

Western Museum of Mining & Industry, Jan. 2

Cheyenne Mountain Air Force Station described

By David Futey

On Feb. 11, Col. Gary Cornn Jr., commander of the 721st Mission Support Group and installation commander at Cheyenne Mountain Air Force Station, spoke about the construction and infrastructure of the station at the Western Museum of Mining & Industry (WMMI). First though, Cornn explained that the North American Aerospace Defense Command (NORAD) is now primarily housed at Peterson Air Force base, with only 30 percent of the station presently used by NORAD staff. There are 13 mission partners, such as the United States Strategic Command Launch, that occupy the remainder of the available space on a regular basis.

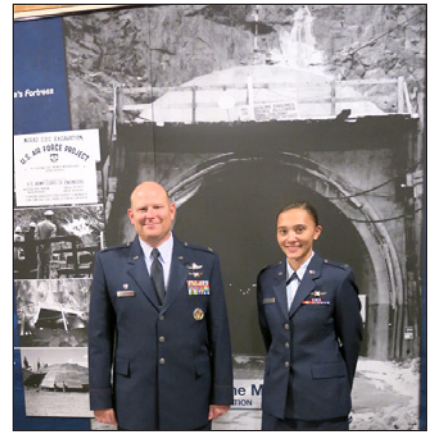
The station was built in the 1960s as response to the Cold War environment. Designed to withstand a nuclear blast from that era, the station is located under 2,200 feet of granite, was excavated using a smooth wall blasting

technique and has 3-foot to 36-foot rock bolts used to hold the above rock in place. Protected behind 25-ton blast doors, the facility's floor plan is designed to mitigate blast propagation. There are 15, three-story buildings that are separate from each other except for a connecting ramp. Each building has its own spring suspension system, with a 1 inch to 2600 pounds compression ratio, so that it could move independently should an earthquake or blast occur. For sustainability, there is a water reservoir along with a diesel fuel reservoir for backup generators.

In conjunction with Cornn's lecture, station staff created an exhibit on the station in the museum's changing exhibit area. The exhibit will be viewable until early June. There will also be another lecture related to the station in April. Go to the museum's website (www.wmmi.org) for information on it and other upcoming events at the museum.

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Right: Col. Gary Cornn Jr. and 1st Lt. Rachel James are shown in front of one of the many panels created for an exhibit on the Cheyenne Mountain Air Force Station. The exhibit is located at the Western Museum of Mining & Industry and will be available for viewing until early June. Photo by David Futey.



Art Matters

For the love of art and life: grab a pencil or a camera



By Janet Sellers

"You don't make a photograph just with a camera. You bring to the act of photography all the pictures you have seen, the books you have read, the music you have heard, the people you have loved." — Ansel Adams

Photography and film were my first true loves in art ... I got my brown Bakelite Argus 75 camera when I was 6 years old. My art career began, truth be told, with photography. Maybe I was afraid of drawing (I was) or clumsiness, but with a camera in hand, I felt I had the power to create a powerful image. In college, I began with black and white photography and the stinky darkroom chemicals.

It was my good fortune to have as my first teacher John Sexton, who was an assistant to Ansel Adams. Sexton had gone on to be Adams' photo assistant after graduating from Art Center College, and in my photo class with Sexton, we learned the zone system of Ansel Adams, using black to white in 10 gray zones for a photo. Thanks to Sexton, I was hooked on black and white photography and set my cap to go to Art Center years later.

Our class used mostly natural light—a great benefit since I had only a camera and film and no fancy lighting equipment—and learned to do special effects in the darkroom. Nowadays, most cell phones have those effects right in the palm of our hands. A quick click on the device gets a giclee print out of a jet printer's box in rapid fire, but back then, the effects were hard earned

by hours spent in a chemically laden lab and pricey enlarger equipment.

Even so, the soul of a photo is still closely tied to the soul of the photographer, and the heart of that photographer artist shows through the art work. That connection of imagination to the outside world is a great restorer of the heart and mind. It's also a wonderful pastime that's really good for us in other ways, too.

A 2015 Mayo Clinic study of 256 people in their mid- to late 80s showed just how art activities protected and strengthened cognitive function from middle age to old age. It also made connections to predict cognitive impairment during the final years of life. Many studies also link an active social life to better cognitive health, and combined with creative art, the power increases.

In a nutshell (no pun intended) as we attempt to learn to do art, particularly visual art, our efforts require activity and making attempts at new skills. For artists, the pursuit is lifelong since the artist is forever reaching to improve and refine their creative expression. New information and ideas connect with stored information and create works above and beyond what they've done before. For all the people in the study, the new art effort and acting on it are the main criteria for the phenomenal results.

The Tri-Lakes Center for the Arts (TLCA) just opened a beautiful photography show this weekend, the artist reception was on March 4, and the show will be up the better part of this month, until March 25. I got to have a sneak peek as they were

hanging the show, and it's a show with a wide variety of photography works. This annual show is called "Visions of Light." I hope you can go see the show soon, and maybe purchase a vision of light for yourself.

Call for artists

TLCA call for artists to Abstract and Interpretation juried show, entry submission deadline is March 18. Sales will be a 60/40 split, with 60 percent going to the artist. Email photos of submissions to info@trilakesarts.org preferred, more info: www.trilakesart.org.

Artsites 2016 is a local, year-long out-

door public art exhibit. The annual juried exhibit accepts entry submissions until March 30 and artwork is installed each June. Selected artists receive a \$300 honorarium. For details, visit www.TriLakesViews.org or contact Dr. Betty Konarski at bkonarski@earthlink.net. Email entries accepted.

Janet Sellers is a local Colorado artist, photographer and art teacher; her public art sculptures are in exhibitions in city and museum venues in Colorado, and of course, the Tri-Lakes area. Sellers can be reached at JanetSellers@OCN.me.



Above: Maryann Gunter, left, and Dr. Michael Maddox smile as they help set up the 2016 Visions of Light photography show at the Tri-Lakes Center for the Arts (TLCA). Both the main gallery and the Lucy Owens gallery are filled with the art of photography in large and small format works. Show runs through March 25. TLCA, 304 Highway 105, Palmer Lake. Photo by Janet Sellers.

Snapshots of Our Community

Legacy Sertoma honors essay winners

Under the guidance of their teacher, Jennifer Robinson, over 80 eighth-grade students at the Monument Academy participated in Legacy Sertoma's "What Freedom Means to Me" essay contest.

On Jan. 28, the top three entrants were announced at a special presentation meeting of the club. Left: Pictured, from left, are Grace Gulig, first place; Shelby Wood, second place; and Peter Catalano, third place. Each winner received an engraved trophy and a monetary award. Grace Gulig and her essay

advance to competition with entries from 13 other schools within the Sertoma Pikes Peak District.

Legacy Sertoma sincerely appreciates and thanks Robinson, the students, and the administrators of Monument Academy for their support and participation in this program.

Photo and information courtesy of Legacy Sertoma.

