

Students at Nucla High School Learning the Latest in High Tech Applications



Melonie watches as students fly a drone outside the high school.

Local Experts Confirm Lack of Sleep a Growing Concern Here, Too

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tion, heart rate changes and many other functions such as a persons oxygen levels that may be abnormal.

CPAP therapy utilizes machines specifically designed to deliver a constant flow of pressure. CPAP is the most effective treatment for obstructive sleep apnea, in which the mild pressure from the CPAP prevents the airway from collapsing or becoming blocked.

Ken Jenks, PA-C at the Basin Clinic in Naturita says getting enough sleep is a critical issue and

for 10-12 hours. No caffeine after noon.

2. No electronics in bedroom, especially a problem for teenagers. Blue Light, as in electronic video screen that activates us, disturbs our cycles.

3. A small bedtime snack may be a useful ritual, but both salt and sugar activate us. Warm milk, brushing teeth afterwards. Tryptophan, the Thanksgiving afternoon sedative, supposedly helps sleep but some people argue this.

4. Exercise during the day, best with sunshine exposure, helps sleep, however should be avoided just before sleep.

5. A ritual helps. For dogs, they circle the bed. For children we put on their pajamas and say their prayers, a glass of water, brush their teeth and a bed time story. For us, it can be any relaxing ritual.

6. Alcohol gives a rebound hypoglycemia in a few hours that can wake you up.

7. The bedroom should only be used for sleep and Sex. Work and socializing should be done elsewhere.

8. White noise can be helpful, especially if sleeping during the day after working at night. A fan, a radio tuned between stations, a sleep noise generator may be helpful. T.V. and other electronics are discouraged because of the blue light effect.

9. If you can't sleep after twenty minutes, get up. Laying in bed awake establishes a habit of being awake in bed. Sometimes a recliner couch, or even the floor can help. Courtesy to your bed partner is appreciated. No reason for both of you to fall asleep at work.

10. Sleeping pills, "Hypnotics" should be avoided. One, they become a sleep time habit, like warm milk. Two, most prescription are additionally habit forming. Especially for people over forty years old, Tylenol or Ibuprofen or similar pain pills can calm down aches and pains that keep us awake.

According to Jenks, talking to your pharmacist about over the counter sleeping pills is important. Tryptophan, GABA, melatonin, diphenhydramine can help with short term problems. Keep in mind that sometimes medical problems such as hyperthyroidism can occasionally be important.

The CDC reported 800 fatalities due to falling asleep driving

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problem.

"We Google it eight ways to Sunday," said classmate Michael Pfifer. The students evaluate their own processes and adjust as needed, skills that are critical in the 21st century.

As they outgrew the typical software used by high school students, Pat negotiated with companies to gain access to more sophisticated programs like Fusion 360 and AutoCAD.

"At first I thought Fusion was too hard, but with help from Coby, it's easy now," student Will

in the year 2013. Irritability, poor decision making and emotional liability may have contributed to an additional 6,000 accidents, Jenks reported.

"Our society is driven, go go go. We require homeostasis, a balance of many things, including rest to live. Sleep deprivation is even used as a torture device. Parents with sick children often need family help for sleep, if nothing else," Jenks said.

A majority of the more than 3,400 Americans polled in the above survey, 59 percent, said "they consider this to be the lowest point in our nation's history that they can remember." That sentiment spanned generations, including those that lived through World War II, the Vietnam War, and the terrorist attacks of Sept. 11. (Some 30 percent of people polled cited terrorism as a source of concern, a number that's likely to rise given the terrorist and mass murder attacks recently.

It's not surprising that Americans are stressed to the max. Every single day there seems to be something else to worry about --

Norwood Football Team Loses in 1st Round of Playoffs

The Norwood varsity football team lost last Saturday's playoff game against West Grand (Kremmling, CO) by a score of 24-14, according to MaxPreps.

Public Notice NOTICE OF PROPOSED DECISION

The Colorado Division of Reclamation, Mining and Safety proposes to approve Technical Revision Application No. 81 (TR-81) for the New Horizon Mine (Permit No. C-1981-008), submitted by Elk Ridge Mining and Reclamation, LLC. TR-81 is proposing to redesignate the 5th Street Light Use Road as the Lincoln Street Final Road south of the facilities area, identify a coal storage area by the facilities area and update the APCD air permit.

The New Horizon Mine is a/an surface coal mine located in Montrose County, approximately 1.7 miles NW of Nucla, Colorado. Coal interest is private, and the surface affected is private land. The permit area encompasses approximately 916.37 acres.

This proposed decision is based on a finding that the proposed operation will comply with all requirements of the Colorado Surface Coal Mining Reclamation Act, Section 3433101, et seq., C.R.S., and the regulations promulgated thereunder.

Copies of the proposed decision, including stipulations, are on file for public inspection at the Colorado Division of Reclamation, Mining and Safety, Room 215, Centennial Building, 1313 Sherman Street, Denver, Colorado 80203. Persons with an interest that may be adversely affected by the proposed decision may request a formal hearing before the Mined Land Reclamation Board on the proposed decision. Such request must be made within ten (10) days of the initial publication of this notice, must be in writing, and must state with reasonable specificity the reasons for the request and the objections to the proposed decision.

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Gabriel said.

Where did Grierson get his expertise? He attended a University of Colorado in-service (along with Michael Pfifer) in Denver that the West End School District provided for the Enstroms. Many teachers might feel strange being in class beside their students, but that awkwardness doesn't exist in the Innovations room.

Dream big

Innovations is spreading. For the 2017-18 school year, the West End School District has added elements of the course to middle school classes. Melonie and Pat

terrorist attacks, massacres, political clashes, nuclear threats, racial tension, etc. And it's impacting all age groups. Even millennials who should be enjoying the carefree days of youth are experiencing high anxiety, spending 63 days a year feeling stressed out.

work with classroom teachers incorporate Ozobots, 3D printing and other engineering and technology into the curriculum.

It's easy to see why it appeals to this group of young dreamers. Ask the students what projects are on the horizon, and an avalanche of ideas tumbles forth.

They suggest solar panels, drones to extend battery life, a purposing failed 3D print jobs, a developing an arcade game, building their own foundry... the list goes on and on. The students' enthusiasm was contagious. Could the next Edison, Bill Gates or Steve Jobs be attending school in Nucla?

"Attendance has not improved, but students come at lunch and after school to work on their projects," Melonie says. "They dream big and initiate the next steps to make [those dreams] reality."

Story and photos by Kathy Applebee. Reprinted from the Beacon serving Mesa, Delta and Montrose Counties.

Estate Planning Seminar

Presented by: Bachman Law, LLC

DATE: Thursday, November 16th
TIME: 5:30-6:30 p.m.
LOCATION: Nucla Fire Hall
555 Main Street, Nucla, CO 81424



Join us for a no cost, crash-course in smart estate planning. Learn about the probate process and how to avoid it as well as the differences between a Will and Trust.

Space is limited! Reserve your spot by calling Cimmy at 865-2440 or via email to cimmy@bachmanlawllc.com.

Dinner and refreshments will be served.

NOVEMBER is AMERICAN DIABETES MONTH

Diabetes is one of the leading causes of disability and death – but the good news is those risk can be lowered by making healthy changes.

call us to schedule your appointment
Monday through Friday 8 am to 5 pm
Kenneth Jenks, PA-C • Beth Brown, FNP • Dr. Tiffany Ordonez
• David Olson, MD – Medical Director

(EEOIC patients – call to schedule with our MD's)



Basin Clinic
421 Adams Street • Naturita
865-2665

For help with medical situations after hours, call 865-2665 for RN's On Call

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PA-C at the Basin Clinic, Ken Jenks, agrees that lack of sleep is one of the more serious health issue facing people today.

can lead to illness and even death if not dealt with. He says that the clinic often utilizes Air Option services when treating patients. Jenks offers his 10 top reasons for sleeplessness.

1. Caffeine gives you a lift for 1-2 hours, but then disrupts sleep

Public Notice NOTICE OF PROPOSED DECISION

The Colorado Division of Reclamation, Mining and Safety proposes to approve Technical Revision Application No. 80 (TR-80) for the New Horizon Mine (Permit No. C-1981-008), submitted by Elk Ridge Mining and Reclamation, LLC. TR-80 is requesting that 5 culverts remain as permanent structures per the landowner request.

The New Horizon Mine is a/an surface coal mine located in Montrose County, approximately 1.7 miles NW of Nucla, Colorado. Coal interest is private, and the surface affected is private land. The permit area encompasses approximately 916.37 acres.

This proposed decision is based on a finding that the proposed operation will comply with all requirements of the Colorado Surface Coal Mining Reclamation Act, Section 3433101, et seq., C.R.S., and the regulations promulgated thereunder.

Copies of the proposed decision, including stipulations, are on file for public inspection at the Colorado Division of Reclamation, Mining and Safety, Room 215, Centennial Building, 1313 Sherman Street, Denver, Colorado 80203. Persons with an interest that may be adversely affected by the proposed decision may request a formal hearing before the Mined Land Reclamation Board on the proposed decision. Such request must be made within ten (10) days of the initial publication of this notice, must be in writing, and must state with reasonable specificity the reasons for the request and the objections to the proposed decision.

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