

TELLURIDE DAILY PLANET

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FRIDAY

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Don't quote me but...

"Don't forget, May 6-12 is Municipal Clerks Week. Stop by Telluride Town Hall and meet your municipal clerks!"

—Melissa Mollan, Kat Ouellette, Tiffany Kavanaugh and Samantha Gesell

Calendar

Friday

- Uncommon Wisdom for Nonprofit Success: Sherbino Theater, Ridgway, 9 a.m.-noon, 970-641-3570
- "My Life and Times" presented by Mountaineer Sir Chris Bonington, Montrose Pavilion, 6:30 pm, 970-275-3671 or 970-209-1395
- Abogados: Accidente de carros con abogada Lisandra Matos, Wilkinson Public Library/Biblioteca Publica, Telluride, 5:30 p.m.

Saturday

- "My Classic Car" Features Telluride Festival of Cars & Colors on the Velocity Channel, 6:30 a.m.
- "Panorama Concertina" Artful Bookmaking Workshop with Alicia Bailey: 1075 Sherman St., Ridgway, weehawkenarts.org, 970-318-0150
- Fiesta Field Day: Mountain Sprouts Preschool, Telluride Town Park Warming Hut, 10 a.m.-1 p.m., sproutstelluride.com
- Congressional District 3 Candidate Forum: Ridgway Town Hall Community Center, 201 N Railroad St., 3-4:30 p.m.

Weather

Muse: "Faith is catching a glimpse of a beacon piercing the fog of life and walking toward it, never knowing if heading in the right direction, but pressing onward."
—Tom Hallman Jr.

Forecast: Friday is predicted to be mostly sunny with a high of 55. Saturday will be sunny with a high of 61.

IN ORBIT:

Friday Focus: Music & Entertainment

"James and the Giant Peach"

Sunday: Business

CANNABIS

Marijuana & Youth 101

By **ROB STORY**
Staff Reporter

Although Colorado has allowed legal sales of marijuana to recreational users for more than four years now, confusion about the drug persists.

"With new strains of marijuana and new means of use being developed ... it is clear that marijuana in 2018 is a different

Telluride workshop informs parents, educators, mental-health providers and more

product than what many parents and older adults experienced when they were younger," said Paul Reich, Tri-County Health Network behavioral health program manager.

Ergo, Reich saw a teaching opportunity, and recruited presenters from the Colorado Department of Public Health and the Environment (CDPHE) to come to Telluride and conduct

a "Marijuana and Public Health" workshop.

The workshop, which was held Wednesday morning, packed the Telluride Community Room with 25 people, including school board members, parents, mental-health professionals, Dr. Diana Koelliker from the Telluride Medical Center, Telluride

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Telluride Gymnastics owner and coach Teresa Brachle, left, with local gymnasts Samantha Reeder and Margrete Byrom at the USA Gymnastics Junior Olympic Level 8 state championships March 24 in Colorado Springs. Reeder won the all around championship; Byrom took fourth. (Courtesy photo)

TELLURIDE

Gymnastic greatness

Local gymnasts compete in state, regional championships

By **JUSTIN CRIADO**
Editor

Telluride's championship pedigree is well known. From winter Olympians like Gus Kenworthy to high school track star Soleil Gaylord, the box canyon cranks out high-caliber athletes.

But over the past decade, gymnastics may be the most successful Telluride sport, thanks to Teresa Brachle. Brachle, along with her husband Andrew, opened Lawson Hill's Telluride Gymnastics and CrossFit gym in 2009. Since then, the gym has pro-

duced at least one state champion every season except one. That's basically a near-perfect championship run that the New England Patriots couldn't even duplicate. The run is surely unmatched in Telluride sports lore.

This past season has been no different. Telluride High School sophomore Samantha Reeder won the USA Gymnastics Junior Olympic Level 8 all-around state championship in Colorado Springs March 24. Samantha also qualified for the Region 3 championships in Dallas April 21, where she took third in the all around event,

which combines the scores from the beam, floor, vault and bars routines. The meet included 80 gymnasts from seven different states throughout the region (Colorado, New Mexico, Texas, Oklahoma, Kansas, Arkansas and Wyoming).

"She rocked it," said Leslee Reeder, Samantha's mother. "It's exciting for the program. I like to call it the 'little gym that could.' There are a lot of champions in that gym."

There are 25 gymnasts on the competitive team, Brachle explained, which is signifi-

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MONTROSE

CITY PROJECTS MOVE FORWARD

Funding approved for damaged bridge, Riverbottom plans

PLANET STAFF REPORT

Montrose City Council unanimously approved funding for the damaged pedestrian bridge and Riverbottom Park restroom projects during its regular meeting Tuesday, according to city spokesperson William Woody.

Citing the work as "vital" during previous council meetings, councilors awarded \$94,963.50 in expenditures to repair the fire-damaged pedestrian bridge over the Uncompahgre River, south of East Oak Grove Road. The city received two bids for the work, and decided to award \$80,284 to Western Gravel Contractors for the repairs and \$14,680 to local engineering firm DOWL for engineering support on the project.

The city's recreation bridge, a retired railroad structure that now serves as a pedestrian walkway over the river and connects city trails, was partially burned in an "out-of-control" brush fire on March 27, according to a city news release.

City Engineer Scott Murphy

See COUNCIL, Page 6

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Dr. Daniel Vigil, of the Colorado Department of Public Health and Environment, speaks at the "Marijuana and Public Health" workshop held Wednesday at the Telluride Community Room. (Courtesy photo)

Marijuana & Youth 101

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Marshal Jim Kolar, Telluride council member Geneva Shauvette and more.

Leading the discussion were CDPHE's Jessica Neuwirth, marijuana education and youth prevention coordinator, and Dr. Daniel Vigil, manager of the marijuana health monitoring and research program. They presented a packet chock full of information — some of it bearing good news for San Miguel County parents.

For instance, survey results from middle and high school students show that legalization for adults has not caused a spike in use by Colorado youths. In fact, the percentage of young respondents who used marijuana in 2009 (five years before legalization) was 25 percent; when surveyed in 2015, the percentage dropped to 21 percent. In other words, a large majority of Colorado high schoolers — 78 percent — do not use pot.

Additionally, they learned that adults can help reduce youth marijuana use. Supportive teachers, talks with parents and family rules all make youth 1.6 to 1.7 times less likely to use weed. Meanwhile, the opinion of parents is a more significant deterrent: Research shows that if a parent feels like pot is wrong, their kids are 4 times less likely to use it.

Said Reich, "Participants learned that they, as trusted adults, are the best source for giving youth accurate information (about pot). Kids tend not to believe the government."

Neuwirth began the workshop with an explanation of pot-tax revenues and how they're allocated in the Colorado government. Then Vigil — a government-employed doctor with his shirt tucked neatly into his slacks — taught some Marijuana 101, sounding somewhat like a dispensary budtender.

"The two main strains of cannabis are sativa and indica," he explained. "Sativa leads to activity and indica to relaxation, though vendors seldom sell pure strains of either. These days, most available flower — flower being green, leafy smokeable cannabis — comes as a hybrid." He discussed edibles and concentrates, then detailed the differences between vaping and dabbing, and how "ear wax shatter" is ignited with a crême brûlée torch.

The meat of the workshop ensued, moving from marijuana approaches to young children (ages 0-8), to adolescents (ages 9 to 17) and finally to young adults (ages 18 to 24).

Participants at each table discussed pot discussion scenarios. One example: *You are a teacher and student comes to class smelling of marijuana ... what*

do you do?

The responses were thoughtful and varied, said Reich. "Some (participants) felt it should be handled by the teacher without consequences (i.e., being sent to principal), the school board members felt the student would likely be sent to the principal" and others wondered if perhaps the student "smelled that way because mom or dad was smoking in the car on the way to school."

Participants in the workshop "learned about substance use statistics and about some of the studies related to marijuana use in youth — which ones were good and had substantial evidence, and which ones had flaws," Reich said. "For example, there is substantial evidence that marijuana use by adolescents is strongly associated with developing psychotic symptoms in adulthood, such as hallucinations and paranoia, and that the risk is higher with more frequent use and with those who start using at younger ages. Conversely, there is insufficient or mixed evidence to support claims that lower IQ scores are associated with use by adolescents."

The workshop piqued attendees' interest for three-plus hours, Reich noted. The attendance, he said, "was pretty impressive" given the same session drew only 15 the previous day in the larger town of Gunnison.



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