

avoid bitterness, but the mint seemed to keep the moisture and coolness factor as well as promote growth and sweet greens. Yum.

The newest hugelkultur gardeners reported that, so far, these raised bed gardens are on target with expected low water use. First year crops included beans, squash, greens, parsley, and onions. The beds got a needed a four to five gallons of water every other day but stayed moist to the “two fingers deep” test.

The Tri-Lakes Gardening Community group held a garden tour in Monument on July 21. The tour took in several local vegetable and flower gardens, from near Monument Lake to Beacon Lite Road, and had about 20 avid gardeners in attendance to learn the tips of each respective gardener.

Back in June, Donna Wood, of Monument, hosted an African keyhole garden day at her home, built with help from the youth group at Ascent Church of Woodmoor. Keyhole gardens can be beautifully made and easily tended due to the raised bed features. This innovative garden design features a central compost tower for water and table scraps that nourishes the garden bed. This month, Wood reported that she has watered the soil above ground

**Right:** The Tri-Lakes Gardening Community (TLGC) hosted a walking tour of local high altitude vegetable and flower gardens on July 21. Members are pictured enjoying Rick and Leah Squires’ vegetable and flower gardens. The Squires also have honey bees, and their hops bines can be seen in the distance. Photo courtesy of TLGC and Janet Sellers.



for this season. Purposely close-planted crops include squashes, tomatoes, eggplant, peppers, and lettuces.

The leaves of each plant help keep the moisture in the soil while doing their job of creating food via their leaves to support the whole plant. There is very little evaporation from the surface, and the soil stays moist for the microorganisms to thrive and support the plants. Ancient methods of these mound gardens used large-leaf plants to self mulch, and are common even today in the hot and dry mountain and Southwestern United States.

Detailed information on our local HANG, as well as events and tours, can be found on these Facebook pages: MonumentCommunityGarden and TriLakesGardenCommunity. They will hold monthly tours or events through-

out the growing and harvesting season, with a dessert potluck at the end of the 2014 season that often includes a seed exchange.

Janet Sellers is an avid HANG gardener who shares local gardening events, info and tips via OCN and her Facebook blog pages. Contact her with questions or tips on HANG at JanetSellers@OCN.me.

Art Matters

Get rich quick is for real

By Janet Sellers

Artists, art students, and art lovers can get rich quick in art. Yep, you read that right, and you, too, can get enriched with art. Studies show that consistent training in art and exposure to the arts (oh, yes, outdoor public art is powerfully in ventional, too) are enriching and beneficial to human health and well-being community-wide.

In the realm of art experiences, enrichment for our lives grows exponentially from the moment we put our eyes on a painting or put a pencil to a page. The enrichment is immediate, worthy, and fun.

Art classes are about the “what if” and wonder of creative thinking in a solid, tangible way with concrete results one can see and touch. While much of our natural wonder and curiosity is fostered by our early family years, any age is a good age to enjoy art or take an art class.

Art enrichment at any point in life helps foster a broad learning ability and strength in creative problem-solving and improved memory. Besides being fun, it is power-packed with visual learning and problem-solving development, and supports a broad of range social skills that grow from aesthetic exposures. In my own case, I have traveled the world and had great conversations with total strangers all because of our mutual interest in art.

True, there are rich artists and there are poor ones, just as there are rich people and poor people. The defining issue is not the art materials but strength. Underdeveloped understanding of wealth creation in any field is not financially successful. People get wealthy, happy, or enriched in life because they (or their wise parents) plan for it. Classes are one way to do that; visiting art venues is another.

We have many local art venues and events here in our community to enjoy with family and friends of all ages. Our summers feature the monthly Art Hop events and include art in stores and street fronts and live music throughout. All this and more (such as complimentary refreshments) just for waltzing around Historic Monument

on balmy summer Thursday evenings.

Our local, dedicated art venues such as Tri-Lakes Center for the Arts (TCLA), 304 Highway 105, Palmer



**Above:** From left, Marguerite Seagraves, Irmi Knoth, and Pam Hafemann enjoy their Art Hop show and sale while chatting with guests in July at Bella Art and Frame Gallery. The show highlighted the bright colors and imaginations of the artists and was a first for the trio as a group show.

Lake; Bella Art and Frame, 183 Washington St., Monument; and Bliss Sculpture Studio and Gallery (behind Catriona Cellars, 243 Washington St.) on the “artist alley” have art for sale daily and by appointment, and our beautiful public art sculptures are on view 24/7 throughout the area. Maps are available at local merchants for the Art Hop events and Tri-Lakes Views public art.

The next Monument Art Hop is Aug. 21 in the art

quarter of Monument between Beacon Lite Road and Front Streets and Second and Third Streets. Join me and your friends, and invite your neighbors, for a summer



**Above:** Max and Karen Hatfield hosted the weaving show, Weaving Their Way to Hope, at TLCA. Sales from the show support the Hatfields’ ministry in the Middle East, where girls can learn traditional rug weaving skills so that they can choose education in their lives and not be sold for marriage or tempted to be a terrorist.

with the arts!

Janet Sellers is a local artist and art teacher. Her paintings and sculptures are exhibited at local businesses, the Monument Sculpture Park, and various Colorado museums and cities. She can be reached via OCN at JanetSellers@OCN.me.

July 4th Snapshots of Our Community - II



**Left:** Si and Dorothy Sibell not only hosted the annual barn dance July 3 but were selected as this year’s grand marshals for the Monument July 4 Parade. The Sibells once again opened the Tri-Lakes area Fourth of July festivities with their annual barn dance. Food, music by Reckless, and a lively dance floor were all part of this annual community gathering. The dance acts as a fundraiser, with this year’s proceeds going to Wounded Warriors.

**Right:** Lewis-Palmer High School Cheerleaders.

**Far Right:** Monument Academy cheerleaders.

Photos by David Futey

