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### NOTICE OF COORDINATED ELECTION NOVEMBER 7, 2017

#### TO ALL SAN MIGUEL COUNTY VOTERS

A COORDINATED Election for the selection of Candidates, Initiatives and Referenda as filed in the office of the Colorado Secretary of State or in the office of the San Miguel Clerk & Recorder will be conducted on

Tuesday, November 7, 2017. It will be conducted by  
**All Mail Delivery of Ballots under HB13-1303.**

Ballots will be mailed Oct. 20, 2017.

Residency in the State is required as of Oct. 16, 2017 in order to vote on County and most town races and issues. A resident may register to vote up to Election Day.

For Town of Telluride issues, residency is required as of Oct. 16, and a resident may register to vote up to Election Day.

Voter registration, issue of original ballots or replacements, in person voting and change of voter address, etc., are available at:

San Miguel County Annex at 335 W. Colorado Telluride, CO  
Hours: 8:30 a.m. to 4:30 p.m.

Monday through Friday from Oct. 23 through Nov. 6

9:00 a.m. to 1:00 p.m. Saturday, Oct 28 and Nov. 4

7:00 a.m. to 7:00 p.m. on Election Day

The same services will also be available on Election Day from 7:00 a.m. to 7:00 p.m. at the  
Norwood Community Center  
1670 Naturita Street, Norwood

**Voting by electronic machine is available at the above locations and hours.**

**Ballots may also be dropped off at the following 24/7:**

Miramonte Building, 305 West Colorado, Telluride

County Glockson Building, 1120 Summit, Norwood

The San Miguel County Courthouse at 305 West Colorado in Telluride is not an ADA accessible location but most services, excluding electronic voting machines, will be available there until Election Day. On Election Day go to the County Annex at 335 West Colorado.

**On Election Day, only Motor Vehicle Services will be available at the County Courthouse.**

**Recording and Vital Records (Birth and Death Certificates and Marriage Licenses) will be closed.**

Registration and verification of status are available online at [www.GoVoteColorado.com](http://www.GoVoteColorado.com)

A ballot may be requested at this site for delivery by mail up to Oct. 30. Thereafter a ballot may only be obtained in person at one of the locations listed above. Location and other useful information can be found at [www.MyColoradoVote.org](http://www.MyColoradoVote.org)

For Sample Ballots and Tabor Notice with respect to County or local District issues, go to:  
[www.SanMiguelCountyCo.gov](http://www.SanMiguelCountyCo.gov)  
(970) 728-3954

## Investing in food is investing in community

By **LEILA SERAPHIN**  
*FRESH Food Hub*

The impact of cooking and good food extends past our immediate health; it's important for bonding with others, sharing commonalities and feeling nourished as a group or partnership. We also see the emotional impact of people when they act in self-determined and self-sufficient ways.

Cooking and eating with intention in a sense can be an immediate and rewarding accomplishment we can feel pound of daily. When we take time to care for ourselves and invest in enjoyment, our quality of life enhances.

Despite the fact that we have found being rushed to be a normative aspect of a "successful life," we also find that stress is a direct inhibitor to real efficiency and health.

So, take time to eat well.

Food in itself has been categorized as one of the biggest factors for self-identity.

"Eating is an intensely personal act. What we eat communicates to others our beliefs, cultural and social backgrounds and experiences," (from Culture Decanted, "Eating Yourself"), or as coined by Jean Anthelme Brillat-Savarin, "Tell me what kind of food you eat, and I will tell you what kind of man you are."

What you eat and cook is not just about moments of feeling accomplished or nourished, but understanding a greater sense of who you are and what defines you in this world. Food, in other words, comprises a community.

In honor of cooking, we'd like to commend the recent series in Norwood called "Cooking Matters," a collaboration between Tri-County Health Network, the Local Food Initiative, Christ in FOCUS Church and community educators in Norwood.

The series was a national curriculum focusing on re-integrating healthy cooking into American households, with an emphasis on cooking quality meals on a budget. It lasted six weeks with hands-on activities and nutritional lessons and was free to all students. Each student got a free meal, take-home food, a cookbook, chef knife and \$35 worth of food vouchers for use at the FRESH Food Hub and Clark's Market.

Other amazing cooking activities include the cooking demos at the Norwood Farm & Craft Market with Diane Buford. Sponsored by UMC and the Local Food Initiative, it gave locally sourced meals free to the public. We thank the market for organizing this, and Diane for encouraging health in a fun and interactive way.

Also, UMC partnered two weeks ago with Neighbor to Neighbor, the Local Food Initiative and Tri-County Health to launch the "produce prescription program," so patients can purchase produce at the Hub.

Other food, farming and cooking events coming up in the community include an Oct. 27 event at 6-8:30 p.m. at the Livery. The FRESH Food Hub invites you to their annual membership meeting in collaboration with "A Weekend

of Seeds." There will be food and a presentation on the Food Hub's financial reports, accomplishments and goals for 2018. That will be followed by the movie "Seeds: The Untold Story." The event is free for the public.

On Oct. 28, from 9:30 a.m. to 1 p.m. (starting at the Livery), the CSU Extension Office will be hosting a seed-saving class with Yvette Henson and Laura Parker from High Desert Seeds. Afterward, the class will walk to the Lone Cone Library where the new seed library can be viewed. To register, call 970-327-4393.

On Nov. 4, from 8:30 a.m. to 5 p.m. at the Livery, the Grain School takes place. Taught by Rocky Mountain Seed Alliance, it's hosted by Blue Grouse Bread, the FRESH Food Hub and CSU Extension through the Paradox Community Trust. You're invited to learn about ancient grains, how to grow, mill, market and bake — and why these grains are so valuable to health and the ecosystem. Class is hands-on. Cost is \$50 and includes lunch. Scholarships are available. Call 970-560-5486 to enroll.

We can work as a community to bring back cooking and the importance of food as cultural identity and health. We can be an example to many, not just as a group of gardeners and farmers, but as people who have a deep understanding and connection with the food we eat, where it comes from and why this practice is so invaluable for quality of life and future generations.

### Letters

## Ask a Pastor column coming soon; please write in

DEAR EDITOR,

Questions are important. Part of being human is the ability to ask questions and discover the answers. While not every question has an easy answer, the process of discovering the answer can be just as rewarding.

With this in mind, local pastors in Norwood are inviting you to write in with questions. They will respond in a monthly column in *The Norwood Post*.

The questions can be about anything that interests you, and great effort will be made to answer any and all questions. The

purpose will be to inform, educate and primarily to engage in discussion about topics that affect us all and our town.

Please email your questions to [justin.m.williams85@gmail.com](mailto:justin.m.williams85@gmail.com).

PASTORS JUSTIN WILLIAMS  
AND JOHN DOTSON



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