

(likely), it is killed. Please don't feed wildlife unintentionally by leaving trash and garbage where it's accessible, or by leaving bird feeders filled with birdseed when birds don't need supplemental food and when bears are not hibernating, late fall through early spring.

Feeding any wildlife is unlawful and just wrong. Deer get used to people and associate them with food when humans have provided it. Bird seed and corn are not good for deer—their digestive system is geared to handle grasses or tender pine branches. Adler told of a woman who

found a fawn, raised it thinking it was abandoned, and when it became a buck it gored a woman and seriously injured her. If you find young or injured wildlife, please leave them alone. If a deer, for example, is injured but can still move, it will probably survive; otherwise, call CPW.

Adler said coyotes may be seen anytime, day or night. Again, they normally want nothing to do with people but are a threat to small animals. Keep your dog on a leash when hiking and walking in your neighborhood. That may also help avoid rattlesnake bites while hiking in areas

where snakes hang out. And like other wild creatures, rattlers want to avoid humans (and dogs) but if threatened will strike if, for example, a dog pokes its nose at it.

Oh, and that Preble's meadow jumping mouse? It's an endangered species and has been spotted in its preferred riparian habitat, meadow grassland near a stream or other water, close to Bear Creek Elementary School.

Tips for "hazing" wild animals (non-lethal ways to persuade them to move away):

- Bear cans as mentioned above.
- Make noise—convince them you're "top dog."
- Paintball guns—nonlethal but they hurt.
- CPW has used a shotgun loaded with rubber shot pellets—noisy and it hurts.

Adler may be contacted at [corey.adler@state.co.us](mailto:corey.adler@state.co.us). If you have questions or concerns about wildlife in your area, you can call CPW dispatch at (719) 544-2424

Steve Pate may be contacted at [stevepate@ocn.me](mailto:stevepate@ocn.me).

### Art Matters

## Sunlight for mood, performance, and health



By Janet Sellers

Traditional art relies on light and dark, chiaroscuro, for visual understanding and enjoyment. Human history shows we lived and worked outdoors 10 hours a day, seven days a week, absorbing the light of the sky. It fills us with health and well-being. Our bodies and vision relate to natural light energy in powerful ways. We even feel this in looking at art that includes natural light.

Cloudy days outdoors are perfect for taking photos of art with no shadows and balanced light. Recently it was cloudy but raining and foggy—impossible conditions for photographing my works on paper outdoors. I tried indoor LED lighting, but the yellow cast of those bulbs made my drawings look dingy and unappealing. But why?

### Our biological need for light quality

We can tell if the lighting is "off" in our photos and in art, and that affects our

enjoyment. But our needs go deeper than that. We innately desire lighting comfort when we look at things, especially art. Looking into it, I re-discovered the complexities of daylight vs. artificial lighting.

It turns out that the comfort and health provided by daylighting (even LED daylight bulbs help) aids us in regulating our circadian rhythms. Our body clock affects us powerfully. We know this from daylight saving time. Our body-mind health and productivity are strongly related to our exposure with lighting comfort.

### Sunlight—an overlooked wellness essential

Being so used to artificial lighting, do we notice sunlight's full spectrum affecting our well-being? Photobiology is the science of how light affects living cells. Ken Cedar, of the *Science of Light* nonprofit, relates that children's scholastic performance is improved by applying scientific principles of light to enhance cognition, well-being, and self-regulation. In an

article for *Psychology Today*, he explains that sunlight is an overlooked wellness essential: "... Grasping this information is crucial to appreciating how our electronically saturated world makes us ill!"

### Natural dark and light help regulate the body

Living in artificial light as we do, our bodies think we have no natural seasons. Many of our metabolic activities are affected by sunlight and darkness as well. Having enough darkness affects our sleep hormone, the antioxidant melatonin. Even candles or night lights reduce melatonin production to the degree that studies show increases in tumor growth in rats.

### We are like green plants

Cedar relates in his studies that we are contemporary cave dwellers. Photobiologist Dr. John Ott indicated that we are suffering from mal-illumination, which he likened to malnutrition. I started reading his free e-book on the topic. With it,

he hopes to facilitate our improvement of health and well-being.

Our bodies need sunlight and its rhythms. It's how we're made. When we disregard this, our health and productivity suffer. Our screen-age life keeps us and our children indoors with fake lighting and screen addictions. (I'm not making this up; screen addiction is real, and it is harmful).

We have over 300 days a year of sunshine here in our Tri-Lakes area. Even so, daylight saving time will end soon, and we'll be changing our lives again. Let's take a tip from traditional art and artists in making the most of our natural daylight.

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Janet Sellers is an artist, writer, speaker, and educator. She exhibits her artworks in cities and museums in Colorado and around the world. She can be reached at [JanetSellers@ocn.me](mailto:JanetSellers@ocn.me).

## Snapshots of Our Community

### TL Cruisers Car Show, Aug. 28



**Above:** Nearly 200 antique cars filled downtown Monument on Aug. 28 at the Tri-Lakes Cruisers' 19th Annual Benefit Car Show. Spokesman Steve Gutman says it was "by far the largest crowd yet." The event supports Tri-Lakes Cares from driver registration fees. A check for the first \$1,000 was presented to Executive Director Haley Chapin. The money came from the estates of longtime Cruisers members Dick Cissell and Chuck Markl. *Photo by Steve Gutman.*

### Shimek Retrospective, Sept. 2



**Above:** From left, Anne Shimek Pottery Retrospective contributor Karen Larson, Palmer Lake Art Council (PLAC) President Jina Breneman, and PLAC board member Susan Kuehster pose behind a few of Shimek's pottery pieces that were on display during the PLAC-sponsored art event on Sept. 2. Shimek, who died in 2017, was an internationally renowned potter and longtime resident of Palmer Lake. She and her partner, Mary Little Deer Glenn, supported the community in a variety of ways, including the Empty Bowls event. More than 12 individuals including Larson lent over 50 pieces created by Shimek such as mugs, candle holders, goblets, plates, water pitchers and Native American-themed decorative pieces for the show. There were also 14 written remembrances of Anne and Mary on display for attendees to read while browsing the pieces. Held at Journey's End restaurant, the retrospective was the first popup art event by the PLAC. Breneman said "PLAC wants to highlight Palmer Lake and its local businesses like Journey's End through art events and other activities." Information on PLAC and its upcoming events is at <https://palmerlakecolorado.org/arts/fine-art/palmer-lake-arts-council/>. *Photo by David Futey.*

### Luau at JCSL, Sept. 9



**Above:** The public was invited to join senior residents on Sept. 9 for a luau and Islander tunes with dancing at Jackson Creek's Senior Living. The luau included food and festive ambience complete with a roasted pig and all the fixings. *Photo by Janet Sellers.*