

Art Matters



Follow your joy, learn to make what's on your mind

By Janet Sellers

Did you ever stop to think about how art could help you in your everyday life? I started to write about some of the things that our local art classes offer for our lives, and it sure makes for quite a lot of good stuff. It seems that many human interest articles start off with "Top Ten" things or "Eight Ways to Improve" or the like.

I found endless items for my list, but I've listed a sample of nine ideas here for you:

1. You have a hobby with instant friends at class, at art shows and museums anywhere on the planet.
2. You can talk about it to anyone, anywhere, most any time, and they will enjoy the conversation.
3. It sharpens your observation skills for the art and for every spatial skill you use: sports, driving the car, playing games of skill, more.
4. Art improves fine motor coordination, keeping your fingers, arms and body in tune with your entire nervous system and physical fitness.
5. You use your fingertips—where the most brain stimulation can happen—for optimal brain exercise and keeps your mind tip-top.
6. Keeps your informed sense of perception in good shape.
7. Helps you create—"articulate a vision" whether you end up making it for real or not.
8. Helps you solve problems—both visual/spatial—and frees up your mind to solve problems in a global way.
9. Helps people of any age develop confidence and self-discipline to imagine a project and see it through to completion—hopefully, you will also share it in an art show, too.

For years now, a number of artists and venues have been offering art classes, and some offer movie-making classes as well. Our local visual arts classes are open for your enjoyment, so go ahead and give them a call. This could be the start of something nice, so bring a friend along with you and have a creative good time, or call ahead and see if you can bring a little person for some creative fun.

Art classes

Bella Art and Frame—drawing, painting, special events

and art shows, "Second Fridays Art Walks," 183 Washington St., Monument. Call Ethan or Maggie: 719-487-7691

Heritage Art Studio—drawing, painting, sculpture, 18725 Monument Hill Rd., Monument. Call Ermi Knoth: 719-481-9118

Monument School of Fine Arts—drawing, painting, movies, special events, and art shows; Woodmoor and local outdoors "plein air." Call Janet Sellers, 719-387-1890

Tri-Lakes Center for the Arts—drawing, painting, sculpture, pottery, special events, and art shows, 304 Highway 105, Palmer Lake. Call the arts office, 719-481-0475

Secret Window Art Gallery—painting classes, special events and art shows, 47 Third St., Monument. Call Anthony Archuleta, 719-481-9600.

I also want to mention our newest local art gallery space, **Mountain Community Gallery** in Palmer Lake. I visited the recent show of photography, sculpture, and paintings. What a joy to see such nice artworks in the beautiful, spacious gallery with its views of the mountains, trees, and other nature.

The gallery directors, Lynn Roth and Linda Pankratz, told me the venue is for both emerging and seasoned artists' exhibitions. They said the gallery will offer a place for artists to show their work and for the community to enjoy the artists and their artworks, with a relatively small fee percentage. The gallery is located in the upper level of the Mennonite Church at 643 Highway 105 in the eastern part of the town of Palmer Lake.

Tri-Lakes area art shows in March

Bella Art and Frame Gallery—art exhibit, *Symphony of Color* by Nancy Moeglein, March 1-28. Moeglein will be displaying her works of landscape and still lifes. Artist reception will be held at Bella Art and Frame on March 1 from 5 to 8 p.m.

Mountain Community Gallery—art exhibit, *Awakening*. The show celebrates the seasons of life and spiritual renewal. This show is scheduled to be viewed in the springtime, a time of renewal for many. Exhibition dates: March 23 to April 12. Mountain Community Gallery, 643

Highway 105, Palmer Lake. The gallery is located on the second floor of the Mennonite church.

Tri-Lakes Center for the Arts—photo exhibit, *Visions of Light*, March 5 to 30. Meet the artists and John Fielder, juror, at the *Visions of Light* opening reception Friday, March 8, from 5:30 to 8 p.m. In addition to the show, John Fielder will present a slide lecture at the TLCA on Thursday, March 7, and a field workshop on Saturday, March 9. 304 Highway 105, Palmer Lake, 719-481-0475

Calls for artists

Tri-Lakes Views' annual call for public art sculptures: entry deadline is **March 31** for the annual outdoor sculpture exhibition titled Art Sites. Artworks will be displayed throughout the Tri-Lakes area and at the sculpture park at "Big Red" on School District 38 administration grounds. The juried exhibit will be installed in June 2013. For details, visit the Tri-Lakes Views website at www.trilakesviews.org.

Janet Lee Sellers is an American artist and writer. She does both because she can't make up her mind which one she likes best. She makes public art sculptures and has her hand in upcoming novels and screenplays. Sellers lives in Woodmoor, Colorado. She can be reached at janetSellers@ocn.me.



Above: Tri-Lakes Views has issued its annual call for public art sculptures. The deadline is Mar. 31. For details, visit the Tri-Lakes Views website at www.trilakesviews.org.



Above: "Elvis" made a cameo appearance at Bella Art and Frame for the *Pop Rocks* art show in February. From left, Teresa Subialka, "Elvis" (aka Danny Dauwe), and gallery co-owner Ethan Ahlstrom share a smile at the opening reception for the show. *Photo by Janet Sellers.*



Above: Mountain Community Gallery hosted its first show in February 2012. Enjoying the show are, from left, Lynn Roth and Linda Pankratz, directors; show artists Bill LaMorris with photography shown behind group, Dave Foncannon, whose sculpture is shown here, and Nancy Bonig, guest at the show. *Photo by Janet Sellers.*

Snapshots of Our Community

Pack 117 awards Pinewood Derby prizes

Bernard L. Minetti
Cub Scouts Gavin Hertwig and Jason Otis won the first- and second-place prizes, respectively, in Monument Pack 117's annual Pinewood Derby on Feb. 2.

Pack 117, which is sponsored by the local VFW Post

7829, held the contest in the Lewis-Palmer Elementary School auditorium. The derby has been a Cub Scout tradition for 60 years. Cubmaster Don Murray originated it in 1953.

The rules are simple. Each Scout makes a racing car out of a block of wood, four wheels,

and four nails. The cars are placed on an incline and gravity does the rest. Speed and time are measured, and the fastest car wins the derby. This year Cubmaster William Wright and assistant Cubmaster Don Kenny awarded the top prizes to Hertwig and Otis.

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Right: Cub scouts Gavin Hertwig, left, and Jacob Otis and with Cubmaster William Wright, left, and Assistant Cubmaster Don Kenny. *Photo by B. Minetti.*

