

**This food and health information is from Meals on Wheel MC dietitian:
Holly, our dietitian, monitors our compliance with state guidelines for key
nutrients such as vitamin C, sodium, calcium, fiber, and more.**

Hydration is Key!

Are you drinking enough fluids? Dehydration is the most common cause for hospitalization for people over the age of 65. Dehydration can make other medical issues we experience worse. As we age our sense of thirst declines and often we can become dehydrated without even knowing it. Some symptoms that may show you are not drinking enough fluid include difficulty swallowing, dry mouth, cracked lips, sunken eyes, GI illness, confusion, tiredness, pain and headaches. Our bodies are made up of 60-70% fluid and most every function our body performs requires water. To help make sure we keep our bodies running smoothly, we need at least 8 glasses of water each day. This will help replace what is lost just by doing activities of daily living. If you are exercising, sick or it is hot outside you need even more. If you are thirsty, you are already dehydrated! For those of us who struggle to drink enough water, try adding crushed ice, a slice of lemon or a splash of juice. Hydrate for health.

-Article provided by Holly Krouse, Registered Dietitian

Meals on Wheels Pet Policy

If you have a pet, you may remember us going over the Meals on Wheels Pet Policy when you were first getting started with services. Every so often, we like to send out a reminder to everyone to refresh your memories on what is expected during deliveries if you have a pet.

Pets are required to be restrained and are not allowed to greet delivery drivers for the safety of our drivers.

- ◆ **Small pets can get underfoot and trip a delivery driver. Large pets can be intimidating.**
- ◆ **You will only receive one warning in regard to your pet, and if problems continue, delivery services will be stopped. All dog bites are reported to authorities and service is terminated.**

This pet policy was put in place to keep your Volunteer and your pet safe during delivery. We don't want anyone's pets to get accidentally stepped on, or get loose in the neighborhood. We also don't want any of the Volunteers to get hurt accidentally, whether it be a scratch from an excited pet, or a bite from an aggressive pet.



Visit our website: mealsonwheelmesacounty.org

Follow us on Facebook for the latest Meals on Wheels MC news



970-298-9844



The Scoop

SNAP!

(Supplemental Nutrition Assistance Program)

SNAP is a federal program that assists income-qualifying individuals and families by providing money each month for the purchase of groceries and nutritional items.

Food Bank of the Rockies' Dean Madrid - Presenting on SNAP and assisting with sign-up!

When: Friday, August 23, 2024

Where: Clifton Community Campus - 3270 D 1/2 Rd., Clifton, CO 81520

What Time: 11:30 to 12:00.



Sign-Up is quick and easy, and help is available!



Coming Soon!

An exciting opportunity to engage with children and foster connections is coming to Meals on Wheels diners in September!

Did you know, research shows that intergenerational activities and learning new things are not only fun, but can reverse some negative effects of aging?

Meals on Wheels is partnering with Eureka McConnell Science Museum to add a **New Dining Site** on Fridays! Diners who already receive our services may reserve a meal and spend 2 hours at Eureka McConnell Math and Science Center eating a MOW meal, learning, and building relationships with kids ages 8-10.

We are looking for current diners from any of our meal sites to come participate in this new program.

When: Fridays, starting September 6, 2024; 10:30-12:30

Where: Eureka McConnell Science Museum, 1400 N. 7th St., GJ

Who: You! If you are a current MOW diner.



Please call Meals on Wheels to sign-up! 970-298-9844



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
<p>Meals on Wheels Mesa County uses the following major food allergens as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please notify staff for more information about these ingredients. 970-298-9844</p>	<h1>August</h1>			<p>1 MACARONI & CHEESE FISH NUGGETS GARDEN VEGETABLES FRUIT COCKTAIL FRESH ORANGE MULTIGRAIN BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>782</td> <td>Carb:</td> <td>107 g</td> <td>Sod:</td> <td>1144 mg</td> </tr> <tr> <td>Fat:</td> <td>27 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>34 g</td> </tr> </table>	Cal:	782	Carb:	107 g	Sod:	1144 mg	Fat:	27 g	Fiber:	11 g	Pro:	34 g	<p>2 FRITO PIE TOSSED SALAD STRAWBERRIES WHOLE WHEAT TORTILLA</p> <table border="1"> <tr> <td>Cal:</td> <td>1014</td> <td>Carb:</td> <td>106 g</td> <td>Sod:</td> <td>986 mg</td> </tr> <tr> <td>Fat:</td> <td>46 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>48 g</td> </tr> </table>	Cal:	1014	Carb:	106 g	Sod:	986 mg	Fat:	46 g	Fiber:	10 g	Pro:	48 g																																			
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<p>5 HAM & SWISS BROCCOLI PASTA PICKLED BEETS CARROT RAISIN SALAD GRAPEFRUIT MULTIGRAIN BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>700</td> <td>Carb:</td> <td>105 g</td> <td>Sod:</td> <td>1178 mg</td> </tr> <tr> <td>Fat:</td> <td>15 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>40 g</td> </tr> </table>	Cal:	700	Carb:	105 g	Sod:	1178 mg	Fat:	15 g	Fiber:	11 g	Pro:	40 g	<p>6 ROAST BEEF MASHED POTATOES RED CABBAGE SLAW FRUIT SALAD FRESH APPLE WHOLE WHEAT BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>758</td> <td>Carb:</td> <td>105 g</td> <td>Sod:</td> <td>741 mg</td> </tr> <tr> <td>Fat:</td> <td>21 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>42 g</td> </tr> </table>	Cal:	758	Carb:	105 g	Sod:	741 mg	Fat:	21 g	Fiber:	11 g	Pro:	42 g	<p>7 CHICKEN TENDERS BAKED SWEET POTATO TOMATO CUCUMBER SALAD MANDARIN ORANGES WHOLE WHEAT ROLL</p> <table border="1"> <tr> <td>Cal:</td> <td>728</td> <td>Carb:</td> <td>101 g</td> <td>Sod:</td> <td>908 mg</td> </tr> <tr> <td>Fat:</td> <td>23 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>32 g</td> </tr> </table>	Cal:	728	Carb:	101 g	Sod:	908 mg	Fat:	23 g	Fiber:	12 g	Pro:	32 g	<p>8 SPAGHETTI HAM SALAD BROCCOLI FRESH BANANA RYE BREAD LEMON CHERRY CUSTARD CAKE</p> <table border="1"> <tr> <td>Cal:</td> <td>562</td> <td>Carb:</td> <td>89 g</td> <td>Sod:</td> <td>983 mg</td> </tr> <tr> <td>Fat:</td> <td>12 g</td> <td>Fiber:</td> <td>9 g</td> <td>Pro:</td> <td>27 g</td> </tr> </table>	Cal:	562	Carb:	89 g	Sod:	983 mg	Fat:	12 g	Fiber:	9 g	Pro:	27 g	<p>9 EGG SALAD SANDWICH SPEEDY BAKED BEANS SPINACH SALAD W/ CHEESE FRUITED COTTAGE CHEESE</p> <table border="1"> <tr> <td>Cal:</td> <td>619</td> <td>Carb:</td> <td>89 g</td> <td>Sod:</td> <td>1051 mg</td> </tr> <tr> <td>Fat:</td> <td>14 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>39 g</td> </tr> </table>	Cal:	619	Carb:	89 g	Sod:	1051 mg	Fat:	14 g	Fiber:	11 g	Pro:	39 g
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<p>12 PIZZA PASTA TOSSED SALAD STRAWBERRIES & WHIPPED CREAM FRESH APPLE MULTIGRAIN BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>849</td> <td>Carb:</td> <td>97 g</td> <td>Sod:</td> <td>1281 mg</td> </tr> <tr> <td>Fat:</td> <td>38 g</td> <td>Fiber:</td> <td>16 g</td> <td>Pro:</td> <td>37 g</td> </tr> </table>	Cal:	849	Carb:	97 g	Sod:	1281 mg	Fat:	38 g	Fiber:	16 g	Pro:	37 g	<p>13 SALISBURY STEAK & MUSHROOM GRAVY MASHED POTATOES ASPARAGUS PEACHES WHOLE WHEAT BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>839</td> <td>Carb:</td> <td>81 g</td> <td>Sod:</td> <td>950 mg</td> </tr> <tr> <td>Fat:</td> <td>39 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>45 g</td> </tr> </table>	Cal:	839	Carb:	81 g	Sod:	950 mg	Fat:	39 g	Fiber:	11 g	Pro:	45 g	<p>14 VEGETARIAN SPANISH RICE SPINACH CORN RELISH TROPICAL FRUIT BANANA PUDDING WHOLE WHEAT TORTILLA</p> <table border="1"> <tr> <td>Cal:</td> <td>796</td> <td>Carb:</td> <td>136 g</td> <td>Sod:</td> <td>751 mg</td> </tr> <tr> <td>Fat:</td> <td>20 g</td> <td>Fiber:</td> <td>13 g</td> <td>Pro:</td> <td>26 g</td> </tr> </table>	Cal:	796	Carb:	136 g	Sod:	751 mg	Fat:	20 g	Fiber:	13 g	Pro:	26 g	<p>15 HAM & CHEESE SANDWICH BRUSSELS SPROUTS SAUCY FRUIT SALAD CHERRY CRISP</p> <table border="1"> <tr> <td>Cal:</td> <td>1143</td> <td>Carb:</td> <td>160 g</td> <td>Sod:</td> <td>1190 mg</td> </tr> <tr> <td>Fat:</td> <td>42 g</td> <td>Fiber:</td> <td>15 g</td> <td>Pro:</td> <td>40 g</td> </tr> </table>	Cal:	1143	Carb:	160 g	Sod:	1190 mg	Fat:	42 g	Fiber:	15 g	Pro:	40 g	<p>16 SWEET & SOUR CHICKEN & WONTON STRIPS BROWN RICE STIRFRY VEGETABLES MIXED BERRIES MULTIGRAIN BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>882</td> <td>Carb:</td> <td>104 g</td> <td>Sod:</td> <td>870 mg</td> </tr> <tr> <td>Fat:</td> <td>30 g</td> <td>Fiber:</td> <td>13 g</td> <td>Pro:</td> <td>50 g</td> </tr> </table>	Cal:	882	Carb:	104 g	Sod:	870 mg	Fat:	30 g	Fiber:	13 g	Pro:	50 g
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<p>19 CHICKEN BRUSCHETTA COUSCOUS BRUSSELS SPROUTS PEACHES MULTIGRAIN BREAD PEANUT BUTTER COOKIE</p> <table border="1"> <tr> <td>Cal:</td> <td>888</td> <td>Carb:</td> <td>111 g</td> <td>Sod:</td> <td>653 mg</td> </tr> <tr> <td>Fat:</td> <td>28 g</td> <td>Fiber:</td> <td>15 g</td> <td>Pro:</td> <td>56 g</td> </tr> </table>	Cal:	888	Carb:	111 g	Sod:	653 mg	Fat:	28 g	Fiber:	15 g	Pro:	56 g	<p>20 TUNA SALAD SANDWICH COLESLAW BROCCOLI & CAULIFLOWER STRAWBERRIES CHOCOLATE CHIP COOKIE</p> <table border="1"> <tr> <td>Cal:</td> <td>729</td> <td>Carb:</td> <td>97 g</td> <td>Sod:</td> <td>1167 mg</td> </tr> <tr> <td>Fat:</td> <td>24 g</td> <td>Fiber:</td> <td>13 g</td> <td>Pro:</td> <td>38 g</td> </tr> </table>	Cal:	729	Carb:	97 g	Sod:	1167 mg	Fat:	24 g	Fiber:	13 g	Pro:	38 g	<p>21 TERIYAKI BEEF STEAMED RICE ORIENTAL VEGETABLES ASIAN BROCCOLI SALAD WHEAT BREAD FORTUNE COOKIE</p> <table border="1"> <tr> <td>Cal:</td> <td>890</td> <td>Carb:</td> <td>101 g</td> <td>Sod:</td> <td>905 mg</td> </tr> <tr> <td>Fat:</td> <td>34 g</td> <td>Fiber:</td> <td>9.5 g</td> <td>Pro:</td> <td>49 g</td> </tr> </table>	Cal:	890	Carb:	101 g	Sod:	905 mg	Fat:	34 g	Fiber:	9.5 g	Pro:	49 g	<p>22 BISCUITS & GRAVY SEASONED ASPARAGUS SPINACH ORANGE SALAD MIXED BERRIES PINEAPPLE</p> <table border="1"> <tr> <td>Cal:</td> <td>811</td> <td>Carb:</td> <td>103 g</td> <td>Sod:</td> <td>1085 mg</td> </tr> <tr> <td>Fat:</td> <td>38 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>38 g</td> </tr> </table>	Cal:	811	Carb:	103 g	Sod:	1085 mg	Fat:	38 g	Fiber:	12 g	Pro:	38 g	<p>23 MONTEREY CHICKEN W/ SAUCE BAKED SWEET POTATO SNAP PEAS CRANBERRY SAUCE BLUSHING PEARS RYE BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>993</td> <td>Carb:</td> <td>148 g</td> <td>Sod:</td> <td>1155 mg</td> </tr> <tr> <td>Fat:</td> <td>25 g</td> <td>Fiber:</td> <td>15 g</td> <td>Pro:</td> <td>47 g</td> </tr> </table>	Cal:	993	Carb:	148 g	Sod:	1155 mg	Fat:	25 g	Fiber:	15 g	Pro:	47 g
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<p>26 CHICKEN CAESAR SALAD POTATO SOUP FRESH ORANGE WHEAT DINNER ROLL PEACH CRISP</p> <table border="1"> <tr> <td>Cal:</td> <td>971</td> <td>Carb:</td> <td>136 g</td> <td>Sod:</td> <td>1089 mg</td> </tr> <tr> <td>Fat:</td> <td>27 g</td> <td>Fiber:</td> <td>13 g</td> <td>Pro:</td> <td>51 g</td> </tr> </table>	Cal:	971	Carb:	136 g	Sod:	1089 mg	Fat:	27 g	Fiber:	13 g	Pro:	51 g	<p>27 PORK CUTLET MASHED POTATOES & GRAVY CABBAGE AU GRATIN APRICOTS NUTRIGRAIN BAR MULTIGRAIN BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>931</td> <td>Carb:</td> <td>102 g</td> <td>Sod:</td> <td>884 mg</td> </tr> <tr> <td>Fat:</td> <td>40 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>43 g</td> </tr> </table>	Cal:	931	Carb:	102 g	Sod:	884 mg	Fat:	40 g	Fiber:	11 g	Pro:	43 g	<p>28 BEEF BARLEY SOUP PEA & CHEESE SOUP MANDARIN ORANGES CRACKERS VANILLA PUDDING</p> <table border="1"> <tr> <td>Cal:</td> <td>739</td> <td>Carb:</td> <td>101 g</td> <td>Sod:</td> <td>761 mg</td> </tr> <tr> <td>Fat:</td> <td>20 g</td> <td>Fiber:</td> <td>13 g</td> <td>Pro:</td> <td>42 g</td> </tr> </table>	Cal:	739	Carb:	101 g	Sod:	761 mg	Fat:	20 g	Fiber:	13 g	Pro:	42 g	<p>29 CHICKEN CORDON BLEU BROWN RICE W/ PARSLEY CHOPPED SPINACH STRAWBERRIES MULTIGRAIN BREAD</p> <table border="1"> <tr> <td>Cal:</td> <td>756</td> <td>Carb:</td> <td>74 g</td> <td>Sod:</td> <td>757 mg</td> </tr> <tr> <td>Fat:</td> <td>30 g</td> <td>Fiber:</td> <td>14 g</td> <td>Pro:</td> <td>52 g</td> </tr> </table>	Cal:	756	Carb:	74 g	Sod:	757 mg	Fat:	30 g	Fiber:	14 g	Pro:	52 g	<p>30 TURKEY WALDORF SALAD ASPARAGUS FRUIT COMPOTE WHOLE WHEAT PITA CHOCOLATE CHIP COOKIE</p> <table border="1"> <tr> <td>Cal:</td> <td>1000</td> <td>Carb:</td> <td>140 g</td> <td>Sod:</td> <td>969 mg</td> </tr> <tr> <td>Fat:</td> <td>29 g</td> <td>Fiber:</td> <td>14 g</td> <td>Pro:</td> <td>55 g</td> </tr> </table>	Cal:	1000	Carb:	140 g	Sod:	969 mg	Fat:	29 g	Fiber:	14 g	Pro:	55 g
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Home Delivery Customers

Meals delivered between 10:30 a.m. and 12:30 p.m. Call **298-9844 ext. 3** if you have not received your meal by 12:45 p.m. Call before 3:30pm if you need to make a change in your service for the next day.

Dining Sites

All reservations must be in by **3:30pm the day before.**

970-298-9844

NEW LOCATION

Clifton Community Campus:

M W TH F 12:00-12:30

3270 D 1/2 Rd, Clifton

Palisade Community Center

Tues. & Thurs. 12:00-12:30

120 W 8th St., Palisade

Fruita Community Center

M T W F 12:00-12:30

324 N. Coulson St., Fruita

Grand View Apts.

M-Th 12:00-12:30

1501 N. 1st St., GJ

OPEN TO RESIDENTS ONLY:

[Ratekin Towers Apartments](#)

M-F 12:00-12:30

AVAILABLE UPON REQUEST:

[Colbran Congregational Church](#)

[Mesa Community Center](#)

Extra Services!

- We have partnered up with the Community Food Bank to deliver a **box of food once a month**. If you're interested call **970-298-9844**, and ask for **Campbell**, to get signed up.
- Also, we still have money to pay for part/or all of your **Pet Vet Bills**, so if you have an outstanding bill from 2022 to present, or you need to take your pet to the vet, please call **970-298-9844**, and ask for **Amanda**. (For Current Clients Only)

**MEALS INCLUDE
1% MILK**

**\$3.50 is the
suggested donation
for age 60+**

aDOORable Doors

As your trusted real estate advisor, I'm excited to share a simple yet powerful tip to elevate your home's curb appeal and potentially increase the sales price: the right door color!



Choosing the Right Color

- Consider Your Home's Style: Choose a color that complements the architectural style and exterior colors.
- Think About Your Neighborhood: While it's great to stand out, a door color should harmonize with surrounding homes.
- Test Before You Commit: Paint a small section of your door to see how the color looks in different lighting conditions.



Stylish Colors to Consider

Red: Symbolizes energy and warmth. A red door can make your home look vibrant and welcoming.

Blue: Conveys calmness and trust. Trending this year are cool toned powder blues and warm toned admiral blues.

Soft Black: Brings elegance and sophistication. It's trending with new construction or homes with a "modern" vibe.

Green: Green/blues and olive hues are earthy and calming. They look great with sandstone or brick accents. Also on trend are darker, bolder greens that bring sophistication and look especially good with white exteriors.

Charcoal Gray: Dark gray doors are among the most neutral colors to consider and bring a contemporary touch. They pair well with most exterior colors.

Pink. The most surprising of trends! Rose and petal pinks may be short lived, but are gaining popularity, especially when set against a pretty dark gray, cream, or white exterior.

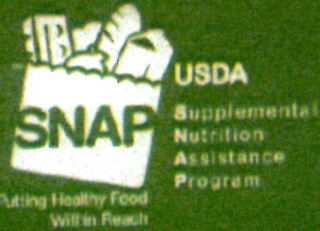


Niki Zentel-Przytyk
VCK GROUP

970.250.3147
nikisoldmyhome@gmail.com
www.niki.cbdistinctive.com

131 N 6th Street #200, Grand Junction, CO 81501





Need Food? Help is Available.
¿Necesita comida? Hay ayuda disponible.

**Find out if you qualify
for SNAP benefits today!
SNAP application
assistance available
over the phone.**

Call 970-283-7877

¡Averigüe si califica para los
beneficios de SNAP hoy! Asistencia
con la solicitud SNAP disponible por
teléfono. Llama al 970-283-7877

foodbankrockies.org

This institution is an equal opportunity provider.
Esta institución es un proveedor de igualdad de oportunidades.



**Adults 60+ may also qualify for
Everyday Eats and receive a free
monthly box of groceries. Call
970-464-1138 to learn more.**

Los adultos de 60+ años también
pueden calificar para el programa
de "Everyday Eats" y pueden
recibir una caja de alimentos gratis
mensualmente. Para obtener más
información, llame al 970-464-1138.