

venturer and guidebook author Susan Joy Paul provides real instruction for women of all ages and skill levels, from beginners to intermediate hikers and experienced mountaineers. She shares everything a woman needs to know to be safe, independent, and self-reliant at camp and on the trail.

#### **Easy Hikes to the Hidden Past: Pikes Peak Region Edition**

By Rocky Shockley and T. Duren Jones (Rocky Shockley) \$14.99

This unique guide combines well-researched trail explorations with an educational "treasure hunt" for relics of times gone by that should not be forgotten. The Pikes Peak Region Edition covers Colorado Springs, Manitou Springs, Cripple Creek, Canon City, Monument, and Palmer Lake. There are a broad range of explorations offering something for everyone, with varied physical abilities. Some discoveries can be seen from the car window as you drive through history, some can be accessed by walking or on a bike, still others by trail hiking, all of which would be classified as easy to moderate difficulty level. Trail maps, trivia, historical photos, humor, and insights are included.

#### **Best Hikes Colorado Springs: The Greatest Views, Wildlife, and Forest Strolls (Second Edition)**

By Stewart M. Green (Falcon Press) \$22.95

Discover the most epic hikes close to town. Within this information-packed guide, readers have everything they need for the adventure they seek, from an easy nature walk to a multi-day backpack trip. Complete with maps and full-color photos, hike descriptions provide everything you need to know before hitting the trail: location, length, hiking time, level of difficulty, and canine compatibility.

#### **Best Outdoor Adventures Colorado Front Range: A Guide to the Region's Greatest Hiking, Climbing, Cycling, and Paddling**

By Chris Meehan (Falcon Press) \$24.95

This guide details the best hikes, paddles, climbs, and mountain biking routes within a few hours' drive of the Denver metro area, perfect for the urban dweller and suburbanite who may be hard-pressed to find great outdoor activities close to home. This guide also includes rock climbing and zip-lining.

#### **Hiking with Kids Colorado: 52 Great Hikes for Families**

By Jamie Siebrase (Falcon Press) \$24.95

This guide is specifically geared to provide parents with the information they need to know to hit the 52 best trails in the state with their kids. Detailed hike descriptions, color photos, maps, and information on restrooms, stroller compatibility, and trail users will help parents plan a smooth day hike. Tips on cool scavenger hunt ideas, animal identification, bird calls, and fun facts will keep young hikers engaged every step of the way.

#### **Grandparents Colorado Style: Places to Go & Wisdom to Share**

By Mike Link and Kate Crowley (Adventure Publications) \$14.95

Take an active role in your grandchildren's lives. Show them the best of Colorado and teach them valuable lessons you've learned throughout your years. Mike Link and Kate Crowley are active grandparents. They spotlight more than 65 Colorado attractions and activities for grandparents and grandchildren, age 2 and up. It offers tips on making each stop a bonding experience and is filled with insights and advice to help you along the way.

#### **Family Camping: Everything You Need to Know for a Night Outdoors with Loved Ones**

By Charlie and Cheryl Ess (Falcon Press) \$24.95

Part inspiration, part practical knowledge, this book is the camping handbook whether you're with family or friends, camping or in your backyard. You'll find food and drink recipes, family activities, nature hacks, and more for a memorable weekend.

Until next month, happy reading.

The staff at the Covered Treasures can be contacted at [books@ocn.me](mailto:books@ocn.me).

### June Library Events

## Summer Adventure begins

By Harriet Halbig

June 1 marks the beginning of *Summer Adventure*, the Pikes Peak Library District's summer reading and activity program for ages up to 18.

As in last year's program, children will receive credit for imaginative and physical activities as well as for reading. This year, credit will be based on the number of days when children read or participated in other ways rather than on the number of minutes spent.

Children will receive a prize on registration and another on completion of 45

days of activities.

Due to the pandemic, there will not be a large party at the end of the program in August. There will be three programs in Limbach Park in Monument with advance registration required.

Patrons can pick up a game card at the library or print one from the website, [ppld.org](http://ppld.org). You may also wish to pick up a copy of the new *Discover* magazine with details on the program as well as puzzles and games.

The meeting rooms remain unavailable for private use at this time, but additional furniture has been returned to the

public areas and all computers are available for use without a reservation.

In keeping with federal and state requirements, masks are now optional for those who are fully vaccinated against COVID-19. Children over age 11 and those who are not vaccinated are otherwise encouraged to continue to wear masks.

We look forward to seeing you at the library this summer.

Harriet Halbig can be reached at [harriethalbig@ocn.me](mailto:harriethalbig@ocn.me).

### High Altitude Nature and Gardening (HANG)

## Garden telltale signs and surprises

By Janet Sellers

Let's get to planting this month! We have a short growing season with many natural helpers, and if we understand them, they'll aid us in gardening and vital nature conservation efforts.

#### **Bugs and weeds are important soil indicators**

Chou gras—fat cabbage in French, aka lambs quarters—are loaded with tasty nutrients eaten young right out of the garden like microgreens for salads. It shows fertile, well-drained soil and screams, "Plant your garden here!" Dandelions, being the first flowers for pollinators including hummingbirds, have deep taproots pumping nutrients to shallow-rooted plants.

#### **Yellow jackets, paper wasps, ants, and aphids**

Nowadays, along with our butterflies, bees, and helpful birds, we'll see "garden pests." According to Arizona Cooperative Extension Director Jeff Schalaus, wasps and yellow jackets are beneficial insects, feeding their young on insects that otherwise damage

crops and ornamental plants in gardens, also feeding on house fly and blow fly larva. He relates, "They become aggressive when their nests are approached or disturbed but should be respected and tolerated under most conditions." Deter stinging pests with diatomaceous earth (or bottle traps), sparing good guys. It's an effective, targeted tool against yellow jacket nests and other pests like ants. It's commonly used on farms mixed in feed for goats, cows, dogs, and cats against worms.

Aphids reveal there's too much nitrogen in soil, sucking plant nutrients away, but ruin plants in the process. Last year, aphids were over all my plants in just one vegetable bed. As it turned out, the manure I had used had a lot of fresh (nitrogen-rich) pee in it. For use in the garden, it takes time for it to sort itself out with the microbiological growth, and it's good to stir in leaves to get fluffy soil.

Ants tell an important story, too. Carpenter ants excavate where there already is fungus damage in structures or in foam insulations. Other ants mine sand from deep

in the soil to the surface, loosening up the soil like worms do. Shallow anthill cones indicate no rain for 12 hours—ants keenly feel pressure systems.

#### **Canada thistle**

From March to June, we have thistle rosette bolting. Controlling Canada thistle is not easy, and timing is key. However, safe, effective methods will not harm ourselves, children, pets, or other desirable plants and critters. Ecology experts recommend, "Find the base of the Canada thistle plant and simply snip it off at the base. Do not pull Canada thistle out, as this can split the root, which causes two Canada thistles to grow back. Check the location weekly and snip off any new growth that you may see."

#### **30-day crops for June**

Tasty vegetables to eat from seedlings: 1. microgreens 2. pea and sunflower shoots 3. baby lettuce 4. baby root crops.

Janet Sellers is an avid ecologist and gardener. Send handy gardening tips to: [JanetSellers@ocn.me](mailto:JanetSellers@ocn.me).

### Art Matters

## 2021: Artful walks in our community



By Janet Sellers

"You can't go back and change the beginning, but you can start where you are and change the ending."—C. S. Lewis

Our local arts scene includes art galleries, artists and outdoor art making, and beautiful walks for art in public places, and it's a great way to enjoy our gorgeous scenery from Palmer Lake through Monument by visiting our art venues and our outdoor art exhibitions with friends and family.

#### **The Art Hop returns for the 2021 season**

The local Downtown Monument art season restarted May 20 with Art Hop. Art Hop runs the third Thursday of the month from May through September, and is a popular, family-friendly celebration of local art and artists, and art lovers from all over. Artists I spoke with at the 2021 premiere Art Hop included Ermi Knoth, Ethan Ahlstrom, Bill Dahl, and other artists as well as friends

and art lovers during the Art Hop festivities at Bella Art and Frame Gallery. I spoke with many members of Palmer Lake Art Group when I dropped in to Bliss Gallery—complete with live music—in downtown Monument. Everybody was happy to enjoy the sunny evening and get back to a lively, fun social event again.

#### **Tri-Lakes art in public places**

**Tri-Lakes Views** is a local nonprofit that has supported art in public places for our area since 2003 and supports many of the beautiful art works installed for viewing pleasure along the Santa Fe Trail from Palmer Lake through Monument, as well as the park-like areas of our School District 38 grounds at Jefferson and Second Streets and more. Throughout the installation area, there are works in the permanent collection as well as the exhibition of works on loan by various local and national artists. These artworks in public places make for a delightful art walk or hike and we can enjoy the art-

works over picnics at tables along the Santa Fe Trail.

#### **Palmer Lake Art Group June call for artists**

The Palmer Lake Art Group has an open call for artists for its annual Color Splash art show. The entry deadline is June 30. To enter, visit [PalmerLakeArtGroup.com](http://PalmerLakeArtGroup.com) for details and the online application. The show will be held at Tri-Lakes Center for the Arts, the opening reception is set for July 16, and the show runs through Aug. 13. More events and details for Palmer Lake Art Group can also be found on its website.

Here's looking forward to everybody enjoying this summer's dolce far niente (the sweetness of doing nothing) with our artists and art lovers for a summer of creativity and conviviality here in our community.

Janet Sellers is an artist, writer and speaker who enjoys dolce far niente on any given day and shares visual culture every day. Contact her at [janetsellers@ocn.me](mailto:janetsellers@ocn.me).

## Snapshots of Our Community

### Gravestone cleaning, Apr. 6

**Right:** Members of The Church of Jesus Christ of Latter-day Saints, Jackson Creek, Colorado North Ward participated in a service project of cleaning the headstones at Monument Cemetery on April 6. They came equipped with buckets of water, cleaning agents, big brushes, little brushes, even toothbrushes to clean those hard-to-reach areas. Pictured are members of Danielle Hansen's family. Photo by Michael Weinfeld.

