



21st National Disabled Veterans
Winter Sports Clinic



Snowmass, Colorado ★ April 1 – April 6, 2007

Volume 21, No. 3

Tuesday, April 3, 2007

Curling and Biathlon New This Year

While the main attraction at the National Disabled Veterans Winter Sports Clinic is skiing on the majestic slopes of the Rocky Mountains or the nearby cross country venues, the Clinic has long hosted a variety of other exciting activities, from snowmobiling and scuba diving to sled hockey and rock climbing, among many others. This year, there are two new additions to the Clinic schedule.

“We’re thrilled to have curling and the biathlon at the Clinic this year,” said Sandy Trombetta, Clinic Director. “They are Paralympic sports taught by some of the best coaches in the country.”

Out at the Lewis Ice Arena, veterans will have the opportunity to try curling, a demonstration Clinic organizers have wanted to bring to the participants for years. The event is on the schedule daily through Thursday.

The sport requires two teams of four members to launch a 40-pound stone with a delivery stick down the ice onto a bulls-eye that is approximately 125 feet away. With opposition teams taking turns launching their stones, each team has 16 opportunities to get their stone closest to the bulls-eye. A team receives a point for every stone that is closer than the opposition’s. In baseball you have innings, and in curling you have ends. There are six ends in curling.

“Lots of veterans have strength and are competitive in nature,” said Steve Brown, who will facilitate curling at the Clinic. “Sport curling isn’t just about strength...it’s more like a big game of chess on the ice.”

Brown, who is from Madison, Wis., grew up with the sport and has coached and played his entire life. His experience was utilized as part of the coaching staff for three Olympic women’s teams.

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Taste of Snowmass



Dana Bowman dropped in on Sunday, using a Purple Heart Parachute.



Good food and fun times were had by all on the Snowmass Mall.



21ST NATIONAL DISABLED VETERANS WINTER SPORTS CLINIC

TODAY'S SCHEDULE

6:30 - 8:30 a.m.	Breakfast <i>Conference Center Ballroom</i>
8 - 11:30 a.m.	Snowmobiling <i>T Lazy 7 Ranch</i>
8:30 - 11:30 a.m.	Downhill Skiing <i>Bonzai, Free Fall, Sheer Bliss</i>
9:30 a.m. - 4 p.m.	The Hot Springs <i>Glenwood Springs</i>
9 a.m. - 3 p.m.	Cross Country Skiing, Snowshoeing, Biathlon Demonstration <i>Top of the Village</i> <i>(Lunch at Elks Barbecue)</i>
9 - 11 a.m.	Wheelchair Fencing <i>Max Park Room, Wildwood Lodge</i>
9 - 11 a.m.	Scuba Diving <i>Silvertree Hotel Pool</i>
9 - 11 a.m.	Sled Hockey <i>Aspen Ice Rink</i>
10 a.m. - 12 p.m.	Rock Climbing <i>Conference Center Circle</i>
10:30 a.m. - 4 p.m.	Gondola Trip to Aspen <i>Lunch at Elks Lodge</i>
11:15 a.m. - 1 p.m.	Lunch <i>Conference Center Ballroom</i>
11:30 a.m. - 4 p.m.	Shooting Sports/Archery <i>Basalt Trap Club</i>
12:30 - 3:30 p.m.	Downhill Skiing <i>Grey Wolf, Naked Lady, Sunnyside</i>
1 - 3 p.m.	Rock Climbing <i>Conference Center Circle</i>
1:30 - 3:30 p.m.	Curling <i>Lewis Ice Arena, Aspen</i>
2 - 4 p.m.	Scuba Diving <i>Silvertree Hotel Pool</i>
4:15 - 5 p.m.	Ski Instructor Meeting <i>El Dorado Room, Silvertree Hotel</i>
4:30 p.m.	Team Leader Meeting <i>Stone Bridge Inn Council Room</i>
5 p.m.	Coaches' Meeting <i>Max Park Room, Wildwood Hotel</i>
5 - 6:15 p.m.	Dinner <i>Conference Center Ballroom</i>
6 - 7:30 p.m.	CEU Educational Workshop <i>Money Available for Enterprising Disabled Veterans for Business, Inventions, or Your Next Million Dollar Concept</i> <i>Cabaret Room,</i> <i>Lower Level Silvertree Hotel</i> <i>Presented by Urban Miyares</i>
7:30 - 9 p.m.	CEU Educational Workshop <i>Horticulture Therapy: Experience the Healing Power of Plants</i> <i>Cabaret Room,</i> <i>Lower Level Silvertree Hotel</i> <i>Presented by Mary Gauden</i> <i>Beardslee and Jodine Belden</i>
8 p.m. - 12 a.m.	Instructor Appreciation Party <i>Conference Center Ballroom</i> <i>Entertainment by Take the Wheel</i>



WINTER SPORTS CLINIC TRANSPORTATION SCHEDULE

Actual loading times and bus departure times. Please show up at least 15 minutes prior to departure, as buses will leave on schedule.

All buses load and depart from the Conference Center circle.

Cross Country Skiing: Cross Country is located at the Top of the Village. Buses will begin loading at 8:15 a.m. and will depart at 8:45 a.m. Another bus will load at 1 p.m. to transport cross-country skiers to the Top of the Village. This vehicle will also pick up participants at the Top of the Village after unloading the 1 p.m. group and can transport anyone wishing to return at that time. Buses will pick up everyone remaining at the Top of the Village at 3 p.m. All morning cross country skiers will eat lunch at the venue, courtesy of the Elks Lodge.

Snowmobiling: There will be two trips per day to the snowmobiling venue. *You will be assigned to either the first trip or the second trip, so please check to make sure you are on the correct bus.* The first trip begins boarding at 6:45 a.m. and departs at 7:15 a.m. The second trip boards at 9 a.m., departing at 9:30 a.m.

Sled Hockey: Buses will begin loading at 7:45 a.m. for this trip. The bus departs at 8:15 a.m.

Glenwood Springs Hot Springs Pool Trip: Buses will load at 9:30 a.m. and will depart at 10 a.m.

Trapshooting: Buses will begin loading at 10:00 a.m., departing at 10:30 a.m. Lunch will be provided for everyone at the trapshooting venue.

Gondola Trip: Buses will load at 10 a.m. and depart at 10:30 a.m. Lunch will be provided at the Aspen Elks Lodge for everyone attending.

WINTER SPORTS CLINIC ON THE WEB

Share this newsletter (in full color), photos and other interesting information about the 21st National Disabled Veterans Winter Sports Clinic with your friends and family back at home and around the world. We are located on the Web at:
www.wintersportsclinic.org.





Tell it on the Mountain!

Inherent in every veteran is the spirit to defy the limitations the civilian world would place upon us. What we do here in Snowmass is throw off the shackles of victimhood we could so easily, and are often encouraged to, fall into.

Those of us here proudly show that disability must never be mistaken for weakness, that we can adapt and overcome, that a veteran does not live in regret but constant rebirth, ready to overcome life's cruelest obstacles. We veterans who have sacrificed for our country share a unique and potentially powerful position in American society. We were sentinels of freedom, we are beacons of hope, and we will forever be the foundation of future generations of service to the noble ideals of this country. Hold your heads high, for when you choose to

live despite disability, you show a greater courage, a deeper strength and a higher honor than the citizens you defended will ever know. Victims fade into the pits they dig themselves. Heroes rise above all adversity. Congratulations to each of you at the National Disabled Veterans Winter Sports Clinic for choosing to be heroes.

Now, go tell it on the mountain so that every veteran facing that pit will turn to see that life doesn't just go on, it flies free, rich and wonderfully, when the choice is made.

Thank you,
*Ryan Steinbach, Public Affairs Team Member
and Fellow Veteran*

Party Hearty Tonight!

What better way to show how much we appreciate our instructors. Let's throw a party in their honor! Join us tonight from 8 p.m. to midnight in the Convention Center Ballroom. There is no cost for instructors, but there is a \$5 entry fee for all others.

Music by *Take the Wheel*, entertainment, beverages, camaraderie and fun are all on the agenda for tonight's event. Please come out to celebrate the wonderful men and women who are so dedicated to instructing our participants at this annual Clinic. Hope to see you there!

Curling and Biathlon *(continued from page one)*

Now, he's turned his passion into a business called "Steve's Curling Supplies," where anyone can get all the supplies and equipment they need for the sport.

For veterans who try curling this week and want to continue back home, Brown will help them find local curling contacts and facilities.

"The United States Curling Association is trying to broaden our base of the wheelchair athletes who can compete to represent the United States at the Paralympics," Brown added. "This is a great opportunity for you to try the sport."

The biathlon is a sport that combines cross country skiing with rifle marksmanship. In the Paralympics, skiers are asked to race around a two to five kilometer course, stop, and try to hit five targets the size of a silver dollar at ten meters distance. At the Clinic this year, participants will have the opportunity to use air rifles and portable targets for a biathlon demonstration open to all Clinic participants.

According to Stacey Wooley, associate director of winter sports for the United States Olympic Committee (USOC), it is important to have a solid body position and good trigger control. "Breathing is also a factor in precision," she said.

Scott Peterson, who is the coach for the U.S. Nordic Disabled Ski Team, will be providing the targets and some instruction about shooting at the demonstration. Together, Wooley and Peterson will instruct participants on how to load and shoot the air rifles and create a steady hold and smooth trigger pull.

Wooley is a former Olympian who competed in the 1998 Winter Olympics in Nagano, Japan. In her new position with the USOC, she works with curling, sled hockey, Alpine skiing and Nordic skiing.

Wooley is an advocate for the winter Paralympic sports. "It is important to find a way to create a pipeline for aspiring individuals who would like to become winter athletes," said Wooley. "Sharing my passion for the biathlon at the Winter Sports Clinic seems to be a natural fit."

The biathlon demonstration takes place today and tomorrow from 9 a.m. to 3 p.m. at the Top of the Village.

Be sure to check your schedule for the days and times that biathlon and wheelchair curling are offered for your teams.





10th Mountain Division – Trendsetters in the Ski World

Peter Engel, a 23-year-old, active-duty soldier from Williamsport, Pa., is among a special group of America's military – the 10th Mountain Division. He is also participating in this year's National Disabled Veterans Winter Sports Clinic.

Engel was assigned to the 10th Mountain Division and it was there that he learned to snowboard. "Once a snowboarder, always a snowboarder," said Engel. He has been looking forward to hitting the slopes, which are somewhat familiar ground, during the event. Other participants assigned to the 10th Mountain Division participating in the Clinic this year include Jeremiah Homuth, Scott Quilty and Rory Dunn.

A specially-trained division of the United States Army, the 10th Mountain Division is stationed at Fort Drum, N.Y. The Division was activated shortly after the Soviet Union invaded Finland in 1939. The Russian soldiers were fighting under extreme winter conditions for which they were not trained. The United States recognized the importance of having a group of soldiers trained to adapt to all terrain and weather conditions; thus, the birth of the 10th Mountain Division. This unique combat force continues to train its soldiers to fight and survive under the most brutal mountain conditions.

The 10th Mountain Division is a huge part of American history and is famous for the sacrifices these men and women have made throughout the years. The Division is very special to Colorado because much of their training was conducted at Camp Hale between Aspen and Denver.

Veterans of the 10th Mountain Division were largely responsible for the development of skiing into a well known sport and popular vacation industry after World War II. Veterans of the Division laid out ski hills, built lodges, designed ski lifts and improved ski equipment. They developed ski magazines and opened ski schools. A few of the ski resorts built by these veterans include Vail, Aspen, Sugarbush, Crystal Mountain, and Whiteface Mountain. The 10th Mountain Division can be viewed as a group of trendsetters. "What people don't realize is when the 10th Mountain Division troopers returned from World War II to establish skiing for the able bodied, they also developed and introduced adaptive skiing to the world. What they started then, we carry on today," said Sandy Trombetta, Director of the Clinic.

The 10th Mountain Division is near and dear to Trombetta, who met long-time friend Dick Wilson about 25 years ago. Wilson served with the 10th Mountain Division alongside one of Trombetta's family members.

Trombetta refers to Wilson as a great mentor in the ski world and has made him realize that the vision he had for the Clinic really wasn't crazy. Wilson gave Trombetta a piece of history, something Trombetta calls a prized possession - a ski from WWII that is signed by 51 troopers from the 10th Mountain Division. "Unfortunately, Wilson is not in attendance at the Clinic this year due

to health reasons. But, he will always be with us in spirit," Trombetta said.

The 10th Mountain Division Foundation is a proud sponsor of the National Disabled Veterans Winter Sports Clinic this year. The Department of Veterans Affairs and Disabled American Veterans are much appreciative for these types of contributions. Tom Hames, President of the 10th Mountain Division Foundation and a host of Foundation members are visiting Snowmass Village to meet with veterans of the 10th Mountain Division and support them out on the slopes.

The Winter Sports Clinic is an environment where people learn to overcome their challenges and learn new abilities. Someone who gets knocked down will get right back up to try again. Trombetta went on to say, "We use the adaptive sports to teach rehabilitation but we really don't succeed unless these men and women take what they learn on the mountainside and apply it to their everyday lives. Those men and women of the 10th Mountain Division recognized the importance of adaptive skiing way back when, and it works still today."

DID YOU ENJOY THE OPENING CEREMONIES VIDEO?
The video shown at Opening Ceremonies will be included on the Winter Sports Clinic 2007 DVD, which will be mailed to all participants after the event.





Skiing Without Sight



Urban Miyares tackles the slopes at the 2006 Winter Sports Clinic.



Dana Grout, a visually impaired participant from Dillon, Mont., goes skiing on Monday with the Sheerbliss team.



Urban Miyares describes his first ski run as pure fear. "I had never been on a pair of skis in my life," he says.

A former Army platoon sergeant in Vietnam, Miyares was one of 90 people at the very first National Disabled Veterans Winter Sports Clinic in 1987.

Today, he is 59 and skiing still scares him. "Especially when you're totally blind, can't hear too well, are not able to feel your legs and you're going down the mountain quickly," he says.

Nearly 60 of the 365 veterans and active duty service members who registered for the Clinic this week have some level of visual impairment. For these men and women, being immersed in a supportive group of people makes it easier to try things that seemed impossible back home.

Where else can a visually challenged veteran go trap-shooting? "Someone stands behind and helps guide the shotgun. That's a lot of fun," said Sandy Trombetta, director of the event.

Then there's snowmobiling. "Sometimes they ride in the back, but once

in a while somebody wants to take the lead," Trombetta says with a laugh. "That's pretty exciting, too. We haven't lost anybody yet." There's also goal ball, which was held last night in the ballroom. A combination of dodge ball and soccer, even sighted players wear blindfolds to level the playing field. How do team members follow the action? There's a bell in the ball for auditory signals.

After all that, cross country skiing is a cakewalk. Visually impaired skiers get verbal guidance and physical cueing from their instructors while following pre-laid tracks in the snow. "It takes some vigorous physical exertion, but it's really a great sport and very safe," Trombetta says.

On the Alpine ski slopes, a guide skis in front, alongside or behind the visually impaired skier. Through the use of very succinct verbal commands, the guide helps each veteran ski as independently as possible.

"Vets love it," Trombetta says. "There aren't many outlets for challenging activities for the visually impaired."

Miyares describes the week of

challenges as a metamorphosis. "On the last day of the Winter Sports Clinic, disabled vets ski down a mountain they thought impossible to conquer just a few days earlier, and joy rings in the Rockies," he says. Participants who test their limits see benefits in their health, self-confidence, abilities and attitude. "It did for me," Miyares says, "and I've seen it happen to hundreds of other disabled vets over the years. Those who say they can't are right: they can't. And those who say, 'Let's see how far we can go before something breaks,' live an exciting and rewarding life. I've seen many former Winter Sports Clinic participants go back to school, find employment, engage in other athletic activities, get married and start a family."

After 21 years, Miyares returns to the Winter Sports Clinic to be part of that turnaround for veterans whose disabilities are new or who are coming to the event for the first time. Even back home in San Diego, his business is helping disabled veterans start their own businesses. "Working with new participants is an obligation we all have in giving back to fellow veterans and the Clinic," he says. "We've been to the mountain before."

Note: Miyares is presenting an educational workshop about business opportunities for veterans with disabilities this evening from 6 - 7 p.m. in the Cabaret Room in the Silvertree.



Veterans Eat Free This Week at Ullrhof Restaurant!

Ullrhof Restaurant is offering free meals to veterans participating in this year's Winter Sports Clinic.

Today through Friday, veterans pay nothing to enjoy the restaurant's selection of burgers, sandwiches, barbecue ribs, Mexican specials and Italian favorites. Instructors, assistants or family members accompanying participants can also enjoy 40 percent off their meals.

Ullrhof is on the slopes in the middle of Snowmass Mountain. From the mall level, veterans can jump on the Village Express lift and get off at Sam's Knob.

From there, ski down Max Park, and you'll end up right at the restaurant.

Veterans who use wheelchairs can borrow one of four available at the restaurant thanks to owner Bill Drake and the staff of Challenge Aspen. If instructors use the wheelchairs to help veterans to a table seat and then free the wheelchairs up for another participant to shuttle in, everyone will be able to take advantage of the restaurant's generous offer.

Locals love Ullrhof for the great music and the delicious, smoky aromas that rise from the restaurant's deck when

the grill is fired up and a band is playing. "You go by on the lifts and it lures you right in," said Susan Hamley, marketing and special events director for the Town of Snowmass Village. This week, the restaurant plans to have music on the deck Thursday through Saturday from 11 a.m. to 2 p.m. Ullrhof is open 8:30 a.m. to 3:30 p.m.

"We feel very indebted to veterans, and hopefully this will allow us an opportunity to give something back," Drake said.



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Paralympic wheelchair fencer, Mario Rodriguez, instructs fellow vets on Monday.

Singing on the Slopes

Whether it is hiking on the Appalachian Trail or taking song requests at the gathering spots of Snowmass Village, Anna Stange brings joy to those around her. Stange is a musician, teacher and volunteer, playing a wide variety of music to an even wider variety of listeners, including those attending the Winter Sports Clinic.

This year will mark her fourth visit to the Clinic to sing for veterans, volunteers and guests. Last year and again this year, she has also volunteered for the boot loader team along with her husband, Bob Gronko, who schedules the team and assures that she has time to get to her performances. Three years ago, at the 18th National Disabled Veterans Winter Sports Clinic, the itinerary included a trip to the Pitkin County Courthouse to register Anna and Bob's marriage. Gronko works in volunteer services at the VA Medical Center in Hines, Ill., and it was he who convinced Stange to perform at the Clinic in 2004. Right before going, they decided to marry in the mountains.

Stange enjoys working with the participants and is inspired by their courage to overcome their disabilities and zoom down the mountains, or climb rock walls or go snow-mobiling. It is what brings her back every year, to sing to the veterans.

While working as a boot loader, she talks and sings to the participants as they wait for their turn down the mountain. She takes song requests on the slopes and during her performances, and welcomes the audience to sing along. If she doesn't know the song, she researches it and comes ready to sing it the following year. People remember the songs they requested the previous year and she is humbled by their positive feedback and the appreciation she receives from the audience.

Anna Stange will be performing at the Conservatory Bar & Lounge in the Silvertree Hotel lobby Monday through Wednesday, from 4 to 6 p.m. Come on by with your requests and join her in singing on the slopes!



ZODI-YAK



Aquarius (Jan. 20 – Feb. 18)
Feeling a little green today? Lift up your spirits, *Sheryl Belt and Dwight Stilson!* Find out tonight about the healing power of plants at the educational workshop at 6:30 p.m.



Pisces (Feb. 18 – March 20)
With brainy planets in your financial picture, we expect to see you at tonight's workshop to learn how to market your million dollar concept. (*Jeremiah Belk and John Devine*, do you plan to attend?)



Aries (March 21 – April 19)
Let your journey lead you into new territory. How about rock climbing today? (*Robert Blackford and Peter Alcalá*, have you rung the bell yet?)



Taurus (April 20 – May 20)
Charming Venus boosts your charisma today, helping you to bond with others. You're never a "bull-y", so get out and make some new friends. (*Thomas Knoppi or Tim Lindgren* can show you how this works.)



Gemini (May 21 – June 21)
Energetic Mars lends you added mental focus and physical stamina. You may need both at the Instructor Appreciation Party tonight. (Isn't that right, *Victor Escamilla and Robert Applegate?* You know this from experience.)



Cancer (June 22 – July 22)
(We are talking to you, *Dana Bowman and Catherine Callahan.*) It's okay for crabs to move sideways on the beach, but when you draw that bow aim straight for the target. (It's kind of like parachuting, *Dana.*)



Leo (July 23 – Aug. 22)
Having trouble getting things off the ground? That's not like you, Leo. Try the gondola ride and soar! (*Ken Macklin and Charlotte Vaile*, this means you!)



Virgo (Aug. 23 – Sept. 22)
Don't let anything stand in your way. (*Roberto Cruz* can teach you. Same with *Barton Armelin.*) Get out and enjoy the fresh mountain air with all your new buddies.



Libra (Sept. 23 – Oct. 22)
With the right attitude (like *Alvin Baugh's* or *Daniel Cravens'*, for example) anything is within your reach. So reach for the stars today!



Scorpio (Oct. 23 – Nov. 21)
Fire-starter Jupiter has you thinking big. So make big plans for tonight's party at the Conference Center. (Look for fellow Scorpio party animals *John Marshall* and *Neil Duncan.*)



Sagittarius (Nov. 22 – Dec. 21)
The sun is in your health quarters, and you'll be a ball of energy on the slopes today. (If you fall down, *Gary Nagy* and *Laniel Carrero* will help you make snow angels.)



Capricorn (Dec. 22 – Jan. 19)
Goats are surefooted and able to ascend the heights by taking advantage of every foothold. Rock climbing is meant for you. (Yes, we mean you – Capricorns *Suzanne Armstrong* and *Walter Brewer!*)

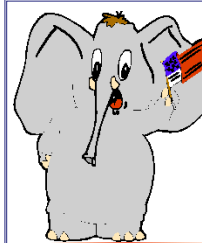
WINTER SPORTS CLINIC AWARDS

This week's newsletters are filled with inspirational stories about veterans, instructors, volunteers and staff members. There are a few individuals, however, who have managed to even outshine the others this week. Help us honor those special people who have gone above and beyond the call of duty to make the 2007 Clinic another great success!

During the Closing Ceremonies the following awards will be presented:

- The Linnie Howard Spirit Award recognizes the participant who best exemplifies the can-do spirit of the Clinic.
- The Judy Shawo Commitment to Excellence Award is awarded to the volunteer who demonstrates the highest level of commitment to the Clinic.
- The Sid Ford Award for Service Above and Beyond the Call of Duty recognizes the VA employee who demonstrates outstanding dedication to the Clinic.
- Best Downhill Ski Instructor Award
- Best Cross Country Ski Instructor Award
- Best Team Leader Award

Please stop by the conference center lobby to cast your vote. Ballot boxes are located on the table by the Host Room. The deadline for voting is *Thursday*.



VETERANS HISTORY PROJECT CONTINUES

Many veterans registered for the Winter Sports Clinic this year for the first time. Most of those new participants have never recorded their military history for the Veterans History Project (VHP). If you are one, or if you've just never taken the opportunity to participate in the VHP before, sign up now to have your story become part of this exciting project, a collaboration between VA and the Library of Congress. Interviews are taking place in the Janss Auditorium on the second floor of the Snowmass Conference Center, from 8 a.m. until 5 p.m. today through Thursday; and from 8 a.m. until noon on Friday. Stop by to schedule an appointment. By participating in the VHP, you will make history come alive!



21ST NATIONAL DISABLED VETERANS WINTER SPORTS CLINIC

MEDICAL ASSISTANCE *

Bedford A Conference Room

A medical room is available each day during Clinic operation hours (from approximately 8 a.m. - 9 p.m.) for non-emergent care. The Bedford A Conference Room is located one level below the mall, across the street from the Mountain Chalet Hotel. There is stairway access from the mall next to Christy Sports. For wheelchair access, please use the elevator above the main bus terminal (at the far end of the mall) to get to the medical room level.

Transportation to Bedford A Conference Room

Van transportation is available from the Silvertree Hotel to the Medical Room. Catch the medical van in front of the hotel, or call the Medical Room for transportation.

After Hours Medical Help

Call the Medical Room for recorded instructions on how to contact the on-call medical provider, or dial the hotel operator.

Medical Room Phone – (970) 923-8330

(Extension 8330 on conference center phones)

**For life threatening emergencies, dial 911*

WHEELCHAIR & PROSTHETICS REPAIR

Conference Center Host Room

Hours:

6:30 - 8:45 a.m.

11 a.m. - 1 p.m.

4 - 5:30 p.m.

Between these hours, call (970) 470- 9198 for wheelchair repair and (970) 470-9226 for prosthetics repair. Please do not call after 6 p.m. unless it is an emergency.

LOST & FOUND

Conference Center Host Room

MASSAGE THERAPY

Elbert Room

Complimentary massages are available by calling and scheduling an appointment.

Massage is located in the lower level lobby of the Silvertree Hotel in the Elbert Room.

Call for an appointment. They will be taken until all slots are full.

Phone – (970) 261-9377



TODAY'S WEATHER FORECAST

High 58° F
Mostly Sunny



Overnight Low 38° F
Mostly Cloudy Overnight

Sunset 7:33 p.m.
Tomorrow's Sunrise 6:48 a.m.

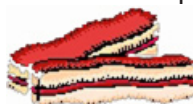
Conference Center Ballroom

~MENU~

Breakfast Buffet

6:30 - 8:45 a.m.

Fresh Sliced Fruit
Oatmeal with Granola, Raisins, Almonds, Sliced Bananas & Skim Milk
French Toast and Maple Syrup
Bacon
Breakfast Sausage
Potatoes
Scrambled Eggs with Salsa
Fresh Ground Coffee, Decaffeinated Coffee, Herbal Teas, and Assorted Chilled Juice



Lunch Buffet

11 a.m. - 1 p.m.

Cream of Tomato Soup with Oyster Crackers
Chicken Caesar Wrap
Veggie Wrap
Vegetable Sticks with Ranch Dip
Cole Slaw
Potato Chips
Brownies & Blondies

Dinner Buffet

5 - 6:15 p.m.

Meat Loaf
Pork Chops
Chef's Choice of Sweet Potatoes Casserole
Green Bean Salad
Chef's Choice Vegetable
Rye Bread and Butter
Fresh Ground Coffee, Decaffeinated Coffee and Herbal Teas

