



### 2016 Winter Speaker Series Free in Fruita

To help promote health and wellness, the Fruita Community Center and Family Health West will offer a speaker series free to the local community. The series covers a broad spectrum of topics intended to help enhance one's health and wellbeing.

Local experts from Family Health West and other local businesses will be speaking about current health-related topics Tuesday evenings 6-7pm from January 12 thru March 15. There will be opportunities to ask questions and to find local resources related to each topic.

January 12: Dr. Julian Gershon, Jr., DO, FAOASM, ABAARM (Fellow of the American Osteopathic Academy of Sports Medicine; American Board of Anti-Aging/Regenerative Medicine): Stem Cell Seminar – Find out what you need to know about this exciting medical advancement

January 19: Terri Sides: Pets create peace, reduce stress and add to longevity

January 26: Ellen Robinson, LYT: Is Yoga for me? Short answer: Yoga is for everyone!

We ask that attendees kindly RSVP to (970) 858-0360. All presentations will be held at the Fruita Community Center at 324 N. Coulson, Fruita CO.

For more information, please contact Cheri Delaney at 970-858-0360 x6425 or email [cdelaney@fruita.org](mailto:cdelaney@fruita.org).

### Fruita Community Center Art Exhibit Artist Call

Artists are asked to submit proposals to the City of Fruita Parks and Recreation Department, 324 N Coulson, Fruita CO 81521, no later than 4pm Monday January 12, 2016. Artwork may be submitted as images on a CD, thumb drive, or a portfolio (physical binder or folder with photographs of artwork) or Web site. Proposals will be evaluated by the Fruita Arts and Culture Board. Selections will be made at the Wednesday, January 13, Arts and Culture Board Meeting. Artist must be able to hang artwork on February 1 and leave exhibit until the end of April 2016. The exhibits are to be placed in the Fruita Community Center in three (3) month increments. The artist must consider the space desired in drafting the proposal.

The goal of exhibits and art displays in the Community Center facility is to provide an entertaining and informative place to gather, interact and be an active and healthy community. For further information and artist release documents, please visit [fruita.org/parksrec](http://fruita.org/parksrec).



## Paonia's Paradise Theatre Plans 2016!

'Tis the season for family, friends and community! The Board and Staff of the Paradise Theatre hope all of you enjoyed a wonderful holiday season!

Extending this season of giving, help us to create a year of movies, entertainment and community gathering for you and your family by making a 2015 tax-deductible contribution to the Friends of the Paradise Theatre.

We have an amazing year planned. In addition to great movies and Cabin Fever Series this winter, the Paradise will be hosting Rocky Mountain PBS on February 4 to preview episodes from the Colorado Experience series, hosting TEDxPaonia on February 6, when some of

Colorado's leading contemporary thinkers, innovators and influencers will take the stage to give their "talk of a lifetime" and unleash their big ideas, showing the Super Bowl on the big screen on February 7 and presenting the Paonia Film Festival in April! Don't forget that!

Please consider being a part of this community-owned theater. Your year-end gift or participation in our Take a Seat at the Paradise campaign will go a long way toward ensuring quality programs and delightful community events in the years to come.

Thank you for your support!  
Paonia's Paradise Theatre

### Historian Leads Red Mountain Mining District Winter Tour

#### Glide back into history

More than \$12 million in silver ore was produced by the Yankee Girl Mine up Red Mountain Pass between 1882 and the late 1890s. Today, the mine is defunct, and only a few visitors reach it each winter – usually by snowshoes or skis.

Stories about the mining legacy in the San Juan Mountains, as well as the peaks' names, will be shared during a guided tour of the Red Mountain mining district on Saturday, Jan. 30. The special outing is hosted by the Ouray County Historical Society and the Uncompahgre Watershed Partnership (UWP), a Ouray County-based nonprofit protecting the Upper Uncompahgre River Watershed.

"The winter scenery is beautiful, and the structures in the snow make for very outstanding photos," said tour guide and Ouray County Museum Curator Don Paulson. "If you love history and being outdoors in the winter, this is the trip for you."

A retired California State University professor who led research projects and taught organic chemistry, Paulson has always been interested in narrow gauge railroads and Colorado mining. He began coming to Ouray and researching the area's history in the mid-1970s, and moved here in 2006.

Of the mining district tour, "I will tell about the history of the area, including the mines, the town of Guston, the Silverton Railroad that ran from Silverton over Red Mountain pass down into the Ironton Valley; and I will identify the mountain peaks and explain how they got their names," said Paulson, who has authored several books, articles and talks on the area's history, including "Mines, Miners and Much More" published by Twain Press in July 2015.

Tour guests will join him on cross-country skis and snowshoes on a route that is about two miles each way

on County Road 31 from Highway 550 to the Yankee Girl Mine. The area's most prolific silver producer in the late 1800s, Yankee Girl's head frame is an often-photographed, iconic structure and visible for miles across Red Mountain Pass. The head frame is the building on top of the 1,500-foot deep shaft that raised and lowered the ore and miners into and from the mine.

Tour participants will also visit the site of the town of Guston, which has several very photogenic buildings. "The tour takes place at 10,000 feet, so participants should be acclimated to the altitude. It can be taken by any age as long as you're in good physical condition. We have had people from toddlers to 80-year-olds on previous trips," he said.

UWP Project Coordinator Agnieszka Przeszlowska added, "It's a nice way to safely explore the mining district in wintertime. It's also a great way to meet people that enjoy getting outside in the winter."

#### TOUR DETAILS:

Date & Time: 9:30 a.m. to 2:30 p.m.

Meeting Place: Ouray Visitor Center, 1230 Main St., Ouray, CO 81427 (from there we will carpool to CR 31)

What to Bring: snowshoes, cross-country or touring gear, appropriate clothing & accessories to keep you comfy and happy, lunch, water, sunscreen, friends, kids, but please leave your furry friends at home.

What we'll bring: refreshments and cookies to complement your lunch.

Registration: spaces are limited to 20. Do not delay, sign up now! We kindly request a \$25 donation to support our organizations: UWP & OCHS. Go to [uncompahgrewatershed.org/event/2016wintertour](http://uncompahgrewatershed.org/event/2016wintertour)

Questions: Contact Judi at [UWPcoordinator@gmail.com](mailto:UWPcoordinator@gmail.com) or 970-325-3010.

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