

HEALTH

FAMILIES SUPPORTING FAMILIES

Tri-County offers new support program

SPECIAL TO THE PLANET

If you have a family member or friend who has a mental illness you may feel isolated at times, believing that you are the only person or family experiencing life with a person suffering with a mental illness. But you are not alone. One in five Coloradoans will experience a mental health or substance use problem this year.

Tri-County Health Network (TCHNetwork) announced Family-to-Family, a new program for families and friends living with or caring for someone with a mental illness, according to a news release. Developed by the National Alliance on Mental Illness (NAMI), Family-to-Family is a free, 12-session educational program for family members, significant others and friends of people living with mental illness. NAMI-trained community members — who either themselves have experienced a mental illness or who have lived with a family member diagnosed with a mental illness — facilitate this evidence-based program.

TCHNetwork will offer Family-to-Family on Tuesdays, from 5:30-7:30 p.m. at the Placerville Schoolhouse from July 10-Sept. 25. The program is free and dinner will be served.

At least 8.4 million Americans are providing care to an adult with an emotional or mental health issue, and nearly 75 percent report that caregiving causes high emotional stress. “Mental illness is a condition that affects the whole family,” said Gail Gibson Hunt, president and CEO of the National Alliance for Caregiving. “Caregivers noted that they felt isolated by the stigma of mental illness. They reported high levels of emotional. It’s time to bring these families out of the darkness and get them help.”

Amber Elder, one of the program’s facilitators, said, “NAMI Family-to-Family is something that was created to give people and families the support they need. It is

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Birthdays

June 29: Jen Biritella, Kevin Broderick, Gerry Cesario, Cory Clendenen, Ryan Hoglund, Allesandra Jacobson, Ray Moureaux, Peggy Raible, Robert Stenhammer, Barbara Zabel **June 30:** Dean Chickering, Glen Pihl, Kelley Webster, Dave Rote

If you'd like any additions, deletions or corrections to the birthday list, please contact Bobbie at bobbies@telluridecolorado.net. Ages 18 and over please.

TELLURIDE DAILY PLANET

ORBIT

THE SECOND FRONT PAGE
JUNE 29, 2018

Friday Focus: Music & Entertainment

1. The Telluride Mountain Club is sponsoring a trail workday for reparations on Hope Lake Trail Friday. If you'd like to join in and help out, meet at Trout Lake at 8:30 a.m.
2. Garry and Ming Adams, authors of “Spirits of the Stone,” a new book of photographs about the petroglyphs of the Four Corners region, will discuss their work Friday evening with a little help from local writers Rob Schultheis and Craig Childs. The get-together takes place at the Wilkinson Public Library, and starts at 7 p.m.
3. Wildfire season is here, and if you live in this region you need an evacuation plan. Learn more at a Wildfire Preparedness Meeting hosted by the San Miguel County Sheriff and the West Region Wildfire Council Saturday at the Placerville Schoolhouse, beginning at 10 a.m.



DJ Soul Atomic on the Telluride Town Park stage. (Photo courtesy of Will Evans)

MUSIC

Wave them like you just don't care

Local DJs throw down, Telluride hits the dance floor

By ERIN SPILLANE
Planet Contributor

“The best nightclub DJs possess a shamanistic power. They have it within them to control the movements of thousands of people as if they were a single being; to hold the mood of a crowd in their hands; to force it to turn, arms aloft, and await instruction.”

Anyone who has been at one of those high-energy late nights at the Liberty or the Last Dollar Saloon, or at a Mine Burn or Closing Day at the Telluride Ski Resort knows that those words — from The Economist, oddly enough — are so true. They also know that those memorable sessions are courtesy of a cadre of talented local DJs.

One of those DJs is DJ SoulAtomic, real name Will Evans. “It’s all about telling a story,”

he said. “When I get up there and deejay, I tap into the energy of the room and bring them from one place to a new one — that’s musicianship. It’s an art form.”

Evans, who has an upcoming gig with The Roots from “The Tonight Show,” is based in Denver these days, but still swings by to perform here, most recently at the ski resort’s closing day. He described himself as a link between the old days — with venues like the Llama, the Steaming Bean and the Fly Me to the Moon Saloon, as well as DJs like DJ Harry, Sunday Smith, DJ Essential, Ryan Smith and DJ Krittah — and the newer scene. This new landscape includes spots like the Liberty and O’Bannon’s new iteration in the old Moon space, as well as a younger generation of DJs like SoundShepherd (Jon Blackstone)

and Beatrixx Kiddo (Lexi Torelli).

“I came to Telluride in 2009 and right away I jumped into the community,” Evans said. “I was just volunteering to play wherever I could ... eventually I was pretty much the last man standing, and then Lexi and SoundShepherd showed up.”

Blackstone, aka DJ SoundShepherd, said he got his start deejaying house parties at Colorado State University, before moving to Telluride in 2011 with college friends. “I was the house DJ at the Moon for a year. It was one of my first gigs ... (Now) my home base is the Liberty.”

And his style? “I don’t have a genre that I stick to. If it gets people moving, that’s what I’m going for.”

Blackstone echoes Evans’

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ART

HIGH TIME FOR CHEECH'S ART MUSEUM

By JOHN ROGERS
Associated Press

LOS ANGELES (AP) — Just months after California legalized recreational marijuana the state is giving stoner comedian Cheech Marin’s Chicano art museum \$9.7 million.

It must be kismet.

The money was rolled up in the \$139 billion California budget for 2018-2019 that Gov. Jerry Brown signed Wednesday.

The Cheech Marin Center for Chicano Art, Culture and Industry is scheduled to open in 2020 in Riverside, east of Los Angeles.

“The Cheech,” as Marin prefers to call it, will include approximately 700 paintings, drawings, sculptures and other works he’s collected over more than 30 years.

Among them are works by such internationally acclaimed Chicano artists as Gilbert “Magú” Lujan, Frank Romero and Carlos Almaraz.

“I have dreamed for many years of finding a home for the hundreds of pieces of art that I have spent much of my life collecting, protecting and showing, when possible, at major museums around the world,” Marin said Wednesday. “The Riverside community has made this dream a reality.”

Marin and the Riverside Art Museum had already raised approximately \$3 million since plans for the museum were unveiled last year.

It will be located in a refurbished building next door to Riverside’s historic Mission Inn, a stopping point since it opened in the 1870s for numerous celebrities and presidents including Theodore Roosevelt,

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In this September 2013 file photo, Cheech Marin speaks while introducing a display featuring Chicano artwork from his personal collection at the University of Wyoming Art Museum in Laramie. (Alan Rogers/The Casper Star-Tribune via AP, File)

Art museum

CHEECH, from page 48

Richard Nixon and George W. Bush.

Marin, a lifelong art lover, began collecting soon after he and cannabis comedy partner Tommy Chong became famous in the 1970s.

He's said over the years he focused on Chicano art not so much because he's a Chicano but because of how brilliant he found the artists to be and how, in the early years, so few people were aware of their work.

That began to change as

Marin, 71, persuaded museums across the country to stage exhibitions. After one at the Riverside Art Museum last year drew more than double its normal attendance officials approached him about permanently housing his collection there.

Supporting families

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one thing to get support from those who were taught about the effects of mental illness in a classroom. Getting peer support and education from those of us that have lived it is much more valuable."

The group setting of NAMI Family-to-Family provides mutual support and shared positive impact — you can experience compassion and reinforcement from people who understand your situation. You also can help others through

your own experience. In the program, participants learn about: How to manage crises, solve problems and communicate effectively; taking care of yourself and managing your stress; developing the confidence and stamina to provide support with compassion; finding and using local supports and services; up-to-date information on mental health conditions and how they affect the brain; current treatments, including evidence-based therapies, medications, and side effects, and; the impact

of mental illness on the entire family.

A recent Family-to-Family participant said, "Before I took the course, I felt alone and overwhelmed dealing with my daughter's mental illness. By taking this course, I have met others who are going through the same things I am and have learned about many resources that I never knew existed."

For more information about the program or to register, contact Tri-County Health Network at 970-708-7096 or info@tchnetwork.org.

Throw down

DJS, from page 48

remark about deejaying as art: "DJs get a bad rap for going up there and being a standing iPod on a stage, but we spend a lot of time piecing together our music, watching the crowd and vibing off the crowd. I might put together 10 hours of music (before a show) and only use three of it, depending on the crowd."

According to Moussa Konare, co-owner of the Last Dollar Saloon, these local DJs can make a good night at the Buck a great one. "They all bring their own energy as individuals. They kind of roll in and throw a vibe down and it's a lot

of fun. The music's good and it creates an atmosphere where everyone's ready to party."

Konare described Dr. Seano (Sean McCarthy) as "almost our house DJ, he's great" and McCarthy seems — like Evans and, also, like the Last Dollar itself — a link connecting Telluride's deejaying past with its present.

Dr. Seano grew up in Telluride and started spinning at the Roma Bar back in 2001, before leaving for a few years to finish his education. He returned in 2005 and has been deejaying in and around Telluride — and sometimes in Aspen — ever since. "I spin mostly hip-hop but I mix some EDM ... Every

show is different, I try not to have pre-set music because it all depends on the crowd."

McCarthy, whose next show is at the end of the month at the Western Slope Art and Music Showcase at the Mesa Theater in Grand Junction, added that the current scene is "Great. They (the local bars) are supporting us and they work it out so that we can all have time in different places. We can pretty much play in any bar. It's a real community."

Blackstone agreed. "For DJs, Telluride is a perfect town. We get more opportunities here than most 2,000-person towns I can think of."

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