

Tasks in the garden help to prevent illnesses from dementia to coronary disease to colon cancer. People who garden have the advantage of becoming limber in mind and body. Research shows contact with soil, and a specific soil bacteria, *Mycobacterium vaccae*, triggers the release of serotonin in our brain. Lack of serotonin in the brain causes depression.

Home gardens provide the freshest food with optimal benefits. Eating spicy food (let's grow peppers!) sends signals to the brain via receptors in our tongue reacting to the spice, triggering production of pain relieving, feel-good endorphins. Eating greens can reduce skin damage. Brassicas (broccoli, kale, cabbage family) contain Sulforaphane, an anti-aging, antioxidant compound.

Rush University medical center reported a sig-

nificant decrease in the amount of cognitive decline for those participants consuming higher amounts of dark green leafy vegetables. One serving a day may slow brain aging by 11 years! Eating greens has been associated in browning fat cells, meaning converting fat-storing white cells into fat-burning brown cells due to greens' nitrites content. This creates extra fat burning and, ultimately, weight loss.

August gardening tips

I am ready to plant more sunflowers, maybe for a sunflower house. We can still create layered beds with timely results sowing flower plants (sunflowers from seed marigolds, pansies, mums, petunias), but most are lost at first frost, so I am learning to stem propagate flowers indoors to overwinter for next spring. For fall crops, use 60-day seed-to-harvest leafy greens: ro-

maine, kale, spinach; beets for greens and roots; bush beans, radishes—the usual suspects. Fruiting crops need a much longer season for leafing out, then fruiting.

It is time to divide irises and daylilies. Gently lift from soil, brush off soil and divide rhizomes, each with some leaves, do not remove roots, check health. Place in garden spot, space 12 to 18 inches apart, cut the foliage to 6 to 9 inches, rhizomes pointing away from each other, spread out roots, cover all with soil, water well.

Janet Sellers is an avid lazy gardener, aka permaculture and Food Forest models, sharing traditional ethnobotany success methods for local ornamental and food gardening. janetsellers@ocn.me

Art Matters

Authenticity



By Janet Sellers

Have you ever noticed that when people would like to influence a subject or product, the highest attribute they use is, "the art of" or "artisan"? While much of America disparages the artist life and art in general, Americans are likely the biggest consumers of imitation art in the world.

Precise digital replicas may be the poison killing the originality, the soul, of artworks, especially masterpieces of all eras. In a recent article from the Smithsonian Institution, author Noah Charney lamented the demise of the artist's hand on artwork in our current period, noting the proliferation of reproductions and copies from technology sources instead of human creation.

We see this far too often on our tech screens, in greeting cards, and in advertising. Carefully rendered but without the spirit from the artist's direct hand, the art "soul" is often lost in the process because the person duplicating the art has little or no interest in it. We are often left with no authentic thinking.

Inferior reproductions are in every case a bad idea and end up in the trash, but contemporary prints and reproductions authorized by the artist with the artist participating to some degree overseeing and signing the work, are a completely different story because they have a powerful relationship and connection with the artist.

Worldwide, artists now use giclee and other print mediums to make prints similar to works artists made with lithograph and serigraph processes in the mid-20th century. That era ushered in a new and profound

understanding and appreciation for printmaking because the artist had almost full and complete involvement with the art in the process and outcomes, and signed the work, proving authenticity.

We have many artists creating all kinds of art in our area. Some artists are only about original art in works in oil, acrylic, and other hands-on materials. Many access traditional materials as well as the giclee prints and other printmaking processes.

Our summers here are filled with art and festive Art Hop events where we can easily talk with the artists in person—artists relish talking to visitors—and enjoy local art on our beautiful summer evenings. Of course, we also can enjoy art originals and prints and talk with the artists themselves at our local art shows and events throughout the rest of the year.

We have just August and September left for our Art Hop Festival. So, grab a friend and join us in taking part in the rich art opportunities this month around town!

Art venues to visit in August

Bella Art and Frame gallery: Abstract paintings by Julia McMinn Evans, Aug. 1-26, artist reception Aug. 16, 5-8 p.m. 183 Washington St., downtown Monument

Bliss Studio and gallery, artwork by Jodie Bliss, 254 Washington St.

Gallery 132, an artist cooperative, 251 Front St.

Jefferson studios, on the Alley behind Bella Casa, which is at 155 Second St., Monument

Santa Fe Trail Jewelry, 106 A Second St., Monument

Southwinds Fine Art Gallery, 16575 Rollercoaster at Baptist Roads

Tri-Lakes Center for the Arts, 304 Highway 105, Palmer Lake

Janet Sellers is an artist, writer, and speaker. Her public art sculptures are on exhibit in Colorado cities and museums and available at Colorado art galleries and online. She can be reached at JanetSellers@ocn.me.



Above: Artist Steve Weed was the featured artist at Bella Art and Frame Gallery during the Art Hop on July 19. Weed, shown here with oil paintings for the current show, exhibits largely in Colorado and New Mexico. *Photo by Janet Sellers.*

Snapshots of Our Community

Please note the following **corrections** regarding the *Snapshots of Our Community* captions that ran in our June 2 and July 7 issues:

- **Palmer Lake Chipping Day,** June 2 issue, page 26—the Palmer Lake Volunteer Fire Depart-

ment volunteered to run the chipper to help the Coalition for the Upper South Platte provide this free slash chipping.

- **New Palmer Lake Dock,** June 2 issue, page 27—the Palmer Lake Parks Committee was a major

force behind the installation of the dock.

- **Cirque du Monument,** July 7 issue page 26—Gallery 132 presented and organized this fun event to promote awareness of downtown Monument. OCN regrets the errors. ■

Wirewood Station Concert



Above: Once again, on July 11, local band Wirewood Station entertained a huge crowd as part of the summer series at Limbach Park. This award-winning band never fails to get the crowd clapping and singing along. *Photo by John Howe.*

Barn Dance, July 3



Above: The Tri-Lakes area opened the Fourth of July festivities on July 3 with the annual Barn Dance. The dance was held at Sibell's Barn as usual, but, for the first time, was hosted by American Legion Tri-Lakes Post 9-11. Janet Ferran, Legion member and volunteer organizer for the dance, said, "The dance acts as a fundraiser for the post as we will use proceeds to help fund a permanent home for the post." Post members presently meet at area restaurants and are seeking a building. Besides food and drinks, attendees enjoyed music from the Kenny Brent Band followed by headliner Ronnie Davis and the Rocky Mountain Outlaws, which brought dancers to floor throughout the evening. *Photo by David Futey.*