

Smart Relevant Creative  
graphic design

partners-by-design.com  
info@partners-by-design.com  
434.953.9938 (c)

partners by design  
graphic communications

www.sanmiguelcountyco.gov

**San Miguel County  
San Miguel Basin Fair Board  
Notice of Open Seats**

Notice of a vacancies for a regular and an alternate seat on the SM Basin Fair Board. Please send a letter of interest to San Miguel County P.O. Box 1170-Telluride or log on to [www.sanmiguelcountyco.gov/245/Boards-Commissions](http://www.sanmiguelcountyco.gov/245/Boards-Commissions) to complete a board & commissions application.

**Deadline to apply February 9<sup>th</sup> 2018  
Call 369-5469 for Information.**

**Computer Consulting**  
mac · pc · mobile devices  
hardware · software · security · connectivity

Telluride's oldest and most trusted tech company.  
We service all computer & mobile device issues including security, data recovery, connectivity, maintenance and much more.  
Available 24/7 for Emergencies

**Brian Reilley**  
970.729.0117 · brian@bitwr.com

35 YEARS EXPERIENCE - 15 YEARS IN TELLURIDE

**STAY CLASSY  
NORWOOD**  
- Ron Burgundy

TELLURIDE DAILY PLANET  
**CLASSIFIEDS WORK**  
place your help wanted or rental ad today  
970-728-9788 X101

# Teaching healthy cooking on a budget

**I**t's the start of a new year, which means countless people make New Year's resolutions to lead healthier lives. While it seems that most things in life take time, effort and money that many of us simply do not have, being healthy doesn't have to. Tri-County Health Network is hosting a free Cooking Matters for Adults class in Norwood with the goal of empowering community members to prepare simple, delicious and healthy meals on a budget.

Cooking Matters is a hands-on, six-week cooking class that teaches adults basic cooking skills, how to read nutrition labels — and tips for healthy shopping on a budget. Each week, participants prepare and enjoy a meal in class, while exploring a nutritional topic. The meals all cost \$10 or less to prepare for a family of 4 and follow the U.S. Dietary Guidelines for Americans.

Participants receive a free bag

of groceries to take home for cooking the meal again, allowing them to practice the skills learned each class. On the final day, graduates receive a cutting board, chef's knife and a book with recipes and nutrition information learned throughout the course — plus more.

The class will be led by a combination of Tri-County Health Network staff and community volunteers: Catherine Petersen and Carol Fitzmorris, both of whom previously led a Cooking Matters for Adults class in Norwood last fall.

Katia Bhagatram, Population Health Manager for Tri-County Health Network said she enjoys teaching the class.

"It's encouraging to see the participants learning new skills and talking about how to build upon their family's nutrition at home," she said. "There are often great discussions about what foods are healthy, what makes them healthy,

and how to cook healthy foods in such a way that would be appealing to their families. Cooking Matters classes provide unique opportunities for communities to meet and share food experiences in a casual and interactive setting."

The food for the class will be purchased from stores in Norwood. The FRESH Food Hub will supply groceries each week, and ingredients that cannot be supplied by the Food Hub will be supplemented by Clark's Market of Norwood, along with some assistance from the Christ in FOCUS Church food bank.

Cooking Matters is a two-hour class that is held once a week for six weeks. It's completely free of charge to all participants. The class is open to all adults 18 and older and will take place on Tuesdays from 11 a.m. to 1 p.m. at Christ in FOCUS Church, beginning Feb. 13.

For more information or to register for this course, call Tri-County Health Network at 970-708-7096 or email [info@tchnetwork.org](mailto:info@tchnetwork.org).

## Letters

# Should be alarming to everyone

DEAR EDITOR,

The last presidential election has shown a serious lack of qualified politicians to fill the highest position in the country. Also, it demonstrated that the majority of the American public doesn't have a clue on the tenants of good leadership and the characteristics of a good leader. I wonder if the schools are teaching examples of what good leaders have accomplished in this country. Most people mistake leadership for management, which is what you see from D.C. down to the local level.

The people who have to make hard but rational decisions, sometimes in a split-second, that can determine if others live or die and maintain their composure in the face of madness — these are the traits of quality leadership. Leadership demands sacrifice; it is a privilege, a challenge and a sacred trust

not to be betrayed when peoples' lives are in your hands.

Good leaders bring people of opposing views together, instead of the dividing we've seen in the last 30 years. It is not a popularity contest, so good leaders don't care about polls or the need to be praised for doing their job. Leaders lead by example, not "Do what I say, not what I do." Doing the job and doing it to the best of their ability is reward enough.

There should be minimal qualifications to run for the presidency. As previously mentioned, leadership demands sacrifice, so what better way to show that than by serving in the military. An enlistment of at least four years in any branch and any specialty will give an individual exposure to basic leadership and at least one formal leadership school, unless the person is a dud.

Four years as an officer will

have the individual attend at least two schools for their branch and be eligible to attend other leadership building schools. You won't get this kind of leadership training in the classroom, studio, sound stage, newsroom, court room or the board room — too much ego and arrogance.

Law enforcement officers, full time firefighters, wild land firefighters and EMS personnel experience the same kind of leadership training, and that could be a substitute for the military. There should be an education requirement of at least a BS or BA from an accredited university in the U.S. Any presidential candidate should have to pass a complete physical and mental examination conducted by doctors at Walter Reed National Military Medical Center and not their personal physicians. A thorough background check must

See **LETTERS**, Page 7



Matching People With Properties

**Arleen Boyd**  
Broker/Owner  
E-Pro, EMS, SFR, MCNE  
Office: 970 327-4114  
Cell: 970 729-0589  
Fax: 970 327-4134  
E-mail: [arleenboyd@gmail.com](mailto:arleenboyd@gmail.com)

- \* Free Market Analysis
- \* Buyers and Sellers Representation
- \* Take Advantage of Still Low Interest Rates



**PINE CONE**  
REALTY  
*Leading the way Home*

1533 Grand Avenue  
Norwood, CO 81435  
(Next to the Post Office)

[pineconerealestate.com](http://pineconerealestate.com)