

CRMS

Colorado Rocky Mountain School Newsletter • Fall 2018

IN THIS ISSUE

Health and Wellness

Faculty Spotlight:
Celebrating 40 years

Oystermeister Run: 2018

Letter from the HEAD OF SCHOOL



Head of School, Jeff Leahy participating alongside students during the Oystermister Run competition on Tick Ridge.

Throughout this year we are very excited to have a series of events addressing health and wellness. It has been our practice over the recent capital campaign to connect our annual theme to a new facility when appropriate, and in November we are excited to celebrate the opening of a new Wellness Facility that will serve the students in what was the footprint of the Holden House.

The Holden House has always been a symbolic anchor for the school as it sits on the original acreage that John and Anne first purchased, and this building has served over its history a variety of functions, including health offices. Named after our school founders, the building's northside was the location for graduation ceremonies, and I have seen pictures of "milk lunch" taking place on its east lawn. A few years ago, we moved the administrative functions from this building so that we could take a much more in-depth look at its foundation and overall construction to assess a long-term strategy for the building. Much of the south end of the building proved to be structurally unsound and required that the entire wellness center be rebuilt on this footprint. It is this portion of the structure that moving forward will maintain the Holden's name and honor their vision and spirit for the school.

John and Anne Holden always seemed to embrace the notion of healthy living. They come from a time in which educators viewed schools as a curative for the ills produced in society. The idea that CRMS was an "antidote for modern, easy living" seems to speak directly to this idea that the school would be a place that would produce healthy, vibrant, creative students. To that end, it was important to them that the location of the school would be able to sustain a farm and that it would have access to outdoor sports and activities throughout the

year, particularly in the winter time. John and Anne were early believers in a balanced curriculum that provided access for its students so that they could learn a variety of skills and develop a sense of well-being and connection to their community.

As many are aware, our program has also embraced through its active program Kurt Hahn's notion that a school should address the "six declines of modern youth." They are lack of fitness and the increase of "spectatoritis," the decline of memory and imagination due to the lack of focus in modern life, the decline of skill and care, self-discipline, and compassion – the latter a product of our haste and disconnection as we go about our lives.

If these were the concerns of Holden and Hahn more than a half-century or more in the past, I have to believe that they are increasingly more important today. In short, the importance of the CRMS program is perhaps more relevant today than it has ever been. The new wellness center is a part of a whole series of projects that have been put into place to improve the health and well being of our students. The Alpenglow Active Center recently helped launch our students out on their Fall Trips. The recent garden expansion has not only been a source of food, but also a place for the community to gather as we have harvested our expansive produce. The new fitness

center and expanded climbing wall continue to provide for our student's facilities that allow them to remain active and engaged. As a small, boarding school we are uniquely positioned to establish a culture of health and wellness by keeping our students engaged in healthy learning experiences throughout the day and evening, and that they have access to sports and activities that they can participate in throughout their lives. CRMS is a place where we want every student to feel seen, heard, and known, and that they are appropriately challenged and engaged in the school program. The path students are asked to travel at CRMS is one that John and Anne envisioned would lead to resilient, thoughtful, and engaged adults.

The finishing touches are being put on the Holden House Health and Wellness Center.

The CRMS Newsletter is published three times a year by Colorado Rocky Mountain School.
Fall 2018

HEAD OF SCHOOL Jeff Leahy // jleahy@crms.org
DIRECTOR OF ADVANCEMENT Lisa Raleigh // lraleigh@crms.org
DIRECTOR OF ANNUAL GIVING Elizabeth Reynolds // ereynoldsh@crms.org
ALUMNI & PARENT RELATIONS Nicole Padgett // npadgett@crms.org
COMMUNICATIONS & MARKETING MANAGER Aimee Yllanes // ayllanes@crms.org
DIRECTOR OF ADMISSIONS Molly Dorais // mdorais@crms.org

500 Holden Way, Carbondale, CO 81623



HEALTH & WELLNESS AT CRMS

- BY ALLISON JOHNSON



Above: Students work out in the new Strength and Conditioning Center during Active.

Right: Students help harvest the garden this fall.



Adults have always worried about the health and well-being of our teens. The teen years are a vulnerable time of immense brain growth and of leaning into adulthood without fully understanding what it is. The neurodevelopment of critical areas of a teen’s brain makes them more receptive to both environmental factors and learning but also hinders key areas like executive function and planning, which fully mature later in their twenties.

Today the challenges teens face are external as well as internal and more concerning than ever before. Anxiety, depression, and suicide are notably on the rise paired with an increased pressure to get into college. Social media and cell phones have taken a toll on student health – a recent study found that 50% of teens felt addicted to their phones. Screens have impacted teens in other ways as well. Teens are sleeping less than they were a generation ago, and a 2016 study found that over 90% of U.S. high school students don’t get enough exercise to stay healthy. While teen smoking is down, vaping use has skyrocketed. Adults are right to worry about their student’s health and wellness.

“It’s tough being a teenager,” says Ashley Smith, CRMS’s Director of Counseling Services and a licensed clinical social worker who has been with the school for 16 years. “It’s always been tough, but now teenagers are facing a lot of extra stressors that maybe we didn’t have when we were growing up.”

Since its inception, CRMS has been acutely aware of the challenges facing this age. John and Anne Holden founded the school as an antidote to modern, easy living, and the antidote may very well be the school’s overarching emphasis on wellness. “The way CRMS is crafted is meant to promote well-being in kids,” says Smith.

From the homegrown food in the cafeteria to the strong community relationships fostered between peers and adults, to the emphasis on work ethic, academic rigor, and time spent outdoors, CRMS inherently encourages students not only to stay well but also to build positive, life-long habits.

Although Smith emphasizes that every year at CRMS promotes health and wellness, this year, in particular, has been designated as “The Wellness Year” and will expose students to best practices for living a healthy life. The

Wellness Year not only coincides with the opening of a new \$800,000 wellness facility on campus but also with the creation of a speaker series that will address various domains of wellness, from nutrition to mental health to addiction.

Wellness, itself, is an ambiguous term. Ask ten people for a definition, and you’re likely to get ten different answers. Smith defines wellness as “an umbrella term for wellbeing, meaning that emotionally, physically, psychologically, spiritually you’re doing well. You’re thriving.”

In addition to the components of wellbeing built into its programming, CRMS has an active annual agenda to expose the community to information about healthy living. Each year, CRMS dedicates a week to its Freedom from Chemical Dependency program, and students also attend classes in healthy relationships and mental health. Likewise, the staff receives training in topics ranging from trauma-informed education to suicide prevention. Having a full-time counselor on staff is equally important.

“It shows the school’s commitment to wellness and taking care of the kids,” says Smith. “And with the new Wellness Center, I feel like the school has taken this seriously and wanted to ensure students have a place for kids to go and find some support.”

Opening this month, the new Holden House Wellness Center is centrally located on campus and not only offers state-of-the-art facilities but also shows a cutting-edge dedication to the holistic practice of looking at the mind and body together. One side of the center will serve as the new health office with a waiting room, two exam rooms, and an infirmary. The counseling side of the center will include ample space for groups to meet and counseling offices.

“We’re separate but together,” says Smith, “because the school nurse and I do work closely together.”

According to one of the speakers coming to campus later this year, such an approach taps into best practices in the field. Andrew Romanoff, who served as Speaker of the House in the Colorado House of Representatives and who is now President and CEO of Mental Health Colorado, suggests that “we should probably end this practice of distinguishing mental illness from physical illness. It’s a bit of an artifact of an earlier era of science.”

Research increasingly promotes the integration of mental health not only into the primary care setting but also into the school setting to ensure students get access to the care they need and to normalize the experience of receiving mental health care. Romanoff’s organization recently looked at what happens when kids are referred for mental health services outside of a school. “Nine out of ten of them don’t get the care they need,” he says. “It’s a powerful argument for school-based mental health services. It makes a difference where the care is offered.”

Mental health is just one component of the speaker series coming to CRMS this year. Each topic is a critical driver of wellness on its own, but each also intersects with and impacts the others to create a well-rounded look at what it takes to live a healthy life.

The series kicked off in October with the award-winning documentary, *How We Grow*. This feature-length film uses the Roaring Fork Valley as its palette to examine critical issues surrounding local food access and how to get healthy, sustainable, nutrient-dense food onto local tables by creating a food system that works. Film-maker Tom Zuccareno was on-hand to discuss the issues addressed in the movie.

Sports nutritionist Marcey Robinson will offer a more internal look at the foods we eat and how to use lifestyle, diet, and exercise to stay well.

“If you break apart the word disease, it’s really ‘dis ease,’” says Robinson. “My job is to help people identify within themselves the ease. How do they give their bodies the right amount of fuel, the right kinds of fuel

and food, and how do we achieve this balance in exercise as well?”

To Robinson, finding wellness can be particularly challenging for teens who are growing, sleeping less, susceptible to bad messaging, and may not be particularly concerned about nutrition, which plays a crucial role in giving their bodies the best ability to function.

“We want teens to think more holistically about getting in touch with the way their body feels, moves, plays, and is active with practical tips and the science behind it,” she says, “but also not have them think too hard about it.”

Rather than calorie counting or working out on a treadmill, for instance, Robinson advocates that teens should simply understand what they’re eating and get out, be active, and have fun. A side benefit of this approach is that nutrition and exercise synergistically contribute to improving mental health and anxiety.

CRMS will tackle the topic of teen stress and anxiety by showing the movie *Angst*. According to the *New York Times*, in the past decade, anxiety has overtaken depression as the most common reason college students seek counseling services. It is the most common mental health disorder in the United States, affecting nearly one-third of adolescents and adults. This eye-opening movie intersperses first-hand accounts of teens suffering from anxiety with commentary from mental health experts about the causes of anxiety, its sociological effects, and what tools can address it. The movie lays bare the issues teens face, such as bullying, perfectionism,

obsession, and hopelessness, and the filmmakers hope to start a global conversation about this growing epidemic.

With anxiety at an all-time high among teens, tools for coping matter more than ever. Aaron Taylor, Director of the Way of Compassion Dharma Center, will share with students how to cultivate wellness from the inside-out and consider what makes a meaningful life. Taylor hopes to leave students with tools to live mindfully and improve mental fitness. The first two tools involve teaching how to focus attention and intention through meditation and how to consider one’s values.

“When you act out of alignment with your values, you’re undermining your wellness,” Taylor says. “It can happen in subtle ways to impact inner wellbeing.”

Two other areas Taylor will address include wisdom, or the ability to see life more clearly by critically analyzing the stories we tell ourselves as truths, and living with an open heart to recognize our connections to others as valuable. All four tools offer a direct antidote to counteract a negative state of mind.

Ultimately, Taylor says, “wellbeing is a feeling of calm, of having composure even in the difficulties of life,” which is a valuable outlook for anyone to cultivate.

Dirk Eldridge, CEO of Jaywalker Lodge and a former life coach for the Seattle Seahawks, will talk to students about how to live a life of gratitude and authenticity. He will share his own story to illustrate how addiction can impact a life and how it is a progressive brain disease rather

than a character flaw. He hopes to impart how wellness comes through being comfortable in one’s skin and practicing radical vulnerability and also that living a more balanced life can lead to a more meaningful journey.

“Wellness comes from understanding and accepting your imperfections and embracing them,” says Eldridge. “I find wellness through embracing my imperfections and enjoying the process of learning to be the best man, father, husband, and friend that I can be. It is the process of learning itself that brings about wellness.”

Eldridge hopes students will take away a better understanding of the interplay of gratitude and discontent, the impact of addiction and recovery, and the importance of talking openly about mental health issues.

The Wellness Speaker Series finishes in May with Andrew Romanoff. His organization, Mental Health Colorado, advocates for more than one million Coloradans who experience mental health or

substance use disorders every year. He hopes to talk about the stigma surrounding mental health but also wants to hear from the community about their mental health needs and concerns.

“Someone once said that we’re given two ears and one mouth and we should use them in that proportion,” says Romanoff. “I want to understand what the challenges are in this community around mental health and social and emotional learning. One of our goals as an organization is to make sure that every kid in Colorado can benefit from good mental health. We know that we’re not there yet.”

Ultimately, Romanoff hopes to build mental health and social-emotional learning into the culture, curriculum, and budget of every school in the state. CRMS is farther along that path than most schools, with its programming, curriculum, new facilities, and emphasis on building holistic wellness practices into all domains of school life. “CRMS has always taken the

health and wellbeing of its students seriously, and our program addresses it in so many ways,” says Head of School Jeff Leahy. He hopes that this year’s particular emphasis on health and wellness provides students with a potential new vision for how they perceive and receive what the school is already doing. “Maybe they see how Fall Trip can add to health and wellbeing, for instance. The connections are important.”

Smith, who will soon move into her new office which overlooks the river below campus, takes a more circumspect approach. “They may not put all these pieces together yet, but we’re offering many different places to teach kids about ways to have a better life. Through this whole journey, kids have the opportunity to get a look at several areas that might improve their lifestyle. So there’s no end goal in that. It’s more about providing resources to think about and tools to put into practice to live a better life.”



FACULTY SPOTLIGHT

Celebrating 40 years at CRMS

JIM GAW '64 AND MARK CLARK HAVE A SPECIAL, SECRET SAUCE



Jim and Mark take a few moments to reminisce about their time at CRMS.

Jim Gaw and Mark Clark embody the CRMS lifestyle so intricately that it's hard to know where their professional lives end and their personal ones begin. They've been at it for forty consecutive years now, pouring passion, a ton of commitment, and a little bit of humor into the CRMS community. So, what is it exactly that keeps these guys going year after year?

PASSION

Jim and Mark are now master teachers who have spent years honing their craft. However, both men arrived on campus back in 1979 without formal teaching experience, and neither had a degree in education. They relied heavily on the formula that CRMS still employs; “Come with some skills and a whole lot of promise.”

Jim wasn't new to the CRMS philosophy, values, and campus atmosphere. He was also a student here who graduated in 1964 when a loaf of bread cost just 21 cents. Jim went on to study chemistry in college and even completed a Ph.D. at the University of California, Santa Cruz before returning to CRMS. Jim says he was lured back by Dick Herb asking him to start as a math intern who would earn merely \$100 a week. Jim brought his fifteen years of scientific research and his love of explosions back to his alma mater and never looked back. Jim credits CRMS for giving him the freedom to learn how to teach, evolve, and grow, because, as he explains it, “I was hired in part for my Ph.D., not for any real expertise in teaching.”

Similarly, in August 1979 Mark began his teaching career at CRMS by taking over a class taught by Steve and Nita Bunnell called Western Civilization. Although Mark came equipped with a master's degree that focused on the History of Ideas and a specific skill-set for the subject matter, he was fresh out of school himself. Mark was asked to work alongside Dutton Foster to see if he had the chops to team-teach this heavy course of study. Mark cites these early years where Dutton's “humanity” rubbed off on Mark as being, “the greatest education of my life, setting a standard for me to aspire to, both personally and professionally.”

COMMITMENT

Over the years, Jim and Mark have been asked to fill many roles at CRMS while raising their families on campus, too. They insist that sometimes it's important just to do what needs to be done for the greater good. “You can't hide at CRMS,” laughs Jim. CRMS is designed so there are many ways to connect with kids and reach them where they are, thus allowing Jim and Mark to jump in wherever needed.

For example, Mark found ways to connect with the kids through sports. Mark fondly remembers a time when Rex Lee Jim (CRMS student class of 1982) arrived on campus and announced his interest in cross-country skiing. “As he was from Navajo Land, I was a little concerned as he hadn't been around much snow and he had never even been on skis.”

Mark states that Rex was one of those athletes that makes an indelible mark on an educator. For example, one late afternoon Rex insisted on staying on even though the sun was setting on Point Pasture, the temperature was dropping rapidly, and everyone was packing up to go to the Bar Fork for dinner. Mark says that Rex called out, “I'm just getting the feel of this skiing thing. I'll be back in an hour.” He was fit, determined, and had just the right attitude.

Also, for Jim's and Mark's professional lives to succeed, their home lives needed to complement well with their everyday work. To that end, Jim and his wife Khara raised their two children on campus alongside Mark and his wife Jeanie and their two children. Not uncommon was it to find either Jim's or Mark's children attending fall or spring trips because their parents were chaperones and, “You all pitch in to help,” Jim says matter-of-factly.

Jim and Mark talk highly of CRMS for giving them many opportunities to develop into a “whole” person over the years. Professionally, each was given the freedom to develop their own curriculum over time. This helped foster a deep commitment to the school and helped them cultivate a passion for the art of teaching. They are acutely aware that their work has influenced the lives of many. However, they speak with humility about the school’s overall excellence and current stability. Although they reluctantly admit they’re getting “older,” Mark states with a smile, “You’re not writing my eulogy yet, so things are still pretty good!” These guys live, work, and thrive by being “in the moment,” and with a glint of humor.

HUMOR

“Having a community is just so important to this whole thing,” Jim states emphatically. “We really are a village.”

To which Mark quickly replies, “Yes, yes. It takes a village. But you know that someone else really coined that term. Right, Jim?”

Their back-and-forth banter appears to be effortless and easy. Both come equipped with a little bit of wit and an abundance of authenticity. That’s part of what makes these men so comfortable to talk to and so relatable. Even though one man carries the more formal, professorial demeanor and the other offers a self-coined, “student of sport” aura, they both feel safe and accessible. They know to have those traits is vital when students are asked to take ownership of their journey at CRMS.

Jim’s role as student advisor also helps him stay connected with the students on campus. He prides himself in being an inspirational adult to the students at CRMS, one who is not an “authority figure” but one who serves as

a point person in the student’s life. Jim is one of those rare individuals who has a unique ability to meet a child where he is and empower them to work through their challenges successfully. But Jim is also aware that if you ever need a smile and a unique way to connect with your students, there’s always Dr. Rock.

Mark points out that, “You have to keep the subject interesting and meaningful while simultaneously keeping the students interested.” He remembers that at times “the tenth grade was large enough to have three sections of Civ. Three of us would be teaching in the room at the same time, and the fun was totally ramped up, especially during Civ Gang.” Mark fondly remembers teaching and mentoring with Steve Sutton, Kerry Reynolds, Kevin McCarthy, Dave Wagner, Mark Thomas, Rob Stein, Rich Furze, and Andrew Gardner.

Now, as Jim Gaw and Mark Clark embark on their 40th year of teaching at CRMS, one has to wonder, what will be their next step? Guaranteed, the next class they each teach, the next sport they coach, the next student they mentor and the next year of teaching at CRMS will bring passion, commitment, and a bit of laughter. These guys are CRMS personified.

- by Andrea Chacos



STUDENT SPOTLIGHT

Josiah Utsch '19



If you journeyed far out into the Pacific Ocean and down to a depth of 1,200 feet, you might be lucky enough to spy a creature that looks like a giant sea shell mated with an octopus. The chambered nautilus can trace its ancestry back 500 million years, but it is now endangered and hunted for its shell. What the nautilus will never know is that thousands of miles away, a landlocked senior at CRMS is fighting to protect it and has been since he was 11 years old.

“Back then I read an article in The New York Times about how the nautilus was going extinct,” says Josiah Utsch. “It’s a creature that has survived every major mass extinction, and the fact that humans were killing it off in just 50 years was deplorable.”

Utsch searched in vain for an organization dedicated to protecting the cephalopod. After connecting by email with Dr. Peter Ward, one of the nautilus’s preeminent researchers, Utsch decided to found the nonprofit conservation organization, Save the Nautilus. With the help of parents, a web designer, and a fellow co-founder, Utsch set out to raise awareness. “So often what I find is that there’s a lack of awareness, so I’ll speak to what the nautilus is and why it needs to be protected.”

Until recently China and the U.S. have allowed the nautilus import trade for frivolous purposes. Utsch has seen their shells featured on mantles, used as gravy boats, and in one unfortunate situation used as inlay on a toilet seat.

“My grandfather actually owned nautilus shells and had no clue that they were endangered,” says Utsch. “It wasn’t like elephant ivory or some other famous endangered animal. But just because the nautilus isn’t plush or cute doesn’t mean that it deserves less protection. The nautilus is no less important to its ecosystem.”

Since founding Save the Nautilus, Utsch’s work has been featured in national media. He’s spoken at schools from Maine to Los Angeles, met with the assistant director of the U.S. Fish and Wildlife Agency, and worked with aquariums in

Washington, D.C. His efforts have helped add the nautilus to both the Convention on International Trade in Endangered Species of Wild Fauna and Flora’s protection list in 2016 and the Endangered Species List in 2017. Utsch also has raised over \$30,000 toward funding critical research expeditions. Utsch has even tagged along on some of those expeditions. Last summer, he traveled to Fiji with Dr. Ward where they discovered a new species.

“I got to take notes and measurements, and we sometimes had to hand-reel up traps from 1,200 feet deep,” Utsch says. “It was the real experience of research, and the trip solidified that that’s what I want to do.”

After Utsch graduates from CRMS, he plans to study research biology and ramp up his work with Save the Nautilus, especially the research and education components.

“Save the Nautilus has been a springboard for kids to get involved in conservation,” says Utsch. “There’s this myth that children are too young to know how to make a difference, and that’s absolutely not true. Anyone

dedicated, regardless of age or background, can make a difference for the planet and for conservation. We need that now more than ever.”

For information on Utsch’s organization or to donate, visit www.savethenautilus.com.



PROGRAM HIGHLIGHTS

THE PERIOD PROJECT

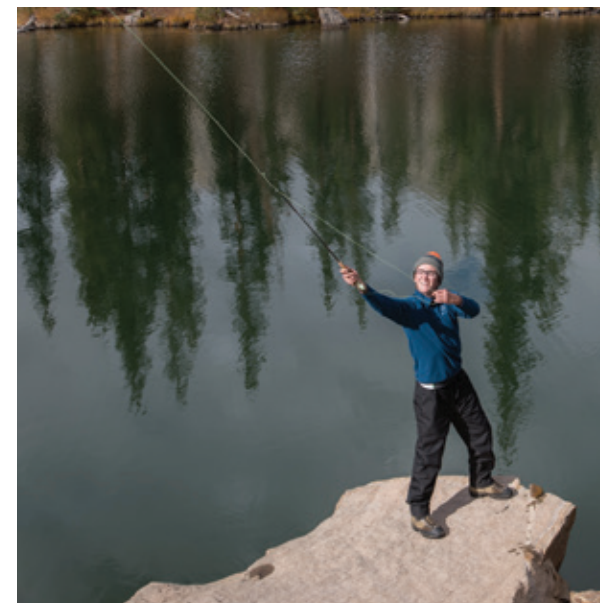
Last year two students and a faculty mentor took on the issue that period products were not considered imperative enough to be provided by the school, while items such as tissues or toilet paper were. Sarah Teague '20 and Ruth Oppenheimer '19 decided to apply for the Chris Babbs prize with the goal of meeting the demonstrated demand for period products within the school for one year and was eventually granted enough money to make this happen. With the funds, we will be purchasing these products and supplying them in gender-neutral bathrooms in common areas such as the Bar Fork. However, this project will not just provide period products to students who need them; it will also be an essential step for the school and broader communities to begin the acknowledgment and amendment of female-specific issues.



ADVISORY GROUPS

Dan Pittz's, Erik Skeaff's and Lynn Pulford's advisory groups have some fun during the first formal dinner of the year.

Scenes from Fall Trip 2018





GARDEN UPDATE

Heather McDermott, Director of the Garden Program

It has been an exciting year for the CRMS Garden Program. Early in 2018, plans for our new agriculture expansion, the Tick Ridge Sustainability Project, were underway. The new acreage we added to our area of production is located on the Crystal River Road and totals approximately two acres. This brings our entire garden program to about four acres of production. In Spring, with the help of our student work crews, we began working the new field to ready it for planting by preparing the soil. We were pleasantly surprised to find only a small rocky area in the entire field! Since we were starting from scratch on new land with little irrigation, we designed and installed an efficient water system to irrigate the crops being grown. Our drip-tape irrigation system uses pumped and filtered water and delivers it directly to the base of each

plant. The mulch layer acts as a weed barrier but also has the critical job of decreasing evaporation and helps us use water efficiently.

Many factors drove our choice of crops that we planted in the new two acres, but most importantly we needed to consider what we could use more of in the Bar Fork dining hall throughout the school year. The field is divided into crop families to make our future crop rotation plans streamlined. There is also a cover-crop section which will cycle through the two acres, each year in a different section. The crops grown on the new land is likely to change each year as we adjust our crop yields to the needs of the school and our capacity to use the produce. We took this first year of growing to see what works well, with a keen eye on our pumpkin varieties. We still have high hopes that we can one day

have a small pumpkin patch on this new field.

We are on track to double our production from last season. Even with the hot, dry summer that we had, it was very productive on the new acreage with surprisingly high yields and excellent quality. One week in September of harvesting with the soccer team, service crews, and biology classes yielded more weight than the whole year of 2015 combined totals! Our root cellars and cold storage are stuffed full of several months worth of cabbage, carrots, beets, potatoes, onions, and winter squash. We expect to serve these vegetables throughout the school year in some very fresh and delicious Bar Fork meals!



Development Update

one word | one gift | one CRMS

2017-18 Annual Fund and Special Events Exceed \$750,000

Thanks to 689 incredibly generous supporters and an unprecedented number of leadership-level gifts, last year’s annual fundraising goal was exceeded. Thank you also to the 377 word submissions that best captured folks’ CRMS experience. The \$750,607* received was the largest amount in the school’s history, and we are grateful to everyone who helped make this possible. Special Events contributions were also key to our success, including our Family Weekend auction and raffle and Scholarship Work Day which provided \$74,577* of this total.

For a complete list of donors who made this unprecedented milestone possible, please see our upcoming Impact Report. Contributions to CRMS demonstrate a strong belief in the unique and impactful independent-school education provided here. Thank you to everyone for your belief and investment, as your generosity enables the school to continue to flourish and thrive.

**number pending final audit*

Why Giving Matters

“Khara and I give to CRMS because the program, pedagogy, and community that CRMS provides to children is immensely powerful and empowering. However, as with nearly all educational institutions, the routine financial support is not nearly sufficient to maintain our facilities, program, and staff. With our giving, we help inform others, who can give even more than we, that this place, this school, this program, and these people are deserving of their support. What the school really needs is an endowment of around \$100 million. Until we have that, Khara and I will continue to give to CRMS.”

- Jim Gaw ’64

Capital Project Update

The Holden House Wellness Center

As this newsletter’s feature article highlights, we are delighted to announce the new Wellness Center will officially open in late November. The primary goal of the Holden House renovation is to provide a high-functioning and thoughtfully designed space for our students’ emotional, social, and physical wellbeing. These new facilities include a modern Nurse’s Office with two exam rooms, an infirmary, and a dedicated office. The Counseling Office will also call this home, with a private dedicated entrance and office space for student meetings and a larger room for groups to gather.

In addition, an original portion of the Holden House remains and has been renovated into much-needed faculty housing, including two new riverside residences honoring the original architecture and design. As always, providing faculty and staff housing remains a priority for the school to ensure we can offer a powerful residential program and experience for our students.

“Our school has never been as strong or as vibrant as it is right now. Over the forty years that I’ve been a part of CRMS, so many alums and colleagues have helped to bring John and Anne’s vision into bloom. Jeanie and I are grateful for our life at CRMS and are happy to be able to do our part in giving to The Annual Fund.”

- Mark Clark

LIVING GENEROUSLY.

CRMS 2018-19 ANNUAL FUND

A YEAR OF *gratitude*

2018-2019 Annual Fund Underway

Please join us in celebrating a year of gratitude.

This year’s Annual Fund campaign reminds us that **Living Generously** is the essence of the CRMS experience. Steeped in our founding principles of meaningful work, we are **Living in Service** by honoring timeless traditions of contributing to the well-being of the campus. Enjoying extraordinary outdoor trips and mountain sports, we are a community **Living Wildly** – thriving in the magical landscape of our own backyard. From blacksmithing and silversmithing to theater and music, we are **Living Artfully** by exploring and expressing our creative selves. Sharing a home, meals, and many powerful school traditions, we are a **Living Community** – coming together in celebration of collaboration, mentorship, and family. All this magic happens by **Living in Place** – a sanctuary and mountain setting like no other.

Perhaps the greatest examples of living generously are the faculty and staff members **Living with Dedication**, inspired in their craft and enduring commitment to John and Anne Holden’s vision and passion for education. This year, Dr. Jim Gaw ’64 and Mark Clark both began their 40th year of teaching at CRMS – a testament to their unwavering love for this special school. For spotlights on both of their exemplary CRMS careers, please go to page 8.

To give today or learn more, please contact Elizabeth Reynolds (ereynolds@crms.org), Director of Annual Giving. Thank you in advance for considering joining the 2018-2019 Annual Fund (fiscal year: July 1, 2018 – June 30, 2019 with a goal of \$725,000) and for Giving Boldly in support of all that makes CRMS so extraordinary.

Together as one community we can create endless possibilities.

2018- 2019 BOARD OF TRUSTEES

RAVI VENKATESWARAN ’69, *President*

VIRGINIA NEWTON, *Vice President*

LISANNE ROGERS, *Secretary*

TONY CHERIN ’58, *Treasurer*

CHELSEA BRUNDIGE

ELIZABETH (LIBBY) BOHANON

ERIC CALHOUN

GRACE ENGBRING

LUKE FALCONE ’11

MIKE FLAX ’63

SUZI MCKINLEY ’96

MARGARET (MAGS) MILLER ’90

JANE SULLIVAN

GURDON (STAN) WATTLES ’80

meeting dates

DECEMBER 7-8, 2018

FEBRUARY 8, 2019 *video conference*

MAY 17-18, 2019

From the Archives

We've been looking through our archives...can you help us identify any of the people and years in these photos?

If yes, please contact Nicole Padgett, Alumni Relations Manager, at alumni@crms.org.



Board of Trustee Spotlight: Stan Wattles '80



What inspired you to join the CRMS Board of Trustees and what do you value most about CRMS?

CRMS has always been a part of me. As asked by one of the questionnaires sent out, "How would I describe CRMS in one word?" Indelible is what I chose. Quite honestly, when I was a student there I did not contribute as much as I could have or should have. In growing up, experiencing the world, and seeing what impact the school really had on me definitely gave me the desire to give back in whatever way I could. Jeff Leahy approached me a few years ago about the possibility and I was quite honored he had asked, but I was highly involved in other groups. I told him to check back with me and the timing was right.

What do you value most about CRMS?

Its core values being sustained as presented by John and Anne Holden. An education on a high, informed, and useful level taught by truly passionate teachers, a strong sense of community and giving back, awareness and protection of the environment, being responsible for your living space, and being authentic are just some of the important foundation pieces that I deem as critical in today's world that CRMS delivers to its students.

What are you most excited about as you embark on your new role as Trustee?

I am most excited about being able to assist CRMS to grow in the direction that will work with our changing world while holding true to the core values we all love and respect. Change is inevitable, but how it is executed while keeping balance is a challenge. It will take a lot of courage, focus, and flexibility while keeping what we are at heart in the forefront. Not easy, quite an undertaking, but I believe we are up to it with the wonderful Board we have. I am honored to be a part of that.



CRMS IS ACCEPTING APPLICATIONS

Do you know a student who might be interested in CRMS for next school year?

Contact the Admission Office (970-963-2562 or admission@crms.org) for more information about our application process.

The priority application deadline is February 1.

YESTERDAY TODAY FOREVER



Please consider including Colorado Rocky Mountain School in your estate or retirement plans in the form of a simple bequest or beneficiary. Your Planned Gift today helps ensure that CRMS is Forever.

Contact Lisa Raleigh, Director of Advancement for more information. lraleigh@crms.org // 970.963.2562

IN MEMORIAM

Since our last publication we have lost the following members of our community.

MICHAEL COLANGELO '04

CHARLIE PATTERSON
friend of the school

MARGARET GRAHAM '65

ELLEN LeCOMPTE '68

ED MARSTON
former Trustee and friend of the school

To read full obituaries, visit:
www.crms.org/alumni/memorial

ANNUAL ALUMNI WEEKEND



Alumni are the foundation on which CRMS continues to thrive, and this was evident during our most recent Alumni Weekend in August. While the class of 1968 was celebrating their 50th, we also had alumni representing the classes of '57, '58, '65, '66, '67, '69, '88, '89, '93, '98, and '09.

We look forward to having members of every class come back next summer to help the class of 1969 celebrate their 50th reunion! Special thanks to Les Andrews '68 for sharing these photos.



SAVE THE DATE ALUMNI WEEKEND

AUGUST 9 - 11, 2019*

** Please note there may be a performance by Robin Sutherland '69 at the Redstone Castle on Monday, August 12.*



PARENTS OF ALUMNI:

If this is addressed to your son or daughter who no longer maintains a permanent address at your home, please email amineo@crms.org with his/her new address.

Non-Profit Organization
U.S. Postage PAID
Permit No. 1673
Denver, CO



CRMS Alumni Gathering

Where: Bonfire Coffee
433 Main Street, Carbondale

When: Thursday, December 27
4:00 - 6:00 pm

**Please join CRMS alumni and faculty
for a warm drink & snacks on us!
We look forward to seeing you there.**