

Teens

The AfterMath free math tutoring program continues each Monday through May 18 from 3:30 to 7. Experienced tutors work with children of all ages on any level math. Bring your homework and drop in for some help.

Teens who have turned in summer reading volunteer applications and have been approved to help during the Summer Reading Program should call the library at 488-2370 or register at PPLD.org for volunteer training. The sessions are on Wednesday, May 13 from 4 to 6 and Saturday, May 16 from 2 to 4.

Adult programs

The Monumental Readers will meet from 10 to noon on Friday, May 15 to discuss Orphan Train by Christina Bak-

er Kline. All patrons are welcome to attend this monthly book group.

The weekly Fun with Drawing class continues through May on Fridays from 2 to 4. This grant-funded class began on April 10 and will continue with the original group of students.

In the display case during May will be a collection of cookie jars. On the walls will be oil paintings by Jamie Miceli.

Palmer Lake Library events

The visit by the 4-H animals has been rescheduled from April to Saturday, May 16 at 10:30.

The Heart of the Pines 4-H group will bring their animals and their babies for you to see and touch. Inside the Palmer Lake Library you can see bunnies, hear a bunny

story and do a bunny craft. Outside on the Village Green see and touch Sussex chickens, heritage turkeys, an African goose, Oberhasli goats and French and Holland lop rabbits.

This program is free and open to all ages.

The Palmer Lake Book Group meets at 9 a.m. on the first Friday of each month. Please call 481-2587 for the current selection. All patrons are welcome to attend.

Summer reading program begins June 1

This year's theme for kids is "Every Hero has a Story." The teen program (sixth through 12th grade) is Unmasked. Join us for exciting special programs and prizes and find your inner superhero at the library!

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

NEPCO, March 14

Sanctuary Pointe development overview presented

By Larry Oliver, NEPCO president

A short discussion of homeowners association (HOA) legislation and a briefing on the Sanctuary Pointe Phase 1 development highlighted the general membership meeting of the Northern El Paso County Coalition of Community Associations (NEPCO) on March 14.

HOA Attorney Lenard Rieth thanked all attendees for their recent correspondence to the state Legislature regarding small HOA legislation. The bill exempting small HOAs from the Colorado Common Interest Ownership Act (CCIOA) passed the House and is now in front of the state Senate. He also mentioned that HOA management agencies will be required by the state to obtain certification and to be licensed. He added that there is a possibility that licensing will be exempt for those managing small HOAs.

Joe Loidolt, president of Classic Homes, and Andrea Barlow, project manager from NES Inc., took the podium as the primary guest speakers. Barlow explained the history of Sanctuary Pointe and the current plan for the Phase 1 development. Some of the presentation highlights were

as follows:

- Sanctuary Pointe Phase 1 is located north of Baptist Road and south of Higby Road, and its eastern boundary abuts the Ridge at Fox Run and Fox Pines.
- It is a Classic Homes development with 261 dwelling units on 141 acres, for a density of 1.84 dwelling units per acre.
- It will contain 25 acres of parks, open space, and trails (about 20 percent of the land), and the plan includes a Forest Management Plan.
- It will be built out in five development phases.
- The plan was discussed with the Higby Estates HOA at neighborhood meetings in 2005 and 2014, the Ridge at Fox Run HOA at neighborhood meetings in 2005, 2006, and 2015, and with the Kingswood HOA at a meeting in 2007 (Phase 1 is the eastern portion of the total Sanctuary Pointe and does not abut Kingswood homes).
- The Sanctuary Pointe Phase 1 Planned Development (PD) Sketch Plan was approved in 2006.
- Concessions were made by Classic Homes to the comments by the HOAs and NEPCO, primarily in-

corporating lower-density transition areas.

- Phase 1 was approved by the Planning Commission on March 11.
- Water and sanitation will be provided by the Triview Metropolitan District.
- The construction for Phase 1 is expected to start in the fall of 2015 after the water and sewer infrastructure is completed.
- Access to Phase 1 will be through a new intersection on Baptist Road about one-half mile west of Roller Coaster Road; a new left turn lane going east on Baptist will be built.

The presentation concluded with a question-and-answer period for all of the HOA representatives and others present at the meeting.

NEPCO welcomes non-member HOAs in Northern El Paso County to join the coalition. Details can be found under the "How to Join NEPCO" link at www.nepco.org. The next NEPCO meeting is scheduled for 10 a.m. Saturday, May 9 at the Monument Town Hall. □

Palmer Lake Historical Society, April 16

Ute Prayer Trees of the Pikes Peak Region

By Al Walter

On April 16, over 80 members of the local community braved a spring snowstorm to hear former El Paso County Sheriff John Wesley Anderson present the results of his research of "culturally modified" trees, locally referred to as Ute Prayer Trees. His presentation was part of the History Series sponsored by the Palmer Lake Historical Society on the third Thursday of each month at 7 p.m. at the Palmer Lake Town Hall. The History Series provides local historians and researchers the opportunity to present the results of their research on local, regional, and Colorado history.

The practice of modifying or shaping trees for cultural, spiritual, or aesthetic reasons is practiced in many

countries. Although the Japanese art form of bonsai is well known, inhabitants of other countries, such as Poland and Denmark, have also shaped or modified trees for various reasons.

An abundance of modified trees exist in North America. Most were deliberately modified or shaped by ancestors of American Indians and used as directional/trail markers, for spiritual ceremonies, as burial sites or memorials, or to point to water or geological sites. Anderson acquainted the audience with the many Ute Prayer trees found in El Paso County, specifically those in Fox Run Park and the surrounding areas. By providing photographs of several types of modified trees and discussing

the significance of the trees to the Ute tribes that still live in the area, Anderson hopes that local land owners will be able to identify culturally modified trees on their property and help preserve them for future generations.

The next program in the History Series will be on Thursday, May 21 at 7 p.m. at the Palmer Lake Town Hall. Robin Hammitt will discuss the American bison and the circumstances that led to the near extinction of this symbol of the American West. The program is free, and light refreshments will be served. □

HANG: High Altitude Natural Gardening

The HANG underground

By Janet Sellers

As I write this column, it is raining, the ground is moist, and I can hardly wait to dig into some of the soil outdoors. Just after a rain, our ground is soft and easy to work, but in a day or two it can be hard as a rock. That is, unless we do some simple, natural prep work to help the soil stay fluffy.

For the past year, I've been writing about the ease of Hugelkultur and Keyhole gardens, and I have something new to add to the mix of lazy gardening success: worm towers. Yep. Those wonderful creatures that create superb garden from your kitchen veggie scraps will do all the work for you for free underground and make rich garden

soil in just a couple of weeks or so.

The vermiculture worm tower bed system appears to be a nifty combo of the theories of Hugelkultur (earth-covered tree parts) and keyhole beds (a central compost tower in a raised bed). Many people make their vermiculture tower from a plastic pipe (not PVC, it's toxic) at least 4-6 inches in diameter. I plan to use a cardboard tube 8 inches in diameter wrapped in poultry netting. It's simple to set up, then we plop in the kitchen veggie scraps, eggshells, etc. No animal parts can be used. Visit the Monument Community Garden Facebook page where I have posted some short mini-movies on how to make and use a vermi-

culture tower.

The Tri-Lakes Gardening Community (TLGC) group reports it's time to start potted seedlings and maybe even plant some crops in the ground this month. In our area, the word is to get plants or start seedlings at least by Mother's Day, but wait to put them outdoors until Memorial Day. TLGC is open to all interested in gardening in our area, and holds monthly or more gatherings from May through October. Details and event updates on the Facebook page: <https://www.facebook.com/MonumentCommunityGarden>. □

Art Matters

Making art: an awesome anti-inflammatory cure

By Janet Sellers

Art for better health, especially as we age, is highlighted in the news and medical research of late. A study at the University of California Berkeley took a close look at positive

emotions and feelings of awe in life such as when we are immersed in nature's beauty, the beauty of art, and joining in a song of worship. The researchers were able to find the connections between these positive, creative emotions

with lower levels of cytokines—pro-inflammatory proteins that signal the system to work harder for immunity.

"Our findings demonstrate that positive emotions are associated with the markers of good health," said Jennifer

