

Between The Covers at the Covered Treasures Bookstore

# Winter sports

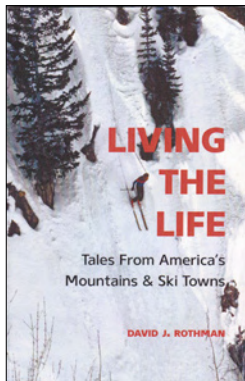
By the staff at Covered Treasures

With plenty of snow in the mountains and the Sochi Olympics about to begin, winter sports take center stage. Whether you're an active player or an armchair enthusiast, some interesting books are available to enhance your activities.

**Living the Life; Tales from America's Mountains & Ski Towns**

By David J. Rothman (Conundrum Press) \$14.99

Skiing—like surfing, fishing, sailing, mountaineering, and climbing—is an environment sport. It doesn't come to us; we must go to the places where it happens. The ones who are most committed to these places, who fall deeply in love with mountains and the alpine life, are not only athletes but rather people who have chosen to live their lives in a particular way. This is a book for all those people—38 tales of adventure and self-discovery for the skiers, the climbers, the alpinists and the people who love mountains and live in them, for all those who have ever lived that life or who dream of living it.



**Backpacker Outdoor Hazards: Avoiding Trouble in the Backcountry**

By Dave Anderson (Globe Pequot Press) \$12.95

Perfect for pack or pocket, this book breaks down its subject into the essential topics, providing practical and portable information useful in the field. Full-color photos

complement concise, clear text, introducing you to basic and intermediate skills needed to safely and successfully get by in the outdoors. The volume covers all the essentials, including poor planning, stinging insects, poisonous plants, large mammals, steep terrain, lightning storms, avalanches, river crossings, hypothermia, and psychological hazards.

**Snowshoe Routes; Colorado's Front Range, 2nd edition**

By Alan Apt (Colorado Mountain Club Guidebook) \$24.95

An active snow-shoer, skier, hiker, and backpacker who has lived in or near the Front Range for over twenty years, Apt includes an extensive introduction to snowshoeing in the second edition of this popular guidebook. Color photos and maps are provided, and distance, level of difficulty, skill level required, elevation gain, and author comments on the features of each of the 81 routes from Colorado Springs to Rocky Mountain National Park are given.

**Ski Tips for Kids**

By Mike Clelland with Alex Everett (Globe Pequot Press) \$14.95

This little book breaks down the basics of helping first-time never-ever skiers into hilarious, eye-catching cartoons that will have little ones laughing out loud and looking forward to the next adventure on the hill. Any parent who has taught kids to ski knows how tricky it is to teach the basics, but expert ski instructors have developed a wide range of tricks and tips that appeal to kids ages 2½ and up. All the important details are covered, from selecting equipment and putting it on to riding the lifts and making first turns to negotiating bumps and conquer-

ing jumps.

**Winter Day Play!**

By Nancy F. Castaldo (Chicago Review Press) \$13.95

Targeting children ages 3 and up, this book promises to make winter their favorite season. Try snow painting with spray bottles filled with food coloring, building snow castles, blowing magic bubbles and watching them freeze. If it's too cold to go outside, make Eskimo Yo-Yos, hold a marshmallow sculpture contest, or construct a snowflake mobile. Included with each activity are the number of children involved, a list of supplies needed, step-by-step instructions, and illustrations. More than 70 activities, crafts, and games will keep kids busy learning, exploring, and having fun all winter long.

**Skating Shoes**

By Noel Streatfeild (Yearling Books) \$6.99

When her doctor prescribes ice-skating to strengthen her legs after an illness, Harriet meets Lalla, the orphaned daughter of a great figure skating star, and the two girls forge a fast friendship, even though they have little in common other than a love of skating. Just as Lalla's interest in skating starts to fade, Harriet's natural talent begins to emerge, and suddenly they seem to be heading in very different directions. Can their friendship survive? This beloved classic is suitable for 8- to 12-year-old readers.

Winter is a good time to catch up on reading, but it's also a chance to go outdoors and enjoy the fresh mountain air, try a new sport, or, this year, to get into the Olympic spirit. Until next month, happy reading.

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

Art Matters

# This winter, take it easel!



By Janet Sellers

*"The object isn't to make art, it's to be in that wonderful state which makes art inevitable."* — Robert Henri

I would add to that statement that enjoying art someone else has made, or taking a class to make it oneself, creates such a wonderful state of being and the feeling is inevitable once we give it a try. On the dark, cold days of our winter season, when even the dog doesn't want to go outside, we can warm our hearts with some creativity at home or in a class.

Some people insist that art is a natural expression of humans, particularly in children. Well, it seems more accurate to say that humans naturally express their creativity in a variety of ways, especially as children, and rather abundantly in the arts. For the long run, art is an acquired skill that is most enjoyable when the skill and creativity are working together to make the art.

Art making allows us to use all of our brain—not just one side, not just one skill. When we make art, we are generating a thought to manifest it, and that is quite different than playing music or observing dance or theater that someone else has created and is performed according to that author. The satisfaction in making art comes from learning skills, applying the skills with practice, and eventually making something new and interesting.

The benefits of making visual art are well known to many, but actually experiencing that colorful, spatial bliss is beyond words. No other field develops the senses, perceptions, and problem-solving abilities of both inner idea and outer manifestation that can be experienced with all the senses. From our mechanical inventions to our aesthetic enjoyment to the spoons on the table and the cars we drive, the very first part of the invention or idea came in the form of an artist's rendering, to work out the form and function as well as the outer look of the object or artifact.

Art appeals to all the senses. While the "style and taste" in art varies with the billions of minds creating it and looking at it from earliest times, just about every work of art, oddball or not, resonates with people in one way or another. Children benefit from making art. Adults in their busy-ness of life benefit from at least seeing art if not the making of it, and senior citizens receive great

benefit from participating in art classes and art exhibits, and having art near them.

Likely these great benefits are due to the fact that art is a human-made idea brought to form and shared. It just might be that the sharing of one heart to another is the key to our enjoyment of it. Graffiti art, once thought of as vandalism, is now in full, billion-dollar art form worldwide. It started earlier than one might guess—on the cave walls of our earliest beings who took charcoal and red earth and made drawings.

So, go ahead and join an art class or an art group in our area. Think outside your box, or make a new box if you like. We've got a lot of artists and art classes in our area to fill the bill and fill your heart. We actually have so many venues, I can't list them all here, but a quick Google search of "art classes Monument Colorado" or the local phone book will bring up pages of information, and all you have to do is ask about it to get started.

So, that being said, "take it easel" this winter!



**Above:** David Jones, aka Lordscience Universal, left, and Wyley Cotton, jewelry artist, chat at the January reception for Jones' large works exhibition at Tri-Lakes Center for the Arts. The artists are Monument natives, having grown up in the area. Their art is available locally as well as in other select locations. Photo by Janet Sellers.

Call for artists

**Tri-Lakes Views** has an active Call for Entries for ART-Sites, its annual yearlong outdoor sculpture exhibition. The juried exhibit will be installed in June and be on display for one year. The chosen sculptures will be on exhibit throughout the Tri-Lakes area and the Monument Sculpture Park at Big Red, which is along Second and Jefferson Streets. Submittal deadline is March 31. For application criteria and details, click on [www.trilakesviews.org](http://www.trilakesviews.org). Tri-Lakes Views is a nonprofit community arts organization.

*Janet Sellers is an American artist, art teacher, and writer. She makes public art sculptures for Colorado cities and teaches art locally, and you can often see her painting pictures outdoors, faithful pooch at her side, in just about any weather. She can be reached at [janetsellers@ocn.me](mailto:janetsellers@ocn.me)*



**Above:** Metal sculptor Jodi Bliss, right, with glass artists Abby McMackin, center, and Chris Robin, are pictured at the TCLA January art reception show for Bliss' new works. These local artists have a summer planned full of art and craft shows where they sell their work, traveling about the country. McMackin and Robin are also musicians who perform on summer tours. Bliss has a metalsmithing studio and art gallery in Historic Monument, where the three show their work year round. Photo by Janet Sellers.