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Mercy Hospital



durangobusiness.org

Our Quality of Life Starts with our Business Community!

We are fortunate to live in such a beautiful place. Many talk about quality of life as a key characteristic of a great town, and I would agree to some extent. It's not just the quality of jobs or careers, but being able to have the job that gives you the life you want to live.

Quality of life also means quality of amenities and resources, such as healthcare. Shout out to the teams at Spine Colorado and Animas Surgical Hospital. I appreciate everything you did to ease my mind and make my recent back surgery a positive experience. We are so fortunate to have you here in Durango. In addition, I would be remiss if I didn't say a huge thank you to all those who helped me during my recovery.

Many thanks to the men and women who keep the roads clear so we can commute and travel in and out of the area. To those that plow while we sleep, especially over the treacherous mountain passes, thank you! Your dedication keeps supplies, food, and what we often take for granted on the store shelves.

Our community is lucky to have so many wonderful emergency service providers. You are the ones we call, counting the seconds until you arrive. We may not know you, but we let you into our home to take

care of a loved one in need, administering life-saving drugs and transporting them for additional medical care while we pray for them.



Thank you to all of our members who continue to support the Chamber. Your support allows us to produce programs and trainings that help other businesses and enable us to continue being a strong Chamber. It also permits us to provide a big voice for small business, and advocate for a robust economy.

Every year, the Chamber hosts the annual Durango Rocks Awards Ceremony that recognizes leaders, organizations and businesses that deserve special recognition. This year, Durango Rocks will be held May 3 at the Fort Lewis College Concert Hall. We invite you to come celebrate our fantastic community, leaders, and businesses. Get your discounted tickets now through the Concert Hall website.

Don't forget to take a moment to give a shout out to those who make a difference and put others before themselves. wish for you is to go forward and make a difference in anything that you choose to do.

2022

CHAMBER BOARD OF DIRECTORS & STAFF

Staff

- Jack Llewellyn, Chief Executive Officer
- Kim Oyler, Chief Operations Officer
- Jennifer Dickens, Communications Coordinator
- Hannah Minkler, Office Assistant

2301 Main Avenue | Durango, CO 81301
 970.247.0312 | Fax 970.385.7884
www.durangobusiness.org
chamber@durangobusiness.org

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Fundamentals of Digital Marketing Lunch & Learn March 30th



Join the Chamber and marketing experts from Psyche Digital to learn helpful tips on taking your digital presence to the next level. Your business or organization's website is the hub of all of your digital marketing tactics, and often the first impression your audiences have of what you do, and why you do it. So is your website rising to the call?



Psyche Digital will dive into the fundamentals of website design, functionality, and optimization, and share steps to taking your website to the next level. Register now for this informative workshop on Wednesday, March 30th at noon. For more information on Psyche Digital Marketing, visit their website at PsycheDigitalMarketing.com. [Click here to register.](#)



Chamber Highlights

Did you know? Every year, public policy changes are proposed that could impact your business. The Chamber plays a leadership role in being a trusted and reliable voice that supports pro-business policies at the local, regional and state levels. The Chamber partners with business-related advocacy groups such as the Colorado Chamber of Commerce and US Chamber of Commerce to keep up to date on regulations and policies that can impact our community and businesses. This is a vital role for the Chamber, which provides a big voice for small business. For more information and to get more involved, reach out to Jack Llewellyn at Jack@DurangoBusiness.org.

Follow up Survey Results: Effects of the Pandemic

78 Total participants

1. Did you receive any financial assistance during the pandemic?



2. Did you implement any employee retention incentives during the past 2 years?



3. Do you currently need any financial assistance?



4. Do you currently need any legal assistance?



5. Have you returned to pre-pandemic staffing levels?



6. Since November 2021 have you had to close your business voluntarily due to the pandemic?



Calendar

Upcoming Programs & Events! Click [here](#) for information.

March 14 at noon Wells Group Annual Real Estate Forecast (online)

March 16 at 5:30pm YPOD Social Hour at El Moro Spirits & Tavern

March 17 from 5-7pm Business After Hours at TruWest Auto

March 23 YPOD Workshop with Homesfund 5pm

March 30 at noon Lunch & Learn with Psyche Digital Marketing

April 5 from 8-9am Coffee Connections with the Creative District

April 7 from 8-10am Eggs & Issues on the State of the Community at the DoubleTree

La Plata Extension: Health Tip of the Month by *Nicole Clark*

An Explanation for Insomnia

Are you familiar with the term, “sleeping like a baby?” There’s a reason the saying specifies babies, because as an adult, you’re well aware that sleep is not what it once was.

Tossing and turning, ruminating thoughts, awake at the slightest of sounds, and the ensuing frustration and anxiety from not being able to sleep. Ah yes, now that’s sleeping like an adult. And the older you get, the more disrupted and inconsistent it becomes.

You’ve probably read up on tips for better sleep, likely during the wee hours of the night, when you should be sleeping. Keep reading because this article takes a deeper dive, thanks to the expertise of Natalie Rolle, Colorado State University expert in behavioral insomnia treatments.

To validate what you’ve already read, adults need 7 – 9 hours of sleep. More importantly, we need good quality sleep. Any amount of light suppresses the production of melatonin. And, cool bedroom temperatures improve the quality of your sleep. Now, the lesser known strategies for better sleep.

1. Keep a consistent sleep and wake schedule, seven days a week. Opposite of melatonin, is adenosine. Adenosine acts as an inhibitor to parts of the brain responsible for arousal. So, as adenosine

builds up, it causes sleep pressure, or, the desire to sleep. This takes about 16 hours. Sleeping in sets you up for delayed sleep pressure at the end of the day. A vicious cycle ensues.



2. Avoid naps or limit to 15 minutes. This relates back to adenosine. Sleep reduces adenosine and thus sleep pressure. The end result is it will likely take you longer to fall asleep at your desired bed time, because the body is waiting to build up adenosine.

3. Sleep in your bedroom. Dozing on the couch, in a favorite chair or other location can train your brain to always become drowsy in these locations. However, the sleep quality is poor, and ultimately, disruptive to the full sleep cycle you expect overnight.

4. Can’t sleep? Get up. Fighting sleeplessness causes stress. Stress releases highly stimulating flight or fight hormones; obviously not conducive to sleep. Getting up is a way of taking control of your body, and reducing stress.

5. Use this time to read, plan a vacation, color, or another low-stimulating activity. Eventually, sleepiness will return.

Want to Grow Your Business?

Join a Chamber **LEADS GROUP**

Call or email today to join or find out more information!
970.247.0312 or Kim@DurangoBusiness.org



Congratulations to the Moose & Squirrel, and the Black Diamond Lodge

The Chamber Diplomats recently celebrated the new owners of The Black Diamond Lodge, formerly the Silverpick Lodge and welcomed Moose and Squirrel to the restaurant space formerly occupied by the Sow's Ear. You'll savor tasty bites inspired by local, seasonal & organic handpicked ingredients and delicious cocktails. Open Thursday-Monday 2pm-8pm with live music several times a month. For more information on events & daily restaurant menu items, visit theblackdiamondlodge.com and themooseandsquirrelldgo.com.



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DOWNTOWN'S NEXT STEP

Vivid Past, Resilient Future

Downtown Main Avenue Concepts – Your Voice is Important

The City of Durango is currently reviewing several concepts for downtown Main Avenue between 5th street and 14th street. Their stated goals include supporting & growing local businesses, making Main Avenue more walkable and bikeable, and more [\(click here to read further\)](#). You have the opportunity to vote on the concept you think will benefit the Central Business District businesses, consumers, and the aesthetics of downtown Main Avenue. The City's survey is open until Mar. 18, 2022. Here's the link to [learn more about the concept](#). To take the survey, click [here](#).

Lunch & Learn with Dr. Nicola Dehlinger, Pura Vida Healthcare

Cultivating Resilience was the topic for the February Lunch & Learn. Dr. Nicola shared ways to be resilient and cope with stress & adversity.



PURA VIDA HEALTHCARE
a holistic cooperative

She provided some key tips on approaching it from a holistic perspective that includes regular exercise, eating a balanced diet, breathing techniques, getting enough sleep, adding supplements and herbs to your practice. If you missed it and would like to see the video, click [here](#). For more information on Pura Vida Healthcare and ways they can help you, visit their website PuraVidaHealthcare.com or call (970) 426-1684



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Business Connection

Finding the Importance of Art

By Sara Lynn Valentine

Brenda and her husband, Todd, moved to Durango from Ann Arbor, Michigan in 2005, many years after Brenda fell in love with the Southwest while attending St. John's College in Santa Fe, NM. She graduated in 1998 and went home to Michigan, but always wanted to return to the Southwest. "We vacationed in Durango several times," Brenda says, "before we finally said, 'Enough dark and cold gray winters! We need to move to Durango!' We've never looked back."

Brenda's years in Ann Arbor were busy and productive. "I was the executive director of Leadership Ann Arbor - similar to Leadership LaPlata but bigger," Brenda says. "I ran an affordable housing program for the city, and helped manage a law firm where I became a certified mediator." After moving to Durango, Brenda continued developing her skills in executive management while working for the Durango Silverton Narrow Gauge Railroad, the Strater Hotel, and the district's Rotary Conference. She expressed her love of art by teaching art classes at Fort Lewis College, Mountain Middle School, and from her home studio. "From there, I fell into a full-time painting career," Brenda says, "and became a professional working artist, painting pet portraits internationally. The internet has made working as an artist more attainable than it's ever been."

In 2018, Brenda's experiences in executive management and art dovetailed when she became executive director of the Durango Arts Center, whose mission is to enrich the community through visual and performing arts, showcase local artists, and provide arts education. "During the pandemic, we've taken time to revisit our mission and values, making sure everything we're doing aligns. Durango residents who have experienced social



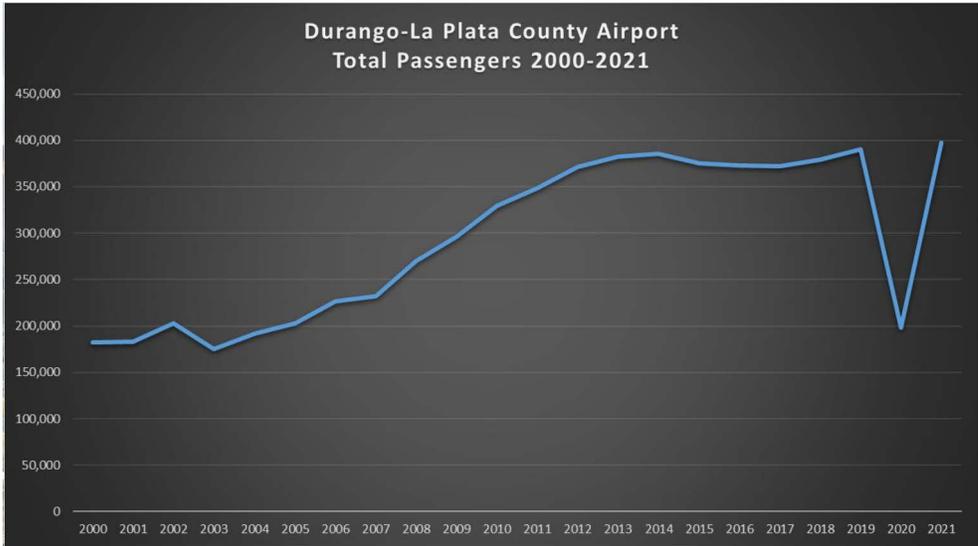
isolation and loss of loved ones have found healing through DAC programs, by creating something of beauty and discovering a welcoming community here. We used to have to 'sell' that the arts are important - but now, because of the pandemic, people are starting to understand how important art is to the vitality of the human spirit."

DAC recently completed significant remodeling and celebrated a ribbon cutting with the Chamber, after moving the entrance from the side to the front, with double doors facing Steamworks Brewing. Now people can see that DAC is open, and entirely ADA compliant. The old entrance is now the theater entrance. New awning banners show what's happening inside: theater, galleries, shopping, dance, music, and seasonal art festivals. There are workshops and classes for adults and kids, including figure drawing, pottery, jewelry making, oil painting, and theater. DAC is also hosting birthday parties, company events, etc..."We are all lit up six nights a week," Brenda says, "and tourists, as well as locals, are finding us. We are excited to unveil a new website in March, along with an interactive calendar, so buying tickets and registering for classes will be much more user-friendly."

Learn more at www.DurangoArts.org, or call (970) 259-2606. Visit the DAC at 802 E 2nd Ave or email Brenda at brenda@durangoarts.org. Brenda calls herself a huge Durango Chamber fan, citing the great support the Chamber has shown DAC.

DRO Passenger Traffic Numbers

Following a dramatic 50% decline in traffic in 2020 as a result of the COVID 19 pandemic, record setting traffic was experienced in 2021. A total of 397,293 passengers utilized DRO in 2021, up 1.7% from 2019.



Click [here](#) for full report.

NOTE: Durango-La Plata County Airport will be closed Wednesday, Sept. 7th - Friday, Sept. 16th. During this 10-day period, the runway will be closed to all fixed-wing aircraft takeoffs and landings, including commercial airline, firefighting, and emergency medical operations. Airlines will not be selling tickets for travel during this period. Click [here](#) for more information.

2022 DURANGO HOME & RANCH SHOW

Saturday, April 30, 2022 10a-5p
Sunday, May 1, 2022 10a-3p

La Plata County Fairgrounds, Durango, CO

NOW ACCEPTING SPONSORS AND VENDORS

The Durango Home and Ranch Show hosted by Four Corners Expos returns to the La Plata County Fairgrounds this spring with new products, engaging displays and educational demonstrations.



"West Horseman" by Skyhorse Saddles, 2022 Featured Artist
Photo by Waldemar Winkler

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61% of Companies Report Supply Chain Issues Hindering Growth and Forcing Lower Hiring Standards

Manufacturing and Service Industries Hit Hardest

Latest Results from The Harris Poll

A month into the first quarter of 2022, the demand for goods due to the holidays has passed, but businesses still say they are caught in a vicious cycle hindering overall growth and hiring fueled by continual supply chain failures.

This is according to a new survey from The Harris Poll commissioned by Express Employment Professionals.

Around 3 in 5 U.S. hiring decision-makers (61%) say their company has altered their hiring practices because of the national supply chain issues and report it will negatively impact their company's growth. To counteract the new hurdle for hiring, more than half (56%) report they have relaxed their hiring requirements due to the supply chain issue. And, around a third (32%) say they have hired specifically for logistics/supply chain positions this year.

Companies with 100-499 employees are more likely than those with less than 50 and those with 500 or more employees to say supply chain issues will negatively impact their company's growth (71% vs. 63% of those with 500+ employees, 52% of those with 2-9 and 56% of those with 10-49).

The same companies are also most likely to say they have relaxed their current hiring requirements (76% vs. 64% of those with 500+ employees, 63% of those with 50-49, 44% of those with 10-49 and 36% of those with 2-9).

In the hard-hit manufacturing industry, 74% of hiring managers say their company has had to alter their hiring practices because of the national supply chain issue and a similar proportion of hiring decision-makers for the service industries report the same (71%).

Many businesses are ready and willing to grow in 2022, but can't until something changes, Express Employment



International CEO Bill Stoller said.

“The U.S. economy is caught in this perfect storm where the breakdown in supply chains is just the start,” he said. “When you combine that with the scarcity of workers, companies are doomed to stay in this holding pattern for the foreseeable future.”

Survey Methodology

The survey was conducted online within the United States by The Harris Poll on behalf of Express Employment Professionals between Nov. 10 and Dec. 2, 2021, among 1,009 U.S. hiring decision-makers (defined as adults ages 18+ in the U.S. who are employed full-time or self-employed, work at companies with more than one employee, and have full/significant involvement in hiring decisions at their company). Data were weighted where necessary by company size to bring them into line with their actual proportions in the population.

The Durango Express office is located at 321 So Camino Del and serves the Four Corners area. Local businesses and applicants are encouraged to stop by, visit ExpressPros.com/durangoco or call (970) 403-8780.

New Members

Big Blue Protections

Jason McCormick
101 W. 11th St.
Durango, CO 81301
[website](#)
Alarm Systems

Blackmore Group

Ashley Blackmore
842 Main Ave
Durango, CO 81301
[website](#)
Real Estate

Diversified Roofing

Daniel Martin
7798 COUNTY ROAD 203
Durango, CO 81301
[website](#)
Construction/Construction Related

Durango Area Youth Hockey Association

Tanya Clegg
P.O Box 3605
Durango, CO 81302
[website](#)
Sports Institutes

Durango Barbers

Joe Damonte
600 Main Ave #111
Durango, CO 81301
[website](#)
Beauty Salon/Day Spa

DurangoHome

Brett Rosenbaugh
300 Half Moon Circle
Bayfield, CO 81122
[website](#)
Real Estate

Flocktivity

Scotty Brandstetter
PO BOX 2168
Durango, CO 81302

Still Life Coffee & Botanicals

Haley Wilhelmsen
1301C Florida Road
Durango, CO 81301
[website](#)
Cafe/Bakery/Florist

Taylor Roberts

Individual

Thomas Lang CPA Broker

Thomas Lang
PO Box 172
Ouray, CO 81432
[website](#)
Business Brokerage



Watch this week's Member Moment Video

featuring [TRUWEST AUTO OUTLET](#)

Click [here](#) for past member Moment Videos

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 Affordable Framing Plus
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 Animas Alano Club, Inc.
 Animas Brewing Company
 Animas High School
 Art Supply House, Inc.
 ASAP Accounting & Payroll, Inc.
 Asher Custom Homes
 Atmos Energy
 Balanced Life Massage
 Basin Printing
 Big O Tires - Durango
 Brown's Shoe Fit Company
 Buena Vista Builders, Inc.
 CAL Steel & Sheet Metal
 City of Durango
 Closets Plus, Inc.
 Colorado Outback Adventures
 Columbine Group, LLC
 Condos East & West
 Durango Adult Education Center
 Durango Early Learning Center
 Durango Electrical Service, Inc.
 Durango Kids Pediatric Dentistry
 DurangoSpace
 FCI Constructors, Inc.
 Four States Tire & Service

Gazpacho Mexican Restaurant
 Grassburger
 Grease Monkey & Car Wash
 Highlands Residential Mortgage
 Issues Research, Inc.
 Jay Short Insurance Agency LLC
 Johnson Controls
 Just Ask Christy, LLC
 Kohler McInnis
 KREZ-TV
 Ohana Physical Therapy
 Pinnacle Building Performance
 Pueblo Community College Southwest
 R. A. Biel Plumbing and Heating
 Region 9 Economic Development District of SWCO
 Riverhouse Children's Center
 Roseberry's Plumbing & Heating
 Salt 360 Float Studio
 San Juan Regional Medical Center
 Sandy A Lane Consulting
 Southwest Women's Health Associates
 Sunnyside Meats, Inc.
 Tosch & Associates
 Town Plaza Shopping Center
 Vaughn Johnson DDS MS Orthodontics
 Waste Management of Colorado
 Weminuche Woodfire Grill
 ZenBusiness

Links to what you should know...

[San Juan Basin Public Health Vaccine Clinics](#)

[Durango Trails Condition Report](#)

[City of Durango Meetings](#) – from licensing to city council to planning commission to multimodal board meetings - attend & be in the know about upcoming activities & projects.

[Durango School District 9-R](#) or call 247-5411

[La Plata County Government](#) or call 382-6210

[LPEA Board Meetings](#)

[Town of Bayfield](#) or call 884-9544

[Bayfield School District](#) or call 884-2496

[Town of Ignacio](#) or call 563-9494

[Ignacio School District](#) or call 563-0500

LLP Monthly Focus: Spring Break Season is Here. 5 Ways to Make Sure You Play



By Stacy Reuille-Dupont, StudioB

Let's talk about vacations. For a leader, vacations can be difficult. You might feel like you don't deserve it, have no time, or cannot step away but desperately need one. In reality, no one can keep going at high-level pacing and produce high-level work without taking vacations on a regular basis to recharge batteries.

As leaders, it's important to set an example by allowing yourself critical rest and relaxation. However, many leaders don't know how to unplug. They never truly get a restorative experience of resting and recharging their batteries. Work follows you to that tropical location lounge chair and speeds down the mountain with sticks strapped to your feet. Spring break season is a great time to talk about ways leaders can take a vacation and make sure you get what you need.

1. Day trips. A day trip is a great way to unplug. You're not gone long so it's critical you leave the cell phone at home or make sure that you put it on do not disturb so you don't get emails, texts, and voice messages from work during your awesome hike, drive, or river lounging. This way, you're in control of when you are checking your messages and can guard your time well.

2. Long weekends. In this corner of the world, you can get to many places easily. It could be a trip into the desert, some time spent in the high country, or an excursion to the lake where technology cannot reach you. Depending on how much you like to drive, you can figure out some pretty cool urban trips from your backdoor. Southern California and Dallas are 12-hour drives, Vegas - 7 hours, Salt Lake - 8, Denver - 6 hours, and Mexico just over 11. You might need to spend 2 to 3 days in your location of choice to shake off drive time and really allow yourself to rest.

3. Bigger vacations. Many get a boost of energy when you have something on your schedule you're planning. The dopamine begins to pour in just thinking about your trip. It can be relaxing to look at pictures of your location choice. Your imagination does not register time in the same way our logic brain does. Imagining yourself on vacation can be helpful, just stick to what you are looking forward to doing. Envision the fun you'll have, what activities you'll do, and the people you'll meet. These all have positive psychological health benefits, and you haven't even left yet. A longer vacation allows you to reap the benefits of good feelings for a long time.

4. Think about different ways you can take time away from the office.

Your "trip" does not have to be anything big. You could just stay home for a day and enjoy making sure your couch doesn't fly away. Lounge in pajamas, watch movies you normally wouldn't, read material that's just for fun, or learn a new recipe. Make sure whatever you do, it's something that offers the child inside you a chance to play.



This is critical. Try not to get sucked into watching shows that deepen your awareness of critical issues, or bring more exposure to things that are stressful such as the political system, which may be an area of interest, but not something you can control. When you focus on these areas, you may not end up feeling relaxed, and may end up feeling very stressed.

5. Need a vacation now? Try enjoying a "desk vacation." This includes things like watch a guided imagery or video, take a walk for 5 - 20 minutes, or go to a new spot to have lunch. To make the micro-vacation restorative, it's critical you really take a break. During this time, stay focused on resting and letting go. Remind yourself that work will be ok while you take a break. If it creeps in, tell yourself you have a good plan to get back to it in a minute. Set a timer to decrease time stress.

Research demonstrates that breaks make you more productive, more on point, and better able to create at higher levels. Creativity does not happen when you are over scheduled. Creative process is a product of doing just enough and then resting the knowledge and project. It's important that you have nothing to do at certain times, this is creativity's birthing place.

No matter what you decide to do, remember it's important that you allow yourself space and time to rest. For some going on vacation means going to rage and recreate (lots of activities), for others it means rest and relaxation (all day beach chair). Depending on your style, you may want to plan enough return down time to rest or rev up before getting back to work.

No matter how you like to vacation, it's important to take the time to do it. In this month of spring breaks make sure you plan to find a break for yourself.

LLP Monthly Update:

Who do you picture in the [LLP Class of 2023](#)? Applications will be live in March, spread the word with your friends, family, employees and colleagues.

Are you an LLP Alumni wishing to get involved in the program again? [Join one of our committees](#) to carry on the LLP torch!

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