

plan that threatens them all. Although this is the seventh book in Mizushima's K-9 dog series, it works as a standalone. (Available Sept. 7.)

Canyonlands Carnage: A National Parks Mystery

By Scott Graham (Torrey House Press) \$16.95

When suspicious deaths befall a whitewater rafting expedition through Cataract Canyon in Canyonlands National Park, archaeologist Chuck Bender and his family recognize evil intent lies behind the tragedies. They must risk their lives and act before the murderer makes an already deadly journey even deadlier. This is Colorado author Scott Graham's seventh book in the National Park Mystery series and can serve as a standalone. (Sept. 14)

Falling

By T.J. Newman (Avid Reader Press) \$28

Former flight attendant T.J. Newman's debut runaway bestseller is nonstop suspense. You just boarded a plane for a long flight with 143 other passengers. What you don't know is that 30 minutes before the flight your pilot's family was kidnapped. For his family to live, everyone on your plane must die. The only way the family will survive is if the pilot follows his orders and crashes the plane. Enjoy the flight.

The Madness of Crowds: Chief Inspector Gamache Novel #17

By Louise Penny (Minotaur Books) \$28.99

Chief Inspector Gamache returns to Three Pines in Penny's latest spellbinding novel. Gamache is asked to provide security for a visiting professor who will be lecturing at the nearby university. Gamache looks into Professor Abigail Robinson's background and discovers an agenda so repulsive he begs the university to cancel the lecture. They refuse. Before long, truth and fact, reality and delusion are so confused it's nearly impossible to tell them apart. When a murder is committed, it falls to Gamache and his team to investigate the crime as well as this extraordinary delusion.

Daughter of the Morning Star: A Longmire Mystery

By Craig Johnson (Viking) \$28

Tribal Police Chief Long's niece, Jaya, begins receiving death threats. Jaya's older sister disappeared a year previously, a victim of the scourge of missing Native women in American Indian country. Chief Long calls on Sheriff Walt Longmire, along with Henry Standing Bear, in hopes that having Longmire involved might draw some public attention to the girl's plight. But she also inadvertently places the good sheriff in a one-on-one with the deadliest adversary he has ever faced, in both this world and the next. (Sept. 21.)

The Guide

By Peter Heller (Knopf Publishing Group) \$27

Best-selling Colorado author Peter Heller returns with a heart-racing thriller about a young man who is hired

by an elite fishing lodge in Colorado, where he uncovers a plot of shocking menace amid the natural beauty of sun-drenched streams and forests. When Jack is assigned to guide a well-known singer, events transpire that lead Jack to realize that this idyllic fishing lodge may be merely a cover for a sinister operation.

Widowmaker

By Quinn Kayser-Cochran (Western Edge Books) \$20

This is Colorado author Quinn Kayser-Cochran's first in a planned series following army veteran Shepard Sunday through America's pre-Depression West. Shepard takes work as a detective for the Eastern Nevada Mine Owners' Association. When a series of extraordinary gold and silver discoveries pull Nevada out of a 25-year depression, the mining camps are flooded with rootless, violent men determined to grab their share. The association's corrupt president pits the organization against the local miners' union, and workers begin to disappear. It's thoroughly researched, rich with historical and fictional characters, and suspenseful from start to finish.

Until next month, happy reading.

The staff at the Covered Treasures can be contacted at books@ocn.me.

September Library Events

Meeting room available by reservation

By Harriet Halbig

The meeting room in the Monument Library is now available for reservations three days ahead of time. The room was closed because of the pandemic. Those wishing to reserve the room are responsible for arranging and putting away any furniture used by them. Call 488-2370 or go to the website ppld.org under services to make your reservation.

The new, Americans with Disabilities Act-compliant ramp at the Palmer Lake Library is under construction. There is still work to be done inside, but we hope to have an opening by the end of the year.

Patrons over age 12 and those who are unvaccinated are still encouraged to wear masks in the library. All staff and volunteers are masked.

Please note that all Pikes Peak Library facilities will be closed on Labor Day, Sept. 6.

Harriet Halbig may be reached at harriethalbig@ocn.me.

Right: On Aug. 2, construction of a new entrance ramp for the Palmer Lake Library and Lucretia Vaile Museum was well underway. Structural deterioration necessitated replacement of the ramp to meet safety codes. COVID-19 work restrictions and supply chain delays for construction materials curtailed progress of this project until recently. As a split-level design, this is a specialized ramp, customized to meet code requirements for entrances to two separate public facilities. This new entrance ramp is scheduled for use



later this fall. At that time, the library and museum will resume operations. Photo by Sharon Williams.

High Altitude Nature and Gardening (HANG)

Fall birds and gardens

By Janet Sellers

September will bring us some cooler days and enjoyable walks in the forest and around town. Our hummingbirds and migrating birds of our Colorado central flyway will likely be on their way to warm, tropical areas of Mexico and Central America by mid-September. Birds we enjoy seeing spring, summer, and fall include mountain bluebirds, bald eagles, wild turkeys, and peregrine falcons.

Monument Lake has a pair of bald eagles, and the mountain bluebirds are usually all over our meadows. I've seen peregrine falcons at Monument Rock and often see a family parade of wild turkeys along Roller Coaster Road near Baptist Road when I am at the Southwinds art gallery. The Hummingbird Festival there in August had its endless show of hummingbird flight and feeder displays for human visitors. I didn't see any rufous hummingbirds on their way back from Canada in August, but

there were plenty of broadtails all summer.

September planting

Our abundant spring rain brought us a spectacular wildflower show—and lots of grass to mow. Many local gardeners had prolific summer crops, while some reported fewer veggies compared to last year due to excessive summer heat. Our fall weather is warm enough that our flower and food gardens can continue through October and November if protected from frost.

I let some of my crops (and wildflowers at home) go to seed because the seeds are so valuable for next year, and they are acclimated to our area. Last year's snow peas dropped enough seeds for spring that they started on their own along the fence! Tomatoes need three to four months here, so I rarely get fully ripened tomatoes without the help of frost cloth and just enjoy recipes for

green tomatoes, but friends with greenhouses report lots of ripe tomatoes all season.

Sometimes we get snow in September, but quick crops like microgreens, snow peas, greens, and radishes have a chance, especially with frost cloth protection stretching the season, letting in sunshine and keeping warmth on the soil and around the plants. Some gardeners get three and nearly four seasons using the frost cloth with hoops. I've even been able to throw the frost cloth over my plants protecting from an early fall frost and they were just fine for weeks afterward.

Janet Sellers, an avid nature lover, lets local nature and weather lead the way for gardening in the forest climes of the Rockies. JanetSellers@ocn.me.

Art Matters

Art: Our rich history of ideas made visible

By Janet Sellers

"It is impossible to get better and look good at the same time. Give yourself permission to be a beginner. By being willing to be a bad artist, you have a chance to be an artist, and perhaps, over time, a very good one."—Julia Cameron,

The Artist's Way

I met Julia Cameron in Taos at a seminar based on her book *The Artist's Way*. We learned in our time together that being a willing beginner creates our eventual betterment and success as artists and creatives.

When artists start out, they aren't adept. Like any human skill, practice (and perseverance) makes perfect. The interesting thing about art is both the artist and the viewer benefit from art experiences. As an artist and teacher, I've noticed that making and viewing art offers specific eye movements engaging creative cognitive mobility for both artist and viewer.

A lot goes on in our brains and bodies when we draw

or doodle, even if it's not "art." Visual creative expression does this. From pasting colors on a page to doodles to cake decorating, clay work or poetry, "Anything that engages your creative mind—the ability to make connections between unrelated things and imagine new ways to communicate—is good for you," says Girija Kaimal, professor at Drexel University and a researcher in art therapy.

Kaimal says that making art helps us navigate solutions to current and future problems in an article for the *Journal of the Art Therapy Association*. The adaptive response theory (ART) is based on human responses to threats to well-being (bio-physiological and psycho-social-spiritual), and art making as an imaginative process aligns with concepts of the brain as a predictive machine.

Since humanity's earliest times, we have recorded our mindful ideas on cave walls, in marble or bronze, on buildings as wall murals, on wood or paper. Eventually, we comprehend these records as our rich history of

thoughts and ideas.

Art practice helps with predicting what to do next in visual expression and problem solving, which helps us in many areas of life. The great thing about artworks is that they are visible, tangible expressions that can be shared with others who also benefit from viewing, experiencing, and pondering the art. We find the art piece we like and can acquire it for ourselves and can keep this optimization going.

Art walks in Monument

Locals and visitors alike savor the art ambience and friendly evenings around town in Monument. Just to name a few, we can enjoy the art venues, sculpture walks along the Santa Fe trail, the art park on Second Street, and the Art Hops with live music offered every third Thursday, through Sept. 16.

Janet Sellers is an artist, writer, speaker, and teacher. She makes monumental public art murals, sculptures, and indoor small works. JanetSellers@ocn.me.

