**For a heart healthy community**

By KATIE KLINGSPORN Editor

Heart 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, in 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.

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**IN ORBIT:**

**Wednesday Focus: Lifestyle, Home & Food**

**Flavor**

**Coming Thursday:** Art, Books & Non-profits

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**Telluride AIDS Benefit**

models Stanya Gorraiz, Jessiwa Brown and Emily Long. The Telluride Peak Fashion Show is Thursday at the Conference Center.

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**Health**

**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.

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**Telluride Ski swap**

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

By HEATHER SACKETT 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 Patrol’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, Palmera 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, Alyeska, 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 Bremer said, “Socko” Sokolowski said the exchanges build camaraderie and friendships among those in the ski industry, which is a pretty small world.

And there’s always,” Bremer said.

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Heart healthy community

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munities like Norwood, Nataqua, Parkan and Ridgway this week.

Tri-County Community Health Worker Kat Gibson said the 50th anniversary presented a good opportunity to encourage people to get screened, which is a crucial part of maintaining overall health.

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

The annual open heart 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 what your blood glucose and blood pressure numbers are. According to the Tri-County Health Department, having these numbers in the normal range can prevent heart disease.

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 see our similarities. It’s a big perk we get to have these fellowship opportunities.”

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No HIV? Know HIV!

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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 past two years through his work with Pinhead. During the summer of 2013, Cohen and 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 as many as two 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 non-profits since it began in 1994, is now promoting 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 Fash- ion show is Saturday at the Tel- luride Conference Center. For more information about TAB, visit www.aidsbenefit.org.

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