



Above: In August 1959, Arlene Pieper was the first female to run the Pikes Peak Marathon—or any

official U.S. marathon. Photo shows Pieper in a headscarf and rolled-up shorts at the starting line. *Photo*

courtesy Pikes Peak Marathon Inc.; caption by Sharon Williams.

for another woman to summit a fourteener, but Anna blazed the trail that made it more acceptable for women to enjoy the outdoors just like men.

Anna, her husband James Holmes, and two other gold prospectors took the arduous, two-day trek up to the summit. She wore her practical “reform dress” in her standard, shorter skirt and bloomer costume, complete with moccasins. That was considered shocking and indecent at the time, and she became known as the “Bloomer Girl on Pikes Peak.”

Julia Archibald Holmes was a Canadian-American suffragist, abolitionist, mountaineer, and journalist. As we continue to celebrate the 100th anniversary of women’s suffrage this year, we acknowledge her role as an activist and advocate for equality. Holmes was posthumously inducted into the Colorado Women’s Hall of Fame in March 2014.

The Palmer Lake Historical Society has suspended its regular monthly historical program series due to COVID-19. Until these monthly programs resume, Sharon Williams provides this column with relevant historical topics to OCN readers. Normally, the Historical Society meets on the third Thursday of the month, 7 p.m., Palmer Lake Town Hall, 28 Valley Crescent; the Lucretia Vaile Museum, also closed due to COVID-19, is located at 66 Lower Glenway St., Palmer Lake. The museum houses items of local his-

torical significance. Special displays rotate every four to six months. Info: 719-559-0837; PLHS@PalmerDivideHistory.org; www.palmerdivide-history.org

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Above: After camping in the Manitou Springs area for several days, Julia “Anna” Archibald Holmes embarked on a two-day challenging hike with husband James Holmes and two miners to the summit of Pikes Peak. *Photo circa 1870, from an album of Doug Robinson’s photos by private user; caption by Sharon Williams.*



Above: A sketched likeness of the short dress with bloomers worn by Julia “Anna” Archibald Holmes, recorded as the first woman to summit Pikes Peak, on Aug. 5, 1858. *Photo courtesy of the Colorado Women’s Hall of Fame; caption by Sharon Williams.*

High Altitude Nature and Gardening (HANG)

Foraging, food, ethnoecology: Adapting and alpacas help

By Janet Sellers

Our forest clime is perfect for its hardy pine trees. For home gardening, understanding and respecting our soil microclimates require careful tending for success. Our June 9 snow day and then July heat impacted our soil microbes and growing patterns this summer. We’ve had to adapt; alpaca beans did come to our rescue with nutrients and mulching power.

Many who move to our area can’t grow things they like, so knowing how to optimize crop specific microbes and nutrients is vital. The clean, barely digested grasses of alpaca beans is an easy soil addition, works well, and is often free. Some people successfully work veggie scraps into compost for their gardens, but that takes time and frankly I’ve failed at that many times.

We’ve seen fewer pollinators this year. Putting out water sources with shallow stone landings for birds and pollinators helps them help us. And, I finally succumbed and got a hose timer to help water the crops. Missing just one morning or evening can devastate food gardens due to the intense midday heat, unless we have rain for relief.

The Monument Community Garden plants—and mine at home—are shorter this year, our giant 12-foot sunflowers and my 6-foot hollyhocks are half the



Above Peter Ziek of Wild Hair Alpacas. *Photo by Janet Sellers.*

height as last year. For heat-loving plants, tomatoes should do well now, my corn is as high as a (baby) elephant’s eye, and our spearmint-protected walking stick kale is 18 inches now, but they grow to 12 feet tall.

We tried some novel ideas for salads this summer, putting the immature radish seed pods in salads for their hint of radish flavor. As soon as our nasturtiums bloom, they’ll be tasty additions. I’ve long enjoyed

the garlic and onion greens snipped off for salads and various dishes—great with omelets—but this year I’m looking to try sunflower buds steamed like artichokes. Did you know the artichokes we eat are thistle flower buds?

Looking ahead, August is fall crop-planting month. Things to plant now—protected from hot sun—are cool weather crops that will be ready by October—just two months away! That would be greens: lettuces, kale, chard, spinach, and collards, all of which grow easily here in pots or beds.

As our August rains resume, we should have great forest foraging again, especially mushrooms. Stay tuned to the Facebook pages for Monument Community Garden and Friends of Fox Run Park for updates on mushroom pop-up hikes.

New! Harvest Farmers Market on Fridays, Aug. 21 to Sept. 11, 10 a.m. to 4 p.m.

16575 Roller Coaster Rd. Local and Colorado grown fruits, vegetables, honey, crafts soap, alpaca wool crafts, meet baby alpacas, more. (Colorado COVID-19 compliance requires social distancing and masks).

Janet Sellers is an avid ethnoecologist and lazy organic gardener, letting Mother Nature guide human efforts for optimal gardening. Send her your local gardening tips: janetsellers@ocn.me

Art Matters

Art meets NASA: Renaissance, Dutch baroque, and space art



By Janet Sellers

If you’re like me, sometimes art history jumbles together and it’s hard to distinguish subtle differences, but we can recognize excellence when we see it. Too many explanations cloud our art understanding, but a consistent factor of art experience is human perception, light, and shadow.

NASA has long supported space art to illustrate wonders of the galaxy for the general public. On television, we see Renaissance and Dutch baroque vi-

sual devices echoed in sci-fi space art—the Star Trek Enterprise is shown visually stable via the horizontal placement in dark space where there is no up or down (unless you are inside the ship itself). Visual instability and drama occur with perceived movement between objects such as the spaceship moving past a moon or planet for reference.

Visual stability portrayed with light and shadow lets us know where we are in space here on Earth, referencing what we are looking at, so we perceive needs

such as fight or flight. These immediate perceptions go on in our minds even if it’s not the real thing, and that power of composition establishes vital interest for us whether it’s a painting, television, movie, or other visual communication.

At the recent Tri-Lakes Chamber mixer, I was talking with our county commissioner, Stan VanderWerf, about art in the area. He serves on the Colorado Springs Public Art Commission. I asked him about his zest for art and he said his ancestor, accomplished