

was closely associated with them throughout his career. Like Autry, he did many "B" movies and had his own short-lived TV show, for which his wife Evans wrote the theme song, *Happy Trails*. Among his recordings are *Don't Fence Me In*, *Cool Water*, and *Tumbling Tumbleweeds*. While Autry never had any children, Rogers and Evans had nine children jointly.

Guthrie concluded her program by playing the theme music from popular TV Western shows, asking

the audience to identify the show associated with the music.

Mark your calendars for two upcoming PLHS events. On Sunday, June 16, the annual Father's Day Ice Cream Social will be held from 2 to 4 p.m., featuring free pie and ice cream, an antique car show, and singer Nick Davey. On Thursday, June 20, the Palmer Lake Historical Society Monthly History Series will

host career diplomat Mary Ann Casey, former U.S. ambassador to Algeria and Tunisia. Her presentation will include pertinent observations and personal experiences. The venue is the Palmer Lake Town Hall, 28 Valley Crescent. Doors open at 6:30 p.m. and the program begins at 7 p.m. Palmer Lake Historical Society events and programs are free and open to all. ■

High Altitude Nature and Gardening (HANG)

Indian science, ponderosas, beauty and the bees

By Janet Sellers

"Like Western science, Indigenous science relies upon direct observation for forecasting and generating predictions; its power lies in its ability to make connections and perceive patterns across vast cycles of space and time. Indigenous scientists are trained in various specializations such as herbalism, weather observations, mental health, and time keeping, and there are tests to ensure its validity."—

Worldwide Indigenous Science Network

Indian Science for wildcrafting can help us thrive if we access it. With that as inspiration, I make ongoing discoveries about our native ponderosa. Our forests are prone to lightning, but that isn't enough to finish off a ponderosa. According to U.S. Forest Service guide Steve Hirst, when lightning hits one, "It flash-boils the sap, and it just blows the bark off. It doesn't burn the tree ... the bark carries away the heat of the fire, leaving the ponderosas in charge of the forest. They remain standing while the competition burns." Tragically, the last 100 years of unnatural foresting created undergrowth fuels that get hot enough to ladder up to ponderosa crowns and destroy stands of trees. The Forest Service is working to ameliorate that with the help of environmental groups and timber company cooperation.

Our pines will start their annual bloom very soon. Some aficionados harvest the pliant male pollen cones into a jar, shake it to release pollen, then mix the pollen into a glass of water and drink it. Since it goes rancid quickly, tinctures and syrups of pollen complete with pine sap are historical uses. Freezing pollen is also possible.

Pine pollen contains sterol brassinosteroid



Above: Daisy Scouts plant their bed of lettuce, carrots and pole beans using last year's sunflower stalks as poles. Monument Community Garden volunteer and coordinator Janet Sellers taught the Daisy Scouts and their parents about the garden's current use of Indian Science ancient wisdom methods and natural companions in organic gardening and using local "alpaca beans" manure and leaves with a mulch of pine straw or pine needles on top to protect from weeds and keep the soil moist. They learned about the Native American plant wisdom of the Three Sisters Garden using beans corn and squash for symbiotic support: The corn relies on the beans to fix needed nitrogen in the soil, the beans need to climb up the corn stalk and stay up off the ground, while the large leaves of the squash act as a green mulch and keep moisture in the soil. *Photo by Janet Sellers.*

brassinolide, which helps the body dispose of toxic chemicals. Pine pollen is a natural anti-inflammatory substance, and pine pollen contains all the amino

acids, including arginine, which can increase blood flow. Pine pollen contains two potent antivirals, brassinolide and castasterone. Tests show that these antivirals can be up to 18 times stronger than the popular antiviral drugs.

Beauty and the bees

Using beneficial flowers, organic gardeners and big scale farms have benefitted from helpful flowers since ancient times to keep our food pest-free. Besides a historic use of flowers surrounding organic farms for biodiversity, farmers worldwide are now planting flowers in sections within their fields to attract the beneficial bugs. Planting flowers is particularly important with the current widespread beehive death issues, and with the recent billion-dollar lawsuits against Monsanto for the product Roundup causing cancer, big retailers such as Costco have dumped that poison from their shelves, benefitting all with that action.

At the Monument Community Garden, we embrace beauty and the bees using flowers, mint, and basil for keeping out pests as standard practice; just adding marigolds and mint eliminates beetles overnight! We use cinnamon to deter ants, while sweet alyssum attracts flower flies that munch aphids. To protect the inside of the garden from windblown road chemicals, we surround the garden with gorgeous, giant sunflowers. Petunias, mums, and lavender repel many pests, as do fennel, parsley, oregano, and thyme.

Janet Sellers is a self-appointed ethnoecologist posing as a lazy gardener, letting Mother Nature take the lead for exploring gardens and our health. Janet Sellers can be contacted at janetsellers@ocn.me.

Art Matters

Get out and about: local art events



By Janet Sellers

The most beautiful thing we can experience is the mysterious. It is the source of all true art and science.—Albert Einstein

A big mystery for Colorado is the forecast! We never know what we'll have next, but for sure our weather is warming up and coming out of the late snows of our Colorado springtime. Our trees are finally showing their blossoms and leaves, flower gardens are showing their true colors, and songbirds and hummingbirds are back in town for the summer. Yep, it is about to be summertime, and that means lots of outdoor art and fun.

Coming up for June, Monument and Palmer Lake take center stage for fine art shows indoors and outdoors, and we'll have artful family fun events near Fox Run Park.

PLAG art show—PLAG Color Splash Exhibit **June**

4-28, Opening Reception: June 7, 6-8 p.m. *The Color Splash* show features a variety of styles and media created by local artists. Palmer Lake Art Group provides annual scholarships to District 38 high school seniors. Tri-Lakes Center for the Arts, 304 Highway 105, Palmer Lake.

Southwinds Gallery—Second weekends monthly Dad's Day tour art show **June 8**—guest artists and gallery regulars. **June 22**—*Hummingbird Festival*. Free, bring the family and friends, learn about Colorado's four native hummingbirds, make a bird feeder, and watch hummingbirds up close on the spacious grounds. Naturalists will talk about local hummingbirds each hour, hummingbird and nature-themed art, lore, books, and gifts. 16575 Rollercoaster Rd., (corner of Baptist Rd and Rollercoaster Road next to Fox Run Park North) 719-481-6957.

Art Hop—Shops and galleries have a veritable open

house all over in Historic Monument on Thursday, **June 20**. Many places have complimentary refreshments, and musicians play at various locations, adding to the cultural ambience. Participating venues are in the art quarter between Second and Third Streets and Front and Washington Streets.

Tri-Lakes Views Outdoors—Walk around the sculptures on the lawns at Second and Washington Streets to enjoy Monument's outdoor sculpture park, grab a map from local shops for the Tri-Lakes Art Sites, and enjoy with an artful lunch or supper on the lawn with a friend.

Janet Sellers is an artist teaching local art and photo classes and on Bucket List world travels. Join her plein air and photo Tour 2019: Bordeaux and the earliest art in the world, the caves near the village of Montignac in Southwestern France. janetsellers@ocn.me.

Snapshots of Our Community

Black Forest Arts & Craft Guild



Left: The Black Forest Arts and Crafts Guild, welcoming donations of non-perishable food items at the door of the Black Forest Community Center, held its 55th semi-annual sale of handmade items May 2-5, proceeds from which will help support local student scholarships and the food pantry Black Forest Cares. The event represented 90 artisans and culinary enthusiasts living in the Black Forest area. *Photo by Natalie Barszcz.*

Sawyer Fredericks

Right: On May 3, the Tri-Lakes Center for the Arts (TLCA) welcomed Sawyer Fredericks back to its stage. Fredericks, 2016 winner of *The Voice*, has appeared at the TLCA to sold-out and enthusiastic audiences for three years in row. This following is no mystery given his combination of lyrics that blend empathy and an understanding of life beyond his 20 years, a distinctive vocal range, and polished acoustic guitar playing. His set included Fredericks performing solo and with his backup band. The song selections ranged from one he wrote at the age of 12, *Broken Home*, to the more recently written *How Beautiful*. Both songs appear on his 2018 album *Hide Your Ghost* that he independently produced. *Photo by David Futey.*

