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THE MONTROSE MIRROR

Your Source for Local Business News and Information

Issue No. 73 Dec. 3 2013



The "LET IT SNOW!" Issue



SHARING HIGH COUNTRY HOLIDAY TRADITIONS



Skijoring was a popular high country pastime during Colorado's early winters, as shown in this 1940's photo from Steamboat Springs. Denver Library Digital Image.

By Caitlin Switzer

REGIONAL—Ask Ginny Harrington about her favorite holiday traditions, and you just might hear the word “vinegar”—but the longtime community activist and ranch wife is not talking about planning a meal.

“I think Ouray has plenty of snow this year,” said Harrington, whose family heritage includes generations of ranching in Ouray County. “Vinegar Hill was our first Christmas tradition! The sledding up there is always great. My mother told me that they went sledding there often when they were young, because it was affordable and great family fun.”

Honoring tradition and finding ways to promote togetherness are what the season is all about for Harrington, who now lives on a ranch outside of Carbondale with her husband Tom.

“Even if you just get together with the kids and the family and make hand turkeys, you are doing something by hand,” she said. “My daughter makes home-

Continued on page 14

CELEBRATING YOUNG LEADERS OF 2013

By Caitlin Switzer

MONTROSE--A decade ago, young Montrose leaders seemed to be in short supply—the phenomenon known as “brain drain” lured many of the region’s most gifted youth to greater opportunities elsewhere. When two-term city councilor Erica Lewis Kennedy stepped up to serve as Montrose mayor in 2005-2006, she became the youngest mayor in Colorado history at age 26—and harbinger of a new generation that is not only choosing to build lives and raise families here, but to engage and give back to the place they call home.

They are parents, community members, business owners and non-profit board members, an emerging generation of young movers and shakers that is not waiting for “the future” to arrive, but that is focused instead on bringing about change here and now. We chose to highlight just a few of these outstanding young people—but a glance around Montrose on any given day reveals that there are many, many more.

Continued on page 2



Josh Freed, 31, with his wife Christine and kids. Courtesy photo.

**in this
issue**

*Regional news
briefs!*

*Liesl Looks at
Local Etsy Sites!*

*Regional Makers...
Make it Colorado!*

*The NEW New Year's
Eve Event!*

*Holiday Shopping
Directory!*

CELEBRATING YOUNG LEADERS OF 2013 *continued from page 1*



Pictured, from left, are Danio Farnese, Abbie Brewer, Kendra Gallegos Morrow, Krista Montalvo and Jamie Berndt. Courtesy photos.

DOING THE RIGHT THING BECAUSE IT'S THE RIGHT THING TO DO

Anyone who knows **Josh Freed** knows how hard it can be to keep up with him. At 31, Freed is already the founder of a successful ad agency—he recently left his longtime day job as an investment advisor to work full time for Abrams Advertising, the rapidly growing marketing firm he founded five years ago. Freed, who has volunteered on behalf of numerous causes and community boards, currently serves as President of the board of directors for the non-profit Sharing Ministries and operates the [My Telluride Vacation](#) web site. He and his wife also recently celebrated the birth of their third child.

“Nothing I do is done for the recognition,” he said, “Though I am proud of the attention the food bank is getting. The prospects for serving our entire region are exciting. This is not just a handout; we decided as a board to start playing more ‘offense’ as we saw our numbers increasing and food decreasing.”

A former manager of Ridgway’s Chipeta Sun Lodge and past board member of the Ridgway Area Chamber of Commerce, Freed currently serves on the City of Montrose Planning Commission and has been instrumental in expansion efforts at the Montrose Botanical Gardens.

“I am excited to be able to see the efforts of the past five years pay off in a small, local business that has gone nationwide,” he said. “It has been a challenging year of growth, with the birth of our son, and of loss—I am still mourning the loss of my closest friend, Nick Cappanno.

“In the end, it is all about growth,” he said. “Growing my business, and growing my family—because there is really nothing in

the whole world I would rather do than spend time with the kids.”

CONNECTING RURAL MONTROSE TO THE WORLD

For **Danio Farnese**, 27, the need for better broadband service in his own home inspired this young entrepreneur to start his own company, Elite Broadband five years ago.

“We needed better service, and so did our neighbors,” said Farnese, whose recent accomplishments include bringing improved Internet service to rural areas with few other options. Today, Elite Broadband serves a territory ranging from Ridgway to Montrose, Olathe and Delta, and employs five.

“We are now 20 times faster, and we have quadrupled our coverage area,” Farnese said.

And for the future?

“We plan to continue doing what we do best,” he said.

STANDING UP, SPEAKING OUT FOR A HEALTHFUL FUTURE

For Abbie Brewer, whose career began when she started a successful paint business with her father as a fresh high school graduate, creating a better world for other young people has always been a core value. Today, Brewer, 35, is a seasoned non-profit director who currently heads the Montrose Farmers Market.

Though she has many accomplishments to reflect on, including parenting four children, Brewer is very pleased with the progress that the community market has achieved over the past year.

“I am proud that I was a part of the Montrose Farmers Market this year,” she said. “I am honored that the MFM Board of Directors and the community allowed me to manage more than 24

events and help more than 32 vendors bring local goods to market in the heart of Downtown Montrose.

“Together, our community helped to strengthen our agricultural roots this year.” By focusing on locally grown foods and products, the market has become a source of strength for local growers as well as those who prefer wholesome, healthful meals. In addition to shopping opportunities, the market draws families seeking some fun on Saturday mornings with events that included hula hooping demonstrations, local musicians, children’s activities and celebrations of local crops in season. Brewer has even been known to dress up as a bee to celebrate the role of pollinators in agriculture.

“Our ‘little’ market has great potential to benefit our community health,” she said.

NURTURING COMMUNITY, EMPOWERING WOMEN

Kendra Gallegos Morrow has local roots that stretch back for generations—both of her grandfathers were hard rock miners, extracting a living from the heart of the San Juan Mountains. When it was time for college in 1994, Kendra left Western Colorado, eventually landing on Martha’s Vineyard Island, where she stayed from 1998 to 2005. When she returned to Montrose, she opened the Canyon Creek Bed and Breakfast (820 East Main Street), which has since become a center of music, comedy, special events and community life.

In addition to welcoming visitors to the area and hosting parties, however, Kendra continues to honor the traditional values with which she was raised. Since returning home she has become a wife and mother, and served for years on the board of directors for Main in Motion. In keeping with

CELEBRATING YOUNG LEADERS OF 2013 *continued from page 2*

the spirit of the rural community in which she was raised, she quietly lends a hand wherever it is needed. Krista recently joined forces with friends Krista Montalvo and Juliet Carr to found Three Graces, a series of monthly events for women.

"I decided to start weeding out the things that no longer served or made me happy," she said. "I realized something was missing—a sisterhood, a women's community. So we started a community for women of all ages to come together to create magic!"

Each month, Three Graces host an event at Canyon Creek Bed & Breakfast, with a central theme, as well as guest speakers and teachers.

"We will also be doing spontaneous hikes, snowshoeing, and a book club," she said. "If you would like more information about staying at the Bed and Breakfast or one of the Woman's events, just check out <http://www.canyoncreekbedandbreakfast.com/> or call at 970-249-2886."

SEEING, CELEBRATING AND SHARING THE BEAUTY IN EVERY-DAY LIFE

Krista Montalvo is just 36, but she is known throughout the region for her business endeavors—including Ginger Magnolia Catering, her blog, "A Marmie Life," and her customized line of hand-sewn "Marmie Bags." Also a past Main in Motion volunteer, Krista now spends her days home schooling her three young daughters and enjoying the companionship of her husband and high-school sweetheart Andy.

Her involvement with Three Graces is a natural outgrowth of these experiences, she notes.

"I think that I do the things that I do because I have learned to listen," Montalvo said. "I have always been a doer and I have been involved in lots of things my whole life."

As she reached her mid-thirties, Montalvo learned to listen to her own heart.

"I've really culled out a lot of wasted energy in my life, which leaves a lot of room for intention and mindfulness," she said. "When you start filling up your own cup, then there begins to be plenty of love to go around to others. My goal is to share and be a better listener for others."

"I want to bridge the gap of generations in our community of women."

During life's inevitable rough patches,

Montalvo—a native Southerner—has sought and found comfort from her grandmother's generation.

"Since I live 2000 miles from home, I really needed mother and grandmother figures for support even if they weren't blood-related. It's a powerful thing having an older generation to just sit with you and just BE," she said. "I hope that I can create a space for women to connect in that way."

The recent decision to take on the challenge of educating her own daughters was not easy, but it has already proven to be profoundly rewarding, she noted.

"I have a goal to create a simpler family life within my own immediate family," Montalvo said. "I have started home-schooling, which has been a decision that I have finally listened to and accepted. I am looking forward to the wonderful changes that it will create in my family. After only three weeks I can already see the difference in the relationship with my three little girls. They are even more affectionate and so much more engaging with me and my husband. I look forward to all the blessings of the upcoming 2014 year."

INVESTING IN MONTROSE, SHARING THE STORY

A lifelong local, Jamie Berndt is an accomplished creative—a talented musician, writer, poster designer and history buff. He is also a business owner, having started the popular Riddled Raven Coffee & Espresso (8 Grand Avenue in Sampler Square) with his wife Sarah. The Raven has quickly become known for outstanding food, great coffee drinks and a literary atmosphere. You are as likely to find the latest copy of the *Writers' Digest* on the coffee table here as you are the most recent *Rolling Stone*.

For Jamie, the new business is a perfect fit. "I will always look back on this year as the beginning of the mid-point in the novel of my life," Berndt said. "With already establishing the characters around me and their stories, I'm obligated to choose my own way. The beginning has all led to where I am now and I would say that my main accomplishment this year has been understanding that I have most of the control over the ending."

Other young Montrose professionals to watch include a growing number of gifted entrepreneurs, artists and volunteers drawn



Sarah Curtis of All Points Transit.



Emily Smith of the Warrior Resource Center.

to the unique climate, cultural opportunities and lifestyle of the Uncompahgre Valley.

Some other notable members of this community include: **Emily Smith**, Director of the Warrior Resource Center created by Melanie Kline's nationally recognized non-profit, Welcome Home Montrose. As a military spouse, Emily has given more than a year of her life to her volunteer position, helping to create a welcoming and empowering resource center for wounded warriors and veterans of all wars; and **Sarah Curtis**, Mobility Manager for All Points Transit.

When the regional transit non-profit lost its longtime executive director earlier this year, Curtis stepped up to the plate and capably managed the organization with senior accountant and board member Darcy Arnold for months until a new director could be found.

Originally from Massachusetts, Sarah moved to Colorado in 2001 to attend Fort Lewis College in Durango, where she studied sociology, political science and history. After she graduated in 2005, Sarah found that she had fallen in love with Southwestern Colorado and did not want to leave. Eventually she found work in Denver with the Mile High Business Alliance, one of the state's first "Local First" non-profit organizations. "I built the organization from the ground up, focusing on media campaigns, neighborhood programs and events that supported and promoted locally-owned businesses in Denver," Curtis said. "In doing so, I found a love for promotions planning, event coordination, outreach, community and relationship building...but I still missed the mountains, and Southwest Colorado."

In 2011, Sarah moved to Montrose with her husband, who had taken a job here. She began her work as Mobility Manager



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MIRROR IMAGES...SMALL BUSINESS SATURDAY!



MHS Marching band members helped create a festive spirit.



Maddy Abbruzzese welcomed shoppers to the Downtown Mercantile Nov. 30.



Ivy Fife and her girls headed Downtown to shop local!



Left, Tom "Vogy" Vogenthaler was also seen shopping in Montrose, while members of the MHS Marching Band enlivened every corner (above and left).

REGIONAL NEWS BRIEFS

SHERBINO ANNOUNCES ITS HOLIDAY MATCH GRANT Local Philanthropist Makes \$10,000 Pledge of Matching Funds

Special to the Mirror

RIDGWAY--The non-profit group, Ridgway Chautauqua Society, operators of the Sherbino Theater, have announced that a Ridgway resident has pledged \$10,000 in matching funds to help the Sherbino Theater continue as an invaluable community resource into 2014.

"A lot of people think the Sherbino has been saved and that we are out of the woods," said Pat O'Leary, Chair of the Ridgway Chautauqua Society. "We wish that were the case—but there is still a lot to do; we are closing in on a solution to help us purchase the building but we also are focused on creating programming that appeals to our broader community. And without this match grant, we would not be able to achieve that. We're like Ridgway's own NPR—we need help from our community to continue to provide great programming."

The donor, who wished to remain anonymous, has promised \$10,000 in dollar-for-dollar, matching funds—meaning that every dollar that is donated to the Sherbino Theater by Dec. 31st, will be matched up to \$10,000.

In the past year, the Ridgway Chautauqua Society has much to be proud of; from a sold out performance of legendary Ramblin' Jack Elliot to a one-of-a-kind showing of Visions of America, presented by its creator Joseph Sohm to a photography workshop presented by John Fielder to the creation of monthly events such as Art Bar, Open Bard poetry night, the development of a world-class lecture series, and much more. In 2014, the Sherbino will begin to expand its offering through the development of a collaborative partnership with Weehawken Creative Arts, the Wright Opera House and the Ouray Performing Arts Guild.

The Theater has an incredible line-up of great music including a New Year's Eve Bash with local favorite, Funkdafari and a very special show featuring Molly O'Brien in January. In addition, the Sherbino is continuing its other "Chautauqua" style offerings as well, expanding on its lecture series, poetry nights, art nights, weekday dance, acting, and theater classes, and open-mic events. about events at www.sherbinotheater.com. **To make a donation to support your local, non-profit theater, please visit**

www.sherbinotheater.com/donate. The Ridgway Chautauqua Society was formed to save, revitalize and operate the 98-year-old theater as a nonprofit community center for theater, film, and the performing arts. The RCS envisions a New Sherbino Theater that will reflect its original role as a vital community resource. Contact Brian Scranton, brianscranton@yahoo.com.

The Mirror:

For coverage that never leaves
our readers out in cold ...



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REGIONAL NEWS BRIEFS

JULIE OSBORNE JOINS MORTGAGE TEAM AT ALPINE BANK



Julie Osborne.
Courtesy Image.

Special to the Mirror

MONTROSE-- Julie Osborne has been in the mortgage and banking industry for 17 years. For the last five years, Julie has managed Alpine Bank's Electronic Business Banking portfolio in Mont-

rose. In addition to her current role, Julie will take on the title as Mortgage Lender for the San Juan Region of Alpine Bank covering Montrose, Ridgway, Ouray and Telluride.

Having discovered the Western Slope over 23 years ago, Julie admits, "Western

Colorado offers some of the best living around – whether it's hiking in the Black Canyon, going for a long run by the reservoir or skiing in Telluride. I consider myself extremely lucky to have found such a gorgeous place to call home."

Julie's previous work in the real estate industry has her excited to be back working for home buyers. "My favorite part of my job at Alpine Bank is helping people buy a house here in Western Colorado. Sometimes it's new families, just starting out. Sometimes it's a couple moving here to take advantage of a job opportunity. Whatever the reason people are buying homes in the region, it means they're investing in themselves and in their community, and I'm helping them do that." Julie gives back to the community by being active with the Montrose Com-

munity Foundation. When she's not busy serving her customers, you'll find Julie with her husband, Corey, 4-wheeling, scuba diving, running, hiking, traveling, and exploring the outdoors. Julie also has a special place in her heart for furry four legged friends; she has one dog named Nick. To reach Julie, please contact her at (970) 369-5036 or at julieosborne@alpinebank.com.

Alpine Bank is a \$2.4 billion dollar, employee-owned organization chartered in 1973 with headquarters in Glenwood Springs, Colorado. With 36 western and southwestern Colorado banking offices, Alpine Bank employs over 500 local people and serves more than 130,000 customers with retail, business, trust, asset management, mortgage, and electronic banking services.

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LIESL LOOKS AT LOCAL ETSY SITES



A work of art from Montrose artist Krystina Maixner's Etsy site. Courtesy photo.



Find items as diverse as homemade craft kits for kids (CuriousFabulizations) and custom fashions to keep Barbie looking super fresh (BeauregardKnits). Courtesy photos.



By Liesl Greathouse

MONTROSE--During this holiday shopping season, many of us want to support local small businesses. Here's an idea for how to do that without even leaving the comfort of your own home: by shopping Etsy.com (a popular online marketplace for handmade and vintage items) for Montrose-based creators and their creations. From candles to jewelry, ceramics and home decor items; they are all just one click away!

For those interested in **original art and photography**, there are several stores offering unique pieces to decorate any home:

pamelam offers original oil and acrylic paintings by Pamela Munger, ranging from abstract landscapes to abstract flowers and other designs. Her art is available at <https://www.etsy.com/shop/pamelam>.

MeganDPreece is Nature's Words Photography, offering a wide variety of one of a kind images taken all around the world, with some paintings as well. You can find her work at <https://www.etsy.com/shop/MeganDPreece>.

For furniture, sculptures and other home decor items, several places offer unusual gift ideas.

RobinAllisonRoth of Love-n-Art creates handmade, original and one-of-a-kind pottery, with some creations incorporating beads. Her interesting items can be found at <https://www.etsy.com/shop/RobinAllisonRoth>.

Krystinas is a ceramics studio offering sculptures for decor, and useful home

items such as ceramic teapots and pitchers. You can find her at <https://www.etsy.com/shop/Krystinas>.

EcoFurnishings goal is to provide high- quality customer service while giving a new life and purpose to discarded pallets and wood by turning them into wine racks and other useful home décor items. They can be found at <https://www.etsy.com/shop/EcoFurnishings>.

notvtime offers metal sculptures, bird baths, and small wire decorations that are sure to start conversation and add an interesting twist to any home. You can browse his pieces at <https://www.etsy.com/shop/notvtime>.

MJCreationsOnEtsy features quilts created by Marlene Jo and inspected by her cat Gus. Her quilts are cute, fun and colorful, perfect for kids or adults. Her beautiful creations can be found at <https://www.etsy.com/shop/MJCreationsOnEtsy>.

carlyace offers hand crafted critters by Carly, where people can design their own cake toppers, ornaments and more. To create your own custom gift for a loved one, visit her store at <https://www.etsy.com/shop/carlyace>.

Jewelry is always a favorite for both young and old, and Etsy offers a wide selection of items in that category:

Desireesbeadboutique offers a wide selection of items, including necklaces, earrings, rings and bracelets, in fun and interesting patterns and shapes. From elegant to fun, you can find her creations at <https://www.etsy.com/shop/Desireesbeadboutique>.

suncatchersforears creates beautiful ear-

rings from Czech glass beads and Mirage Mood beads. These pieces are sure to stir interest and frame each face with quality-beaded creations. Her earrings can be found at <https://www.etsy.com/shop/suncatchersforears>.

Denimpearl offers classic hand knotted jewelry, perfect for people who enjoy simple, yet elegant necklaces, chokers and bracelets. You can find her classic creations at <https://www.etsy.com/shop/Denimpearl>.

Justastonethrow specializes in pieces made from unique and one-of-a-kind natural stones and sea glass. With a wide selection of earrings, pins, necklaces and bracelets, people can see them all at <https://www.etsy.com/shop/Justastonethrow>.

GrandMesaDesigns specializes in chain-maille jewelry, with custom orders always welcome. Their necklaces, bracelets and even bookmarks are sure to make a statement. They can be found at <https://www.etsy.com/shop/GrandMesaDesigns>.

bonsaiseaglassjewelry transforms genuine surf-tumbled sea glass into beautiful jewelry, using sea glass found on beaches all over the world. You can find her one-of-a-kind pieces at <https://www.etsy.com/shop/bonsaiseaglassjewelry>.

UniquePearlsCrystal is a great source for truly affordable genuine Akoya Pearl and Swarovski Crystal jewelry, perfect for weddings and other special occasions. Her pieces can be found at <https://www.etsy.com/shop/UniquePearlsCrystal>.

MsEllieGhantJewelry creates jewelry

LIESL LOOKS AT LOCAL ETSY SITES

with simplicity, beauty and style, and even some items for home decor. Check out their beautiful creations at <https://www.etsy.com/shop/MsEllieGhantJewelry>.

For **unique bags and accessories**, Etsy stores provide a fun selection of gift ideas, perfect for all ages.

PaintedCanyonStudio specializes in hand-crafted designer jewelry storage cases and clutch bags. You will find their unique jewelry rolls, for storing and organizing jewelry, and clutch bags, for an evening on the town, at <https://www.etsy.com/shop/PaintedCanyonStudio>.

MummiesStore offers hand-crafted goods that are something new and different. To see their selection of totes, scrunchies, toys, and more, visit <https://www.etsy.com/shop/MummiesStore>.

NaRayCreations makes a wide selection of beautiful and unique infinity scarves, hanging towels, and hair towel wraps. You can see her interesting creations by visiting <https://www.etsy.com/shop/NaRayCreations>.

PranaWear creates a wide selection of

creative creations, making bags, hats, boots, blouses, scarves, crochet slippers and so much more. Check out her unique designs at <https://www.etsy.com/shop/PranaWear>.

CuriousFabulizations is always busy creating, fabulizing, and making magic. Offering paper flowers, scarves, craft kits, and more, you can find all her creations at <https://www.etsy.com/shop/CuriousFabulizations>.

BeauregardKnits is based on being Barbie Chic - Home Unique, offering clothing and even jewelry for Barbie dolls and more.

You can see her pieces at <https://www.etsy.com/shop/BeauregardKnits>.

For people wanting to **pamper a family member or friend**, lotions and candles make the perfect gifts.

CimarronCrkEss (Cimarron Creek Essentials) offers all natural/organic based hand-crafted soaps, lotions, body butters, tub teas, lip balms, bath salts, salt & sugar foot scrubs & body polish, massage creams, massage oils, and more. You can check them out at <https://www.etsy.com/shop/>



Handcrafted lip balm from the Cimarron Creek Essentials Etsy site. Courtesy photo.

[CimarronCrkEss](https://www.etsy.com/shop/CimarronCrkEss).

BrilliantMooseCandle offers a great selection of beautifully scented candles, in standard colorful pillars or antique cups and even margarita glasses. Find her fun creations at <https://www.etsy.com/shop/BrilliantMooseCandle>.

This holiday season, anyone can support local businesses easily, with a wide selection of gift ideas online.

So pull up a chair, grab your mouse, and set off to shop!

Delta County Living

Your Online Guide for Activities,
Adventure, and Living In
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www.deltacountyliving.com

deltacountyliving@gmail.com



MAKE IT COLORADO!

Mirror Staff Report

COLORADO—Tis the season for gift baskets...this year, why not use your holiday budget to support your fellow Coloradans? The “Makers” movement is gathering strength throughout the state, as artists and artisans band together to showcase and market their unique products. Now, a company based in Lafayette hopes to build on the momentum by promoting the work of Colorado makers to the rest of the world.

Regional Makers was founded by Peter and Anna Fargo, a conservation-minded couple who are donating five percent of sales from this season’s “Colorful Colorado Holiday Box” to Wildlands Restoration Volunteers, a non-profit that is working to repair and rebuild trails and open spaces impacted by the flooding on the Eastern Slope. The holiday gift box is a selection of Colorado products carefully chosen to showcase the best of the state’s makers, including a selection of dried fruit from Delta County’s Ela Farms.

“Our makers are located around the

state,” company spokeswoman Amy Ennis said. “Sometimes we find them, sometimes they find us. We sample their products and look at their ingredients. We also like our makers to be ‘good citizens’ of the world...Steve Ela from the Ela Family Farms is a leader in the state of Colorado when it comes to organic growing research.

“Our customers include individuals who want to send a slice of Colorado to someone they care about, and corporate clients who usually work with us to place larger orders that might include customization of our gift boxes with their own branding.”

In addition to using only products made in Colorado in its gift boxes, Regional Makers also supports the local economy by purchasing recycled paper shipping sleeves from a local company, working with local distributors, and fulfilling orders through a company based in Englewood.

The idea is to give those who do not live here a sense of the place that is Colorado, Ennis said.



This year’s Colorful Colorado Holiday Box includes dried fruit from Ela Farms. Courtesy photo.

“We like to say that we put Colorado in a box!” she said. Mirror readers who would like to order from Regional Makers can claim a \$5 shipping credit by using coupon code 5-OFF-CO, she added.

Colorado Aviation Business Association (CABA) Hosts Third Annual Holiday Drive for Veterans

Special to the Mirror

MONTROSE—The Colorado Aviation Business Association (CABA) is pleased to announce the 3rd Annual Holiday Drive to benefit the State of Colorado’s Veterans and their families. CABA, in partnership with the Veterans of Foreign Wars, (VFW) is collecting toys and nonperishable foods to aid veteran families throughout various communities in the state.

CABA has also partnered with the Metropolitan State University of Denver’s (MSUD) Aviation Department Flight Team to fly the food and toy donations to Montrose, Trinidad; Alamosa and Burlington Colorado on December 8th, 2013. Members of Colorado’s VFW will greet the aircraft at each location and help distribute donations to veterans and their families for the holiday season.

On the western slope, community organizations, such as, the Welcome Home Montrose Foundation, (WHM), veterans groups, and the at-large communities are among the leaders in the state for their work on behalf of veterans and their families. CABA is there for them on the western slope. Black Canyon Jet Center is hosting the arrival of the Montrose bound aircraft.

Kenn Kline, CABA Region Co-Chair and Customer Service Manager at Black Canyon Jet Center said, “It’s a very strong commitment from diverse people and resources throughout the state to make this happen. We’re excited to bring capabilities available in the aviation community to meet the needs of our veterans and their families. It is an honor to do it.”

In addition to airlift flying, the CABA/

VFW alliance on the western slope is providing donation bins where citizens can contribute non-perishable food donations and toys. “These donation bins are a way for veterans and all give back to each other. We added the ground element this year,” Kline said. All donations will go to assist those veterans and their families on the western slope.

The donation bins are located at the Chamber of Commerce in Delta; the WHM Warrior Resource Center and midtown Citi-Market in Montrose. “We also have VFW distribution contacts for meeting needs in the Grand Junction CO area. Our statewide goal is 8,000lbs. in 2013,” Kline said.

For more information about the event, contact Kenn Kline or visit www.mycaba.org.

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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.™

The NEW New Year's Eve Event



A family-friendly event for everyone of middle school age and up, at Friendship Hall. Courtesy image.

By Liesl Greathouse

REGIONAL--For people looking to celebrate the New Year in a fun and different way, there will be a special event to look forward to on Dec. 31: the Community Wide New Year's Eve Party.

People from all over Montrose and outlying areas are invited to attend and welcome in the New Year.

This family-friendly, non-alcoholic event will be 8 p.m. to Midnight at Friendship Hall, 1001 N. Second St. in Montrose. There will be a carnival and Minute-to-Win-It games 8-10 p.m., and then a Dance Through the Decades from 10 p.m.-Midnight.

Anita Daly, Education Coordinator at the Life Choices Family Resource Center, the organization heading up the event, explained what the purpose of the Party is. "It is for all the young adults who say that 'there is nothing to do in Montrose.'"

"We want to prove them wrong," she said. "The booth activities feature organizations that people can participate in the New Year. We want to give families a

safe, alcohol-free place to celebrate and show them new opportunities for the New Year."

The first half will feature a carnival games theme, with businesses, clubs and groups providing an activity that relates to what they have to offer the community. The booth area will also include service stations, with displays showing how people can help or volunteer at local organizations, such as Hospice. At 10 p.m. the booths will close and the Dance Through the Decades will begin.

Also during the carnival booth time, people do not have to wait in line for booth activities. The dance floor area will also offer different events for people to participate in, including human rock, paper, scissors; a paper airplane race; mini golf; and blindfolded musical chairs. There will also be performances by local entertainers.

The grand finale of the night will be Montrose's own Balloon Drop, just like the one on TV. At the Balloon Drop, each balloon will have an inspirational quote in it, giving people something to take with them into the New Year.

With the help of an anonymous donor, some balloons will also have cash in them as an added bonus.

Food, comprised of appetizers and hors d'oeuvres, and drinks such as coffee and punch will be included with the price of the ticket. A non-alcoholic cash bar will be available for people who want fancier beverages.

The event is aimed for the whole family, from middle school aged children and up. "We also want the grandparents to come," Anita said.

"We will be playing Chubby Checker and other such artists and would love for them to come and show the younger generation how to dance and do the Twist. We really want the older generation intermingling with the younger generation." One note for families: there is nothing for little children to do, so this is the perfect time for parents to get a sitter and take their older kids out for a family night.

The Party will be unique for our community. "In years past there have been no events that are family friendly to celebrate the New Year," Anita explained. "Maybe events at bars, but nothing for families to enjoy."

Certain stipulations for the event are that any children under the age of 16 have to be accompanied by adult. Anita also wanted to emphasize: "This is not a drop-off child care while parents go somewhere else. We want them to come together as a family."

Anita is excited for the event.

"I love community events because I love seeing everybody in one place," she explained.

"The Balloon Drop on TV has always looked like so much fun. I am also excited to watch the kids enjoy the experience and have fun."

There is no maximum occupancy at Friendship Hall, so the more the merrier. Tickets are \$10 per person or \$25 per family of 4 or more in advance, and \$15 per person and \$35 per family at the door.

Help is always welcome for the event, with volunteers needed for coat check, to keep the food stocked and other needs. "For groups or clubs with no financial base, people can also offer to sponsor a booth by covering the \$25 fee to help defer expenses," Anita added. "Financial help is also welcome and people can donate more money to put in the balloons at the Balloon Drop."

Anita's favorite part of planning the event has been working with young adults. "The event has been thought up, planned and organized by career-aged young people and I have been blown away by their creativity," she said.

"They throw out ideas and figure out how to implement them. It has been great to see them jump on board and have a goal."

Anyone can purchase tickets with cash or check at Genesis Christian Market Place, Great Harvest Bread Company, K-Frizz Salon, or the Life Choices Family Resource Center.

For more information, call 970-249-4302.

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

REGIONAL NEWS BRIEFS

Oxbow Mine Closure Cuts Nearly 300 Jobs from North Fork Valley

Special to the Mirror

SOMERSET — Oxbow Mining has announced it will be temporarily closing the Elk Creek Mine after it was unable to re-enter and recover the mining equipment. The mine closure includes terminating nearly 300 jobs at the location and the loss of several million dollars in royalty and severance taxes for the region. Though Oxbow Mining announced plans to possibly re-establish the mine, a timeline has not been set.

Oxbow Mining in Delta and Mesa counties represents a significant portion of the

local economy, contributing over \$60 million in direct benefits to the North Fork Valley.

"I am deeply concerned about the effect the Elk Creek Mine closure will have on the families supported by this mine as well as the North Fork Valley community as a whole," said Representative Don Coram (R-Montrose). "I am saddened by the many hardworking Coloradoans who are now out of work, and hope these families are able to remain locally employed to help support the economy for this region of Colorado."

Representative Ray Scott (R-Montrose) added:

"While the mine closure was reported as temporary, the process to re-establish a mine site can be lengthy," said Scott. "Following the tragic floods earlier this year, the state of Colorado helped to streamline the permitting process for the rebuilding efforts. I hope the state of Colorado and the government entities involved can use that knowledge and experience to expedite the permitting process to get this mine back to operation as soon as possible."

Kendall Mountain opens for 50th Season

Special to the Mirror

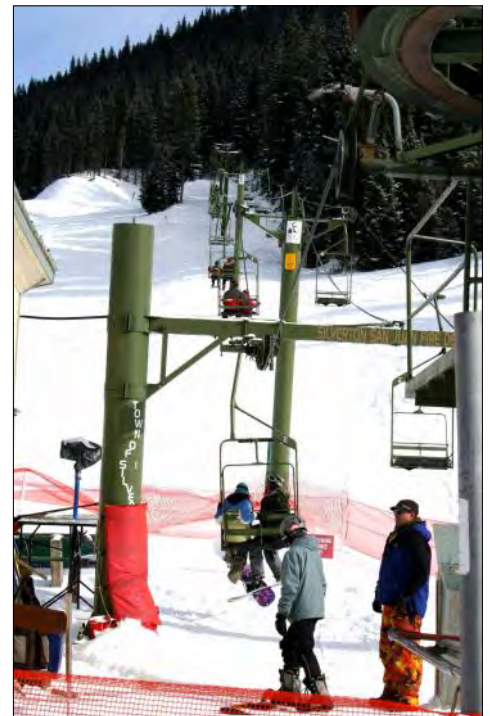
SILVERTON — Kendall Mountain Ski Area, the town-owned family skiing destination, is opening for its 50th season on Friday Dec. 6, with lift tickets priced at only \$20 for adults and \$15 for children over age 6. Kids younger than that ski free.

High in the San Juans at an elevation of 9,318 feet, Silverton got hit with 18 inches of snow last weekend and ski area officials say the mountain is in pretty good shape,

providing excellent beginner and intermediate terrain.

It's a great place for families to come and teach kids to ski. The ski area will be open throughout the winter, Fridays-Sundays from 11 a.m.-4 p.m. And it will be open daily from Dec. 20-Jan. 5.

Kendall Mountain Ski Area was dedicated 50 years ago with the installation of a tow rope and the clearing of a mile of terrain, in a community effort. The town and



High in the San Juans at an elevation of 9,318 feet, Silverton got hit with 18 inches of snow last weekend

county even had to put in a new bridge across the Animas River to access the ski area.

For more information and webcam, go to www.skikendall.com.

SHARING HIGH COUNTRY HOLIDAY TRADITIONS *continued from page 1*

-made play dough handprints with her children, and making table decorations is a great family deal—they gather things from the yard, and get the kids to think about it.”

Heading outdoors to enjoy a hike or scavenger hunt can be very enjoyable as well, she said, and going around the table to ask everybody what they are thankful for is also a way to celebrate a Thanksgiving Meal.

“It’s about getting back to what you can do, and make,” Harrington said. “In our family we like to have scavenger hunts to look around the yard and find things, and plan some kind of craft. The kids really love to involve Grandma and Aunt Ruby.”

For the big holiday meals such as Thanksgiving and Christmas, traditional favorite recipes include oyster dressing.

“Special dishes are the ones that mean something to you,” she said. “The Israel family used to make an oyster corn casserole for branding events that was so good...oyster dressing is a real favorite of mine because you can add things like crumbled saltines and whipping cream...indulge! It’s the holidays! I use corn chips

in mine, and I love cranberry relish. I can hardly wait each year for cranberries to come to the market! I have also canned a bunch of my homemade apple pie filling, and mom always makes extra pie crust so we can roll it out, sprinkle it with sugar and bake it into cinnamon crisps.”

Even children can help in the kitchen if they are given the chance, she noted.

“If they have one dish that they have can put together and make by themselves, it can build appreciation for where their food comes from and what the land means to everyone,” she said.

“Without farms, we couldn’t feed anybody!”

Family activities such as board games also make holidays special, she noted, and sharing with others is always important.

“We like to play ‘The Farming Game’ in our family,” Harrington said.

“We got it in Montrose years ago, and it’s kind of fun because it’s so true to life!”

For Karen Byler, co-owner of Montrose’s Straw hat Farm Market store, holiday meals are about family and friends—not rushing out to the store for that one last

thing.

“We agree that we don’t have to give each other more than we have to offer,” she said. “We like to center things around family and a table of yummy food. For Thanksgiving, being thankful to God for all of our blessings is most important. And for Christmas, we need to remember why we have such a day, and keep the ‘Christ’ in Christmas.”

“We want to focus on what a supreme gift he was to us.”

Embodying the message of the holiday can include reaching out to those who may not have friends or family close by, Harrington said.

“We should share the plenty we have with others,” she added, “so if there is a neighbor who has nobody, invite them over—and if you know someone who is housebound, take them a plate—make this a year to share in the Harvest and share the blessing. Give to the food bank!”

“It’s about sharing and passing on traditions and ideas and being kind to everybody,” she said.

“Love your neighbors, and stuff.”

MMH CEO ANNOUNCES RETIREMENT

Special to the Mirror

MONTROSE— The Board of Directors of Montrose Memorial Hospital, Inc. (MMH) has announced the retirement of David Hample, hospital Chief Executive Officer, effective Nov. 30, 2013. Board Chair Debi Harmon expressed gratitude for the five years of service Mr. Hample has given the hospital: “Dave’s leadership and vision for our hospital has been critical to the success we have enjoyed during his tenure. We will miss him and wish him well in his retirement.”

During his time at MMH, the hospital recruited 25 new physicians to its medical staff, improved its patient satisfaction scores to record levels, and gained several regional and national distinctions for patient care and operational performance. He has been an employee of

Quorum Health Resources (QHR), the hospital’s management advisory services firm, for over 20 years and was named QHR’s CEO of the year in 2011. “Dave has been a great CEO at Montrose, and we also appreciate his contributions to our client hospitals, which include Jackson Hospital (FL), Parkview Medical Center (CO) and Maine Coast Memorial Hospital (ME) prior to coming to Montrose,” said Mike Mullins, QHR regional vice president.

“He has successfully recruited dozens of new physicians to Montrose and had a dramatic impact on financial and operational performance.”

While he will be moving away for retirement, Hample has enjoyed living in Montrose and his term at MMH, and has been quoted to say: “I only wish I had discov-

ered this great place and these great people much earlier in my career.” He and his wife are moving to Alabama (“Roll Tide”) to be closer to their family and enjoy the warm weather.

Mary Snyder, the chief operating officer at MMH, has agreed to serve as interim CEO while QHR conducts a national search for a new CEO.

The hospital board will be closely involved to find the best candidate for MMH and the community.

There is no current time frame for the search to be completed. Harmon explained, “QHR’s support to our interim CEO will minimize disruption within the hospital while allowing the board time to choose a CEO that can meet our needs, and fill the significant role Dave has played in the hospital and in the community.”

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Montrose Manor B & B – More than A Bed & Breakfast

By Susan Bony, Region 10 SBDC

MONTROSE--Freddie and Tom Hancock took one look at their new home in Montrose and saw something beyond a magnificent house.

They decided to make their new home into a bed and breakfast, a base for their animal rescue nonprofit and a community resource. They contacted the SBDC for assistance in achieving their dream. They were familiar with the SBDC because they had used their services in Arizona where they had moved from.

The SBDC consultant was met at the grand entrance by Freddie who gave her a tour of the 12,500 sq ft house and surrounding acreage detailing her and her husband's ultimate vision of the property.

The SBDC consultant spent time with them looking and listening. A few days later she returned to discuss a strategic plan for creating their vision. She also detailed specific marketing strategies, promotional venues and provided Freddie with names and phone numbers of contacts that she needed to complete the plan. Freddie was given multiple sources to choose from for printing and other services. Freddie

and Tom were new to Montrose so they needed help finding resources.

As the plan unfolded, the SBDC consultant came back to help with their -year financial forecast and Excel instruction so that Freddie could complete her application for a bank loan. The loan was approved and they continued with their plan. Then when it came time for their first magazine ad to be created the SBDC consultant provided suggestions on the ad content, photographs and layout. The Hancock's were thrilled with the ultimate outcome. Two different sales brochures were recommended – one for the B & B and one for special events. The SBDC consultant helped them create these. Planning for their first overnight guest was again supported by the SBDC consultant as she is a trained chef and has stayed at many B & B's over the years. She provided comments on their sign-in forms and documentation, recipes and food plating tips.

Now their sign is hung on the street and their doors are officially open. Montrose Manor B & B has hosted two successful community events and has had several overnight guests. Freddie said "we would-



*Montrose manor Bed & Breakfast.
Courtesy photo.*

n't be where we are today without the competent help and support from the SBDC. We are living our dream."

Silke Printz Steps Out After Her Successful Hip Replacement from MMH

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

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

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

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REGIONAL NEWS BRIEFS

Government Transparency Advocates Challenge BLM's New Policy Allowing Corporations to Anonymously Nominate Public Lands for Drilling

Special to the Mirror

NORTH FORK VALLEY—A broad-based coalition of 45 local and national organizations has called on the Bureau of Land Management (BLM) to make fully transparent the process where private interests nominate public lands for oil and gas drilling and fracking. In a pointed [letter](#) to BLM Principal Deputy Director Neil Kornze, the coalition specifically requests that the agency reverse its new policy designed to sidestep a court order requiring transparency in the oil and gas leasing process.

This letter follows a momentous victory for the public's right to know and government transparency last winter, when the U.S. District Court for the District of Colorado [ruled](#) that the BLM violated the public's right to know when it refused to release the identity of private parties that nominate public lands for oil and gas drilling leases, through submissions of so-called Expressions of Interest (EOIs).

But instead of embracing transparency and publicly sharing the information, which the court held the public has a right to know, BLM changed the rules of the game.

In a [new policy](#), starting January 1, 2014, BLM will no longer require private parties to identify themselves when nominating public lands for oil and gas leasing. The EOI can now be submitted anonymously, circumventing the court's order as well as the intent of the Freedom of Information Act (FOIA).

In fact, the government goes so far as to encourage the nominators to *not* identify themselves: "*EOI submitters who consider their name and address confidential should not include that information in their EOI.*" (See, BLM Instruction Memorandum [No. 2014-004](#), October 28, 2013.)

The Western Environmental Law Center (WELC), Citizens for a Healthy Community (CHC), San Juan Citizens Alliance

(SJCA), and 42 other local and national groups are calling on the BLM to reverse its new policy. In the [letter](#) sent today, the groups stated, "The sale of our public lands for private oil and gas development should be an open and transparent process, period. Any policy falling short of this basic principal cannot be maintained."

BLM's eluding of the court order is deeply troubling. In his opinion ordering BLM to reveal the names of the public land nominators, U.S. District Court Senior Judge Richard P. Matsch opined, "the identity of the submitter may be relevant to the plaintiff and others who may raise concerns about the stewardship records of that potential owner, a factor relevant to the environmental impact of the proposed sale." And BLM's hiding of the nominator's name, "runs directly contrary to the purpose of the public sale process." But, BLM's new policy makes it impossible for concerned citizens to learn the identity of the oil and gas industry proponents seeking to drill and frack on public lands near their communities.

In addition to WELC, CHC, and SJCA, the letter was signed by 42 other organizations:

[350.org](#) Colorado; Californians for Western Wilderness; CODEPINK Colorado; Colorado Mountain Club; Conscious Global Leadership; Denver Community Rights; Earthworks: Oil & Gas Accountability Project; East Boulder County United; EcoFlight; Elbert County Oil and Gas Interest Group; Food & Water Watch; FoodShed Productions; Frack Files; Frack Free Colorado; Great Old Broads for Wilderness; High Country Citizens' Alliance; Holy Terror Farm; Kids Against Fracking; Los Padres ForestWatch; Montana Environmental Information Center; The Mothers Project; Natural Resources Defense Council; Our Health, Our Future, Our Longmont; Our Broomfield; Patagonia; People's Oil & Gas Collaborative – Ohio; Plains Alliance for Clean and Water; Pow-

der River Basin Resource Council; Protect Our Loveland; The Question Alliance; Rocky Mountain Wild; Sierra Club; The SOS Foundation; Thistle Whistle Farm; Upper Green River Alliance; Weld Air and Water; Western Organization of Resource Councils; What the Frack?!; Arapahoe; WildEarth Guardians; The Wilderness Society; Wilderness Workshop; and Wyoming Outdoor Council.

Background

In June 2012, WELC, on behalf of the community group CHC, filed the FOIA request and subsequent [lawsuit](#) that resulted in the Court's favorable ruling. (The organizations were seeking the names of the corporations that had nominated 30,000 acres of public lands surrounding the North Fork Valley in western Colorado for drilling and fracking.)

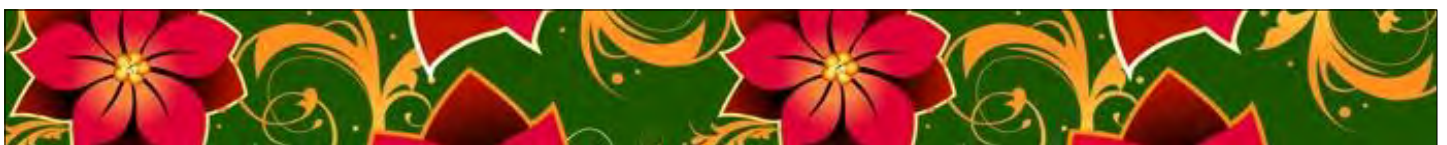
On February 13, 2013, a federal court in Denver reversed BLM's policy of withholding the identity of the corporations that have requested to lease public lands for oil and gas drilling. Though the case was specifically seeking the corporate nominators of the public lands surrounding Colorado's North Fork Valley, it also challenged BLM's broader policy, thus implicating all BLM managed public lands across the nation.

On April 15, 2013, the BLM [released the names](#) of the EOI submitters that had nominated the public lands at issue in the lawsuit.

On Oct. 28, 2013, BLM issued [Instruction Memorandum No. 2014-004](#).

The new policy announces that the BLM will publish information on EOI submissions on the website of the BLM state office where the nominated parcel is located, in an "effort to improve transparency."

But, the agency also "will advise EOI submitters that the BLM does not require their name and address to be on their submission." Thus evading the court order to reveal the nominator's identity to the public.



MIRROR IMAGES...ART ON TROUT ROAD!



Left, Artist Bill Wilson signs some of his art work for customer Nancy Turley as fellow artist Kristi Edwards handles the cash flow.

IMAGES COURTESY CARA FANDEL FOR
INSPIRATION THROUGH IMAGING



Above, Painter Gina Grundemann shows some of her cards to Donna Green (middle) and Priscilla Peters.

Below, Regis Schmalz and daughter-in-law Terry Schmalz check out the detail in a serigraph by artist Ron Hoecksema.



Above, Julia Marie Gillett looks through artist Gina Grundemann's selection of greeting cards.



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REGIONAL NEWS BRIEFS

MONTROSE COMMUNITY BAND TO PLAY FREE 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.

Holiday

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SAT
NOV
30



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More info: www.facebook.com/DowntownMontroseHolidays

THE MONTROSE MIRROR
MONTROSE

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The Montrose Mirror is your source for local business news and information.

DELTA--Rachelle Roby with Ability Speech Pathology was welcomed to the Delta Area Chamber of Commerce with a ribbon cutting ceremony on Nov. 21. Joining her were (from left) Chamber Ambassador Christina Bushe from Richards Consulting and Accounting, LLC; Chamber board president Josh Applegate from Farmers Insurance; Mayor Ed Sisson; and Ambassador GW King from King Retirement Solutions & King College Planning.

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REGIONAL NEWS BRIEFS

“WE’VE GOT YOUR SIX” PLEDGE DRIVE CONTINUES

Special to the Mirror

MONTROSE—Welcome Home Montrose and the Warrior Resource Center will host an Eagle Head Cane presentation on Thursday, Dec. 5th at 1pm. The ceremony is open to the public.

There will be a collection box at the Warrior Resource Center this week for the Colorado Aviation Business Association (CABA), who will be holding their airlift on Sunday, Dec. 8th at the Montrose Regional Airport. They will be bringing food to veterans on the Western Slope; please contact Ken Kline at the Black Canyon Jet Center for more information. We’re excited to have such a wonderful program in our state and appreciative of all the hard work that occurs in our community to make it happen!

Local Veterans will lead the Downtown Montrose Parade of Lights on Saturday, Dec. 7—all veterans are invited to sign up at the Warrior Resource Center. We will have a trailer on hand to transport those who are unable to walk the distance. We also have approximately 100 of the red, white and blue glow necklaces available at the Warrior Resource Center so that the

crowd can show their “glow of support” as veterans make their way down the street. People are welcome to stop by any time between 9 a.m. and 5 p.m. on Friday, Dec 6, to pick some up.

Finally, thank you as well to those that have our back and who have already signed up for our “We’ve got your Six” pledge drive! Welcome Home Montrose is funded completely with private donations, and does not belong to any branch of the government. Your support is essential as we move forward in our mission to support America’s wounded warriors.

UPCOMING:

The Montrose Genealogy Club will be hosting a dinner for veterans and their families at the Warrior Resource Center to introduce themselves and what they offer...for FREE! They are a non-profit that wants to provide services to all military families seeking to trace their roots. Please RSVP at montrosegenealogy@gmail.com.

Tae Kwon Do & Tai Chi are canceled for tomorrow, Dec. 3, for a private party but the normal schedule will resume on Thursday.



REC DISTRICT VOTES TO PURSUE SALES TAX INITIATIVE

Special to the Mirror

MONTROSE—The Montrose Recreation District Board has voted unanimously to pursue a sales tax initiative on the upcoming spring ballot. This action followed the unveiling of the Community Recreation Center (CRC) and Woodgate Master Plan the preceding day to over 200 community members. Survey results from attendees were then presented to the MRD Board. This feedback contributed to the BOD decision to pursue a 0.2% or 1/5 of a percent sales tax initiative to bridge the gap in CRC funding.

This is 20 cents additional sales tax on every \$100 in purchases. If passed, Montrose’s sales tax rate would increase from 7.65% to 7.85% until \$11,700,000 was

collected, after which it would sunset. This proposal compares with 1 percent increases passed in neighboring towns to build their CRCs. The percent increase approved in Delta, Cortez, Gunnison and Fruita is five times that which is needed in Montrose. Use at the CRC is projected to be 679 daily visitors, compared with 212 who are currently served at the aging Aquatic Center.

Montrose residents are strongly encouraged to visit www.montroserec.com to learn about the plan. The presentation from 11.20.13 is available on the front page. It describes the final site plan, site phasing, facility layout and financing. Plan improvements grew directly from concerns heard from citizens during

and following the last vote almost two years ago. “We are grateful to those in our community who gave constructive suggestions, which we were able to apply to improve this plan”, said MRD Executive Director Ken Sherbenou.

Board Member Barbara Bynum listed some of the highlights of the improved plan. “We now have a site, purchased from savings of lottery proceeds. We have a strategy for pursuing grants and fundraising and an attainable goal of \$1.3M. We have partnerships with other quality-of-life agencies. We have a fiscally responsible proposal that would keep our sales tax rate lower than our neighbors. And we hope to have the support of our fellow Montrose citizens.”



www.montrosecounty.net

MONTROSE COUNTY NEWS AND INFORMATION

Great American Smokeout a Chance to Quit

Special to the Mirror

MONTROSE--Though smoking rates have dropped since the first [Great American Smokeout](#) in 1976, tobacco use remains the leading cause of death and disease in Colorado, killing more than 4,300 smokers each year and costing the state billions of dollars in health care and lost productivity.

"The Great American Smokeout gives Colorado smokers a chance to join millions of Americans on Nov. 21 as they break free from the toxic effects of tobacco and secondhand smoke," said Jessica Dravecky, a health educator from Montrose County Health and Human Services.

"Smokers can use this day and the many resources available to make a plan to quit, quit for the day or end their tobacco dependence forever."

It isn't easy to quit, but it's worth it and there is help available. Experts say tobacco is as addictive as heroin. Surveys show that six of 10 have tried to quit during the past year, but less than one in 10 were successful. It takes most smokers several attempts to quit successfully, but those who set a quit date and use a combination of medication and counseling are more likely to quit for good. The benefits of quitting are real and immediate. Within 20 minutes after quitting, a smoker's heart rate and blood pressure drops. Within 12 hours, the carbon monoxide levels in his or her blood decrease. And within two weeks after quitting, a smoker's lung and circulation functions will improve. Long term, an ex-smoker can expect to live longer and be less likely to develop cancer and heart disease. There are resources available for those who are ready to quit. Smokers and

their families can learn more about tobacco at tobaccofreeco.org. Those who are ready to quit can call the Colorado QuitLine at 1-800-QUIT-NOW. The QuitLine offers free, personalized, confidential telephone and web-based support for smokers and their families. For those who want help quitting via their phones, coquitmobile.org is a text message-based program that gives you instant support and coaching when you feel the urge to use tobacco. For help close to home, talk to your health care provider or contact (your organization) at (your contact information).

For those ready to quit during the American Cancer Society's Great American Smokeout, here are some tips from the Colorado Department of Public Health and Environment:

Set your quit smoking date: One of the best ways to set the stage for success is to make a pledge to quit and set a quit date. Tell friends and family about your quit day so they can support you.

Write down why you want to quit. Whether you want to improve your health, set a better example for your kids or protect your family from secondhand smoke, you are more likely to quit if you find your motivation, write it down and visualize success. Picture yourself smoke-free and around to enjoy life's great moments - a son's graduation, a daughter's wedding or grandchildren playing at your feet.

Make smoke-free home and car rules: Research shows that instituting a no-smoking policy at home and in your car can help you quit, keep your children from starting, and save you and your loved ones from the health consequences of

secondhand smoke. Clean the tobacco smell from your home and car; get rid of cigarettes, lighters and ashtrays; and make a pledge to keep your home, car and family smoke-free.

Determine your triggers and then avoid them. Remember that long after you stop smoking, certain environmental or situational cues can trigger your cravings for a cigarette. Whether it's stress, driving, talking on the phone, or sitting down with your favorite adult beverage, know your triggers and try to change those routines linked to smoking. When a craving strikes, substitute your usual triggers with healthier behaviors like going for a walk, munching on healthy snacks or gardening. Instead of reaching for a cigarette to relieve stress, try deep-breathing, stretching or exercising.

Get professional help. Talk to your health care provider or the trained professional quit coaches at the [Colorado QuitLine](#). They can help you make a quit plan, counsel you on ways to avoid your triggers, and provide you with nicotine replacement products such as gum, patches or FDA-approved cessation medications. Health plans and employers are required by federal and state law to cover quit-smoking services.

Montrose County Health and Human Services works to prevent and control tobacco use by providing free cessation classes for community members, encouraging healthcare providers to refer patients to the Colorado QuitLine, and providing tobacco education to community youth.

Contact Jessica Dravecky at 970-252-5011 for more information.

Montrose County Road & Bridge Dept. Announces Temporary Road Closures

Special to the Mirror

MONTROSE—Montrose County Road & Bridge will close 5700 Road north of Hickory Road, starting December 2, 2013 for culvert replacement and Jade Road east of 6300 Road, starting Dec. 2, 2013 for bridge replacement. Motorists are asked to use alternate routes. For more information, please call Montrose County Road & Bridge Department at 970-249-5424.

REGIONAL NEWS BRIEFS

Emergency services agencies awarded mini grants

Special to the Mirror

REGIONAL--The Western Regional EMS Council, Inc., awarded \$51,400 in mini grants to area emergency medical agencies. These emergency services agencies in the counties of Delta, Gunnison, Hinsdale, Montrose, Ouray, and San Miguel will use the items awarded to improve services for the critically ill and injured. Agencies will use the items to purchase equipment, host a class, and increase communications capabilities.

"The Western Region EMS Council, Inc. was organized by area ambulance service directors two decades ago to advance the level of emergency care provided to the ill and injured in the six counties of the West Region.

This is exactly the sort of benefit to multiple counties, to ambulance services and to health care facilities that fulfills the mission that was envisioned so long ago," said Jerry Gray, secretary of the Western Regional EMS Council, Inc., as well as Emergency Services Director for Hinsdale County.

The money for the awards was granted to the Western Regional EMS Council, Inc., by the Colorado Department of Public

Health and Environment as a result of excess monies in its annual provider grant process.

The awards are listed:

Delta County Ambulance District: \$9,500 for a Mass Casualty Incident Trailer
Gunnison Valley Health: \$7,704 for pagers, batteries, and radios
Hinsdale County EMS: \$3,671 for a video laryngoscopy kit and vacuum spine boards
Montrose Fire Protection District: \$4,991 for an inflatable rescue boat
Ouray County EMS: \$9,500 for automatic external defibrillators (AEDs)
Paradox Valley Fire Protection District: \$7,300 for cardiac monitor-defibrillator
Telluride Medical Center: \$3,690 for a class for Certified Emergency Nursing review
TransCare Ambulance: \$5,000 for 800 MHz radios

In addition, the Western Regional EMS Council, Inc., distributed six Automated External Defibrillators (AEDs) to three agencies: Crested Butte Fire Protection District, Lake City Area Fire Protection District and Telluride Fire Protection District.

These will be distributed thanks to a grant

from the Colorado Rural Health Center, and be available for public access in those communities.

"The Western Regional EMS Council, Inc., is proud to award this funding to the mini grant applicants to help with their projects. A major goal of our organization is to look for funding sources to help support local EMS agencies and trauma facilities in our six-county region. We look forward to working with more agencies and facilities in the near future with the opening of the Provider Grant Process through the Colorado Department of Public Health and Environment," said Terri L. Foechterle, Coordinator for the Western Regional EMS Council, Inc.

The Western Regional EMS Council, Inc., is designed to promote, foster and support cooperative organization of Emergency Medical and Trauma Services in the Western Region and State, utilizing data, communications, protocols, and training to provide Quality Improvement.

The RETAC will be composed of individuals concerned with promoting, fostering, and supporting excellence in emergency medical services within and between the counties represented.

DMEA Board Passes 2014 Budget and Rate Increase

Special to the Mirror

MONTROSE--The Nov. 26 regular Board Meeting of Delta-Montrose Electric Association (DMEA) featured several significant changes for the Cooperative. DMEA Board Member Glen Black submitted his resignation stating that his employment with the City of Delta would preclude him from serving on the board that had just opted to pursue legal action against the City. Black is the Community Development Director for the City of Delta which, in 2013, began competing with DMEA for the right to serve a property referred to as the "Maverik Subdivision." Considering this, the DMEA board voted to retain legal counsel to challenge the actions of the City. Shortly thereafter, Black announced his resignation. Before his resignation, Black was able to vote, along with the other Board Members, on several signifi-

cant measures regarding DMEA. DMEA staff presented a budget for the upcoming year to the board for review and approval. The board approved the 2014 budget with some modifications. Another significant proposal was that of a rate increase that would go into effect in January, 2014. DMEA staff had proposed a billing rate increase due to continuing wholesale rate increases from DMEA's wholesale power provider, Tri-Sate Generation & Transmission (Tri-State). Since 2008, DMEA had deferred operational costs in order to absorb losses exceeding \$5 million. No longer in the financial position to absorb any more wholesale price increases, DMEA proposed the 2014 rate increase in order to keep from going under. After taking feedback from members at an Oct. 22 rate hearing, and through an email conduit, rates@dmea.com, the Board reached

a decision to increase the DMEA rates by the proposed amounts. This moves the basic residential rate from 9.4¢ per kWh to 10.3¢ per kWh. For the average residential consumer, this increase may amount to about \$7.00 per month. A change in the Tri-State billing structure will likely have a greater impact on members currently enjoying Time-of-Use discounts. (A complete listing of new rates is available on www.dmea.com Member info/Billing/Electric Rates.) The DMEA Board also gave DMEA General Manager, Dan McClen-don authorization to sign a Memorandum of Understanding (MOU) with a developer for the construction of, and power purchase from three hydroelectric generators along the South Canal. These would complement the two hydroelectric facilities that were completed this year with much fanfare and public support.



LEGISLATIVE UPDATE

BY SENATOR ELLEN ROBERTS

LESSONS LEARNED FROM GETTYSBURG

Colorado's legislators work, theoretically, part-time, so while juggling meetings and constituent work, I try to fit in other learning experiences that expand my knowledge and abilities as a legislator. I was fortunate to have a couple of those opportunities in November.

Early in November, I was invited to join a dozen legislative leaders from across the county to participate in a unique leadership program. We traveled to Gettysburg to walk in the steps, literally, of the commanders of both Union and Confederate troops, who'd done their best to make good decisions with very high stakes, based on limited information and chaotic conditions, to say the least.

We had prepared for the leadership workshop by reading the book "Killer Angels" as that historical fiction laid out the background for the discussions we'd have in Gettysburg. Our group consisted of legislators from states on both sides of the Civil War and we all recognized strands of similar conversations today regarding states' rights, the preservation of the union, and the power struggles among different regions in our states and country.

Yet rehashing the outcome of the war, or its aftermath, didn't enter into our discus-

sions. Instead, we considered the turmoil and heavy responsibility that those Civil War leaders felt, while acknowledging the immediate and drastic gravity of the scenarios they faced. Our daily challenges pale in comparison and it was a thought-provoking few days.

Given Colorado's recent turmoil over several very contentious issues leading to two Democratic senators being recalled and now a third senator's resignation since we broke for the interim last May, I continue to consider what lessons I might take from Gettysburg back to Denver with me in January.

Another opportunity in November was to join a different group of state legislators to share best practices on connecting with constituents and stakeholders. With 8 counties in a remote district, I'm always interested in learning what other legislators are doing to improve legislator and constituent interactions. We live in a time of considerable discord, not discord of the proportion that led to the Civil War, but discord that can't be ignored, answered simply, or wished away.

As state legislators, many of us across the country don't have staff or the financial resources to send others out to collect information or to meet with constituents for

us. This is a positive in that most constituents prefer direct access to their legislator. However, the downside is that each legislator can be in only one place at one time. In this workshop, co-hosted by the National Conference of State Legislatures and the Kettering Foundation, of Dayton, Ohio, we discussed how to utilize our time most effectively and to create more meaningful discussions and interactions with our constituents.

This wasn't about how to have soft, "feel good" focus groups or how to be a better campaigner. Instead, we sought ideas on how to delve more deeply in conversation and problem solving with our constituents and not just applying convoluted and, too often, overly partisan legislative fixes that compound, rather than resolve, the challenges in front of us.

The range of complex issues state legislators face daily in their jobs is daunting. These learning experiences help me do my job better and, for that, and, most of all, for my family and friends, I'm very thankful.

Ellen S. Roberts, State Senator

Interim Contact Information:

P.O. Box 3373, Durango, CO 81302

Home office phone: [970-259-1589](tel:970-259-1589)

www.ellenroberts.com

CELEBRATING YOUNG LEADERS OF 2013 from page 3

She began her work as Mobility Manager for All Points Transit, a position that combines outreach work with strategic planning and the opportunity to help those in

need. "I love going to work every day because I know it makes a difference!" Sarah said, noting that her future goals are to continue to work on projects that posi-

tively impact the community, while building her already significant leadership skills.

"Never stop learning!" she said.

TAIZE SERVICE PLANNED AT MONTROSE UNITED METHODIST CHURCH

Special to the Mirror

MONTROSE--A Taize worship service will be held at the Montrose United Methodist Church at 7 pm. Dec. 5. 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.

REGIONAL NEWS BRIEFS

ALPINE BANK PAYS IT FORWARD AT AFTER HOURS EVENT



Special to the Mirror

DELTA--Justin Menge, branch manager of Alpine Bank, hosted Business After Hours Nov. 21, 2013. He gave three door prizes to the winners each got to donate \$50 to a Delta County non-profit of their choice. Jim Brown from Brown & Camp LLC donated to the Abraham Connection; Cara Schmidt from Senior Community Care donated to the PACE program; and Toby King from Raymond James Financial Services donated to the Delta First Assembly of God. Alpine Bank also collected cash and food donations for the Delta Food Pantry that evening.

HONORABLE MENTION

To Peter Crowell, for bringing so much to Montrose during your time here.

To Bank of the West, Delta branch, for outstanding customer service...

...To Deb Barr and Jim Womeldorf, congratulations!

...To Patcharin Lawler of Asii Thai, for "hot" options that are actually hot...

...To Melanie Hall, former director of the Montrose Community Foundation, for a job well done!

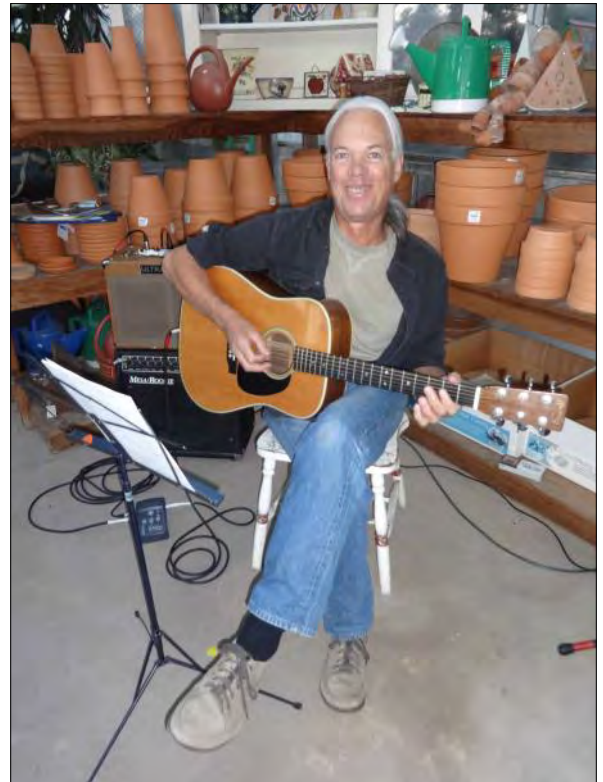
...to the Montrose High School football team, for a great season...

...and to young leaders everywhere, for stepping up, asking questions, taking risks and bringing about change.

MIRROR IMAGES...OUT AND ABOUT!



Montrose artist Cheri Isgreen, at right above, celebrates the showing of her new series of equine paintings at Fort Collins' Creekside Gardens & Gallery Nov. 30 with Jane Neth Thompson, left. Entertainment for the Creekside opening was provided by Cheri's husband, Kurt Isgreen, right. Photos by Rich Thompson.



Above, Partners Counselor (and longest-term employee) Betsy Shepherd with administrative staffer Amber Henning at the Partners Chili Bowl Fundraiser at Around the Corner Gallery Nov. 30. Photo by Brad Switzer.



Above, a massive crowd turned out for the Partners Chili Bowl Fundraiser at Around the Corner Gallery Nov. 30. Photo by Brad Switzer.

REGIONAL NEWS BRIEFS

JASON COOK: BRINGING LIGHT TO THE DARKNESS



Mirror Staff Report

MONTROSE—He was the kind of young leader we hoped to highlight in this issue of the Mirror. As president of One Track Communications (we found this photo on the Facebook page for his motorcycle team, Team One Track), Jason Cook, 36, was working hard to bring better internet connectivity to the West Central region. Before his untimely death in a plane crash at the Delta Airport Nov. 29, Cook had been working with the Town of Ridgway to bring high speed Internet to local homes and businesses, among other endeavors.

Jason served as Director of Technology and Communications for Montrose County School District RE-1J from 2000-2003 before joining One Track. His loss hits the Montrose community hard, as he was widely loved and respected. Our hearts and prayers are with his family and loved ones.

*Thank you for reading
we wish you and yours a safe and happy holiday season
and a joyous 2014.*

DELTA AREA CHAMBER OF COMMERCE

MIRACLE ON MAIN STREET!

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

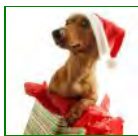


For info or
to register a float:
Delta Area
Chamber of Commerce
970-874-8616;
DeltaColorado.org
or find us on Facebook!

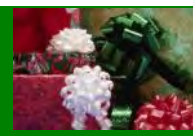
Poster Art by Amiah Swain



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.

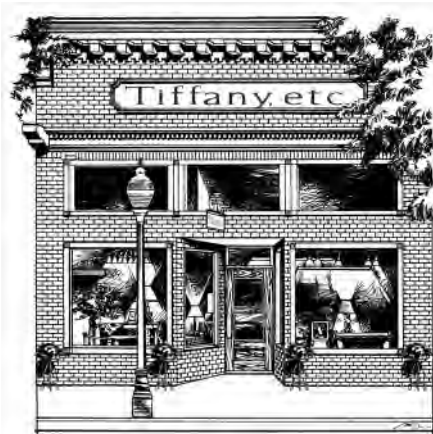
MONTROSE--Go ahead—find a little something for yourself when you do your holiday shopping at Tiffany Etc. this season. Like the perfect bedroom set, or that gorgeous yet comfortable couch you have had your heart set on for months!

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



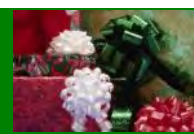
Tiffany Etc.. Has been a year-round shopping destination for more than 30 years.

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.

SPOTS REMAIN FOR ANNUAL WEEHAWKEN GINGERBREAD EVENT

Special to the Mirror

OURAY--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 Dec. 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 1 train per family) and will arrive to the location to find an assembled house that needs the magic of decoration. Weehawken does also welcome families who have registered to bring additional houses (or trains) if they wish to deco-

rate more, but Weehawken only provides one train per family for this event. Once families arrive, they peruse tables of candy and goodies that can be added to the structures. Donations are gladly accepted and appreciated for this program as it runs well over \$1500 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 Conder Hall/Ridgway Elementary School) and Sunday, Dec. 8th in Ouray from 1 pm until 3 pm. Registrations will be accepted starting November 15th 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. Additional 2012 sponsors for this event include: The



Wiesbaden Ouray, 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

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](mailto:office@montroseumc.com).

Join myStrength.com

The health club for your mind.



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- ♦ Personalized for you, there are videos, resources, and practical tools to help you manage whatever is bothering you.
- ♦ It is free, individualized, and private - a gift to you from the Center for Mental Health.

It's easy to get started:

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.



ARTS AND CULTURE

SBDC HELPS A+Y GALLERY EXPAND OFFERINGS



Adam and Yesenia Duncan hosted Business After Hours at the Gallery last month. Image Courtesy Cara Fandel for Inspiration through Imaging.

By Susan Bony, Region 10 SBDC

MONTROSE--The smells of fresh roasted coffee and other pleasant scents waft through the air as you enter A&Y Design Gallery. This is a relatively new experience for this Main Street business in Montrose. Adam & Yesenia Duncan opened A&Y Design Gallery in 2013. Their original business concept was a gallery that displayed and sold local artisans work and Adam's hand-made wood furniture. They have been profitable since opening their doors. However, they have

larger aspirations', so with the recommendation of a friend, they contacted the SBDC.

They met with their SBDC Counselor to discuss their short and long-term plans. Their SBDC Counselor helped them write a business plan and build a financial forecast. A lot of time was spent discussing marketing and creating a clear vision of their business and their clients. It was clear that they need to modify their product mix. So, being flexible, they evolved. First, they added lower priced locally made items to help create a more steady cash flow. This helped but they needed a way to attract customers on a more regular basis, so after a brain-storming session with their SBDC Counselor and a bit of market research they decided to add gelato to their product mix. Purchasing the freezer units, outdoor tables and gelato supplies required a small loan which was acquired with the help of their SBDC Counselor in creating their updated financial forecast. Their gelato features traditional and locally-grown seasonal flavors such as lavender and peach. The additional cash flow from this new product line allowed them to hire permanent, part-time staff. This in turn

allowed Adam and Yesenia to get away from the business to spend more time with their two young daughters.

Knowing that gelato sales are less in the winter and recognizing how many folks inquired if they served coffee they again evolved. After researching the area coffee service market they once again rearranged their store and added an indoor seating area including a comfortable sofa. They now offer locally roasted coffee and unique gelato sliders for a refreshing snack or dessert. Their sliders include basics like the "Happy Birthday" slider wrapped like a gift and a create your own slider as well as seasonal offerings such as the "Pumpkin Pie" slider. This seasonal slider has pumpkin gelato sandwiched in-between 2 spiced cookies with the gelato edges rolled in chopped pecans. They are also selling their sliders to restaurants to offer for dessert. Once again with the help of their SBDC Counselor they are evolving to provide new product offerings to meet and expand their customer base.

"Adam and I cannot say enough great things about our SBDC Counselor and the help she has provided. What a great program!"

METHODIST CHURCH PRESENTS MUSIC AT NOON

Special to the Mirror

MONTROSE--The Montrose United Methodist Church will again present its "Music at Noon" series during the Advent season Wednesdays, Dec. 4, 11 and 18 in the church sanctuary, located at 19 S. Park Ave. Church organist Connie Stoutt, church pianist Laurie Ranum, and Music Director Kelly Thompson will kick off the series on Dec. 4, combining their talents to present sacred and secular holiday music

through voice, pipe organ, piano and flute.

On Dec. 11 Montrose High School's Bel Canto singers will perform under the direction of Cheryl Leu, the school's choral director. Ms. Leu also is the bell choir director for the Montrose Methodist Church. Pastor Steve Reinhard and his wife, Tracy, will complete the series on Dec. 18, performing vocal and instrumental selections. The Reinhard's are both musically trained. Pastor Reinhard is an

accomplished guitarist, pianist and singer. Mrs. Reinhard, a singer and drummer, is the music teacher for Cottonwood and Northside Elementary Schools. There is no charge for the presentations, which begin at noon and last approximately one-half hour. Those wishing to bring a sack lunch to eat during the performances are encouraged to do so. For further information, call the church office at 970-249-3716.

ARTS AND CULTURE

First Friday Exhibit to Feature Gina Grundemann

Special to the Mirror

MONTROSE--Around the Corner Art Gallery is excited to feature an exhibit of new paintings by Gina Grundemann, from Dec. 6th to the 31st. Gina has painted several small works that will make wonderful Christmas gifts. She paints scenes and subjects that are largely inspired by the agriculture, architecture and landscapes of the Western Slope. The old dilapidated structures and the occasional dog or cow, represent nostalgia for a rural lifestyle that is definitive and concrete. The images are intended to be welcoming and serene. We hope you'll brave the cold weather and join us for our FIRST FRIDAY RECEPTION AND OPEN HOUSE At Around the Corner Art Gallery, Dec. 6 from 5:30 to 8PM; Hot cider, Wine and Refreshments will be served.



ALL-ABOARD FOR WEEHAWKEN DANCE'S "THE POLAR EXPRESS"

Special to the Mirror

MONTROSE--Since its publication in 1985, Chris Van Allsburg's "The Polar Express" has touched the hearts of millions of readers. It tells the story of Christmas Eve when a boy is awakened by a steam train that pulls up in front of his house and takes him and other children to the North Pole. This adventure follows a doubting boy, who takes an extraordinary train ride that sends him onto a journey of self-discovery and shows him that the wonder of life never fades for those who believe. In 2004 Van Allsburg's book became a movie, and on December 13 and 14, young dancers from Cedaredge to Ouray will bring the story to the stage as a ballet with Weehawken Dance. Join Artistic Director, Miss Natasha Pyeatte and enjoy the debut of a new holiday tradition for the area. You will journey with this adorable cast to the North

Pole and will surely find the magic and "believe" yourself again! Weehawken's "Polar Express" features a cast of over 100, ages 3-17. The students have been rehearsing since September and are primed and ready to perform for an enthusiastic audience. Whether you know a student in the Weehawken Dance program or not, Weehawken assures you of an enjoyable audience experience.

Pyeatte's shows are built like a real ballet, so the experience is appropriate for any audience.

"We are thrilled to be able to delight audiences of all ages with our version of this new holiday classic," Executive Director, Ashley King said. "Weehawken's 'Polar Express' isn't just a ballet performance, it's a special event for all ages and a treasured holiday tradition. We'll even have Santa in the lobby for pictures at this fun, family event."

This show will be held at the Montrose Pavilion. On Friday, December 13th, the show will start at 7 pm (doors @ 6:30).

On Saturday, December 14th, the show will start at 2 pm (doors @ 1:30).

General Admission Tickets for Weehawken's "Polar Express" are available in Ouray at Mouse's Chocolates, in Ridgway at Cimarron Coffee and Books and the Weehawken Office, in Montrose at Tiffany, Etc. and online at

www.weehawkenarts.org. Reserved Section seats are also available for rows 1-6, only through Weehawken Creative Arts by phone at 970.318.0150.

Tickets are \$15 for Adults, \$8 for children under 12 and \$10 for Seniors (65+) at the Saturday Matinee. More information is available at www.weehawkenarts.org or at www.facebook.com/weehawkenarts or by phone at 970-318-0150.



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REGIONAL NEWS BRIEFS

SILVERTON SMALL HYDRO PROJECT FIRST IN COLORADO APPROVED UNDER NEW LAW

Special to the Mirror

COLORADO – The Federal Energy Regulatory Commission (FERC) just informed the Silverton-based San Juan County Historical Society that its proposed 11 kilowatt small hydro project qualifies for exemption from federal permitting requirements according to the federal small hydro permitting reform bill which was signed into law in August -- making Silverton the first small hydro project in Colorado and one of the first in the nation to receive the new exemption.

“Congratulations and thanks to Colorado’s Rep. Diana DeGette for this long-overdue, common sense reform legislation which has made exemption for small hydro projects like Silverton possible,” said Colorado Small Hydro Association (COSHA) President Kurt Johnson.

Under the new legislation, the Hydropower Regulatory Efficiency Act, which was which was introduced by Rep. DeGette, small hydropower projects on existing conduits, including pipelines and canals, can apply to FERC requesting exemption from federal permitting requirements. The legislation was passed unanimously by both the House and the Senate earlier in the year and was signed into law by President Obama on August 9th.

“FERC had previously said that our project needed to apply for a hydropower license” said Beverly Rich, Chair of the San Juan County Historical Society, a non-

profit organization which operates the Mayflower Mill site where the new hydropower project is being built. “Requiring a federal hydropower license for a tiny, non-controversial hydro project on an existing pipeline was completely nuts,” Rich added.

Prior to the new law, federal permitting requirements for small hydro projects had been time-consuming and costly. For smaller systems, in many cases the cost of federal permitting exceeded the cost of the hydro equipment -- which has been a barrier to small hydro development for decades.

The Hydropower Regulatory Efficiency Act solved this problem by creating a “regulatory off-ramp” from FERC permitting requirements for non-controversial hydro projects on existing conduits such as pipelines and canals which are less than 5-megawatts.

The new small hydro permitting reform law doesn’t change any underlying federal or state environmental statute. It simply streamlines the federal approval process for non-controversial small hydro projects.

“We are pleased that FERC granted an exemption for the Silverton project. It is a great example of hydropower done right without creating new environmental impacts. We also want to commend Representative DeGette for her leadership,” said Matt Rice, Colorado Conservation Director for American Rivers.

In addition to Silverton, additional Colo-

rado small hydro projects that have applied to FERC requesting exemption under the new law include projects in Telluride and Orchard City.

Studies conducted in recent years have shown that there is tremendous untapped U.S. hydropower growth potential. Navigant Consulting found that 60,000 MW of hydroelectric capacity could be built by 2025, with the right policies in place. Over one million cumulative jobs could be created in pursuit of that goal.

Colorado currently has hundreds of hydro-related jobs, a number that has the potential to grow rapidly. The National Hydropower Association has estimated 5.3 jobs created per megawatt of new hydro construction. COSHA estimates approximately 100 MW of potential new hydro development in Colorado, which could mean approximately 500 new jobs created, including jobs for developers, engineers, attorneys and financiers as well as concrete workers, plumbers, carpenters, welders and electricians.

Colorado legislators are currently considering similar state-level small hydro permitting reform legislation which would create a new process to synchronize state environmental agency review with federal review – a step which would further streamline the small hydro development process.

[About the Colorado Small Hydro Association \(COSHA\)](http://www.cosha.org)

WEEHAWKEN OFFERS HERBAL GIFT MAKING CLASS AT SHINING MOUNTAIN HERBS



Sheila Manzagol of Shining Mountain Herbs. Courtesy photo.

Special to the Mirror

RIDGWAY--On Dec. 15th, Weehawken students can learn to give handmade health and wellness gifts this holiday through their “Herbal Gift Making Class” with Sheila Manzagol of Shining Mountain Herbs. This workshop promises to be fun, creative and productive. Students will learn how to make and will also take home herbal extracts and salves for themselves and loved ones. The class will focus on winter herbal tonics to promote wellness and vitality, and a botanical salve that keeps skin soft and healthy and students

will bring home five extracts and five salves at the end of the day (the retail value of what students will take home is \$123 alone). There will also be a chance to win great prizes. This workshop will be held at Shining Mountain Herbs in Ridgway from 9 am until 4 pm and is intended for ages 14 through adult. The fee for this workshop is \$135 and pre-registration through Weehawken is needed in advance to help determine the status of the workshop (a minimum number of students is needed). For information or to register, call 970-318-0150 or visit www.weehawkenarts.org.



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REGION 10

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MIRROR IMAGES...PEOPLE AND PLACES!

ROTARY STUDENT OF THE WEEK



Special to the Mirror
MONTROSE—Rotary recently honored Student of the Week Lindsay Rummings, shown with her parents and Rotarian Amy McBride.

Special to the Mirror
MONTROSE—At right, the first Region 10 Connect2Dot CDOT contracting class at the Enterprise Center Nov. 19 was a success. Image courtesy Cara Fandel for Inspiration Through Imaging.

GIVING BACK TO THOSE WHO KEEP US FREE



Special to the Mirror
MONTROSE—Marlena Lorder is 12 years old, and in the 7th grade. She attends school in Albuquerque. As part of her community service assignment this year, Marlena chose to create 30 Christmas stockings to be given out at the Montrose Warrior Resource Center. The stockings, sewn by Marlena and her mom, Darla, were filled with homemade treats like Peppermint Bark, various candies, pound cake and peppermint hot cocoa. "I wanted to give something back to the people who fight for our freedom," Marlena said.

HE NEVER GAVE UP



ITALY—Nicola Campolongo of Italy, above, cared enough to research and return a photo of long lost WWI pilot Charles Ross on his deathbed to Ross's sister, Leila Ala of Montrose.

CONNECT2DOT AT REGION 10



Valerie Meyers' Weekly Monday



REAL ESTATE MARKET REPORT

from the Road

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

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.

Dec. 3—Region 10 SBRC presents second Constant Contact brown bag workshop, with Lauren Bell of Networks Unlimited and Mandy Miller, Noon to 2 p.m. at the Region 10 Enterprise Center. \$35. RSVP to Claudette at 970-249-2436.

Dec. 3—Montrose Chamber Movers and Shakers event, Noon at the Montrose Chamber Conference Room at 1519 East Main St. Call 970-249-5000.

Dec. 4-- The Montrose United Methodist Church will again present its "Music at Noon" series during the Advent season in the church sanctuary, located at 19 S. Park Ave. Church organist Connie Stoutt, church pianist Laurie Ranum, and Music Director Kelly Thompson will kick off the series, combining their talents to present sacred and secular holiday music through voice, pipe organ, piano and flute.

Dec. 5--Area residents are invited to attend an Emmaus potluck dinner Thursday, Dec. 5 in Baldrige Hall of the Montrose United Methodist Church, 19 S. Park Ave. The dinner will begin at 5:45 pm. Emmaus is a three-day weekend retreat to develop disciples in the church and community. Those attending the dinner also are invited to attend a 7 pm Taize service. Emmaus dinners are held at the church the first Thursday of each month, except July. For further information, call the church office at 970-249-3716.

Dec. 5--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.

Dec. 6--7 pm, "A Festival of Lessons and Carols," a traditional service of scripture readings and carols, including John Rutter's "Gloria," and advent season's favorite carols, Montrose United Methodist Church, 19 S. Park Ave. For further information, call 970-249-3716.

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. 8--5 pm, "A Festival of Lessons and Carols," a traditional service of scripture readings and carols, including John Rutter's "Gloria," and advent season's favorite carols, Montrose United Methodist Church, 19 S. Park Ave. For further information, call 970-249-3716.

Dec. 11-- The Montrose United Methodist Church presents its "Music at Noon" series during the Advent season in the church sanctuary, located at 19 S. Park Ave. Montrose High School's Bel Canto singers will perform under the direction of Cheryl Leu, the school's choral director. Ms. Leu also is the bell choir director for the Montrose Methodist Church.

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

Dec. 14—Merriment on Main! **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.

Dec. 15—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).

Dec. 19—Montrose Chamber of Commerce Young Professionals Networking Social, 5:30 p.m. at Sushitini. Call 970-249-5000 for information.

Dec. 21—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. 25—There will be a Free Community Christmas Day Dinner 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](mailto:office@montroseumc.com).

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

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

Feb. 1-2—Second Annual Black Canyon Hunt & Outdoor Expo, Friendship Hall. For more info call 970-249-0787.

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

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

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

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

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



MONTROSE CHAMBER RIBBON CUTTING REGION 10 CONNECT2DOT PROGRAM



Special to the Mirror

MONTROSE—Members of the Montrose Chamber and the Redcoats gathered to celebrate a ribbon cutting for the Region 10 Small Business Resource Center's new Connect2Dot service. Image courtesy Cara Fandel for Inspiration through Imaging.

DELTA CHAMBER RIBBON CUTTING MORRIS MONUMENT



Special to the Mirror

DELTA—Ambassadors from the Delta Area Chamber of Commerce welcomed with a ribbon cutting ceremony on Nov. 22 Luke McGaha, owner of Morris Monument, and his family, Kristin Meints and four-month-old Harley. Pictured with Luke is (from left) Chamber board member Lynn Shirk from HopeWest & Hospice; board president Josh Applegate with Farmers Insurance; Morris Monument employee Glenn Carlson; Chamber Ambassadors GW King with King Retirement Solutions & King College Planning; and Christina Busch with Richards Consulting and Accounting, LLC. Welcome to Morris Monument!

REGIONAL NEWS BRIEFS

REGION10 HELPS BUSINESSES NAVIGATE NEW HEALTH CARE MARKETPLACE

Special to the Mirror

MONTROSE—The Region 10 League for Economic Assistance & Planning and the Small Business Development Center 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 Federal 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 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 plan-



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

ning, and offers a loan program for small business. To learn more call 970-249-2436 or visit the web site at www.region10.net.



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MONTROSE COUNTY NEWS AND INFORMATION

AVOID FOODBORNE ILLNESS DURING THE HOLIDAYS BY SAFELY HANDLING AND COOKING FOOD

Special to the Mirror

MONTROSE--The Colorado Department of Public Health and Environment reminds Coloradans to keep their families safe from foodborne illness this holiday season by using proper food handling and preparation tips.

"The holidays are a wonderful opportunity to spend time with family, and food is typically a major part of the celebration," said Therese Pilonetti of the department's Division of Environmental Health and Sustainability. "However, foodborne illness is the one unwelcome guest to avoid during the holidays." To prevent foodborne illness, Pilonetti suggests:

Keep everything clean

Wash hands with warm water and soap for 20 seconds before and after handling any food. Kids can sing "Happy Birthday" twice to gauge how long they should wash their hands.

Wash food contact surfaces such as cutting boards, dishes, utensils and countertops with hot, soapy water after preparing each food item and before going on to the next item.

Kitchen counters and cutting boards can be sanitized using a solution of two teaspoons of unscented chlorine bleach per gallon of water. Spray or wipe on surfaces and allow them to air dry.

Rinse fruits and vegetables thoroughly under cool running water and scrub sturdy produce with a clean produce brush.

Don't rinse raw meat and poultry before cooking. Washing these foods can spread bacteria to the sink and countertops.

Avoid cross-contamination

Keep raw eggs, meat, poultry, seafood and their juices away from foods that won't be cooked. Take this precaution while shopping in the store, when storing these foods in the refrigerator at home and while preparing meals.

Consider using one cutting board for foods that will be cooked (raw meat, poultry and seafood) and another for those that will not (raw fruits and vegetables).

Keep fruits and vegetables that will be eaten raw separate from raw meat, poultry and seafood.

Keep fruits and vegetables separate from kitchen utensils and surfaces used for raw meat until those utensils and surfaces have been thoroughly cleaned.

Do not put cooked meat or other food that is ready to eat on an unwashed plate or surface that has held any raw eggs, meat, poultry, seafood or their juices.

Cook food to the appropriate internal temperature

Use a food thermometer to make sure meat, poultry and fish are cooked to a safe internal temperature. Color is not a reliable indicator of doneness. To check a turkey for safety, insert a food thermometer into the innermost part of the thigh and wing and the thickest part of the breast. The turkey is safe when the temperature reaches 165 F. If the turkey is stuffed, the temperature of the stuffing should be 165 F. Bring sauces, soups and gravies to a rolling boil when reheating.

Cook eggs until the yolk and white are firm. When making your own eggnog or other recipe calling for raw eggs, use pasteurized shell eggs, liquid or frozen pas-

teurized egg products, or powdered egg whites.

Refrigerate foods quickly

Do not leave foods containing meat, milk, eggs, fish or poultry out at room temperature. Refrigerate leftovers and takeout foods — and *any* type of food that should be refrigerated — within two hours. This includes casseroles and pumpkin or other custard pies.

Never defrost food at room temperature.

Food can be defrosted safely in the refrigerator, under cold running water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

Allow the correct amount of time to properly thaw food. A 20-pound turkey needs four to five days to thaw completely in the refrigerator.

Don't taste food that looks or smells questionable. A good rule to follow is, "When in doubt, throw it out."

Leftovers should be used within three to four days.

Handle and prepare food for others only if you are healthy

Don't handle or prepare food for others if you are sick, especially if experiencing vomiting, diarrhea or flu-like symptoms. The bacteria and viruses that cause these types of symptoms can be transmitted easily to food and anyone who eats it.

Use special care when preparing food for anyone considered at high risk for foodborne illness (older adults, infants and young children; pregnant women; and people with a chronic illness or any other condition that weakens their immune system).



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REGIONAL NEWS BRIEFS

FESTIVAL OF LESSONS AND CAROLS

Special to the Mirror

MONTROSE--The "Celebration Voices" of the Montrose United Methodist Church will present "A Festival of Lessons and Carols," a traditional service of readings and carols, in the church sanctuary at 7 pm Friday, Dec. 6 and 5 pm Sunday, Dec. 8. Kelly Thompson, director of music for the church, said the concert will present John Rutter's "Gloria," along with many of the

season's favorite carols. The audience is invited to sing along with the carols.

John Rutter is a British composer, conductor, editor, arranger and record producer.

He directed the first performance of his cantata "Gloria" in Omaha, Nebraska in 1974. The three-movement composition has become a much-performed favorite over the years, according to Collegium

Records. Thompson said instrumentation for this year's concert will include choir, piano, organ, violin, timpani and percussion, hand bells, and a synthesized brass section. There is no charge for the performance, but there will be a "free-will" offering to honor the accompanists' talents.

The church is located at 19 S. Park Ave. For further information, call the church office at 970-249-3716.

Linda Borgerding Memorial Scholarship Awarded



Special to the Mirror

DELTA—Delta-Montrose Technical College awarded the first Linda Borderding Memorial Scholarship to Debra Arterburn. Arterburn recently completed the Nursing Aide certificate at DMTC in preparation for becoming a CNA. She is currently taking the prerequisite courses for the Practical Nursing program and plans to apply for the PN program next year. The Linda Borgerding Memorial Scholarship is given in memory of Linda Borgerding, a long-time Nursing Aide instructor at Delta-Montrose Technical College. During her years of teaching she trained hundreds of students who went on to work as CNAs throughout the Western Slope. Borgerding passed away in January 2013. The Linda Borgerding Memorial Scholarship is funded by donations from former students, co-workers, friends, and others. Donations are being accepted at DMTC for next year's scholarship. Delta-Montrose Technical College is a public career and technical college in Delta, Colorado. It offers 57 secondary and postsecondary certificates in 12 different programs. All certificates can be earned in two semesters or less, with many of them only one semester in length. Pictured left to right: PN Instructor Judy Davis, scholarship recipient Debra Arterburn, Nursing Aide Instructor/Coordinator Deanna McCoy, PN Coordinator Christa Miller, DMTC Assistant Director Tony Bowling.

REGIONAL NEWS BRIEFS

BLACK CANYON JET CENTER NAMES NEW CONTROLLER



Judy Conn. Courtesy photo.

Special to the Mirror

MONTROSE— Judy Conn who has served as Black Canyon Jet Centers bookkeeper for nearly 8 years, has officially been promoted to the company controller.

Born in Asbestos Quebec, Conn moved to Colorado in 1975, where she earned an

Associate's Degree in accounting from Mesa State College and a Bachelors Degree from Fort Lewis College.

Prior to joining Black Canyon Jet Center, Conn enjoyed a variety of occupations including being a DJ on National Public Radio.

She also was an accountant and manager at Big John's Car Care and Convenience Center in Montrose for 4 years.

Judy brings 32 years of bookkeeping to the Jet Center and has been controlling finances at the company for some time. This promotion recognizes her generous contribution to leadership and service at Black Canyon Jet Center.

Not only does she bring accounting knowledge and expertise, her unique background in holistic healing gives her valuable insight when applied to the challenges of running a business in this challenging economy.

In addition to being a certified energy

healer, she has a small side business selling handmade greeting cards and magnets.

Ken Watson, Black Canyon Jet Center's General Manager said, "Judy's promotion is in response to her continued ability to step up and accept greater responsibility.

Judy's ability to manage myriad priorities in a high pressure environment is world class. It is my personal pleasure to see her leadership acknowledged."

When not working at the airport, Judy enjoys attending music festivals, snowshoeing and camping in her customized 1984 VW Vanagon. She also enjoys spending time with her son Cheyenne and daughter Kenya.

"I love to laugh and have fun at work and then to dig in and work really hard when needed. All of that happens here and usually within each day," Conn says. "Taking time to live life will only inspire your work."

SEEDLING TREES AVAILABLE ON FIRST-COME, FIRST SERVED BASIS

Special to the Mirror

FORT COLLINS— The Colorado State Forest Service is now accepting applications on a first-come, first-serve basis for more than 40 varieties of low-cost seedling trees and shrubs from its Fort Collins nursery. Orders will be available for pickup or statewide delivery early next spring.

Coloradans who are interested in conservation goals such as creating natural windbreaks, improving wildlife habitat or reforesting properties impacted by wildfire or floods are eligible to purchase the low-cost seedlings.

"The nursery prides itself on growing a variety of species suitable for Colorado's

diverse landscapes," said CSFS Nursery Manager Josh Stolz. "Colorado-grown species are adaptable, hardy and ideal for wildfire recovery, riparian restoration and a variety of other conservation uses."

The CSFS seedling tree program is designed to encourage Colorado farmers, ranchers and rural landowners to plant seedling trees and shrubs for conservation purposes. Through a cooperative effort with Colorado State University Extension offices and county conservation districts throughout the state, approximately 5,000 Coloradans plant seedling trees each year.

Seedling trees have many uses and benefits, including:

Wind/snow control to protect roadways

and livestock; Enhanced wildlife habitat and reforestation; Increased property values; Energy conservation and reduced utility bills; Carbon sequestration; Reduced soil erosion.

To purchase seedling trees from the CSFS, landowners must agree to use them for conservation purposes only, and not for landscaping or resale. Stolz said interested landowners should order as soon as possible, while the greatest selection of tree and shrub species is still available.

For more information about the CSFS seedling tree program, contact a local CSFS district office, visit csfs.colostate.edu or call the CSFS Nursery at 970-491-8429.



Contact the Montrose Mirror:

Post Office Box 3244

Montrose, CO 81402

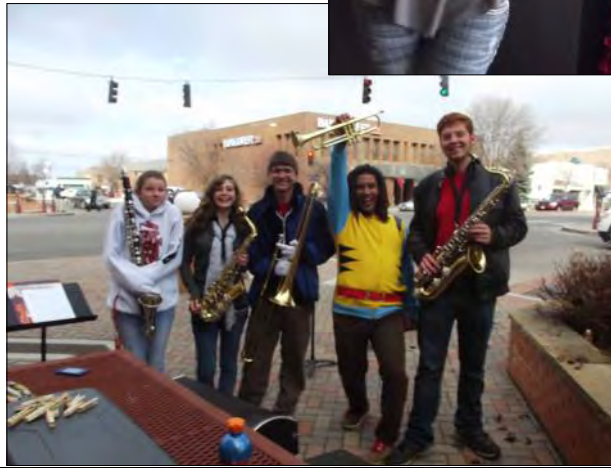
970-275-5791

Email Us: Editor@montrosemirror.com

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Below left, the weather was cold but their hearts were warm...siblings Gabe Taylor, 15, Cullen O'Neil, 9, and Aleia O'Neil, 12, rang bells for the Salvation Army outside the Montrose Safeway Nov. 30.



Above, Jody Moreland is the proud owner of Montrose's newest boutique, Kyrlee's Fashions, located in the 200 block of Main Street as of Nov. 25; at left, members of the outstanding Montrose High School Marching Band showed up with spirit for Small Business Saturday Downtown Nov. 30.



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