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# THE MONTROSE MIRROR

Fresh News for Busy People-Weekly on Mondays

Issue No. 137 Sept. 28 2015

## BUCKHORN COFFEE OPENS ON SOUTH TOWNSEND!

By Caitlin Switzer

MONTROSE-Ask Charles Millican and Mindi Conerly Millican why they chose to name their business Buckhorn Coffee, and the two can't help laughing. That's because this young couple lives on Buckhorn Drive, the location where they first began to indulge their shared obsession with the art of roasting coffee beans.

—We even knocked a hole in the wall of our garage to let the smoke out," Mindi explains.

Now, the family business has a space of its own, a refreshing enclave complete with a yard and patio at 1040-1048 South Townsend Avenue. Buckhorn Coffee officially opens today, bringing fresh, roasted-to-order coffee to retail and wholesale clients as well as a whole new, polished look to this busy Montrose corner. Expect cement picnic tables and benches under the trees in the near future, Charles Millican said.

—We have been training and planning for this for two years," said Mindi. —We have really been looking at how we can perfect the art of roasting, and how we can bring a high end product to the community for an affordable price.

—A great cup of coffee doesn't

*Continued pg 16*



Unroasted coffee beans are transformed into the perfect roast at Buckhorn Coffee, which opens today.

## MONTROSE LIBRARY REPLACES TWO TRUSTEES Seats left open by resignations of Grigsby, Gann



*The Montrose Library recently named two new trustees. The Library is asking voters to support a 0.8 mil levy increase to help restore service to pre-recession levels.*

By Caitlin Switzer

MONTROSE-Just as the Montrose Regional Library District prepares to ask voters for a 0.8 mil levy increase, the Library's board of trustees welcomes two new members. On Monday, Sept. 21 the Montrose Board of County Commissioners approved Shelly Karo and Robb Ruyle as library trustees, replacing Linda Gann and Bruce Grigsby who have resigned.

The candidates were interviewed for the positions on Sept. 11. Gann and Grigsby had resigned following a special meeting of the Library board of trustees that took place in May.

—Because of my commitment to the staff of the Montrose Regional Libraries (including Naturita), and my belief that the Library is the foundation of democracy and our community, it was a very difficult decision for me to resign from the Board of Trustees," Gann said.

With two jobs and a regular column in the *Montrose Daily Press*, Grigsby said he felt that his work schedule impacted his ability to

*Continued on page 13*

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Cutting photos!*

*Marge Morgenstem's  
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Comes to You! (33)*

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Presentation! (28)*

## MEETING TO FIELD CITY COUNCIL CANDIDATES DRAWS INTERESTED CROWD



*A cross-section of the crowd at the community meeting concerning Montrose City Council candidates held on Sept. 21 at the Cimarron Creek Community Center. Photo by Gail Marvel.*

*Disclaimer: Writer Gail Marvel served on Montrose City Council (2008-2012). She attended this meeting as a reporter for the Mirror and did not participate in the discussion.*

*By Gail Marvel*

MONTROSE-With 100 people and standing room only, organizer Marge Morgenstern began the meeting billed for promoting city council candidates for the April 2016 election with, "I'm overwhelmed with the number of people [who turned out]."

Ascertaining that not all in attendance were friendly faces Ms. Morgenstern said, "Some of you are here because you are a pipeline to [Montrose City Manager] Bill Bell. If you are here as a pipeline to Bell I'm going to ask you to leave. ... This is not an open meeting for city council, this is a private meeting."

The outcry from city supporters was immediate to which Morgenstern replied, "I won't allow it, if you won't leave we won't have a meeting. Meeting adjourned. Goodbye."

Audience members refused to leave and comments included, "You seem so hostile!" "You are a piece of work lady!" "This is a public meeting that you announced in the paper." In attendance were a number of county residents, as well as neighboring county residents, who have no

vote in city elections.

Threats, from both supporters and detractors, to use 911 and call the police might have been taken more seriously had there not been four city police officers in the room. When people chose not to leave Morgenstern continued the meeting, but applied an element of control to those who were allowed to speak.

The stated purpose of the meeting was to encourage city council candidates for the 2016 election; however, subcategories brought up by Morgenstern included the treatment of 60 city employees who lost their jobs; city employee morale; gag orders on some city departments; current city employees who fear losing their jobs and having written reprimands put in their personnel file if they speak up; the proposed dispatch center; the salaries of top city administrators; personal use of city vehicles and equipment; Bill Bell assembling a team (at this and other meetings) to squelch community/employee comments; and local contractors not getting contracts.

The subcategories clouded the stated intent of the meeting and brought audience reaction, "She is a bully, demanding people leave the room." "I believe there is very little truth in what was heard from Marge." "If you make accusations you need to back them up." Ms. Morgenstern maintained that her comments could easily

be fact checked.

Three former city council members spoke during the meeting. Former Montrose Mayor Jose Abeyta noted that people who run for council should try to better the community, but the atmosphere in the room was disturbing. He said, "This thing of bullying, we talk about bullying in our schools... What are we doing right here? If that's where you want the city to go, keep up those attitudes." At one point during the meeting Abeyta half-way rose from his chair and LJ (Jim) Anderson said, "Jose, will you sit down."

Former Montrose Mayor Pro-Tem Carol McDermott mentioned the need for council candidates to be respectful of each other's time and be prepared for meetings. McDermott stressed the importance of becoming educated in city issues and she cautioned people not to run if they had an ax to grind, "I ran with an ax to grind and it didn't do me any good. I did not seek re-election because a fellow councilman was wasting my time. He would not come prepared."

Former councilman Ed Ulibarri said, "I didn't come here to listen to everyone's anger about what other people are doing, or not doing. The goal is to make Montrose a good place to live. We have an obligation to work together and bring the community together."

Former employees, along with their spouses, lent support to Morgenstern's statements and told of the difficult position that current employees are in. A man from the audience said, "Why do they stay?" To which one woman replied, "They have families to feed."

Referring to the suggestion of an employee gag order, 27-year city employee Virgil Turner, the city's director of innovation and citizen engagement said, "I've never seen one." To which Jerry Sieversen a former employee of 36 years responded, "It depends on what department you work for." One audience member suggested that if the statements of former employees are accurate they should bring a class action suit against the city.

*Continued next page*

  
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**THE MONTROSE MIRROR**  
MONTROSE

## MEETING TO FIELD CITY COUNCIL CANDIDATES DRAWS CROWD *From page 2*

Montrose Chamber of Commerce Executive Director Jenni Sopsic asked about the motivating factor behind calling the meeting and wondered if there was something more than City Manager Bell eliminating the Parks Advisory Council, of which Ms. Morgenstern was a member. Morgenstern elaborated on the past efforts of the board, but said the elimination of the board was not her motivation.

Councilman Bob Nicholson, who was

mayor at the time the board was dissolved, said he was the one who put the issue on the council agenda. Nicholson said, "The Parks Advisory Council works for the council. You [the board] started to move into administrative [issues] and we cannot do that. You were slipping into administration when you were talking about employees." Nicholson said he realized there were some hard feelings; "I should have talked to every member."

The meeting ended after an hour and a half. However, the meetings *after* the meeting were scattered throughout the room, outside the front door and in the parking lot. It would be an overstatement to say that anything was solved, or resolved at the meeting.

It is also unknown if any potential city council candidates were at the meeting, but if so, welcome to the world of Montrose politics.

## MONTROSE REGIONAL CRIMESTOPPERS ALERT!

*Special to the Mirror*

MONTROSE-Montrose Regional Crime Stoppers and the Montrose Police Department are seeking the help of citizens to locate and apprehend the perpetrator(s) involved in the following incidents.

Since July 1st, there have been over 75 incidents of reported vehicle trespasses.

Between three and five thousand dollars worth of items has been stolen. The incidents usually occur during the evening hours and are occurring all over Montrose. While some entries involved breaking glass, most have occurred because the victims have left their vehicles unlocked. PLEASE LOCK YOUR VEHICLE

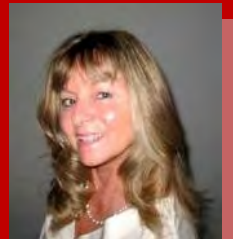
DOORS! Anyone with information about the suspect(s) or the location of the stolen items can call Crime Stoppers anonymously at 970-249-8500. Crime Stoppers and the Montrose Police want your information, not your identity. If the Tip results in an arrest, the caller may receive a cash award.

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## NEW BUSINESS IN TOWN...MOUNTAIN CAFÉ!



*Special to the Mirror*  
**MONTROSE**-Kate Maher and Saul Moreno's Mountain Café is now open at Oxbow Crossing in the former Pan-cho's space and getting great reviews.

Some of us already know Kate from her past job as that great waitress at the Shanty Restaurant on North Townsend...she arrived here two years ago from Iowa, where she has a family background in the restaurant business.

"I noticed that Montrose needs more choices for breakfast," Maher said. "And being from Iowa, I just want to help bring that great taste out here."

Mountain Café is open 6 a.m. to 4 p.m.



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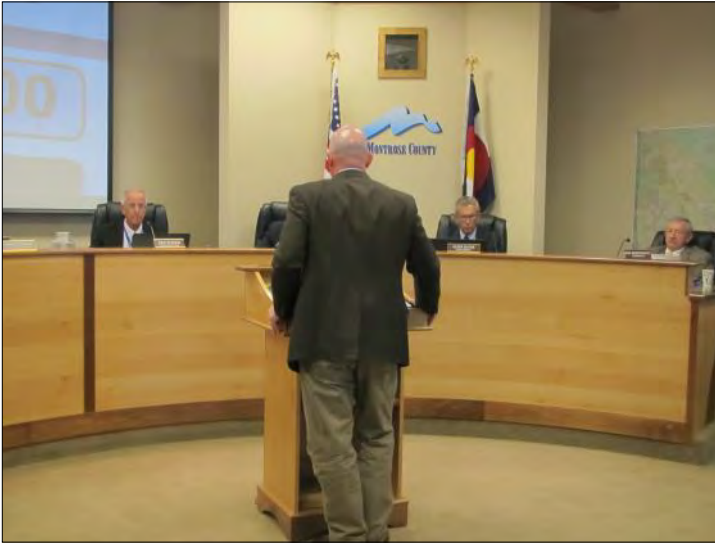
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## COUNTY HEARS FROM CITIZEN ON JUNK ORDINANCE, APPOINTS RUYLE AND KARO AS NEW LIBRARY TRUSTEES



Montrose Regional Airport Manager Lloyd Arnold addresses the BOCC regarding a hangar ground lease on Sept. 21.

### Mirror Staff Report

MONTROSE—A citizen presented an update on a property owner in violation of Montrose County's newly enacted Junk Ordinance at the meeting of the Montrose Board of County Commissioners Sept. 21.

of the house."

Medlock said that neighbors are not happy, and elected her to come to speak to commissioners, who passed [a junk ordinance](#) in March of this year.

Montrose County Planning and Develop-

ment Director Steve White took time to respond to Medlock's concerns. "I have written letters and called and they refuse to work with me," White said. "We have turned it over to our county attorney, and it does take time. —It is hard for the neighbors," White said, "but sooner or later this will end up before a judge." Commissioners approved a 20-year Hangar Ground Lease (revenue of \$2,204 monthly) with Sky Blue Hangars LLP at Montrose Regional Airport; appointed new trustees Robb Ruyle and Shelley Karo to the Montrose Library Board of Trustees (see related story); and reappointed Megan Wilson to the Montrose County Fair Board.

—The Fair Board deserves thanks for the fair they put on this year," Commissioner Glen Davis said.

In other business, commissioners approved an amendment to the Montrose County Subdivision Regulations Section 10.3.A (Boundary Line Adjustment), and entered into an executive session for the purpose of discussing the Barnett and Cossick lawsuits against the county.



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## REGIONAL NEWS BRIEFS

# GOOD GRADES PAY OFF...AT ALPINE BANK!

### *Special to the Mirror*

REGIONAL-School is back in session, which means schedules are quickly filling up with sports practice and games, music lessons, extracurricular activities and homework. This year, back to school means that students everywhere are starting fresh with optimism of another successful year and earning good grades on report cards. Now, that hard work literally pays off with Alpine Bank's Pays for A's® program.

Alpine Bank, member FDIC, helps to reward hardworking K-12 schoolchildren for getting good grades. Each quarter during

the school year, Alpine Bank pays randomly selected students for A's, B's, O's, S's, 4's and 3's on their report cards.

To participate in Pays for A's, bring a copy of your child's most recent school report card into any Alpine Bank. From those submitted to our Montrose locations, Alpine Bank will randomly draw 10 report cards, and winning report cards will receive \$10 for every A (or equivalent) and \$5 for every B (or equivalent) for up to five main subjects. That means your child could earn \$50 for a straight-A report card! After the winners are selected, Alpine Bank will host a reception to celebrate with

refreshments, present cash rewards, and take pictures to be published on the Alpine Bank website and in local media publications.

—Supporting and rewarding kids for their success in school is a fantastic way to encourage them to continue their hard work and dedication. The Pays for A's program is a great way to recognize a small group of kids in our community for their educational commitment" said Allison Nadel, assistant vice president at Alpine Bank. —I am so pleased to be able to reward local kids for their diligence."

Alpine Bank's Pays for A's program is open to all — you do not have to be an Alpine Bank customer to participate. Visit [www.alpinebank.com](http://www.alpinebank.com) for the 2015/2016 school year, and mark your calendars for the drawing dates.

Earning good grades is a reward in and of itself, but the Pays for A's program is just Alpine Bank's way of supporting a job well done.

In addition to Pays for A's, Alpine Bank supports education and youth in the communities it serves through scholarship opportunities that can help college-bound students with college tuition, books, and fees. The J. Robert Young Scholarship, the Alpine Bank Latino-Hispanic Scholarship, the Independent Bankers of Colorado Education Foundation Scholarship, the Alpine Bank Hispanic Scholarship, the Alpine Bank Montrose CMU Scholarship, and the Imogene Pass Run/Alpine Bank Scholarship are available through Alpine Bank or partners of Alpine Bank.

Another successful community investment program is Alpine Bank's Loyalty Debit Card program. Each time a customer uses his or her debit card, the bank donates 10 cents per transaction to organizations that support our communities. In the 18 years since the program's inception, Alpine Bank has donated more than \$2.5 million to education-related programs and organizations.

We at Alpine Bank recognize that the youth will soon be leaders in our communities, and we want to encourage them to do their best in school and show them how hard work can help them achieve their goals, whatever those may be. To learn more about Alpine Bank's community investment initiatives, please visit [www.alpinebank.com](http://www.alpinebank.com).



"We homeschool, so we get a lot of our resources from the library. We would love for the library to be open on Saturday." --Tori, Chase & Marnie's mom, Victoria Girard



## REGIONAL NEWS BRIEFS

### PARTAKE AND PARTICIPATE AT MONTROSE COMMUNITY DINNER!



*Montrose Community Thanksgiving Dinner 2014. Mirror file photo.*

#### *Special to the Mirror*

MONTROSE-For more than twenty years the Montrose Community has welcomed friends and families to commune together over a Thanksgiving meal that satisfies both appetite and fellowship – and the action has again started for this year's feast...and, yes, it continues to be a cost-free day.

This amazing event is possible due to a community working together, a dedicated Dinner Board with a heart for giving and many caring sponsors including Montrose Association of Realtors, Montrose County and Pepsi-Cola Bottling Company. Besides the typical turkey, ham, mashed potato, green bean meal – with salad and dessert--this free community activity provides entertainment by local artists, door prizes donated by community businesses and awarded by ticket number and a game room for families with children.

In addition to all the activities mentioned, which happen at Friendship Hall at the Montrose County Fairgrounds, workers and volunteers provide meals for home-bound folks – delivered to their door on Thanksgiving morning. This delivered meal also is a full Thanksgiving dinner. The Community Dinner originated with a challenge to John DeSanto, pastor of the First Presbyterian Church in 1980, and transitioned through the Association of Montrose Churches, the Chamber of Commerce and Red Coats into the Montrose

Community Dinners, Inc. Board. This board still has three original members – Bob and Bonnie Eakin and Marge Keehuss – in addition to others who have chosen to work on the board over the years. These many behind-the-scene workers have perfected the day—each year trying to make it a better experience for all attendees.

This year, Nov. 26, 2015, will be a continuation of this community tradition; however, with board members retiring or moving, the behind-the-scenes effort becomes more of a challenge.

This amazing community tradition can only continue as board positions remain filled. Do you have a heart for supporting this yearly celebration: Have you participated in the past? Now may be the time for you to be involved in the WHOLE experience – it is the whipped cream on those delicious, donated pies.

If you consider this a possible position you would consider and contribute to, please send your interest and experience to [communitydinners@yahoo.com](mailto:communitydinners@yahoo.com).

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## REGIONAL NEWS BRIEFS

### THREE DISK GOLF PLAYERS SHOW UP FOR MONTROSE HISTORY



*Special to the Mirror*  
MONTROSE-These are the players who came to play Glow in the Dark Disc Tournament to support the Montrose County Historical Museum and had a great time. The winners were Kirk Hartman- 2nd place, Torren Cole-3rd place and Patrick Tobin -1st place, Thank you players for supporting history!

**Thanks for reading!**  
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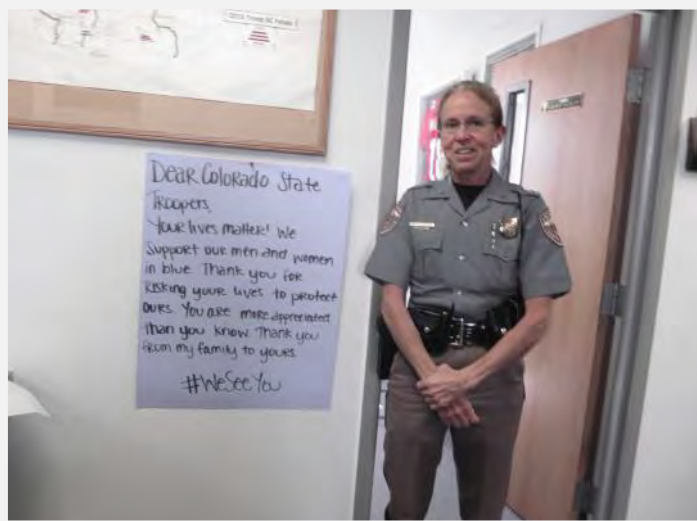
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## MIRROR IMAGES...COLORADO STATE PATROL!



*Colorado State Patrol celebrated an open house on Sept. 22 at their North Townsend Avenue location. Clockwise from top left are Troopers Eric Carlton and Mark Hanson with a brand new patrol car; Nancy Medlock stopped by; Troop 5C Captain Laurie Hadley; and staffer Mary Surbeck.*



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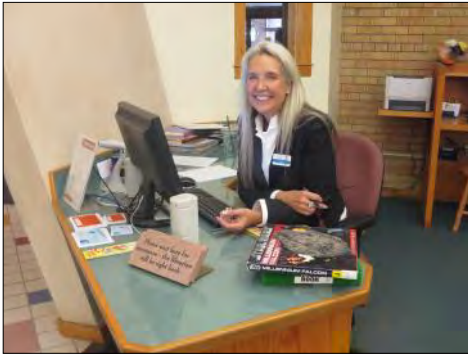
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## MONTROSE LIBRARY REPLACES TWO TRUSTEES From pg 1



Montrose Library Bookmobile/Outreach Coordinator Jeri Gilham, above, and one of the Library's programming boards.



contribute adequately to the library as a trustee.

—This became especially concerning with the upcoming mil-levy campaign,” Grigsby said, —and I felt it important to make room for someone who would be able to devote the time and energy to the campaign that I simply could not. I firmly believe that our library is one of the truly great assets of the community and has established a world-class accumulation of achievements and service over many years.”

Of three known applicants who applied, Ruyle has an extensive background of involvement with the Montrose Regional Library. According to the library's web site, he first joined the Board of Trustees in 1990, where he served for ten years, and was President from 1992 to 1998. He re-joined the Board in 2007.

Ann Gulliksen who serves as secretary of the Library's board of trustees, said that while she is pleased to have Ruyle back on the board, Karo's involvement is especially exciting.

—She is from Naturita,” Gulliksen said. —I am very excited to work with someone from the West End. She will bring her perspective for community direction and community support. The library should be community-driven.”

Gulliksen said she was not present to record what transpired at the special meeting May 6, though she and others acknowledged that the Library's longtime director Paul Paladino tendered his resignation during that meeting. Paladino prepares meeting minutes for most trustee meetings so that she can take part in the business of the meeting, she said. Minutes of Library Trustee meetings do not reflect any resignation.

Paladino said that of those who had applied to fill the seats left open by Grigsby and Gann, the two presented to the BOCC were those who had applied while the application process was open.

—We have placed the other names on file, as we may or may not have openings at the end of the year,” Paladino said.

### Proposed Mill Levy Increase

The proposed mil levy increase, which would cost the median homeowner \$9.88 per year and the average business around \$95.00 per year, would restore the library to pre-recession full-service levels. The Library's Board of Trustees chose to go ahead with the proposed increase after undertaking a survey of stakeholders.

—We had more than 900 responses to the survey,” Library Development Officer Amy McBride said. —The library is so important to so many people in our community; in reading the responses I realized that many people believe the closures and cuts to hours have compromised quality of life.

—To be able to restore service to people is the most important thing to me.”

The Montrose Regional Library could once again be open seven days per week, restoring Saturday service. The 34 percent yearly cut in the materials budget can be restored. Bookmobile stops can be visited every week instead of every other week. Preventive maintenance that is currently being deferred at District facilities could be scheduled and performed.

So far, response to the Library's campaign to increase the mil levy has been supportive, said Emily Schneider, who has been co-chairing the campaign. —It has been going very well,” she said. —We have had lots of interest from people who want to know how they can help. It is amazing how busy our library is—I hope we can convert that love for the library into votes.”



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# COMMUNITY LIGHTNING RODS

## Voices that spark conversations

### GOVERNMENT NO LONGER BUILDS CONSENSUS WITH BUSINESS—GREG FISHERING



**Greg Fisherling.**  
Courtesy photo.

*Interview by Gail Marvel*  
MONTROSE—Greg Fisherling grew up in the Denver area and lived in Florida for eight years before coming to Montrose in

1987. Prior to establishing High Mesa Communications in Montrose, Gunnison and Delta, Greg was a Russian linguist for the National Security Agency (NSA). With a totally dry sense of humor he said, “We spied on the Russians.”

Greg is not a member of any service organizations because he doesn’t feel he can take a couple of hours out of his work schedule to attend lunch meetings. However, he did serve nine years on the board of Montrose Area Merchants Association (MAMA), helped organize the local Little League, and was on the Schools to Career committee. “Some service clubs are effective, but a lot of people stay in their own group and think everyone is at the same station in life that they are. There are people in Montrose living paycheck to paycheck and I get irritated when something is promoted by saying it’s *only* \$5.00

a year for every household. All those fees add up.”

Reflecting on Montrose business history Greg said, “Thirty years ago Montrose had a totally different business environment. Banks and stores were locally owned and they had community involvement. Today people are managers of big box stores and chain stores and there is no need for them to be involved in the community.”

Greg observes that local government no longer builds consensus with businesses. He said, “We’ve defaulted to political people making all the decisions and that’s not good.”

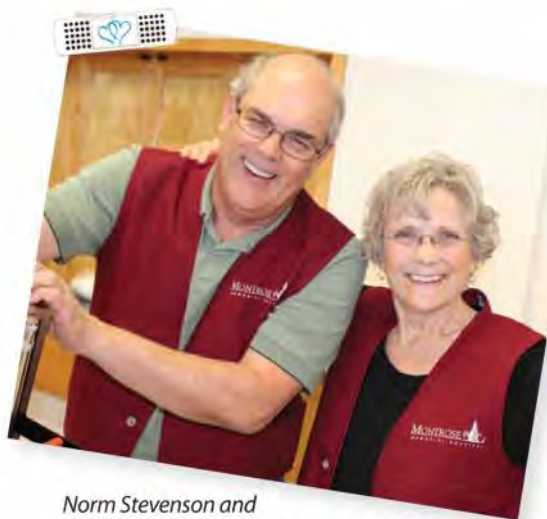
While Greg feels Montrose has become less adversarial and more business friendly in the last five years, he is not always on board with the way things are accomplished. In March 2015, after serving 2 ½ years on the Office of Business and Tourism advisory board he resigned his seat. Greg said, “Of 3 seats on the board seven members were government types. In the last couple of years OBT has had \$1.6 M — that’s a heck of a lot of money.” One of Greg’s concerns was that simple notes, rather than minutes were being taken at the meetings. Greg said, “When you’re dealing with that amount of money you need an official record. When I asked Rob Joseph

(Montrose Assistant City Manager) if it was his way or the highway and he said “Yes.” If I’m not getting anywhere with a cause or an issue, I back off. Life is short, move on.”

On the political landscape Greg admits that what really gets him stirred up and going is, “...government involving itself in things that aren’t any of its business, things that are outside of its purview.”

A self-described engaged citizen, Greg gets involved where he thinks he can make a difference. “I’m a forceful person and tactful has never been used to describe me,” he paused, “...at that I know of!” Greg has little patience with the slowness of government, “The pace, excuses and reasoning are more than I can take. It’s a snail’s pace that you couldn’t get away with in the private sector.”

Some years back Greg served as foreman on a three day trial and once the case was in the hands of the jury the bailiff asked them what they wanted for dinner. Greg said, “We won’t be here that long.” After taking a straw poll he said to the one undecided juror, “So, what’s your problem?” Greg laughed and said, “We discussed it and we were out of there. The defense attorney later told me that if he had anything to do with it I’d never sit on another jury!”



Norm Stevenson and Jan Stryker help at the annual Health Fair

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## GUEST EDITORIAL...FAMILY CELEBRATES A SMALL MIRACLE



*Editor's Note: Elizabeth is the mother of Sophia Dicamillo, "born five weeks early Sept. 26th 2014. With double outlet right ventricle. And trisomy 18. She is kicking butt and taking names." Follow their family's story on [Facebook](#). Happy birthday Sophia!*

*By Elizabeth Dicamillo*  
MONTROSE-Thursday we decided to have Sophia in Denver. Our hometown wasn't willing to offer any help, including a C-section. I talked to my boss and I would start my maternity leave then. We were going to pack Friday and leave Saturday morning. Thursday night I felt some pains, but figured it was pregnancy gas. I woke up at midnight out of the blue, and right after I opened my eyes, I felt a huge gush. My water broke. I slapped Eric awake and told him. He ran out of the room. I got up and went to the bathroom to change clothes so we could go to the hospital. I called my OB while in the bathroom, "my water broke, what do I do?"  
"Go to the hospital."  
"Can you get me to Denver?"  
"No." I had developed Polyhydramnios during my pregnancy, the whole thing that started this mess, so my water didn't stop

coming. I stood on the bath mat petrified. Eric came back in on the phone with 911, he told me to lay on my side and wait for the EMT's.

When they got there, I still hadn't gotten dressed. They told me to get on the gurney." I don't have pants on!"

"They're going to see a lot more than this tonight"

I hyperventilated in the ambulance and they had to put oxygen on me. The OB came in and I asked to be taken somewhere else that would deliver her by C-section if need be.

It took seven hours to transfer us an hour away. The first ambulance broke down, so they had to send another. We got to that hospital and a nurse started checking me in.

"So this is your second miscarriage?"

I was 35 weeks along, and in labor! They said that they wouldn't offer anything but comfort care, and that Denver wouldn't either. I had been in labor for a long time and it wasn't progressing. They decided to give me Pitocin to get it going. Sophia's heart rate dropped from 140 to 70. The nurses got really quiet, and left. Suddenly, the OB came in, "You said you wanted a C-section if she went into distress?"

"Yes."

"Let's go then"

They threw scrubs at Eric, and started rushing around. They pulled me in, and said that they normally don't let husband's in for the spinal, but they would let Eric in (I had to be given blow by oxygen and left on the cannula) it hurt. They were playing the radio and having a good time. It was surreal. I felt a lot of tugging and pulling. They told Eric to come over. I heard a small cry. I asked the anesthesiologist if she was ok.

"I don't know"

"Well what are they doing?"

"I don't know." Finally, Eric came over and he was holding Sophia in one hand. They had predicted that she would be about five pounds by her measurements. She was three lbs 13.7oz. "They said she has it" The pediatrician on call said Sophia had rocker bottom feet and clenched fists, so she had Trisomy 18. (Sophia has neither). After we were taken back to the

room, we asked for Sophia's blood type, they didn't see the point. We asked for her to be put under the Billy lights for her jaundice, they didn't see the point. We asked them to put an ng in, as when she tried to breastfeed she turned blue (something normal for a preemie), they didn't see the point. We asked to have her put in the NICU, they didn't see the point.

That night, Sophia's oxygen levels dropped to 17 percent. They decided to take her off of the monitor. She cried non-stop for a long time, they brought Tylenol in and gave it orally, very quickly. She aspirated. She turned purple and grey. The nurse brought me a stethoscope to listen to her heart slow. It was barely beating. She was barely breathing. I was begging her not to go. It seemed like forever, but finally Sophia cried. And she was back! The doctor came in and said that they had —aw I lay me down to sleep" photographers. We didn't want it. (It's a great resource for some families, but we just didn't want to do them)

She came in and told me that she already called her, and she was on her way. I said that if Sophia passed before she got there, we weren't going to do the pictures. That was the saddest photo shoot of my entire life. They said that we shouldn't feed her because she wouldn't want to eat. And she wouldn't poop. She pooped! We took pictures. I asked for formula to try to feed her. Sophia was trying so hard. A nurse saw her, and brought a syringe in. She taught Sophia to eat from a syringe. (which she did for the first four months of her life. She could suck down the plunger by herself) When we went home, Sophia was only eating five 1/2 mls a day. She gradually got to where she was eating one-two ounces a feeding. She was proving them all wrong! She was admitted to the hospital at eight weeks and put on oxygen. And finally in February she was taken to Children's because of a great doctor in the next town, who knew of older kids with trisomy, and wanted to help.

Sophia has been through a lot in her short life, and many hospital stays. Five to be exact. Four life flights. One surgery. And numerous miracles. Sophia is a miracle. And she is compatible with life.

## BUCKHORN COFFEE OPENS ON SOUTH TOWNSEND! From pg 1



*Charles Millican demonstrates the coffee roasting process at Buckhorn Coffee.*

have to cost \$3.”

Charles runs day to day operations and Mindy, also an attorney in private practice, is responsible for ordering inventory and doing the bookkeeping. The Coffee roaster itself has been placed in the lobby of the extensively renovated retail space, enhancing the sensory experience.

Coffees from around the world are sold to order in a variety of ways—from hot and cold brewed to nitrogen infused, cold-brewed coffee—something that is not offered in any other local establishment.

—Nitrogen infused coffee is amazing,”



*Buy fresh coffee by the cup, pound, or whole-sale here.*

Conerly said. —It is very popular on the East and West coasts. It takes 20 hours to brew, in a keg, and it is infused with nitrogen to bring a rich, smooth flavor to cold coffee.

—It tastes good, and there is more caffeine, for an extra boost,” she said. —Love it.”

Whatever your taste, the owners want to cater to you—and the nitrogen infused keg coffee IS amazing.

—Visit our web site to see where our beans come from, and come in to watch us roast coffee before you purchase it,” Conerly said. —We can fine tune our roasts to give people exactly what they like.”

Visit Buckhorn Coffee online at [www.buckhorncoffee.com](http://www.buckhorncoffee.com), or call 970 901-8916.



*No other local coffee shop has Nitrogen Infused keg coffee, Buckhorn Coffee owners say. The process brings a smooth, rich flavor to cold coffee.*



### Solutions Wellness Center welcomes Therapist Linda Stanger!

Linda Stanger recently relocated to Montrose from Pennsylvania and joined Solutions as a Licensed Clinical Social Worker (LCSW). She is passionate about her work with young children, teens and families. Solutions has created a play therapy space specifically designed for Linda to work both with children and their parents. Linda is well-known for her extensive experience and success using Parent-Child Interaction Therapy.

Linda will be reaching out to schools in the community to let parents and teachers know about her services to help children with anger, depression, anxiety and other issues that may be affecting their school performance and family life.

2798 woodgate rd ste. a • 970.249.4449 • [solutionsandme.com](http://solutionsandme.com)



## REGIONAL NEWS BRIEFS

### CDOT BEGINS WORK AT US 50 & SAN JUAN AVE

#### *Special to the Mirror*

MONTROSE — On Sept. 28, 2015, the Colorado Department of Transportation (CDOT) will begin a highway improvement project at the intersection of US Highway 50 (US 50) also known as N. Townsend Avenue and San Juan Avenue in Montrose.

This improvement project is expected to

last approximately five months through January of 2016. Normal working hours are Monday through Friday from 7 a.m. to 5 p.m.

No weekend work is expected.

The project will improve traffic flow from San Juan Avenue onto US 50 by giving motorists a dedicated lane to increase their speed before merging with traffic

onto US 50.

In addition to the construction of an acceleration lane, the project includes installation of a loop detection system to manage the traffic signals, improvements to the storm water management system and replacement of a signal pole.

For more information call 970-765-0765 or [us50montrose@PublicInfoTeam.com](mailto:us50montrose@PublicInfoTeam.com).

### SHERBINO OFFERS MELT AND POUR SOAPMAKING WORKSHOP

#### *Special to the Mirror*

RIDGWAY—Come to The Sherbino for a special Art Bar in September to learn the basic art of "melt and pour" soap-making with Mercedes Gall of *Glow Day Spa and Salon*. Mercedes will lead a step-by-step and how to process for making organic and/or goat milk soap. Students will make up to four different types of soap by choosing the fragrance, flowers, and herbs to incorporate into each bar of soap. \$35 includes one drink of choice, up to four homemade soaps, and soap recipes to take away at the end. \*\*\* Please note: the soap will take time to set and students can pick their soap up at Glow Day Spa for up to 10 days after the date of this Art Bar. Only three spots remain so pre-registration is highly encouraged and can be done at [www.weehawkenarts.org](http://www.weehawkenarts.org) or by calling 970.318.0150.

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[www.facebook.com/VOAWesternSlope](https://www.facebook.com/VOAWesternSlope)



## REGIONAL NEWS BRIEFS

### VOLUNTEERS OF AMERICA SEEKING ADVISORY COUNCIL MEMBERS IN MONTROSE

*Special to the Mirror*

MONTROSE-- Volunteers of America Advisory Councils serve to make recommendations and/or provide key information and feedback to the Executive Directors and Regional Operations Director. We are currently seeking additional members for the Montrose Advisory Board.

The Advisory Council is a collection of individuals who bring together their unique knowledge and skills which complement the knowledge and skills of the executive staff in order to more effectively govern the organization.

The executive staff will be seeking input, opinion and assistance from council members on topics ranging from strategic planning, program/service offerings, regulatory issues, human resources and customer service.

The council meets quarterly at various Volunteers of America properties or other locations in the Montrose area from noon to 1:30 pm. Members are notified of meeting dates and details via email four weeks in advance. Lunch is provided by Volunteers of America.

Our national, non-profit organization is

dedicated to serving the frail, elderly and older adult population with a network of connected services including: assisted living, long term care, short term rehabilitation, memory support, home health care, Program of All-Inclusive Care for the Elderly (PACE), community meal sites, homebound meal deliveries and independent senior housing.

If you are interested in becoming a vital part of our Western Slope operations and can be an advocate for our mission of service, please contact Erin Berge at [eberge@voa.org](mailto:eberge@voa.org) or 970-275-1220.

## HONORABLE MENTION

*To Montrose Corn Scientist Dave MacKenzie, for the latest and greatest variety of ultrasweet corn... "Mirai Music!"*

*To Kinikin Processing, for great meat, fish and lunches...*

*To Kate Maher and Saul Moreno, for opening their new breakfast stop, Mountain Café, in the old Pancho's space at Oxbow Crossing...*

*To all who helped show up to support the food bank expansion at the Third Annual Sharing Ministries Street Dance on Sept. 26...*

*To Yvonne and Harris Meek, for investing their own money in a Montrose treasure, the Lark and Sparrow venue, and turning it into a showcase for the entire community...and to the Meek kids, for greatness.*

*To entrepreneurs everywhere...the kind who don't get a paycheck. Like us. Thanks to all who have advertised in MY small business over the years...we will never forget your courage and support.*

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[www.voahealthservices.org](http://www.voahealthservices.org)

## REGIONAL NEWS BRIEFS

### CPW INVESTIGATION CONCLUDES BEAR NOT INVOLVED IN HUNTER'S INJURIES

*Special to the Mirror*

GRAND JUNCTION, Colo. - Wildlife officers from the Grand Junction area have completed their investigation of the reported bear attack and mauling on the Grand Mesa Saturday evening, concluding that the injuries to the individual were not caused by a bear.

The man, a hunter in his late 60s, was parked on his ATV on Forest Service Road 105, above Powderhorn Ski Resort, when he says a bear approached and attacked, causing him to drive over a small cliff into large rocks below. The crash resulted in extensive but non-life threatening injuries.

"We investigated this incident thoroughly

over the last three days, including the use of specially trained dogs from the USDA's Wildlife Services, examination of the injuries, and forensic crime scene examination and we found conclusive evidence that a bear did not attack this individual," said Colorado Parks and Wildlife Area Wildlife Manager JT Romatzke. "This individual is certain that he saw a bear. We are not discounting that he saw something that caused him to react."

Romatzke adds that some of the initial media reports that a bear had attacked and mauled the individual, based on law enforcement scanner traffic, proved to be premature.

"People get very concerned about wildlife conflicts, and it is not helpful to cause unneeded alarm," said Romatzke. "Just like a typical crime scene, all possible conflicts with wildlife require extensive investigation to come to accurate, factual conclusions. It's important for the public to get the right information, especially when it comes to issues that potentially affect their safety."

The hunter's name is not being released.

For more news about Colorado Parks and Wildlife go to: <http://cpw.state.co.us>

For more information about Colorado Parks and Wildlife go to: <http://cpw.state.co.us>.

### OURAY'S WRIGHT OPERA HOUSE WELCOMES LIVE ON-STAGE RADIO PRODUCTION

*Special to the Mirror*

OURAY-Join the Friends of the Wright Opera House and the [Ouray County Players](#) for a radio-show-live-on-stage adaptation of Washington Irving's timeless short story, [The Legend of Sleepy Hollow](#), at 7:30 p.m. on Oct. 16th & 17th. Tickets are \$12 for adults, \$5 for students. For tickets and full event details, visit the [horseman online!](#)

6th Annual  
**Pumpkin  
Decorating  
& Chili  
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**October 10, 2015  
11 AM - 4:30 PM  
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**A Non-Profit Organization to Prevent Bullying**



## REGIONAL NEWS BRIEFS

## THIRD ANNUAL ALPINE BANK CMU SCHOLARSHIP



*Special to the Mirror*  
**MONTROSE-**Attached is a picture of Nichole Scullion the recipient for the 3<sup>rd</sup> Annual Alpine Bank CMU Montrose Campus scholarship (center) with Tyler Dahl, SVP/Manager (left) and Jeremy Russell, Banking Officer (right). Nichole was selected from a large group of applications. She is attending the CMU Montrose Campus to study Biology with a minor in Business. Along with her passion for horses, she aspires to own a equine rescue with a program focused on helping disable veterans and delinquent adolescences. Alpine Bank is honored to be able to help an individual achieve their dreams, even in a small way. We wish Nichole the very best of success.



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## Kendall Mountain Ski Area, Silverton, CO

Photo by Ray Dileo.

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# Experiencing the (local) Church

## WRITER GAIL MARVEL VISITS COVENANT CHRISTIAN FELLOWSHIP



By Gail Marvel

My visit to Covenant Christian Fellowship, which keeps Saturday as the Sabbath, took place on Aug. 29, 2015. I was greeted by Penny who then sent others over to welcome me.

The pastor, Preston McNutt, who lives in Idaho and comes to the church a couple times a month, was absent this day and the lesson was presented by Dillard Griffith, with support from his wife Reba. The order of service was 30 minutes of announcements, testimony, casual conversation, and setting agendas for upcoming activities; next there were 30 minutes of worship in praise; followed by an hour-plus of loosely structured Bible study and open discussion.

Seating, which was arranged in a semi-circle, consisted of seven recliners, four rocker gliders, one swivel rocker, a couple dozen conference chairs and two long pews. Clara tempted me to settle into a recliner, but I opted for a stay-awake conference chair. The eclectic furnishings put me in mind of having a Bible study in someone's family room.

This congregation identifies their worship with the Torah, which is the first five books of the Old Testament, and their vocabulary uses Hebrew words rather than words found in modern translations. For instance, Yahweh (God), Yeshua (Jesus/

Joshua), Torah (law of God) Ephraim (synonym for gentile believers). The morning began with two people blowing shofars (ram's horns used as a trumpet) as a call to worship.

For the opening song members stood and faced the east wall of the auditorium and sang a hymn based on a passage from the book of Deuteronomy.

On offering box, as well as a 10-foot-tall menorah (lampstand) replica, stood against the wall. A keyboard, drums, guitar, chimes and tambourine accompanied the six member praise team. Songs, with a revised slower tempo, included, "When I Survey the Wondrous Cross," "A-ve All," "You Are My King," and "Love You Lord." With a charismatic flair some worshippers raised hands, teenage girls danced in the back of the room, and affirmations of "Hallelujah, Praise Your Name, and Bless You" could be heard.

Leader Dillard Griffith opened the discussion by telling the audience he was presenting a sensitive topic. Graphic Scripture used for the basis of the lesson included Deuteronomy 21:10-14; 25:11-12; 25:11-12; and 22:23-30. Generally speaking the topic included promiscuity, abortion, responsibility for self-control, and unwanted pregnancies. Because the topic was open for discussion it was heavily weighted with personal experience and

examples. Making light of a heavy topic Mr. Griffith semi-joked about a "zipper-teaching." He said, "You can control things in your life [romantic relations] like a man can control the zipper on his pants." He then asked the audience how they would implement the "zipper law."

This congregation views the Torah similar to guardrails that keep you on the road, "The Torah instructs you on how to live; we are under the law of the Torah. We study the Torah to make Judah jealous and we're saying that this is our heritage and our right to have it too [that it doesn't belong solely to the Jews]." Referencing Romans chapter 11 brought the topic into the realm of the New Testament and the teaching that gentiles are grafted into the vine. Mr. Griffith reminded the audience that all Israel is not Jewish, "We are grafted in and have a part in the Torah." Concluding the session Mr. Griffith walked around the room with a microphone in hand and asked each individual, "Are you Ephraim?" and "Why do you know you are Ephraim?" He seemed to accept, or at least didn't quibble, when I said, "I'm a follower of Christ and a child of God."

Contact Info:

Covenant Christian Fellowship  
62701 E. Jig Rd.  
Montrose, CO 81401  
970-240-1111

*Speaking to the disciples of John the Baptist, Jesus said, "Go back and report to John what you hear and see ..." (Matt 11:4 NIV).*

**To our readers: Though Montrose writer Gail Marvel does belong to a local church, she is interested in the other houses of worship here in town as well. With this column, Gail will share her experiences as she visits local churches and congregations to learn more about them. Gail wrote a church newsletter for years, and has published her work in a number of Christian publications including *The Lookout*, *Christian Standard*, *Discipleship Journal* and *The Christian Communicator*.**

Montrose Chamber of Commerce

# Business 2 Business Expo

Presented by State Farm Insurance, Tim Tinaza

Tuesday, October 20<sup>th</sup>  
4:00-7:30 PM

OPEN TO PUBLIC-FREE TO ATTEND

Come enjoy the brand new format of the Montrose Chamber of Commerce's Annual Business 2 Business Expo! Focusing in on networking, the Business 2 Business Expo will also serve as the chamber's October Business After Hours.

Come see businesses' exhibit spaces, network with business and community members, and enjoy!

Open to the public, this is your chance to come get to know businesses in your community!

Have a business? You need a space at the expo!

Call 970-249-5000 for more information or email [information@montrosecchamber.com](mailto:information@montrosecchamber.com).

Chamber Member: \$159.00

Non Member: \$259.00

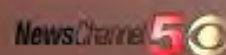
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Mark your calendars for the 2015 - 2016 deadlines:

- ✓ **Wednesday, November 11**
- ✓ **Wednesday, January 20**
- ✓ **Wednesday, April 13**
- ✓ **Wednesday, June 15**

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## REGIONAL NEWS BRIEFS

### CHAMBER CELEBRATES RIBBON CUTTING FOR SOM FOOTWEAR



*Special to the Mirror*

**MONTROSE**--Locally owned and Made In Montrose! The Chamber of Commerce and supporters gathered to celebrate Som Footwear and their factory store. Som Footwear is located at 1006 S. Cascade Avenue, you can find more information on their website at [www.somfootwear.com](http://www.somfootwear.com).

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## REGIONAL NEWS BRIEFS

### CHAMBER CELEBRATES RIBBON CUTTING FOR KINIKIN PROCESSING



*Special to the Mirror*

**MONTROSE**—Long time locals Zack and Jennifer Prock recently moved their processing business into Montrose. The Chamber of Commerce celebrated their new location and new membership with a ribbon cutting. Kinikin Processing also features an array of sandwiches and a meat counter full of local beef and game. Kinikin Processing is located at 1032 6450 Road and can be reached at 240-4329.



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**The Mirror**

Ridgway's Third Annual  
**"PAINT-IN-THE-PARK"**  
*Plein Air Event*



Sponsored by Public Art Ridgway Colorado (PARC) & the Weaver Family Foundation

**PLACE:** Dennis Weaver Memorial Park, Ridgway, Colorado  
**DATE:** Saturday, October 3  
**TIME:** Paint from dawn until 3:30 pm

**ALL ARTISTS INVITED TO PARTICIPATE**  
**No Entry Fee**

12:00 pm - Complimentary riverside picnic lunch for all participants  
4:00 pm - Judging of paintings:

**\$500 PRIZE TO WINNING ENTRY**  
**\$100 PRIZE TO WINNING STUDENT ENTRY**

PARC will frame and donate the winning entries to the Town of Ridgway  
Pieces will be part of a permanent collection in Ridgway Town Hall

4:30 pm - Wine & cheese reception/celebration

**THE PUBLIC IS WELCOME TO OBSERVE and PURCHASE ARTWORK**

Artists please RSVP by Wed. Sept. 30th - call Lupita's Bizarre Bazaar at 970-626-5050  
Questions and Instructions -- call Rick at 970-275-8866



## REGIONAL NEWS BRIEFS

### TRAVEL RECON BRINGS SEMINAR ON THE US INTELLIGENCE COMMUNITY



*Special to the Mirror*

CMU MONTROSE-Travel Recon Presents: THE U.S. INTELLIGENCE COMMUNITY: HOW IT WORKS FOR YOU. Learn how the American intelligence community and the Federal Government harness the latest intelligence to keep the American people safe at home and abroad. Presented By CDR Kenny Kirkland, USN

(ret.) At the Colorado Mesa University Montrose Campus, Tuesday: Room 203, Thursday: Room 106. Tuesday Sept. 29th at 4 PM, Thursday Oct. 1 at Noon. Seating is Limited. For more information please contact: Jessica Kingston by phone: 855-363-6362, ext. 702. To Learn More Visit: [www.TravelRecon.com](http://www.TravelRecon.com).

### MONTROSE PAVILION SENIOR CENTER WELCOMES BREAST CANCER EXPERT



*Special to the Mirror*

MONTROSE-Join USC Surgeons, Dr. Maria Nelson (Specialist in Surgical Breast Oncology) to learn the history of breast cancer surgery and see how it's been transformed. You'll learn about the latest in breast cancer surgery and see the most state-of-the-art approaches to breast reconstruction. This presentation takes place Oct. 2 at 1 p.m.

**Dr. Maria Nelson, left.**  
*Courtesy photo.*

### OURAY'S WRIGHT OPERA HOUSE TO SHOW "UNBRANDED"

*Special to the Mirror*

OURAY-As part of its '[Almost Every Wednesday Night](#)' movie program, the film '[Unbranded](#)', which won the Audience Award at Telluride Mountainfilm, will be back in Colorado on October 7th at the Wright Opera House for a one time screening and silent auction. "Our movie program has been quite successful this year," says Nancy Nixon, president of the [Friends of the Wright Opera House](#), the nonprofit organization that owns and is restoring the Wright. "We've had several very high quality independent films attract large crowds this year, and we hope that Unbranded will top them all and attract a strong showing from local ranchers in our community." Unbranded will show on Oct. 7th at 7pm at the Wright. Tickets are \$15 and are [available online](#). Proceeds will be applied to the restoration of the facility.

**Valerie Meyers' Weekly Monday**



**REAL ESTATE  
MARKET REPORT**

*from the Road*

**Valerie Meyers, Realtor, GRI**  
**Coldwell Banker Bailey & Co.**

**2023 S. Townsend Ave. • Montrose, CO 81401**  
**970-209-1378 Cell • 970-257-6748 Direct**

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

# Legal Resource Day

For more information visit : [www.courts.state.co.us](http://www.courts.state.co.us)



**OCTOBER 2, 2015**

**9:00 am-2:30 pm**

**Montrose County Combined  
Courts**

**1200 N. Grand Ave.**

**OPENING REMARKS at 10:00 am**  
by Chief Justice Nancy E. Rice  
(live streamed)



**Community Agency Breakfast**

**9:00 am—10:00 am**

**(By Invitation Only)**

## **SIGN-UP TO ATTEND SESSIONS**

### **Session 1 (10:40-11:40)**

- \* Estate Planning
- \* Our Courts: Information about the judicial system presented by Chief Judge Steven Patrick

### **Session 2 (11:50-12:50)**

- \* Options for Grandparents/Family Caregivers
- \* Group Q&A with Protective Proceeding Monitor and local estate planning attorney

### **Session 3 (1:30-2:30)**

- \* Ask-an-Attorney Clinic: 15 minute in-person consultation

### **Spanish Speaking Classes**

**12:30-1:30: Presentation by Hispanic Affairs Project**

Topics: Deferred Action for Childhood Arrivals applications, family based petitions

**1:30-2:30: Enforcing and/or Modifying your Family Court Case**

### **Ask an Attorney** **10:30 am–1:00 pm**

Virtual Clinic  
Sessions available for Family Law, Probate and Civil (Money cases, Landlord/Tenant, Small Claims etc.) questions

Sponsored by:



### **Sessions are Free**

\* To register for a Session go to:\*

**[https://  
www.surveymonkey.com/r/  
LegalResourceDay2015](https://www.surveymonkey.com/r/LegalResourceDay2015)**

Or visit the Self-Help Center

**Special Guests: Justice William Hood, III from the Colorado Supreme Court and Chief Judge Steven Patrick from the 7th Judicial District**

**18th Annual**

# **Tree Auction & Plant Sale**



**Saturday, Oct. 10**

**Plant sale**

**9 a.m. - 1 p.m.**

*Tree auction starts  
at 10 a.m.*

*Proceeds benefit the Master  
Gardener program*

**Colorado State Univ. Extension, Tri-River Area  
2775 U.S. Highway 50, Grand Junction, CO**

**Information: 970.244.1834**

***Featuring Auctioneer Buster Cattles***

**Colorado State University**  
**Extension**



## REGIONAL NEWS BRIEFS

### CHAMBER CELEBRATES RIBBON CUTTING FOR KELLER WILLIAMS REAL ESTATE



*Special to the Mirror*

**MONTROSE**-Keller Williams Colorado West Realty recently moved office locations. To welcome them to their new space in Oxbow Crossing, the Chamber of Commerce celebrated with a ribbon cutting. Keller Williams is located at 1521 Oxbow Drive, Suite 120 and can be reached at 252-8528.

**THURSDAY**  
**OCTOBER 1ST**  
 6:30 PM START  
 \*\$5 adults  
 Students &  
 Teachers are Free

**OPEN**

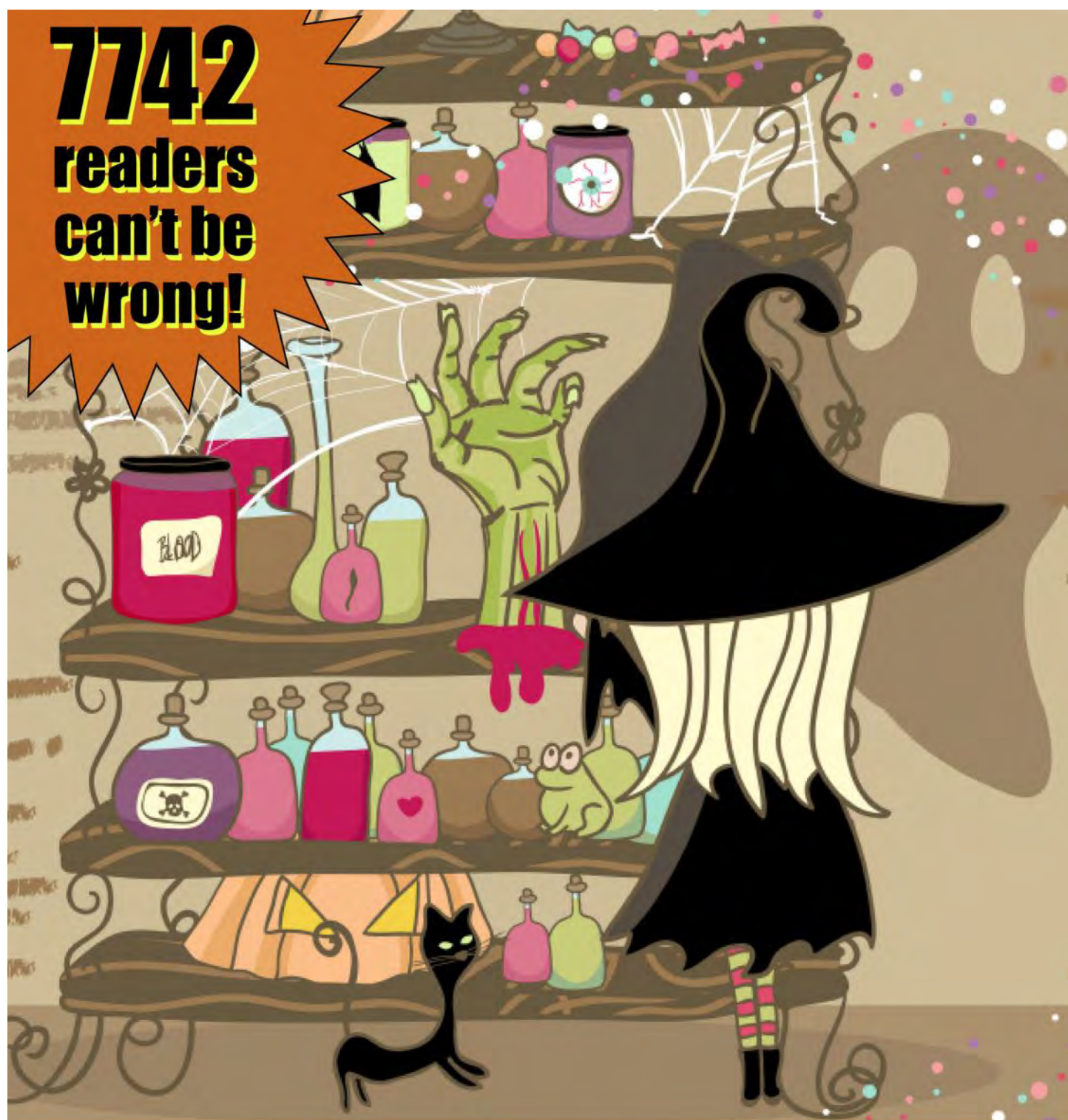
**BARD**

**OCT 1ST**  
**JUAN J. MORALES,**  
**PUEBLO, CO**

Audience Members are invited to come up to the stage for the open reading to follow.

**GET YOUR BARD CARD!**  
 \$20 will get you a series pass for All 8 months! Available Oct - Dec.

facebook.com/RidgwayPoetrySeries



# The Mirror:

*News coverage that won't make you scream!*

# TRAVELING GYM MEETS CLIENTS WHERE THEY ARE

By Liesl Greathouse

MONTROSE—No matter what kind of exercise you do, movement is an important part of healthy living.

The local gyms around our area provide many great resources for people looking to take their exercise regimen to the next level. But for some people, the idea of going to the gym can be nerve-racking and so many never bother to pursue it.

That's where personal trainer Brad Serazio steps in. His business, The Traveling Gym, fills the middle ground for people who are interested in going to a gym, but are not sure if they are ready to try it out.

—A lot of people don't feel comfortable going to a gym," Brad explained. —They feel embarrassed because they don't know what to do or what to say. I help them to not feel embarrassed, then they can go to the gym, because gyms have more to offer people than I ever can (including equipment, etc.)."

Brad has been working out since 1974 and has been in and out of many gyms over the years. In 2014 he retired and earlier this year he studied to become a personal trainer. He started his business in March, mostly because of his retirement.

—I'm retired and I did not want to work in a gym," he said. —But I wanted to have something to do in my free time."

Brad has equipment, including dumbbells, a chin up bar, rubber bands, and medicine balls, that he brings with him to clients. He does a circuit program in preparing people to go to a gym, feel good about themselves, and experience what the gym is like.

—We work on core, balance and strength,

all of them incorporated into the workouts," he explained. —We build on those three, and when they get to the point that they need more weights or machines, then they go to the gym."

One of the unique features of his business is his pricing system. He does not charge an hourly rate, instead letting people donate to his fund so he can buy new equipment, etc.

People can donate whatever they think he's work is worth to them. —A gym will charge \$40 an hour for a personal trainer," he said.

—I tell people I don't know what to charge them because I don't know what they can afford. [My goal] is for them to get to results, then go to the gym by themselves, knowing what they can do."

Brad also uses his experience as a personal trainer to give back to the local community in different ways. One way is when he goes to the Warrior Resource Center in Montrose on Mondays and Wednesdays. His classes there are free for veterans and their families, and open to the public for a donation to the WRC.

—There is a group of about 1-10 people at a time there, and they love it," he said.

—One person who is about 70 years old has gained strength, his balance is better and he is more active."

Brad's enjoyment of working out is something he hopes to spread to his clients.

—I have been working out so long and I enjoy working out," he said. —It's addictive. You strengthen your core, get stronger, and you will want to come back. That's what people need to learn. Once you get to



Personal Trainer Brad Serazio brings the gym to you. Courtesy photo.

a certain point, you will want to go to the gym and work out."

His ultimate goal for his business is to help people in any way that he can.

—I have lived a healthy, good life, I retired from a good job, and I want to give back to people," Brad explained.

—It's something I believe in. People need to give back. Whether it be to veterans and their families, or to a handicap man in a wheelchair, I help whomever I can help."

For more information, call Brad at 275-2353.

**LIVING ROOM LOUNGE**  
LIVE MUSIC AND LOCAL ART  
SUNDAY @ 6

FREE ENTRY  
6 PM - 9 PM  
SUNDAY, OCTOBER 4  
FEATURING:  
MUSIC BY: TONY KOVACIC  
ART BY: DIANE QUARLES

**The Sherbino**  
HISORIAN'S 100 YEARS

FEATURING:  
ART BY:  
DIANE  
QUARLES

ABOUT TONY KOVACIC: A SOLO PERFORMER LIKE NONE  
OTHER, TONY KOVACIC IS A MUSICIAN'S MUSICIAN. HE  
PLAYS EVERYTHING AND HE COVERS EVERYTHING. HE'S  
A LOCAL FAVORITE AND A COLLECTION OF SONGS IS AN INSPIRING MIX OF JOY, TRUTH AND MUSIC.  
COUNTRY AND FOLK MUSIC, ROCK AND ROLL, ALL ACCOMPANIED BY THE HARMONY  
OF HIS ELECTRIC GUITAR AND VOICE.

## Hold the Date! Upcoming Business and Cultural Events

### ONGOING-

**"SOUVENIR" OPENS THEATRE SEASON AT MAGIC CIRCLE-**"Souvenir", A Fantasia on the Life of Florence Foster Jenkins, is a musical comedy showing at Magic Circle Theatre on Sept. 11, 12, 18, 19, 25, and 26, at 7:30 p.m., with Sunday matinees Sept. 13 and 20 at 2 p.m. Magic Circle Theatre is located at 420 S. 12th St. For information: 970-249-7838 or website at: [www.magiccircleplayers.com](http://www.magiccircleplayers.com). Box office hours: Tuesday through Thursday, 2 to 5 p.m.

**THE ALPINE PHOTOGRAPHY CLUB** meets every second Tuesday at St Mary's Catholic Church in the St Paul Room, 1855 St Mary's Drive, Montrose. The Public is welcome to attend. For more information, email [alpinephotoclub@aol.com](mailto:alpinephotoclub@aol.com).

**FREE FAMILY LAW CLINIC-LAST WEDNESDAY OF EVERY MONTH**, Montrose County Courthouse (Leslie German self-help center) at 1200 North Grand, Noon to 1:30 p.m. Sponsored by Uncompahgre Volunteer Legal Aid and the 7th Judicial District Bar Association. Call 970-249-7202 for information.

**FREE JAM SESSION AND SING ALONG**, Mondays from 4 to 6 p.m. at the Montrose Pavilion Senior Center.

**FREE LEGAL ADVICE NIGHT-SECOND THURSDAY OF EVERY MONTH**, 7 to 8:30 p.m. at the Region 10 Enterprise Center, 300 North Cascade. Sponsored by Uncompahgre Volunteer Legal Aid and the 7th Judicial District Bar Association. Call 970-249-7202 for information.

**MONTROSE FARMERS MARKET**— Every Saturday from 8:30 a.m. -1pm, Centennial Plaza.

**FIRST FRIDAY STROLLS MONTROSE DOWNTOWN** —Monthly from 5:30 p.m.-8p.m. Artist Demonstrations, Free Wine Tastings, and in-store promotional events!

**MONTROSE HISTORICAL MUSEUM**—"Montrose County Historical Society Presents" is held at 7 pm on the first Wednesday of each month in the Pioneer Room of Friendship Hall, 1001 N. 2nd St. The public is invited to free programs based on topics of regional history. For more information please call 249-2085.

**MONTROSE STAMP (PHILATELIC) CLUB** meets on the fourth Wednesday of each month at 420 Alta Lakes Dr. from 7-8pm. For Beginners to Pros! Please contact Brenda Moureaux at 970-765-6948 for more information.

**AARP DRIVER SAFETY COURSE**-Save on insurance, keep up on newer traffic laws, and learn defensive driving techniques. For details and schedule for Montrose and Delta, contact John 970-856-6924 or 970-424-1778.

**TAIZE-STYLE SERVICES OF MUSIC, PRAYER AND MEDITATION** on Scripture are offered on the first Thursday of the month, except June, July and August, at 7 p.m. in the Sanctuary. All are welcome. Montrose United Methodist Church.

### MONTHLY-

**Sept. 30**-Montrose County Sheriff Rick Dunlap presents at the Heidi's Brooklyn Deli Forum, 1521 Oxbow Dr. 8 a.m.

**Oct. 2**-Latest Advancements in breast cancer treatment, Montrose Pavilion Senior Center, with Dr. Maria Nelson. 1 p.m.

**Oct. 2**-Comedy Night at the Sherbino Theater in Ridgway. Comedians Rio Hillman and Jordan Dunn. \$5. Doors open at 7:30 p.m.

**Oct. 2**-Legal Resource Day at Montrose County Combined Courts, 1200 North Grand Avenue. 9a.m. to 2:30 p.m.

**Oct. 2**-KAFM Radio Room in Grand Junction presents keyboardist Bob Malone, 7:30 p.m. Tickets are \$15 in advance and \$20 at the door and may be purchased by calling (970) 241-8801, Ext 0 or online at [www.kafmradio.org](http://www.kafmradio.org). The Radio Room is located at 1310 Ute Avenue, Grand Junction, CO 81501. Doors open at 7 p.m.

**Oct. 3**-Third Annual Paint in the Park Plein Air Event, Dawn until 3 p.m. Dennis Weaver Memorial Park in Ridgway. No entry fee; all artists welcome! \$600 in prize money to be awarded. RSVP by Sept. 30 by calling 970-626-5050. For information call Rick Weaver at 970-275-8866.

**Oct. 3**-The San Juan Mountain Runners are excited to present the **5th ANNUAL NORTH RIM 20K RACE AND 8K RUN/WALK** at the Black Canyon of the Gunnison National Park. This is the third event in the Black Canyon Race Series and features unique views of the canyon from the North Rim. The cost is \$35 for the 20K and \$30 for the 8K thru 10/2. Race day registration is \$40 for both events. All proceeds benefit the Montrose Community Foundation. Registration and more info is available at [www.sjmr.club](http://www.sjmr.club) or check in with Jan at [bjbridgway@msn.com](mailto:bjbridgway@msn.com).

**Oct. 3**-Montrose Oktoberfest, benefit for All Points Transit. Montrose events plaza.

**Oct. 4--4 p.m.** - Auditions for the 2007 Pulitzer Prize winning drama "Rabbit Hole", by David Lindsay-Abaire, at Magic Circle Theatre, 420 S. 12th St., Montrose. Five actors are needed: two males, a teenager around 17 and one around 30 years; three females, upper 20s to lower 30s, early 30s, and 50s-60s. Profanity in all roles except the 17-year-old male. For information: 249-7838, [www.magiccircleplayers.com](http://www.magiccircleplayers.com)

**Oct. 7-8-DMEA Member Appreciation Days**, from 10 am to 3 pm at the Read Service Center, 21191 H75 Road, Delta, CO, and on Oct. 8, from 9 am to 4 pm at the Montrose Headquarters, 11925 6300 Road, Montrose.

**Oct. 7**-Resource Fair for Families of Children with Disabilities to be held from 10 AM to 7 PM at the Montrose Fair Grounds. There will be free food, adaptive technology suggestions, and information available to all families of children with special needs who attend.

**Oct. 7**-The film "Unbranded" to show at Ouray's Wright Opera House, 7 p.m. Tickets are \$15. [www.wrightoperahouse.org](http://www.wrightoperahouse.org).

**Oct. 7--6:30 p.m.** - Auditions for the 2007 Pulitzer Prize winning drama "Rabbit Hole", by David Lindsay-Abaire, at Magic Circle Theatre, 420 S. 12th St., Montrose. Five actors are needed: two males, a teenager around 17 and one around 30 years; three females, upper 20s to lower 30s, early 30s, and 50s-60s. Profanity in all roles except the 17-year-old male. For information: 249-7838, [www.magiccircleplayers.com](http://www.magiccircleplayers.com).

**Oct. 8--6:30 p.m.** - Auditions for the 2007 Pulitzer Prize winning drama "Rabbit Hole", by David Lindsay-Abaire, at Magic Circle Theatre, 420 S. 12th St., Montrose. Five actors are needed: two males, a teenager around 17 and one around 30 years; three females, upper 20s to lower 30s, early 30s, and 50s-60s. Profanity in all roles except the 17-year-old male. For information: 249-7838, [www.magiccircleplayers.com](http://www.magiccircleplayers.com).

**Oct. 10**-Sixth Annual Pumpkin Decorating Event, 58380 Jig Road. Donations are encouraged and appreciated. Benefit for "Before You Hate Think of Cait." 11 a.m. to 4:30 p.m. Free pumpkins for kids, hot dogs and chile, dutch oven dessert. Bobbing for apples, Music by Bar D Wranglers. 11 a.m. to 4:30 p.m.

**Oct. 10**-Montrose Farmers Market Harvest Festival, featuring music by Stosch, Good Times Music Co.. 8:30 a.m. to 2 p.m.; Farm Fresh Luncheon Fundraiser 11a.m. to 1 p.m.

**Oct. 10**-SoBo Four to perform at the Lark and Sparrow. Reservations required. [www.thelarkandsparrow.com](http://www.thelarkandsparrow.com). Doors open at 6:30 p.m., concert begins at 7:30 p.m.

**Oct. 10**-23rd Annual "One Step Closer to Help and Hope" 5K Walk and 5 & 10K Run on Saturday, October 10th. The walk/run begins at 9 am with registration beginning at 8 am at the Montrose Pavilion. The cost for the event is \$30.00 before the event and \$35.00 the day of the event. Registrations on the day of the event will include a T-shirt while supplies last. Otherwise, your shirt will be mailed to you after the event. **New this year, for your convenience, you may register on line at [www.bosombuddiesswc.org](http://www.bosombuddiesswc.org)** or registration forms are available at Montrose Memorial Hospital, City Markets, Safeway, KUBC/ KKXX, and at the San Juan Cancer Center.

**Oct. 13**-Montrose County Food Safety Class, Friendship Hall Kitchen 2 to 4:30 p.m. Montrose County Fairgrounds. RSVP to 970.252.5067 or 970.252.5043.

**Oct. 14**-Olathe Community Fall Festival and College Planning Night, Olathe Middle High School, 5 to 7 p.m.

**Oct. 16-17**-Headless Horseman of Sleepy Hollow live on-stage radio production at the Wright Opera House, 7: 30 p.m. The Wright Opera House. 970.325.4399. phone <http://thewrightoperahouse.org>.

**Oct. 16-18**-Telluride Horror Show, Telluride Colorado.

**Oct. 18**-Fundraising high tea at Montrose manor Bed & Breakfast, 1 to 5 p.m. Reservations needed by Oct. 14. Cost: \$50.00 per person(\$25/ticket will go to CHH) Credit Cards accepted w/\$2.50 processing fee For reservations call(970) 240-6960 or(602)524-107460169 LaSalle Rd., Montrose, CO. [info@montrosemanorbandb.com](mailto:info@montrosemanorbandb.com).

**Oct. 20**-Montrose Chamber Business 2 Business Expo, Holiday Inn Express, 4 to 7:30 p.m. Free to the public. Call 970-249-5000 for booth rental information.

## OPINION/EDITORIAL-LETTERS

### LIGHTING AT TEMPLE CONSUMES NIGHT SKY

Dear Editor:

It's late at night as I pass the new Mormon Church south of town.

Our dark sky vanishes within half a mile of the place, drowned out by the O'Hare parking lot level of lighting flooding the empty parking lot and shining on the American Flag!

Consume, be safe, destroy our planet one event at a time.

Dennis Olmstead, Montrose

### CHAMBER CELEBRATES RIBBON CUTTING AT HOME LOAN STATE BANK



*Special to the Mirror*  
**MONTROSE**-Welcome Home Loan State Bank to Montrose! On Friday, Sept. 18 the Chamber of Commerce participated in the Grand Opening of Home Loan State Bank. The locally owned bank welcomed the community through their doors as they handed out door prizes, had a drawing for Denver Broncos tickets, and tailgated for that night's Montrose High School football game. Home Loan State Bank is located at 340 S. Townsend Avenue and can be reached at 497-4280.



### MONTROSE HAUNTED HOUSE

2015

SPONSORED BY

The Treasure Chest



Benefitting Children with Learning Disabilities

FREE ADMISSION  
Donations Welcome

Patriot Ct, Montrose, CO  
AMERICAN VILLAGE

FRI & SAT

OCT  
30-31

7-10 PM

### COME TO THE OLATHE COMMUNITY FALL FESTIVAL

*Special to the Mirror*

**OLATHE**-We welcome parents, students, and community members to our first annual Olathe Community Fall Festival Oct. 14 from 5 to 7 p.m. The festival is going to be held in honor to celebrate our schools. It's also a way for you see what's happening in all our clubs, athletics, and activities being held at Olathe Middle-High School. This festival will also be a COLLEGE PLANNING NIGHT that offers a variety of resources such as financial aid, college planning, scholarships, and college representatives. We will also provide a FREE DINNER!

Plus, there will also be a drawing to win an AMAZING prize! We hope to see you there!

Contact the Montrose Mirror:

Post Office Box 3244

Montrose, CO 81402

970-275-0646

[Editor@montrosemirror.com](mailto:Editor@montrosemirror.com)

[www.montrosemirror.com](http://www.montrosemirror.com)

*Signs of Fall color around town at  
Chipeta Lake, the Covered Bridge on  
6250 Road, and the view from West  
Oak Grove.*



Save  
the  
Date



October 24th

## Masquerade Party

8pm ... Masque & Costume required  
Signature Sips, Savors & Dancing



December 31st

## "Swing in the New Year"

6:30pm ... 1930s Hollywood Movie Theme  
Black Tie - Dinner, Dancing & Midnight  
Champagne Toast



Presented by The Lark & Sparrow Historic Venue  
and The Skylight Jazz Foundation