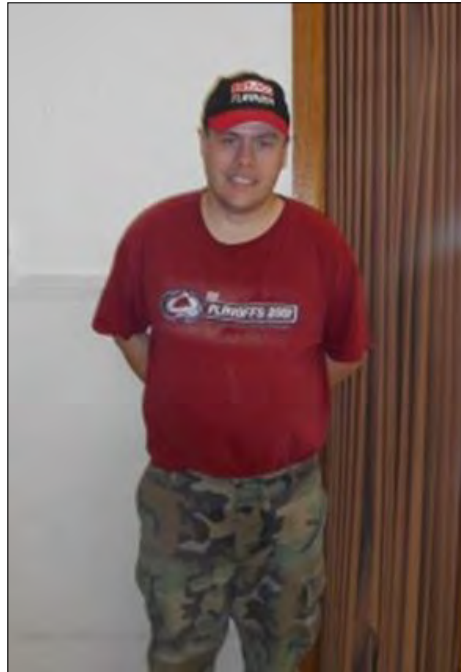
“Economic gardening is essential to the Hometown Competitiveness Model,” said Region 10 SBRC Director Vince Fandel. “This is a way to take our existing businesses, and help them expand, survive and grow.”

REGION 10
Educating & Supporting
Small Businesses
SMALL BUSINESS RESOURCE CENTER

Colorado Yurt Company Partners with Community Options



Daniel. Courtesy photo.



Robbie. Courtesy photo.



Opal and Jackie put the Yurt catalogs together. Courtesy photo.

By Ivy Fife

Colorado Yurt Company

MONTROSE—"Oh, it's you again."

When my friend Daniel says this to me, it's always accompanied by a huge smile. Sometimes he also calls me "Grandma", Daniel's idea of a friendly insult. Then, he'll ask when I'm going to come watch him bowl.

Robbie tells me how he's going to start playing basketball on the Special Olympics team, if his knee feels better. But first, he is wrestling, and he shows off the vinyl and plastic version of a championship wrestling belt he has over his shoulder.

These guys are my muscles. When I am unloading boxes of catalogs, I ask "Can I get some muscles?" The boxes

are pretty heavy, and I need assistance getting them into the workshop. Daniel and Robbie are right there to lift them out of my car.

The workshop is the Day Program (Silver Mountain Enterprises), a program of Community Options. Over the years, Silver Mountain's workshop has done work ranging from sorting feathers for a fly fishing company to cutting shapes for a craft company. The program also places people at different businesses in the community, such as restaurants and retailers for competitive employment.

Colorado Yurt Company began working with the developmentally-disabled adults at Silver Mountain Enterprises over 20

years ago.

Our first employee from Community Options was Joann. When the shop was in Ridgway, she rode the Greyhound bus from Montrose every day to work at our company.

Then her family moved to Denver. A few years later, she saw Dan and Emma at an event with six big tipis. Joann was so excited, she actually spoke for the first time in years.

These days we send out catalogs and price lists every two weeks or so, and we need them to be collated and put into mailing envelopes. As our demand for catalogs grew beyond what our office staff could handle, we hired Silver Mountain Enterprises to help us out.

For Colorado Yurt Company, it's been such a great fit. The work is always well done and on time. They deliver the completed envelopes to us, or sometimes they stop by our office for supplies. We appreciate all they do, and we are contributing to their goals.

The muscles are just a bonus.

San Juan Apartments Hold Third Annual Holiday Bazaar Nov. 23

Special to the Mirror

MONTROSE--On November 23, from 10 a.m. to 3 p.m., the senior and disabled residents at San Juan Apartments (1650 Church Street, behind Murdoch's) will be hosting their 3rd Annual Holiday Bazaar to raise money for their Resident Council Fund. Vendors include Local Crafters and Home Based Businesses. For more information Please contact Jolene Hartman, 970-252-3431, for more information.

COLORADO GIVES DAY AN OPPORTUNITY TO HELP HOPEWEST

Special to the Mirror

REGIONAL—HopeWest (Hospice & Palliative Care of Western Colorado) is participating in the fourth annual Colorado Gives Day on Tuesday, Dec. 10 beginning at 12 am and continuing for a full 24 hours. People throughout Colorado are encouraged to donate online to their favorite nonprofits through the GivingFirst website. To preschedule your donation for HopeWest go to www.ColoradoGives.org/HopeWest.

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COME AND ASK QUESTIONS!**

**Certified health coverage guides will be available to
answer questions, run financial assistance eligibility, and set-up accounts for
both CMU students and Montrose residents.**

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REGIONAL NEWS BRIEFS

BLM Plans Pile Burns to Reduce Hazardous Fuels

Special to the Mirror

GUNNISON – The Bureau of Land Management’s Gunnison Field Office plans to begin burning slash piles for two hazardous fuels reduction projects as early as Wednesday, November 20, or as conditions allow. One of the project sites is on BLM-managed lands near the Blue Mesa subdivision. This project is a continuation of pile burns that was initiated last winter. The Blue Mesa project site is 40 acres in size and includes 100 piles. The other project site is located on BLM-managed lands near Crystal Creek, approximately seven miles south of Powderhorn, Colo. The Crystal Creek project site is 25 acres in size and includes 100 piles. Each project is expected to be completed within one to

two days of initiation.

An environmental analysis and detailed burn plan outline the parameters for burning piles of mixed conifer vegetation. “The burn plan contains specific criteria regarding weather conditions and air quality that must be met to help ensure control of the burn as well as to minimize the potential smoke impacts to local communities,” said Mike Davis, BLM Fire Management Officer. “Fire crews will monitor burn piles following ignition to ensure public safety.”

The BLM has obtained a Smoke Permit which identifies atmospheric conditions under which the burn can be implemented from the Colorado State Air Pollution Control Division for this project. While smoke may be visible in the area at times

during the pile burning, most of the smoke will lift and dissipate during the warmest part of the day. Some smoke may linger over the area and in drainages as temperatures drop during the evening.

“Pile burns are generally conducted during the winter and spring; when there is sufficient snow on the ground to ensure that conditions are safe to conduct the burn,” said Chris Barth, BLM Southwest District Fire Mitigation Specialist.

“Prescribed fires – including pile burns – help to reduce wildfire risk to communities, help restore and maintain ecosystem health, and achieve specific resource objectives such as habitat improvement and fuels reduction.”

LIBRARY OFFERS COMPUTER SCIENCE EVENT FOR KIDS!

Special to the Mirror

MONTROSE--Students in grades 3 through 5 are invited to an “Hour of Code,” a special computer science event on Dec. 10 from 4 to 5:30 p.m. in the Meeting Room of the Montrose Regional Library. Sponsored by the Marguerite H. Gill Children’s Room as part of The Digital Creations Club, this event is one of many around the world celebrating Computer Science Education Week, December 9-15. This program is designed to demystify computer “code” and demonstrate that anyone can learn computing basics.

See www.hourofcode.com for more information. Call 970-249-9656 X2 to pre-register.

ALTRUSA PRESENTS APPLE AWARD

Special to the Mirror

MONTROSE--Amanda Braaten, center, teacher at Johnson Elementary, expressed her thanks for receiving the November Altrusa Apple Award from Altrusa member, Dr. Sheryl Solow, right. Lisa Pierce, left, Principal at Johnson Elementary, introduced Amanda and talked about her patience and grace as the Kindergarten teacher, showing her students how to interact with others by showing her own consistency of attitude and her own regular routines. She is the chair of the Character Education Team at Johnson. Many of her qualities of vision, dedication, her work ethic, and the fact that she is a master of strategies assists her in teaching social and academic learning skills to her pupils. She is an effective role model to others.





www.montrosecounty.net

MONTROSE COUNTY NEWS AND INFORMATION

COUNTY UNVEILS NEW LOGO HIGHLIGHTING HERITAGE, CULTURE, LIFESTYLE

Special to the Mirror

MONTROSE--Montrose County is proud to announce the implementation of a new county logo designed by Montrose-based creative firm Treefeather Creative. The new logo is a traditional seal featuring several aspects of the county that demonstrate heritage, culture and lifestyle.

The mountains in the logo's background highlight the stunning vistas and recreational opportunities that many enjoy, while the winding river signifies the importance of water within the county.

The corn is indicative of an agricultural heritage and gives a nod to the famous Olathe sweet corn harvested in the county and the mining pick represents the mining heritage of the county in particular that of the west end.

Also, the stars on the side of the seal are the sheriff's stars that symbolize public safety and government.

"The new logo showcases the beauty of the county as well as celebrates our roots," said County Manager **Rick Eckert**.

"As the county matures and changes, I think the new logo is a reflection of that change," said Commissioner **Gary Ellis**.

The new logo will be phased in to county signage, forms and vehicles as new items are acquired or needed—implementation was designed to maintain priority four of the citizen-driven strategic plan of an effective and responsive government.

Minimal up-front tax dollars will be spent on this initiative, rather the county will utilize the new logo when replacing business products as budgeted.



*Montrose County's new logo.
Courtesy image.*

VACCINATIONS URGED AS PERTUSSIS CASES INCREASE

Special to the Mirror

DENVER – Responding to a recent surge in cases of whooping cough (pertussis), the Colorado Department of Public Health and Environment is urging Coloradans to ensure they're up to date on vaccinations. One hundred new cases of pertussis were reported in the second half of October.

In the first 10 months of 2013, 1,116 cases of pertussis were reported. Colorado has seen epidemic levels of pertussis over the past two years.

The 1,494 cases in 2012 made it the state's worst year for whooping cough, surpassing the 1,383 cases in 2005.

"Pertussis immunizations are recommended for all children and adults, but it is especially important for people who have contact with infants to be up-to-date," said Dr. Rachel Herlihy, the medical director of the department's immunization section.

"Infants are too young to receive the vaccine themselves and have a higher risk of hospitalization and death due to pertussis."

"Unfortunately parents and other caregivers are commonly the source of pertussis

infections in infants," Dr. Herlihy said.

"With national estimates suggesting only 12 percent of adults have received the recommended Tdap vaccine, we are missing too many opportunities to prevent these infections."

Though the recent increase is widespread, the most of the new cases were in Arapahoe, Boulder, Denver and Jefferson counties.

Ideally, the vaccine should be received at least two weeks before beginning contact with an infant, to allow enough time to develop immunity. Infants should receive the pertussis containing vaccine, DTaP, at ages 2-, 4- and 6-months, and again between 15 and 18 months of age, and children should receive a booster between 4 and 6 years of age.

The Tdap vaccine is recommended for: Children 7–10 years old who are not fully immunized with the childhood DTaP vaccine series; Adolescents 11–12 years old; Adults who have never received a Tdap vaccine; Pregnant women at 27 through 36 weeks or pregnancy; Parents/caregivers

of infants under 12 months of age, including grandparents, babysitters and childcare workers; Health care workers; Others who plan on having close contact with an infant.

Pertussis is a bacterial infection of the respiratory tract that spreads easily through the air in droplets when an infected person coughs or sneezes. The illness often starts with cold-like symptoms, including sneezing, runny nose, low-grade fever and a mild cough.

The cough becomes more severe during the first week or two, and often is characterized by episodes of rapid coughs (coughing fits), followed by a high-pitched whoop, or a coughing fit followed by vomiting.

The cough may last for a couple of months and is more frequent at night.

If you think you or your child has pertussis, contact your health care provider. For more information see the department's [pertussis page](#). For general information on immunizations, visit <http://www.immunizeforgood.com/>.

ARE YOU 'DAD ENOUGH' FOR THE NURTURING FATHER'S PROGRAM?

Special to the Mirror

MONTROSE.--Montrose County Health and Human Services challenges local dads to make a clean break from any negative parenting models, and consciously begin to build their own legacy of fathering their children in a loving and positive way. The Empowering Dads Program is looking for those 'dad enough' to start a winter program.

"In rural western Colorado, the Empowering Dads Program is experiencing consistently positive results delivering Mark Perlman's The Nurturing Father's Program curriculum to over 70 participants since May 2012," said program manager **Jon Merritt**.

Participant testing continues to show encouraging results—93 percent of fathers who completed the Nurturing Father's Program class before and after tests between October 2012 and March 2013 demonstrated improved confidence and knowledge regarding positive and involved parenting skills and actions.

A central component of the Empowering Dads program is the provision of a Fatherhood Coach that is assigned to each participant. The coach is able to give personal attention to each father, offer a listening ear, make an assessment of the father's most pressing needs and form a game plan for accomplishing specific fatherhood goals. Personal mentoring, relationship classes and employment support services all contribute to the program's overall de-

sign to help dads be the best dads possible.

Empowering Dads is a federally--funded fatherhood support program committed to helping fathers reach for their full parenting potential. The program operates out of the Montrose County Health and Human Services south campus and offers services and support for fathers in the Montrose, Delta, Ouray and San Miguel counties.

To learn more about this great resource for fathers and families in Western Colorado, or to enroll, contact Empowering Dads by email

(empoweringdads@montrosecounty.net), phone (970-252-5000 for Montrose or 970-275-9619 for Delta), or on Facebook at www.facebook.com/empoweringdads.

Empowering Dads: "We're here for Dads. Be there for your kids!"

At the conclusion of the program's ninth and most recent session of The Nurturing Father's Program class, Fathers shared these written responses to the statement 'What I valued most about the program'.

"The advice and skills I learned, the people I met, and the food. Overall great class. Good tool for improving today's society."

Robert, Father of five children ages 13, 12, 10, 2 years old and 3 months

"The knowledge I gained looking at my father's mistakes and his good things. Realizing what to use and what to throw away. The insight to the things we say to our kids and what they hold on to."

Tom, Father of two children ages 5 and

3 years old

"What I valued about the program the most was the knowledge I gained to be a successful father in the book as well as stories from group members. Nurturing Fathers was an informative, well organized way to learn how to be a nurturing father."

Nick, Father of two children ages 5 years old and 14 weeks

"The sharing of the facilitator and the rest of the class gave me insight and ideas of problems and solutions. The program identified the things I am doing wrong and how to change them."

Ray, Father of three children ages 9, 13 and 14 years old

"Learning skills and techniques that I had never thought about. I loved coming every Wednesday and I'm pretty upset it's over."

Zach, Father of two children ages 4 years old and 20 months

Empowering Dads funding is provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant #90FK0030. Any opinions, finding, 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.

CURECANTI MEDICAL SOCIETY OFFERS SCHOLARSHIPS

Special to the Mirror

MONTROSE.--The Curecanti Medical Society is made up of Montrose and Gunnison physicians who are committed to assisting students who pursue training in a health related field.

Once again, CMS will be accepting applications for four scholarship awards for training in the health sciences field.

Applicants of any age participating in

training in a health-related field are eligible to apply.

Preference will be given to applicants from Montrose and Gunnison counties who intend to return to their local communities to utilize their education and training.

The scholarships are open to any high school graduate, nurse, medical student, therapist, hospital employee, or anyone

seeking additional health sciences training.

Contact Julie Disher by phone at 970-240-7394 or via email to jdisher@montrosehospital.com to obtain an application. Applications will be accepted through Nov. 30.

The recipient will be announced in December. The selection of the winner will be made by the Scholarship Committee of the Curecanti Medical Society.

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

REGION

Leveraging Resources for
Stronger Communities

10 NEEDS

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THE SMALL BUSINESS RESOURCE CENTER

is looking for business professionals who are willing to share their expertise with new and emerging small business owners.



THE SBRC WOULD LIKE TO OFFER TRAINING IN:

- Microsoft Office® Suite: Word, Excel, PowerPoint, etc.
- Basic Accounting, QuickBooks® Accounting Software, and Taxes
- Basic and Advanced Email & Internet Skills
- Advertising/Marketing/Promotions Basics
- Business Communications, Proposals, Time Management, etc.
- and All Other Small Business Skills

WE NEED BUSINESS PROFESSIONALS to start offering one-on-one quick or longer-term training sessions, small groups, and larger classes.

IF YOU ARE INTERESTED in teaching others about small business, please contact Vince Fandel at the Region 10 office.
249-2436 ext. 17 • vince@region10.net

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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- Horizons Health Care & Retirement Community • Senior CommUnity Meals
- Senior CommUnity Care PACE • Home Health of Western Colorado

REGIONAL NEWS BRIEFS

RE-1J WORKS WITH CONSULTANT TO REDUCE ENERGY USAGE

Special to the Mirror

MONTROSE – Montrose County School District Re-1J has become the latest participant in an energy-awareness and savings program called powerED, administered by McKinstry, an energy and facility services expert.

McKinstry's powerED program uses a highly collaborative approach with three key elements of focus: people, process and performance. The people component educates building occupants about the importance of energy efficiency and environmental impacts; the process component identifies and implements low-and no-cost operational and maintenance strategies to reduce energy use; and the performance component tracks, measures, analyzes and quantifies energy savings and carbon reductions to pinpoint opportunities, communicate performance and promote success.

The powerED program is working with Montrose & Olathe Schools to promote energy efficiency and eliminate waste within its facilities that help the District save money.

Much of this effort is focused on demonstrating to students and faculty how small changes – such as turning off lights, unplugging unnecessary electronics, and conserving energy – can make a difference in their lives every day.

“McKinstry is excited about our partnership with Montrose County School District,” said McKinstry CEO, Dean Allen. “We’re deeply committed to improving the learning environments of our schools. Our goal is to work with our partners through powerED to educate their building occu-



As part of the powerED program launch, elementary schools in Montrose and Olathe received a visit from the Energy Hog last week. Courtesy photo.

pants about the importance of energy efficiency and associated climate impacts in order to affect behavioral modifications that save energy and money.”

As part of the powerED program launch, elementary schools in Montrose and Olathe received a visit from the Energy Hog last week – a mascot on loan from the [Alliance to Save Energy](#) to McKinstry's powerED program. The Energy Hog, along with the Energy Hog Busters, lead assemblies in elementary schools that encouraged students and staff to learn about

energy efficiency measures and how small behavioral changes can pay substantial dividends in lower utility costs, energy savings, decreased carbon emissions, and a healthier environment. According to a US Department of Energy report, money spent on fuelling a school exceeds the money spent on salaries, supplies, and books.

Annually, schools spend in excess of \$6 billion on energy alone, a cost that could be defrayed by 25% with better energy saving initiatives.

OURAY COUNTY MUSEUM CLOSED FOR THE SEASON

Special to the Mirror

OURAY--The Ouray County Historical Museum at 420 Sixth Avenue in Ouray is currently closed for the season. The board of directors, staff, and volunteers of the Ouray County Historical Society extend gratitude to all and wishes for a happy holiday season. The museum will reopen in mid-April, 2014. For more information, please call the Ouray County Historical Society and Museum at 970-325-4576 or visit www.ouraycountyhistoricalsociety.org.

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 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) 249-0139
Senior Community Care PACE Montrose	(970) 252-0522
Senior Community Care PACE Eckert	(970) 835-8500
Senior CommUnity Care Meals	(970) 835-8028



THIS IS WHY WE DO WHAT WE DO.™



REGIONAL NEWS BRIEFS

BLACK CANYON BARBERSHOP CHORUS AWARD



Special to the Mirror

MONTROSE--John Taylor, left, incoming President of the Black Canyon Barbershop Chorus, receives recognition for his work on the Chapter Activities Recognition Award from Larry Wilkinson. Larry is completing his second consecutive term as Chorus President. To find more about the Chorus or to attend one of our Thursday evening meetings in Olathe please visit www.blackcanyonchorus.org.

*Thank you for reading the
Montrose Mirror...
your source for business news in
your community.
970-275-5791*

HONORABLE MENTION

To Mia Duncan, eight, and her classmates at Cottonwood School for collecting donations for typhoon victims in the Philippines...donations are being accepted at A+Y Gallery Downtown...

To Centennial Middle School student Emily Bernstein, for designing this year's poster for the Western Colorado Lavender Association Christmas Craft Fair...

To miners and their families, everywhere.

To Ouray's Beaumont Hotel, voted **No. 1 Readers Choice in Conde Nast Traveler** for best hotel in the West in 2013. Sweet!!!

To Samantha Wright of Watch Newspapers...her coverage of the mining industry in Ouray County over the past year has been absolutely outstanding. When it comes to this industry, we believe she is the best journalist in the U.S. Bar none.

REGIONAL NEWS BRIEFS

MHS ANNOUNCES NOVEMBER DIVISION AWARDS



Special to the Mirror

MONTROSE – Montrose High School held the November Division Awards ceremony on November 6, 2013 honoring thirteen students for the month of November. Students are chosen because they have made great improvements in class, they are good role models, and work hard in class. The teachers get great pleasure out of giving this award because it can make a huge difference to that student who may need a boost or a little encouragement to continue working hard. Pictured: Front row L-R Nathaniel Hartsell, Hannah Schieldt, Alisha Neal, Cameron Garcia, Sierra Perkins and Rose Lords. Back row L-R John Ion, A.J. Parker, Theodore Esquibel, Joseph Sandoval, Wyatt Bishop, Chuy Amaya and Royal Haulman.

Delta County Living

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

www.deltacountyliving.com

deltacountyliving@gmail.com



REGIONAL NEWS BRIEFS



WELCOME HOME MONTROSE WARRIOR RESOURCE CENTER WEEKLY NEWS BRIEF

Special to the Mirror

MONTROSE—As we look to the past and honor our veterans, Welcome Home Montrose and the Warrior Resource Center are also looking ahead, to increasing financial independence and stability. To this end, we are proud to launch our “We’ve got your Six” pledge drive. With 2,000 donors pledging just \$6 each month, we will be able to fund small salaries for both Emily and Mysti, our dedicated and hard-working staffers.

On Veterans’ Day, we placed 100 “Let Freedom Ring” chimes at public locations throughout Montrose...if you found one, please use it to honor a veteran! We also encourage you to share your story with us...who among our community of veterans did you choose to honor? How did they react? Did your chime stay here in Western Colorado, or travel to another state or even a distant land? Please let us know!

Here are six things you may not know about Welcome Home Montrose and the Warrior Resource Center...we: are the first community-based resource center of this kind in the United States; operate with a staff that consists entirely of volunteers

and are funded completely through donations; build a safe, nurturing bridge between military and civilian life; serve as a referral source to businesses, services and benefits; identify gaps and work to strengthen services for the disabled; create connections to adaptive recreation on the Western Slope.

With the suicide, divorce and unemployment rates so high in our military population, Montrose means to set the standard for other cities to follow in how to serve those who stepped up to serve all of us.

By strengthening our services, identifying and filling our gaps, creating programs and removing the barriers in our infrastructure, we are preparing a place for our wounded warriors to visit and hopefully, to stay. Please contact us to learn how you can contribute!

Our corporate office is located in Timberline Bank (1561 Oxbow Dr.), and can be reached at 970-765-2210. Welcome Home Montrose is a 501(c)(3) non-profit organization and runs entirely on donations of all kinds at the Resource Center and on the website,

www.WelcomeHomeMontrose.org. News release: Caitlin Switzer PR



REGION 10, SBDC PARTNER ON CONNECT FOR HEALTH COVERAGE GUIDES

Special to the Mirror

MONTROSE-- The Region 10 Small Business Resource Center and the Small Business Development Center at Region 10 are partnering with Connect for Health Colorado to educate small businesses about the new Health Care Marketplace.

Certified Health Coverage Guides are available at **no charge** to meet privately with small business owners regarding the new Federal guidelines.

On Oct. 1, 2013 the new guidelines took effect, and individuals and small businesses in Colorado were able to sign-up for

health care through the Connect for Health Colorado exchange. Health care insurance purchased through the Colorado marketplace becomes effective starting Jan. 1, 2014. Call Region 10 at 970-249-2436 (extension 201) to schedule an appointment with a Certified Health Coverage Guide, and to learn more about what the Federal guidelines mean for you and your business. Region 10 is located at 300 N. Cascade in Montrose and has regular business hours Monday through Friday from 7:30 am until 5 pm. Special after hours appointments are available.

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

Opinion/Editorial

MAKING SENSE OF HEARTBREAK, HONORING NICK CAPPANNO

By Caitlin Switzer

MONTROSE--In a small community, you don't have to "know" somebody to know who they are. This is twice as true for those who work in the media, where we meet new people every day, and attempt to get to know them well enough in a short time to tell a story.

I only met Nick Cappanno once, on a warm, sunny afternoon. He was perched on a truck bed with his brother in a wide green field of grass. The two were starting a sod farm, and as the ag writer for the *Montrose Daily Press* I was assigned to write a story. Years before, I had been sent to the family home to interview Nick's parents, Olathe farmers Dan and Audrey Keep, for the *Delta County Independent*. That was the year the Keeps had been honored as Grand Marshalls for the Olathe Sweet Corn Festival Parade, and they had

dressed in their Sunday best for my arrival. I have remembered that interview ever since, for the glimpse it gave me into a world of orderliness, peace and traditional rural values.

When I spoke with Nick and his brother about their sod farm that lazy afternoon a decade ago, they were still very young. As they took time from work to answer my questions respectfully, I remember thinking that I had never met two such promising young men. Their future seemed bright as the Shavano Valley sun.

In more recent years, I was lucky to meet Nick's wife, Martha Cappanno, when she was working for CASA at the Region 10 Enterprise Center. It was easy to see that whatever else had happened in Nick's life since I interviewed him that sunny day long ago, he had found someone who loved him with all her heart. It seems like

yesterday that this young wife and mom was rushing around, putting together a 30th birthday party for the husband she loved, complete with a rock and roll band.

It really WAS yesterday when we got the news that Nick Cappanno was lost forever in an accident at the Revenue Virginius Mine in Ouray, and ever since, our community and our nation have been steeped in sadness as deep as the tunnel where this brave young father breathed his last.

In a small community you don't have to know someone well to know who they are, and what they mean to those who love them.

To the Keep and Cappanno families, our hearts are breaking as we learn of your loss. Please accept our heartfelt condolences at the loss of a young man who achieved greatness within his own world.

No human can do more.



DELTA AREA

CHAMBER OF COMMERCE

MIRACLE ON MAIN STREET!

DOWNTOWN DELTA PARADE OF LIGHTS ALONG MAIN STREET, 6 P.M. DEC. 6



For info or
to register a float:
Delta Area
Chamber of Commerce
970-874-8616;
DeltaColorado.org
or find us on Facebook!

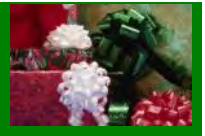
Poster Art by Amiah Swain



SHOP MONTROSE FOR THE SEASON!



2013-2014 SHOPPING GUIDE



AROUND THE CORNER ART GALLERY



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

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

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

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

TIFFANY, ETC.

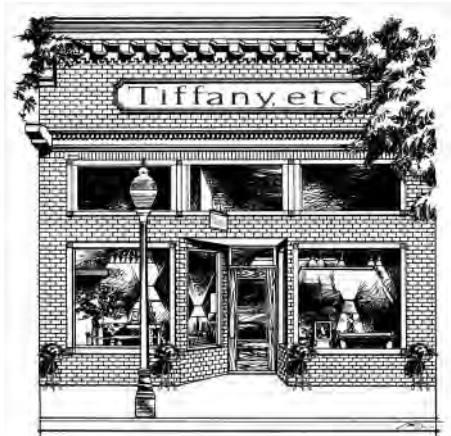
MONTROSE--Go ahead—find a little something for yourself when you do your holiday shopping at Tiffany Etc. this season. Like the perfect bedroom set, or that gorgeous yet comfortable couch you have had your heart set on for months!

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

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

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

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



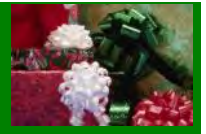
Tiffany Etc.. Has been a year-round shopping destination for more than 30 years.

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

SHOP MONTROSE FOR THE SEASON!



2013-2014 SHOPPING GUIDE



A+Y DESIGN GALLERY



MONTROSE--Yes, this is an art gallery, with exciting and vivid pieces by more than 20 local artists. It is also a place where you can relax, refresh and restore your soul over fresh coffee while shopping or just hanging out with friends. From the new seating area, to the great selection of gifts in all prices ranges, Adam and Yesenia Duncan's A+Y Gallery is your Down-

town destination—and it's fine to bring the kids along! Sip a delicious affogato during the winter months (hot, fresh coffee infused with gelato), and admire Adam's astonishing custom furniture designs. Check out the Big Colorado Love items if you can—this straight-from-Telluride specialty line flies off the shelves almost as soon as it arrives.

Upcoming specials include several ornament-smashing holiday events, with discounts from ten to 50 percent, so be sure to stop by on Small Business Saturday, Nov. 30.

"Everything here is hand-crafted, and we really believe in supporting local artists," Yesenia Duncan said. "We also welcome small gatherings—just give us a call to schedule your next meeting here. And be sure to order our Gelato sliders for your next holiday gathering or office party!"

The constantly evolving collection encompasses everything from small, exquisite jewelry items to large, breathtaking sculpture, so it's a breeze to find gifts to fit every taste and budget. When you shop at A+Y Gallery, you are not only supporting a small family business in Montrose--from October through December, 10 percent of sales will go to benefit Hilltop Community Resources, a non-profit that serves Montrose and the surrounding region. A+Y Gallery is also a drop-off point for donations to the American Red Cross typhoon relief effort.

"By shopping small, you can make a big difference!" Yesenia Duncan said.

A+Y Gallery is located at 513 East Main Street, and can be reached at 970-240-7914.

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

COMMUNITY INVITED TO PARTICIPATE IN 2013 PARADE OF LIGHTS

Special to the Mirror

MONTROSE- The City of Montrose Office of Business and Tourism (OBT) is now accepting applications for the 2013 Downtown Montrose Christmas Parade of Lights that will take place Saturday, Dec. 7, beginning at 5 p.m. This year's parade theme is "The 12 Days of Christmas."

All area Clubs, Churches, Organizations, Schools, Dance/Drill Teams, and Businesses are encouraged to take place in this popular community parade. The deadline to submit an application is Monday, Dec.

2. Parade rules, regulations, and applications can be downloaded from the following link: <http://mntrs.co/2013pol> or contact the OBT (107 South Cascade Avenue, (970)240-1435, info@VisitMontrose.com). Registration is required.

This year judges will award prizes to the best of the best. Winners will receive Montrose Bucks: first place - \$250, second place - \$150 and third place - \$100. Standing out to be a winner could be a great challenge as more than 50 entries

have paraded downtown in years past. But we'll let you in on a little secret - judges will be looking for entries that display the best lights, have the best performance, create the most original representation of the theme, and provide the best in holiday tunes. The OBT is proud to present the annual Parade of Lights with the guidance and assistance of the Montrose Police Department and Lions Club. Follow Facebook.com/MontrosePoliceDepartment for ongoing updates and logistics on the parade.

HAPPY THANKSGIVING FROM THE MONTROSE MIRROR!
CALL 970-275-5791 FOR AD RATES AND INFORMATION!
REACHING MORE THAN 7,000 READERS IN COLORADO AND BEYOND.

ARTS AND CULTURE

CATCH THE GINGERBREAD TRAIN...WEEHAWKEN'S ANNUAL FAMILY EVENT!

Special to the Mirror

OURAY COUNTY--For years, Weehawken has presented the "Annual Gingerbread House Decorating Workshops" in both Ouray and Ridgway. This fun, free family event serves 25-35 families in each community and is a wonderful holiday tradition. In celebration of Weehawken Dance's exciting new December production of "Polar Express" (on December 13 & 14), Weehawken is changing-up the traditional Gingerbread event and will be offering Gingerbread Trains for decorating this year!

Families must reserve a train in advance (limit one train per family) and will arrive to the location to find an assembled house that needs the magic of decoration. In this, they peruse tables of candy and goodies

that can be added to the structures. As a team, families decorate their house and then get to take the house home for enjoyment during the holiday season. Donations are gladly accepted and appreciated for this program as it runs well over \$1,500 to provide the service to participants. The suggested donation is \$10.

The 2013 workshops are set for Saturday, Dec. 7th in Ridgway from 10 am until Noon (at Condor Hall/Ridgway Elementary School) and Sunday, Dec. 8th in Ouray from 1 pm until 3 pm.

Registrations will be accepted starting Nov. 15 and will be taken until the spaces are filled. Registrations are taken at Weehawken Creative Arts by phone at 970-318-0150 or online at www.weehawkenarts.org.

Founded in 2004, Weehawken Creative Arts offers opportunities in arts education and personal growth to adults and children year-round. Weehawken has classrooms in both Ouray and Ridgway and offers over several hundred programs to residents and visitors each year. Weehawken is a nonprofit, 501c3 organization.

Additional 2012 sponsors for this event include: Kate's Place, Lindsey & Co Real Estate Inc., Better Real Estate Services Inc. and Ouray Mountain Sports.

Sponsorships are still being accepted by Weehawken, as are donations of candy, coconut and items to decorate houses.

For more information, contact Weehawken Creative Arts at 970-318-0150, visit www.weehawkenarts.org or email: questions@weehawkenarts.org

METHODIST CHURCH TO HOST FREE CHRISTMAS DINNER FOR COMMUNITY

Special to the Mirror

MONTROSE--There will be a Free Community Christmas Day Dinner on Dec. 25, 2013 at 2 p.m. in Baldrige Hall at the Montrose United Methodist Church, 19 South Park Avenue. The dinner is free and the community is welcome. To volunteer, or to make reservations, please call the church office at 970-249-3716 or email @office@montroseumc.com.

THE MONTROSE MIRROR

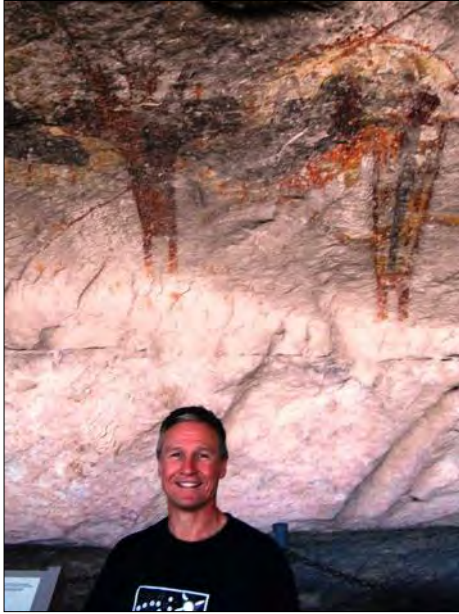
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ARTS AND CULTURE

Auditory Illusions of the Supernatural: from Cave Art to Stonehenge



Steven J. Waller, Ph.D. Courtesy image.

Steven J. Waller, Ph.D.

MONTROSE--Sound phenomena perplexed pre-scientific cultures lacking wave theory. Echo myths suggest virtual acoustic images were perceived as supernatural non-corporeal agents. Similarly, destructive interference can be modeled as virtual objects blocking the sound and casting acoustic shadows.

Prehistoric cave paintings, canyon petroglyphs, megalithic monuments, and related myths of echo spirits and magic pipers are analyzed as evidence for ancient veneration rites tied to particular archaeological soundscapes.

Just as virtual images appear within a mirror due to light reflection, virtual sound sources can seem to originate deep within

a cliff due to sound reflection. Modern ray tracing modeling takes advantage of the fact that sound reflections from a surface are mathematically identical to sound waves emanating from virtual acoustic sources behind the reflecting plane. Myths around the world attest to beliefs that echoes were spirit voices calling out from rocks. Acoustic measurements support the hypothesis that ancient rock art locations were deliberately chosen for their sound reflection characteristics, and decorated with images that relate to the echo spirits believed to dwell there. Furthermore, thunderous reverberation at rock art sites relates ungulate iconography to myths of thunder gods galloping across the sky, as well as thunderbirds, etc.

In a similar auditory illusion, zones of decreased loudness caused by destructive wave cancellation from two sound sources can be misperceived as acoustic shadows. Interference patterns can be modeled by virtual sound-blocking objects perturbing the ambient sound. To people unaware of wave cancellation and reinforcement, the pattern of dead zones alternating with loud zones would have been completely mysterious, hence magical. Experiments with two flutes demonstrate that blindfolded participants can misinterpret the interference patterns as acoustic shadows cast by a ring of "pillars" similar to Stonehenge. This auditory illusion of unseen massive objects can be categorized as delusional perception, in which correctly sensed physical phenomena were given some additional interpretational significance. Myths of walls of air forming invisible towers, and two magic pipers who caused

the formation of stone rings, provide additional clues. Measurements of the actual acoustic shadows radiating outward from Stonehenge are quantitatively and geometrically similar to a two point sound wave interference pattern. These data support the new theory that sound wave interference patterns were attributed to massive invisible objects, and that this "vision" of a ring of magic stones served as a blueprint for Stonehenge.

The observations that sound wave phenomena such as echoes, thunderous reverberation, and interference can be misinterpreted, leads to a general theory of auditory illusions of the supernatural as possible explanations of the motivations for cave art and Stonehenge.

See <http://sites.google.com/site/rockartacoustics/> for details including photos and sound clips.

Steven J. Waller, Ph.D. (Biochemistry/Biophysics, 1981, UVA) has conducted acoustical research for 30 years. Experiencing the sonic environment of prehistoric cave art in 1987 led him to realize that echoes, which inspired myths about spirits living in rock, could also have inspired decoration of echoing rock surfaces with images of these echo spirits.

His Rock Art Acoustics theory has been featured in Nature, New Scientist, the Wall Street Journal, Archaeology, Discover, and the BBC. Steve resides near San Diego, and maintains a web page at <http://sites.google.com/site/rockartacoustics/>. His research has led him to advocate the preservation of archaeological soundscapes.

SAFE ROUTES TO SCHOOLS PROJECT UPGRADES UNDERWAY

Special to the Mirror

MONTROSE--Over the next several weeks, crews working for the City of Montrose will be surveying within the City's right of way in front of Columbine Middle school, on South 9th Street between Cascade and Park Avenues, and west of Park Avenue on South 10th

street. There will be no lane closures associated with this work, but please slow down and proceed with caution when survey crews are present.

The survey work is part of a "Safe Routes to Schools" project that will be upgrading sidewalks and crosswalks servicing Columbine and Pomona Schools. The project

is funded primarily by a grant from the Colorado Department of Transportation with cash and design contributions from the City of Montrose. Construction of the project is scheduled to take place in the summer of 2014. For further information about the project, please contact Scott Murphy at 970-240-1498.

ARTS AND CULTURE

COMMUNITY BAND TO PLAY FREE CHRISTMAS CONCERT DEC. 15



Special to the Mirror

MONTROSE--The Montrose Community Band will hold a free concert on Sunday, Dec. 15, 2013 at 3 p.m. entitled Christmas Favorites. The concert will be held in the auditorium of the Montrose Pavilion at 1800 Pavilion Drive. For more information please visit <http://www.montroseband.com/> or call Tina at [970-596-1188](tel:970-596-1188).

SAN JUAN WEAVERS GUILD SHOW-SALE NOV. 23

Special to the Mirror

MONTROSE--Fiber by fiber, thread by thread, members of the San Juan Weavers Guild are preparing for their 36th Annual Show and Sale Saturday, November 23, at the Holiday Inn Express, 1391 S. Townsend Ave., in Montrose, Colorado. The one-day event starts at 9 a.m. and runs to 4 p.m. this year (an earlier closing time than in past years), and there is no admission charge. The public is cordially invited.

As spinners twist fiber to make yarn and weavers interlace yarn to make fabric, they are practicing and celebrating a long legacy of fiber arts that goes back thousands of years.

At the same time, the products they create are fully appropriate for modern homes and uses, some made with specialty yarns new on the market. Shoppers will find a huge selection of towels for the kitchen, mats and runners, rugs, baskets, clothing, and clothing accessories. Fiber jewelry and felted novelties make special gifts, and beautiful tapestries are offered to brighten your walls. Ornaments and holiday décor

will find use year after year. A vast inventory of hundreds of items assures an ample variety for the later shopper as well as those who've learned by experience to line up early for the best selection when the doors open.

Many of the items are available only during the November 23 sale and are not offered in galleries or other retail outlets. All are made by hand with fine craftsmanship and a hallmark of quality.

Guided hands-on activities will be offered again this year, not just for young children but for anyone who would like to try weaving and other fiber arts. In recent years, this very popular opportunity has provided experience for children as young as three or four, up through the teenage years.

The guild is always eager to recruit young members as well as their parents! A special attraction this year will be a live angora rabbit, source of luxurious fiber.

The dozens of members of The San Juan Weavers Guild come from throughout the Western Slope region, ranging from Telluride to Grand Junction, Paonia, and points

in between. Several former residents in other parts of Colorado and in other states continue their membership. The guild meets once a month from September through May, excepting November.

Programs and occasional workshops by members and visiting teachers, along with demonstrations at public events, are part of the educational outreach of the guild. Meetings are free and open to the public, and most are held in Montrose at Meadowlark Court Apartments, 2389 Robins Way, usually the third Saturday of the month. Anyone interested in spinning, weaving, felting, basketry, and other fiber arts is encouraged to attend. Novices will find welcoming mentors within the group. For information, call Deanna Grider, (970) 240-0453.

For those interested in spinning, an informal gathering and lunch potluck are held the first Friday of each month, year-round, at the Trap Club in Delta. Contact Carolyn Ogden, (970) 874-8500.

For more information about the Nov. 23rd sale, contact Bobbie Irwin, 970-249-2981.

REGIONAL NEWS BRIEFS

NATIONAL CHILDREN'S GRIEF AWARENESS DAY IS NOV. 21

Special to the Mirror

REGIONAL--Nov. 21, 2013 is National Children's Grief Awareness Day. Schools across the Western Slope are rallying in partnership with HopeWest Kids, a program of HopeWest (Hospice & Palliative Care of Western Colorado), to bring awareness to the community about children, teens and grief.

One in five youth will experience the death of someone close to them before they graduate high school and one in twenty youth will experience the death of one or both parents before their 15th birthday, according to childrensgriefawarenessday.com.

HopeWest Kids is here for these children and their families. HopeWest Kids provides comprehensive grief support through school grief groups, summer camps, family grief support groups, Equine Assisted Learning and individual counseling.

Last year, more than 700 children and teens were served by HopeWest Kids. More than half of those children and teens participated in school grief groups in Delta, Mesa and Montrose counties.

Many local schools, in collaboration with HopeWest Kids, are participating in activities in conjunction with Children's Grief Awareness Day.

Kids will be encouraged to share their

stories and support those coping with a loss. Students will receive blue bracelets to represent support and compassion for one another.

Our community is also encouraged to wear blue on November 21.

"Children's Grief Awareness Day is a day to come together and show support for kids, a day to learn, to better understand that children and teens grieve differently than adults and a day to educate our community about how to help children express their grief and heal," said Cathy DiPaola, Director of Youth Services at HopeWest. "We are excited to show our support for these children and teens."

SEVENTH JUDICIAL DISTRICT DEPUTY DISTRICT ATTORNEY ARRESTED FOR DUI

Mirror Staff Report

MONTROSE—John L. Mehlig, 60, was arrested on suspicion of Careless Driving and Driving Under the Influence (DUI) on

Nov. 17. Mehlig is presently employed as a Deputy District Attorney with the Seventh Judicial District. "We are aware of the situation, and we will conduct an inter-

nal investigation," Seventh Judicial District Public Information Officer Sherry McKenzie said today. "Where it will go from here, we can't say."

ART ON TROUT ROAD

NOVEMBER
23 & 24



Art & Ceramics in a casual home setting with a mix of gift items including art, pottery, paintings, prints and cards. Enjoy a short scenic drive and mingle with the artists at the Bill Wilson Studio.

Bill Wilson ~ Ceramics
Gina Grundemann ~ Oil Paintings
Ron Hoeksema ~ Paintings & Serigraphs
68408 Trout Road, Montrose CO
[970-249-4293](tel:9702494293)



SOUTHERN CROSS FLAG ON SCHOOL GROUNDS FREE SPEECH, RE-1J SUPER SAYS



A Southern Cross flag at the MHS Auto Shop parking lot Nov. 13.

By Caitlin Switzer

MONTROSE--No teachers were in sight, but a classroom's-worth of students milled about at the Montrose High School Auto shop parking lot at the start of the school day on Nov. 13, solemnly encircling three

vehicles adorned with the "Southern Cross" Flag.

"We are doing this because the Montrose High School *Chieftain* called us racists," said student Ashley Wood.

When asked what she would tell an African-American student who happened on the scene, Wood responded, "I would say that this flag represents our Southern heritage; it does not represent racism."

"I like it because if it pisses people off, it's good," said student Jeffrey Baldwin. "It doesn't stand for what people think it stands for—it's not the Rebel Flag."

When questioned about the situation, Montrose County School District Re-1J Superintendent Mark MacHale said that he is not concerned about the presence of the Confederate Flag on school property.

"I have a lot of experience with this issue," MacHale said. "I am a Southerner, and I am a Veteran. Free speech is uncomfortable; but the people who fought in the Confederate War feel just as proud of their flag as those who fought for the U.S. At the end of the day, it is a free speech issue."

The Confederate Flag means many things to many people, he said.

"We live in a free country," MacHale said. "Free speech can be uncomfortable. But the Confederate Flag is very complicated; it does not mean hate speech to certain people. Sometimes people are just

going to be offended. But so far, nobody has come to us to say they feel intimidated."

Sparking the controversy was an editorial in the most recent issue of the school's award-winning newspaper, the *MHS Chieftain*, concerning the trend of displaying the "Southern Cross" flag at Montrose High School, a flag that is slightly different in color than that of the Confederacy. The editorial at one point referred to the Ku Klux Klan as a "white trash hate group," and called for those who profess Southern Pride to adopt a new symbol that does not evoke a history of racial intolerance.

Chieftain co-editors Abby Padilla and Kaylynn Miller published supporting articles as well, including "First Amendment Protects Hate Speech," by Padilla, and a "Brief history of the Confederate Flag," by Miller.

Former RE-1J Teacher Dave Bowman expressed a viewpoint opposite to that espoused by MacHale.

"I would hope that, through our education system, we are explaining that there are symbols in this country that are no longer appropriate," Bowman said. "It is no more appropriate to fly a Confederate Flag on public school grounds than it would be to fly a Nazi Swastika. I would hope our public schools have enough backbone to say no to Confederate Flags on school property."

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





Promoting Independence in Your Own Home:

- On call nursing 24 hours/7days a week
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- Physical, Occupational & Speech Therapies
 - Disease Management
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Private pay and most private
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- bathing, dressing, eating,
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REGION 10

Economic Assistance
& Planning

SMALL BUSINESS RESOURCE CENTER

MARKETING & TECHNOLOGY CLASS

Class 2 of



Constant Contact

Connect. Inform. Grow.

Limited Seating
Available

Presented by

**LAUREN BELL of
Networks Unlimited &
Marketing Guru
MANDY MILLER**



This class is an interactive session with small businesses to learn how to develop a simple marketing program, and then move it to an actual email blast to clients. In this class you will learn how to:

- Establish the Objective
- Define Your Target Market
- Create the Content
- Launch Using Proper Outlets
- Create a Series of Emails to Promote Your Event
- Strategically Time the Delivery of Your Emails
- Use Email Analytics to Send Targeted Emails
- Engage Your Subscribers to Attend Your Event

**Brown
Bag
Working
Lunch**

**Tuesday,
December 3
Noon-2pm**

**Only
\$35!**

- **Region 10 Enterprise Center • 300 North Cascade • Montrose**
- **Please RSVP by calling Claudette at Region 10**

970-249-2436 • www.Region10.net

Region 10 also offers classes on Starting Your Own Business, QuickBooks, Creating a Business Plan, and more. To learn more about Region 10's programs and services, call Vince Fandel at 970-249-2436 ext. 206.

REGIONAL NEWS BRIEFS

2013 Downtown Holiday Events Schedule

**Tree Lighting, Processional**

Friday, November 29 – 5:30 PM
Festive tree lighting in front of the historic courthouse including roasted chestnuts, refreshments and entertainment. Carolers will lead a lantern-lit procession down Main Street to Santa's Cabin in Centennial Plaza.

Small Business Saturday

Saturday, November 30 - All Day
A nationwide program to highlight the power of small businesses to invigorate a local economy.
"Between Black Friday and Cyber Monday is a day dedicated to supporting small businesses nationwide. Last year, over one hundred million people came together to Shop Small® in their communities on Small Business Saturday®."

Special events in the downtown district include holiday shopping specials, tractor hay rides, roasted chestnuts, entertainment, and traditional holiday games. Visit www.smallbusinesssaturday.com <https://www.facebook.com/downtownmontrosholidays> and www.facebook.com/montrosedowntown for more information.

Parade of Lights – 12 Days of Christmas

Saturday, December 7 - 5 PM
A true hometown holiday experience! The Parade of Lights brings the community together in historic Montrose downtown for a festive parade and celebration. Show up early to get the best seats!

12 Days of Christmas Kick Off Campaign-

December 12th – 24th
Downtown Shopping Scavenger Hunt, Window Display Voting, great prizes for participants
<https://www.facebook.com/downtownmontrosholidays> FOR MORE INFO

Merriment on Main

Saturday, December 14

10a to 6pm - Holiday hayrides, kid's activities, shopping specials, entertainment, cocoa and other refreshments, holiday window decoration contest, lights, and more.

5:30 PM to 9:00 PM - A special holiday night on the town! shopping specials, wine tasting, artists demonstrations, entertainment, cocoa and other refreshments, and holiday decorations.











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Hold the Date! Upcoming Business and Cultural Events

ONGOING-

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

ReneWest Interactive Art Crawls—West Main District, third Thursdays of every month.

Nov. 1-30—"Words" Exhibit on display at Gunnison Arts Center, includes works by Montrose Artist Cheri Isgreen. 102 South Main Street, Gunnison.

Nov. 1-30—Evening performances of Man of La Mancha at Magic Circle Theatre are on Nov. 1, 2, 8, 9, 15, 16, 22 and 23 at 7:30 p.m. with Sunday matinees on November 3, 10 and 17 at 2 p.m. Magic Circle Theatre is located at 420 South 12th Street, Montrose, and the phone number is 970-249-7838. Box office hours are 2-5 p.m. on Tuesday, Wednesday and Thursday.

Nov. 7—Delta-Montrose League of Women Voters present "Immigration Reform in Colorado: Local Effects of New Laws," Noon in the Montrose Library Community Room. Speakers include John Harold, of Tuxedo Corn, Karen Sherman Perez of Colorado Immigrant Rights Coalition, Rick Taggart of CMU.

Nov. 7—Montrose Chamber 21/40 Young Professionals Luncheon, Noon, 1519 East Main. RSVP to 970-249-5000.

Nov. 7—Please join Montrose & Olathe School District Re-1J Superintendent, Mark MacHale for coffee at the Busy Corner White Kitchen (318 Main Street- Olathe) from 7:30 – 8:30 am. This is a great opportunity to meet with the Superintendent, Board Member and staff to talk about what is going on in our schools. We encourage anyone interested in our students, staff and schools to attend.

Nov. 7—A Taize worship service will be held at the Montrose United Methodist Church at 7 pm. The service originated in Taize, France, in 1940 and is a nondenominational meditative candlelit service combining music, scripture and prayer. It is practiced throughout the world. All are welcome. Child care is available. For further information, call 970-249-3716.

Nov. 8—Sherbino Theater presents American show with Finnders & Youngberg, a seated performance, starting at 8 pm. The doors and bar will open at 7:30 pm and there will be an intermission between sets. Tickets are \$15 each and are available at the door the evening of the show or will-call orders will be taken at 970.318.0892. More information at www.sherbinotheater.com or at www.facebook.com/sherbinotheater.

Nov. 9—Writing for Love, Writing for Money with Craig Childs and Angus Stocking, Blue Sage Center for the Arts, 7:30 to 5 p.m. Evening reception 7 p.m. Packages available. For more information or to register call Margot at 206 913-3962

Nov. 11—Veterans Day.

Nov. 12—Social Media Seminar with Townsquare Media, noon at the Delta Area Chamber of Commerce, 301 Main Street. The cost is \$10 for non-members of the Chamber and free for members. Lunch will be provided. Please RSVP by calling 970-874-8616.

Nov. 13—Delta Chamber November Women in Business event, from 5:30-7 p.m. in the back room of Daveto's Italian Restaurant at 520 Main Street, Delta.

Nov. 14—Remington's and The Liquor Store present a Benefit for Welcome Home Montrose—from 6 to 9pm at Remington's at The Bridges of Montrose for a sampling of Scotch along with a selection of Cigars to choose from. A lavish array of appetizers prepared by Chef Roberta to highlight the evening. RSVP by Nov. 13. Call 970-252-1119 ext. 120.

Nov. 15—Health Equity Live Stream Series Part IV--Anthony Iton, MD, Senior Vice President, The California Endowment and Winston Wong, MD, Medical Director, Kaiser Permanente, will speak about solutions for tackling social determinants of health. Montrose Library Community Room (320 S. 2nd St.) 11 am- 1:30 pm ~ FREE LUNCH INCLUDED.

Nov. 15—Weehawken Creative Arts Speakeasy Fundraiser, Sherbino Theater, in Ridgway 7:30 p.m. For tickets and info visit www.weehawkenarts.org or at www.facebook.com/weehawkenarts or by calling 970.318.0150.

Nov. 15—Montrose Republicans present Author Greg Walcher from 7 pm to 9 pm at the Holiday Inn Express, 1391 S. Townsend Ave. in Montrose. Tickets are \$10 each and can be purchased at the Red Barn, Devinny Jewelers, Laursen's Repairs and Beyond or Around the Corner Art Gallery in Montrose. Doors will open at 6:30pm. Light refreshments provided.

Nov. 16—Homemade Christmas craft show, 9 am to 4 pm at the Montrose Elk's Lodge, 801 S. Hillcrest Drive. Free Admission and open to the public.

Nov. 16—Montrose Winter Farmers Market, inside behind Straw Hat Farm Market Store at 514 South First St., 10 a.m. to 1 p.m. Fresh baked goods and apples!

Nov. 20—Montrose Recreation District Community Rec Center Special Meetings, Montrose Aquatic Center, 25 Colorado Avenue, 1 p.m. and 6 p.m.

Nov. 22—Altrusa's Annual Holiday Festival Fundraiser, Wells Fargo Downtown, 6:30 to 8:30 p.m. Refreshments and more! Tickets \$20.

Nov. 23—San Juan Apartments Third Annual Holiday Bazaar Fundraiser, 10 a.m. to 3 p.m. 1650 Church Street (behind Murdoch's).

Nov. 23-24—Pottery studio of Bill Wilson presents Art on Trout Road (68408 Trout Road)! 10 to 5 p.m. both days.

Nov. 26—Connect for Health Colorado Presentation at CMU Montrose, Room 207. 3 p.m. to 6 p.m. Call 970-252-0660 for more information.

Nov. 28—19th Annual Montrose Community Thanksgiving Dinner, Friendship Hall at Montrose County Fairgrounds from noon to 3 p.m. Delicious meal, activities for kids, door prizes and entertainment. Admission is free.

Nov. 29—Montrose Downtown Tree Lighting Processional. Festive tree lighting in front of the historic courthouse including roasted chestnuts, refreshments and entertainment. 5:30 p.m. Carolers will lead a lantern-light procession down Main Street to Santa's Cabin in Centennial Plaza.

Nov. 29-30—Thirty-eighth Annual Basement Boutique craft show, Friday 8 am to 5 pm and Saturday 8 am to 4 pm at the Montrose Pavilion. Free Admission. Help us collect food for Sharing Ministries by bringing non-perishable food items.

Nov. 30—Small Business Saturday! Special events Downtown include holiday shopping specials, tractor hay rides, roasted chestnuts, entertainment, and traditional holiday games.

Dec. 7—Montrose Winter Farmers Market, inside behind Straw Hat Farm Market Store at 514 South First St., 10 a.m. to 1 p.m. Local Handmade gifts.

Dec. 7—Lavender Association of Western Colorado Fourth Annual Christmas Craft Fair, Two Rivers Convention Center, Grand Junction. 9 a.m. to 4 p.m.

Dec. 7—Montrose Parade of Lights, 5 p.m. A true hometown holiday experience! The Parade of Lights brings the community together in historic Montrose downtown for a festive parade and celebration. Show up early to get the best seats!

Dec. 12-24—Twelve Days of Christmas! Downtown Shopping Scavenger Hunt, Window Display Voting, great prizes for participants, <https://www.facebook.com/downtownmontroseholidays>.

MIRROR IMAGES ...BUSINESS AFTER HOURS



Shane of 970VIP chats with Larry Fredericksen of the Montrose non-profit Haven House.



Co-hosts Sandy Hennessey of Colorado Boy Pizzeria and Adam Duncan of A+Y Gallery with Montrose Chamber of Commerce Redcoat John Lindh.

*Images courtesy Cara Fandel
for Howling Wolf Photography.*



*At right, the event drew a healthy crowd.
Below, Adam and Yesenia Duncan of A+Y Gallery.*



Above, Jim, Jesse and Kim Davidson.

Contact the Montrose Mirror:

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Montrose, CO 81402

970-275-5791

Email Us: Editor@montrosemirror.com

www.montrosemirror.com



At left, Greg Clifton and "Glider" Bob Saunders of Telluride enjoy a gorgeous day at the Bean...above, Byron Hill of Montrose has a new bike!



Holiday

HAPPENINGS

DOWNTOWN

MONTROSE, COLORADO



SHOP LOCAL & WIN!
Get caught shopping downtown by the Secret Shopper for a chance to win Montrose Bucks throughout the holiday season!

FRI
NOV
29

TREE LIGHTING & SANTA'S CANDLELIT PROCESSION

Courthouse • 5:30 PM

- Music
- Refreshments
- Candlelit Procession



SAT
NOV
30

SMALL BUSINESS SATURDAY

Holiday Shopping Event

Grow our economy by shopping local for the holidays!

Special events & sales all day.

FREE Hay rides from 10-2pm



PARADE OF LIGHTS • SATURDAY, DEC. 7TH • 5PM Call 240-1435 to sign up.

More info: www.facebook.com/DowntownMontroseHolidays 