

# TELLURIDE DAILY PLANET

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## SUNDAY

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### Don't quote me but...

The Listening Club takes place Monday at 6 p.m. at Telluride Music Co. Sign up at telluridelibrary.org.

## Calendar

### Sunday

- Lunar New Year Art: Wilkinson Public Library Kids Area, 1 p.m.
- Telluride Choral Society SpringSing Auditions: Christ Church, 4 p.m.
- Live Music: Altezza, The Peaks, 4-7 p.m.
- AA: Christ Church (and via Zoom), 5:30 p.m., Zoom code 825-3167-0042
- Film: "Corsage," Nugget Theatre, 7 p.m.

### Monday

- Savvy Seniors: Wilkinson Public Library, 1:30 p.m.
- Noche con Familia/Family Night: Scrapbook Pages, Wilkinson Public Library, 4:30 p.m.
- Al-Anon: Christ Church (and via Zoom), 5:30 p.m., Zoom code 8796-6430-188, group ID 48350
- The Listening Club: Telluride Music Store, 6 p.m., telluridelibrary.org/events

### Tuesday

- AA: Christ Church (and via Zoom), 7 a.m., Zoom code 825-3167-0042
- Color Play: Cochineal with Kathy Green, Ah Haa School, free admission, 9:30 a.m.-11:30 a.m., ahhaa.org
- Storybook Art: Wilkinson Public Library, 3:30 p.m.
- NA: Christ Church (and via Zoom), 5:30 p.m., Zoom code 498-192-742

## Weather

**Forecast:** Sunday and Monday there's a chance of snow and Tuesday will be sunny. Highs range from the high 20s to the high teens.

**Muse:** "I feel like letting my freak flag fly, yes, I feel like I owe it to someone."  
—David Crosby

## IN ORBIT:

Sunday Focus:  
Business

What's new at TBC

Wednesday:  
Arts, Lifestyles &  
Nonprofits

## REGION

# 'Young Composers: Be Inspired'

By **LESLIE VREELAND**  
*Contributing Editor*

**T**he music of today's great orchestral composers is all around us.

It's likely you're familiar with their work, even if you've never attended a symphony performance in a concert hall.

For example, "We have many well-known composers scoring for filmmakers around the world," Mark Walter, a board member of the Bedford Community Orches-

*Valley Symphony Association  
Orchestra and Chorus premiere new  
works by young composers Feb. 4*

tra (in Bedford, Virginia), has pointed out.

Ever watched "X-Men," "License to Kill," "Lethal Weapon" or "Die Hard" — or listened to Pink Floyd, David Bowie, Herbie Hancock, or Sting?

Then you know Michael Kamen's work (even though you may not know his name). The composer wrote scores for all those films, and those people.

For that matter, composer Jerry Goldsmith won an Oscar for

"The Omen," hailed by website Den of Geek as a "textbook" example "of what a soundtrack can do for its respective movie, elevating it from schlock into grippingly portentous" art, and laying "the groundwork for the next generation of film composers."

The challenge for community orchestras like Bedford — and the Valley Symphony, in Montrose — is to appeal to the next generation of audiences.

See **COMPOSERS**, Page 6



Bilingual (Spanish and English) restorative flow yoga classes are currently taking place at the Wilkinson Public Library, the Telluride Yoga Center and Ethos. (Courtesy photo)

## COMMUNITY

# Welcoming spaces, in English and Spanish

**New initiatives focus on mindfulness,  
restorative healing, bilingualism**

By **ERIN SPILLANE**  
*Planet Contributor*

*Para leer en español,  
vaya a página 7.*

**M**indfulness, restorative healing and bilingualism are the focuses of new initiatives launched by local Lauren Norton in collaboration with entities including the Wilkinson Public Library, Telluride Yoga Center and Ethos.

The first is bilingual (Spanish and English) restorative flow yoga, which takes place Sundays

at 5 p.m. at the Telluride Yoga Center and Tuesdays at 5:30 p.m. at Ethos, as well as one Sunday at month at 3 p.m. at the library (with the next library session scheduled for Feb. 26).

All yoga sessions are free/donation based.

Norton, a Spanish teacher at the Telluride Mountain School, is also a certified yoga instructor, an English language teacher for adults and a former teacher at Mountain Munchkins.

She explained that the course where she earned her certifica-

tion as a yoga instructor, which took place last summer in Guatemala, planted a seed.

"I had a really magnificent experience," she said. "We had members of the local community at the school and what was interesting was that even there, while locals were welcomed into the space, yoga wasn't a big part of their culture."

Norton, who is bilingual, returned to Telluride wondering how she could best use her certification when the library's

See **BILINGUAL**, Page 7

## EVENTS

# LIZZO LIGHTS UP THE LISTENING CLUB

*Kathrine Warren  
hosts Monday, 6 p.m.  
at Telluride Music Co.*

By **SUZANNE CHEAVENS**  
*Associate Editor*

**E**veryone should listen to Lizzo. Such is her importance as an artist, according to this month's The Listening Club host, Kathrine Warren. The Wilkinson Public Library program takes place at 6 p.m. at Telluride Music Co. Attendees are encouraged to sign up so library staff can order enough pizza.

The monthly program got its start during the pandemic as an online-only event intended to bring music lovers together — specifically those who prefer to listen on the vinyl format. Since its inception in 2020, hosts have chosen a range of albums to discuss including Prince, The Beatles, Tom Petty, Radiohead and The Waitresses, among many others, from mostly the rock world, but also classical, funk, soul and folk. Warren's selection of Lizzo's newest release and fourth studio recording, "Special," is hands-down the most contemporary album to be discussed in The Listening Club's successful run. Warren's choice has everything to do with Lizzo's message, which is one of self-love, body positivity and modern-day feminism.

"Her voice is important for women of all ages, shapes and sizes because her message is all

See **LIZZO**, Page 8



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