

TELLURIDE DAILY PLANET

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WEDNESDAY

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Don't quote me but...

"In 1990, HIV/AIDS ranked 24th out of the top 25 causes of total years of life lost globally. In 2010, it ranked 6th."

— *Telluride AIDS Benefit models Stanya Gorraiz, Jessica Brown and Emily Long. The TAB Sneak Peek Fashion Show is Thursday at the Conference Center*

Calendar

Wednesday

- TTB Annual Meeting: 9:30-11:30 a.m., Opera House
- CCAASE: noon, Rebekah Hall
- No HIV? Know HIV: 5-6:30 p.m., Arroyo
- Dharma Talk and Meditation: 6 p.m., library
- Juggle Jam: 7-10 p.m., Equilibrium Circus
- Movie: "Inside Llewyn Davis" (R) 5:30 p.m., "Jack Ryan: Shadow Recruit" (PG-13), 8 p.m., Nugget Theatre

Thursday

- Pilates with Anikke: 8:30-9:30 a.m., library
- Wine and Fondue Tasting: 4-6:45 p.m., Wine Mine
- Noche de la Familia: 5 p.m., library
- Alcoholics Anonymous: 5:30 p.m., Alpine Chapel
- TAB Sneak Peek Fashion Show: 8 p.m., Conference Center
- Movie: "Jack Ryan: Shadow Recruit" (PG-13) 5:30 p.m., "Inside Llewyn Davis" (R) 8 p.m., Nugget Theatre

Weather

Muse: This sunshine business makes me want to go for a run. And I don't even like running.

Forecast: Wednesday will be mostly sunny with a high near 44.

IN ORBIT:

Wednesday Focus:
Lifestyle, Home & Food

Flavor

Coming Thursday:
Art, Books & Non-profits

HEALTH

For a heart healthy community

By **KATIE KLINGSPORN**
Editor

Tri-County offers free blood pressure, heart health screenings

Heat disease is the leading cause of death for both men and women, according to the Centers for Disease Control and Prevention, with roughly 600,000 people dying of heart disease in the U.S. each year.

It is also one of the most preventable and manageable chronic diseases out there.

That's why Tri-County Health

Network is pushing to raise awareness and prevention of heart disease in the region with free screenings and outreach.

Tri-County already offers weekly free health screenings at the Wilkinson Public Library to help under-insured community

members identify their heart risk. And this month, to mark the 50th anniversary of National Heart Health Month, Tri-County has added free blood pressure screenings and has collaborated with local libraries to showcase heart healthy books.

Tri-County Health Network will offer a free blood pressure screening on Wednesday from noon-1 p.m. at Sunshine Pharmacy; no appointments are necessary. Tri-County is also offering heart health screenings Wednesday from 10:15 a.m.-5 p.m. at the library; appointments are recommended.

The organization is also hosting screenings in regional communities. See **HEALTH**, Page 9



Snowbird ski patrollers Chris Bremer, left, and Marcus Stevens work at the top of Lift 12 on Tuesday. The two are in Telluride for the week as part of an exchange program between Snowbird and the Telluride Ski Resort. [Photo by Heather Sackett]

TELSKI

Ski swap

Snowbird, Telluride patrollers switch places this week in long-running tradition

By **HEATHER SACKETT**
Associate Editor

This week Telluride Ski Patrol is playing host to two patrollers from Utah's Snowbird Ski Resort, showing them the resort's best terrain, lingering powder stashes, avalanche-prone areas and other intricacies of patrolling here.

Snowbird ski patrollers Chris Bremer and Marcus Stevens are experiencing first hand some of Telluride Ski Resort's defining features: long, bumpy runs, tons of vertical and gorgeous 360 views.

"There's some really cool

terrain," Bremer said. "There's some intimidating terrain here for sure."

And while the visitors are getting the red carpet treatment — being shown the best lines on Gold Hill, Palmyra Peak and hanging out in the Lizard Lounge — the exchange is part of a long running program at Telluride Ski Resort that is more than just a paid ski vacation.

The exchange program keeps Telluride linked with others in the ski industry and lets patrollers from different resorts compare best practices. Telluride has exchanged patrollers with

Sun Valley, Whistler/Blackcomb, Ayleska, Jackson Hole, Monarch, Wolf Creek and others. Exchanges have been going on nearly as long as the resort has been in existence, about 40 years, and two patrollers from Telluride are currently learning the ropes at Snowbird. To go on an exchange, Telluride patrollers have to have at least three years experience.

Ski Patrol Supervisor Tom "Soko" Sokolowski said the exchanges build camaraderie and friendships among those in the ski industry, which is a pretty small world. And there's always

See **SKI PATROL**, Page 9

EDUCATION

NO HIV? KNOW HIV.

Science event with Dr. Myron Cohen is Wednesday

More than 1 million people in the United States are living with HIV, and about one in four new HIV infections are among youth ages 13-24.

But science is working to change these statistics. The public is invited to learn more about HIV research and the effort to create an AIDS-free generation Wednesday at Arroyo Wine Bar during a special "Science Soiree" event hosted by Pinhead Institute.

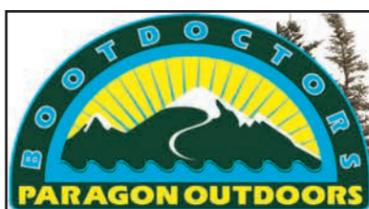
Dr. Myron Cohen from University of North Carolina, Chapel Hill, will be on hand to talk about his innovative research in the field of HIV and how he is working to eradicate this deadly virus. Cohen serves as chief of the Division of Infectious Diseases, and his work was recognized by *Science Magazine* in 2011 as the "Breakthrough of the Year."

The event, "No HIV? Know HIV," is from 5-6:30 p.m. Light appetizers and drink specials will be available. A donation of \$40 is suggested at the door.

"This special event coincides with the upcoming Telluride AIDS Benefit and is a perfect opportunity for our community to learn more about the work being conducted to give hope to those suffering with HIV," said Pinhead Institute. See **HIV**, Page 9

Science Soiree

Dr. Myron Cohen will be giving a talk on HIV research on Wednesday at Arroyo Wine Bar. The event is from 5-6:30 p.m., with a suggested donation of \$40.



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Heart healthy community

HEALTH, from page 1

munities like Norwood, Naturita, Paradox and Ridgway this week.

Tri-County Community Health Worker Katy Gibson said the 50th anniversary presented a good opportunity to encourage people to get screened, which is a crucial preventative measure.

"We just kind of wanted to raise awareness of that and use it as a motivating factor," she said. "The whole goal is to be a little more preventative."

The blood pressure screening offers a quick and easy way for a person to gauge their heart health, and gives them an opportunity to sign up for a more comprehensive heart health screening.

The heart health screenings, which are aimed primarily at uninsured or under-insured locals, are offered weekly at the Wilkinson Public Library.

Gibson said the screenings usually last about 30-45 minutes and require a blood draw. The screenings test blood pressure, cholesterol, blood sugar and

BMI.

"When someone comes in for a screening, it's just a finger prick, it's really quick and easy, the results are done within five minutes," Gibson said.

And instead of just handing the client a chart of numbers that they may not understand, Gibson goes through the results one by one with the person. If the screening does turn up something like high cholesterol or blood pressure, Gibson will develop a plan with the person and set up a follow-up appointment.

"The main focus is to talk to the person, set up some plans or goals," Gibson said.

High cholesterol and high blood pressure usually have no signs or symptoms. This makes it all the more important to know cholesterol, blood glucose and blood pressure numbers, according to Tri-County.

Gibson said that many people go through life without knowing if they are heart healthy or not, and the screenings "empower clients to really understand their

numbers and to understand what they can do on an individual level ... to take their health into their own hands."

The heart health screenings are free; appointments are encouraged.

Tri-County is a network of providers committed to improving the quality and coordination of health in San Miguel, Montrose and Ouray counties by increasing access to health care and services at lower costs.

It was formed through a series of meetings, discussions and collective interests and resulted from an effort of the Telluride Foundation to enhance care in the three counties.

Heart health

Tri-County Health Network is offering a free blood pressure screening on Wednesday from noon-1 p.m. at Sunshine Pharmacy, along with its regular heart health screening from 10:15 a.m.-5 p.m. at the Wilkinson Public Library.

Ski swap

SKI PATROL, from page 1

something to learn, even from the small resorts.

"You always come back from the exchange with one or two good ideas from the other place," Sokolowski said. "I think it's really beneficial."

And the program isn't just for other ski areas in the West. Telluride also has a long-standing exchange with Tignes, in France's Northern Alps, where patrollers basically swap lives — job, house, car — for six months. The exchange with France has been going on for 29 years, according to Sokolowski.

Tignes ski patroller Fred Voegel has been in Telluride since Nov. 1 and said while rescue protocol in the two countries is pretty much the same, it has been really interesting to see the different snowpack and steeper pitches of the San Juans. The skiing in Tignes is all above treeline. In France, he said, patrol doesn't do avalanche control work in all of the in-bounds areas.

"Here, the ski patrol has to control all the ski area but not in France," Voegel said. "In France, we have slopes and between two



Patroller Fred Voegel, who is on exchange from Tignes, France, cooks up a breakfast of "rosti": potatoes, bacon, cheese, eggs, tomatoes and lettuce, in the Telluride Ski Patrol High Camp hut at the top of Lift 12 on Tuesday. [Photo by Heather Sackett]

slopes it's off-piste, so it's back-country."

Last year, Telluride patroller Ryan Howe drew the high card in the lottery and won an opportunity to go to Tignes for the season. In France, he said, patrollers or "pisters" as they are called, are an extremely important and respected part of the

community, on par with senators or elected representatives. And since the resort is part of the local municipality, the fates of the ski area and adjoining town are even more intertwined than they are here.

"They are mutually invested," Howe said. "Telluride is close to that. But over there, they realize one goes with the other. There's no way you can separate them. The ski area's not going to do well if the town doesn't do well and vice versa."

On Tuesday, Bremer and Stevens were taking runs on Lift 12 and hiking Bald Mountain. Stevens, who lives in Sandy, Utah, has been on patrol at Snowbird for four years and before that worked for mountain operations. This week at Telluride is his first time skiing outside of Utah.

"(Telluride) is big and rocky, which is what I was told to expect," Stevens said. "I'm definitely having a good time exploring and just seeing the way other operations work and how their crews work together and seeing our similarities. It's a big perk we get to have these fellowship opportunities."

No HIV? Know HIV.

HIV, from page 1

head Board of Directors Co-chair Lindsey Welch.

While Cohen is in Telluride to host this special event, he has been a part of the local community for the last two years through his work with Pinhead. During the summer of 2013, Cohen mentored Julia Vann of Ouray High School as part of the nonprofit's Pinhead Internship Program. Under Cohen's mentorship, Vann conducted her internship at the Garcia Lab at UNC, where Cohen's HIV research is conducted.

"Overall, it was eye opening in the best way possible. It showed me that working with patients was something I really do love," Vann said.

The Pinhead Internship Program provides students with the opportunity to gain practical skills and experience in various scientific fields of study. This program affords students from Nucla, Norwood, Telluride, Ridgway and Ouray High Schools opportunities not available in the region to work with leading scientists in real world settings at scientific institutions across the

globe.

The Telluride AIDS Benefit, which has raised more than \$1.8 million for HIV/AIDS education, advocacy, clinical care and nonprofits since it began in 1994, is holding its signature events this week. The Sneak Peak Fashion Show is Thursday at the Telluride Conference Center, the Art Auction is Friday at the Sheridan Opera House and the Gala Fashion show is Saturday at the Telluride Conference Center. For more information about TAB, visit www.aidsbenefit.org.