

The Gunnison Country shopper

news press releases

DEMOCRATIC DIALOG

Father, must I go to work?
No, my lucky son.
We're living now on Easy Street
On dough from Washington.

We've left it up to Uncle Sam
So don't get exercised.
Nobody has to give a damn-
We've all been subsidized.

But if Sam treat us all so well and feeds us milk and honey,
Please daddy, tell me what the hell
He's going to use for money.

Don't worry, bub, there's not a hitch
In this here noble plan-
He simply soaks the filthy rich and helps the common man.

But, father, won't there come a time
When they run out of cash
And we have left them not a dime
When things will go to smash?

My faith in you is shrinking, son,
You nosy little brat;
You do too damn much thinking, son, to be a Democrat.
Written in the "Daily News" New York, November 4, 1949. Sub-
mitted by Alex Laird 641-5604



LETTER TO THE EDITOR: (2/22)

Dear Gunnison Valley,

In response, to Erin Newman's letter to the editor titled "All midwives are not created equal," thank you. Erin clarified some facts about two types of midwives. They do practice and educate themselves differently and her points are well noted.

Bottom line, it is important for mothers (and fathers) to be informed of who will be responsible for your body's care, your baby's care, and your birthing experience. The current arguments being expressed in the valley around childbirth are all rooted in the same interests of providing great health care and the best safety practices for mothers and babies. We want healthy moms and healthy babies—that, I'm sure, we can all agree upon.

Many midwives excel at providing birthing experiences at home. This letter is long overdue to thank Marlene Bergman, CPM. In 2009 and 2011, with Marlene's help, I birthed my two healthy children in the comforts of my own home. Marlene took great care of me pre and post pregnancy and my birthing experience was too beautiful to put into words.

Marlene Bergman is a pioneer in our community. She is a knowledgeable midwife with a passion for mothers and babies. Other women have tried to make it as midwives in this valley and have, literally, been pushed away by doctors and staff from our county's hospital. Marlene is attentive, responsive, and she makes the most educated and best choices for the care of mother and baby, without letting her ego get in the way. She is constantly educating herself and she has never taken on anything that is beyond her boundaries of practice. She is a professional.

I have witnessed births in both home and hospital settings as I am a practicing doula and a midwife's assistant. We are blessed to have GVH in this valley as I have seen excellent care at the hospital for the women and babies who need this professional level response.

Not all women need the hospital setting for a safe and comfortable birthing experience and not all women want this to be the only choice within the Gunnison Valley. We must keep options open.

I feel so blessed to have been able to have my two babies birthed in my living room with my husband and Marlene by my side. If Marlene was not an option I'm not sure what I would have done. My home was the safest place for me to birth my children. Birthing at home needs to be an option for all women and families who choose it. This is freedom. There will be women who need the support of the hospital, some will choose the comforts of the hospital and others will enjoy being in the comfort of home to have a birth—to each their own. Give us the choice by not persecuting professional midwives in the Gunnison Valley. You can help be a part of keeping that choice alive. If you are curious about my home-birth stories or supporting all birth options, please email me at coloradoreiter@gmail.com or drop a line of support to gunnisonbirth@hotmail.com.

To Women's Wisdom,

Annie Kuehlhorn

**CENTER FOR THE ARTS
CRESTED BUTTE
(2/22)**

The Art Studio Gallery is open every Tuesday, Thursday and Friday from 1:00 – 5:00 p.m. Featured Artist: Photographer Trent Bon

Aspen Laff Festival: Friday, February 24, 8:00 p.m., \$20

This night of stand-up comedy showcases comics who have distinguished themselves on the club and competition circuit with intelligent, thought-provoking humor that is just a little nervier, just a little darker.

Tom Simmons is not afraid to strip long held beliefs of their credibility with an unprecedented blend of searing logic and great jokes. He questions everyone and everything. Winner of the 2009 San Francisco Comedy Competition, Tom is also a two-time finalist at the Boston Comedy Festival and has been seen on Comedy Central, Showtime and at the Montreal Just for Laughs International Comedy Festival.

Danny Bevins' audacious, irreverent, charring and sarcastic mouth has gotten him arrested, fined and fired from every job he's ever had. The son of a Jesus freak and a Green Beret, he straddles the line between temptation and authority. Danny is the winner of the 2000 San Francisco International Comedy Festival, has been featured on Comedy Central, Paramount's *The World Stands Up*, HBO's *U.S. Comedy Arts Festival*, and *The Jameson Comedy Tour*. His is a show that crosses boundaries and does not pick sides.

Packed with three decades of delivering humor through Comedy Works in Denver, Hippie Man covers topics from corporate America to original recipe baked goods with a disarming presence and sharp wit. He has been featured at Red Rocks Amphitheater, Comedy Central and has been seen alongside comedy greats such as Jerry Seinfeld, Roseanne Barr, Phyllis Diller and Tommy Chong. His is an alternative voice in red state America.

African Dance Classes: Mondays through March 26, 6:00 – 7:30 p.m., \$10 per class. Instructor: Jen Robinson

These high-energy dance classes to live drumming explore a variety of traditional African movements and rhythms from Guinea to Zimbabwe. Students may drop in at any time, new dances learned each week in this unintimidating, relaxed yet energized atmosphere.

Focus on the Wheel: Thursday, February 23 – March 29 (6 weeks), 1:30 – 4:30 p.m., \$275 (includes materials). Instructor: Laura Elm

Join master potter, Laura Elm, in a six weeks course in clay focusing on the wheel. Some hand-building techniques will be included, students will primarily work on honing their throwing skills. All levels welcome. Only 6 spots available. Laura Cooper Elm is a master potter and painter whose personal and expressive work is astonishing in its detail, imagery and creativity. With over 25 years of artistic and teaching experience, Laura also serves as the Managing Artist of the ASCA.

Gail & Andy Sovick Artist Reception: Thursday, February 23, 5:00 – 8:00 p.m.

Visit with local artists Gail and Andy Sovick during this ArtWalk as they feature photography and paintings from their six-month cross-country bike adventure in New Zealand. Born and raised in Colorado, both Andy and Gail find their creative inspiration in the natural world. This show is a collaborative project that aims at capturing the feelings of the magical places they visited together.

Beginner Hoopdance: Sunday, February 26, 4:00 – 6:00 p.m., \$20 / \$15 in advance. Instructor: Lealyn Poponi

Come and enjoy learning Hoopdance techniques and tricks that will “wow” everyone you know! Learn the core and off-body techniques of hooping to build a solid foundation to use in hoop dancing. The movements taught here will strengthen the major muscle groups of the body while challenging the mind. Workshops will include trick instruction, freestyle flow to music, and blind-folded exercises. Hula hoops of various sizes and weights are provided for classroom use. All levels welcome, ages 12 and up.

For comprehensive information and tickets visit www.crestedbuttearts.org; 970-349-7487, ext. 3, or the Center at 606 6th Street from 9:00 a.m. - 5:00 p.m. Reservations are required for Art Studio and Dance Collective classes and can be made online, at the Center, at classes@crestedbuttearts.org, or 970-349-7487, ext. 6. The Art Studio is at 111 Elk Avenue.

YOU ARE NOT ALONE!

(2/22)

Many people experience problems of living in their everyday lives. Some people experience ongoing stress with their jobs, school, relationships or living situations. Some people experience feelings and thoughts of depression and loneliness. Because of these feelings some people can become anxious or may engage in substance use in an unhealthy way. We all have difficulties in our lives at certain times and we could all benefit from help. Approximately 24% of American adults are clinically diagnosed with psychological disorders per year. This does not include those who don't seek help for fear of being stigmatized (Resch, 2005).

If you or someone you know are feeling under the "mental weather," do not hesitate to talk to someone. If you feel physically ill, you would see your doctor; why should it be any different if you are mentally stressed? If you are a Western State student, faculty, or staff member, the counseling center offers seven sessions per school year, free of charge! If you are not part of the Western State College community, there are still treatment options available for people of all income levels.

Some of the counseling centers available to the community include: Center for Mental Health, Gunnison County Public Health has resource information, and there are many other private practices. Remember, you are not alone, and this is not something to be ashamed of. If you or someone you know is having a difficult time, don't be afraid to seek out the support and understanding needed. Live and enjoy your life!

OH BE JOYFUL GALLERY

(2/22)

Please join us on Thursday February, 23rd at the Oh Be Joyful Gallery in Crested Butte for an ArtWalk evening featuring Dave Santillanes, an emerging, Colorado landscape painter.

Santillanes will be in the gallery during ArtWalk from 5:00-8:00 p.m. We will have new works by the artist on display. Hor's doevures and refreshments will be served.

Residing in Fort Collins, CO, Santillanes travels the West to depict landscapes ranging from the Colorado Rockies to the desert Southwest. His paintings have a wonderful atmospheric quality and distinct style that capture the landscape with a reverent tone. In his work, Santillanes strives to convey the essence of what he sees rather than a literal rendering of the scene.

Santillanes work is attracting much deserved attention. His paintings have recently won Best in Show at the 2011 Crested Butte Plein Air Invitational, and Best Painting at the 2011 Sedona Plein Air Festival. Also, his work will be included at the prestigious 2012 Colorado Governors Invitational at the Loveland Art Museum. Santillanes was featured in the December 2011 issue of "Southwest Art Magazine." He is a member of the Rocky Mountain Plein Air Painters.

Santillanes is represented by Oh Be Joyful Gallery, Evergreen Fine Art, Evergreen, CO, and Wild Spirit Gallery, Pagosa Springs, CO. To learn more, go to www.ohbejoyfulgallery or www.davesantillanes.com