

with obesity, type 2 diabetes, cardiovascular disease, and metabolic syndrome, among other bodily disorders. A forest bathing trip involves visiting a forest for relaxation and recreation while breathing in volatile substances, called phytoncides (wood essential oils), which are antimicrobial volatile organic compounds derived from trees, such as pinene and limonene.

Japanese studies conducted so far have demonstrated reductions in stress, anger, anxiety, depression and sleeplessness among the subjects who have participated, but people plugged into electronics cannot get the true forest

healing experience.

We also have quite a history of native pine forest wild forage throughout our community, known well for many thousands of years to wise Native Americans and lately to newbie contemporary foragers. I haven't tried most of these yet but we sure have a lot of these foods in my area. For example, cattails in all the stages of growing are edible. I found a recipe for cattail pancakes and even grilled green cattails on the cob.

I would like to try pineapple weed tea; the flowers apparently taste delicately of pineapple. Pinon pine nuts

have been enjoyed here for over 10,000 years by the Ute people, are really tasty, and famously good in pesto. I've seen a recipe for blue spruce beer, and ponderosa young male pine cones can be eaten cooked; the cambium part of the bark in spring (only from side branches) can be fried like french fries and is said to taste like sheep fat. I think I'll pass on that one.

Janet Sellers is an avid HANG newbie and welcomes your high altitude garden tips. She can be reached at: JanetSellers@OCN.me.

Art Matters

Our creative arts: a beautiful, munificent pursuit



By Janet Sellers

It's good to note for all of us, especially for artists and arts education in general, that art and creative work careers are grounded strongly on visual arts education and participation. Art is not a fluff job. Besides being a fulfilling lifelong pursuit, American art is a tremendous enterprise globally.

The most recent data from the National Endowment for the Arts (NEA) reveals that the arts contributed to the U.S. economy to the tune of \$704.2 billion in 2013, or 4.2 percent of the Gross Domestic Product (GDP), and in trade was a whopping \$24.1 billion surplus in 2013, growing every year since 2006. For performing arts, writers, and independent artists, the figures are still an eye-popping 2.4 percent GDP growth factor from 1998-2013.

In 2013, the art sector employed 4.7 million workers that earned \$339 billion; arts and culture produced more in this country than construction (\$619 billion) or utilities (\$270 billion). I look to share these facts mostly in hopes of encouraging art making and most importantly, art learning, in our area.

Even with the above impressive numbers, art lawyer Michael McCollough (formerly with Sotheby's art auctions) relates in his blog that art sales for galleries and dealers are at least double what official reports convey and states, "If you think about it intuitively, the secondary

market is what most people call the churn in the market [buying and selling old works]—when people decide to deaccession works. The churn in the market could never be equal to the current output [the primary market]. If that were true, then no one would have art on their walls because they would always be buying and selling."

On a more local level, it is promising to see what is being made closer to home, especially what is being commissioned. That tells me more about art dollars in hand than some numbers on an analyst's chart. Last week, I was fortunate to visit a foundry in Loveland and see myriad bronze artworks in various stages of completion, from the originals in clay to the metal pour and final patina of the editions.

We saw various sizes of artworks from the small, hand-held ones to a life-size blue whale that towered overhead a couple stories high (and that was only half the breaching whale) being readied for its journey to Omaha for an ocean-themed water garden complete with attending orcas, sea lions, and more. The scale and scope of the works were immense, and I'm sure the cost to produce them alone was also tremendous. It was thrilling to see, and surely the artist and designer of the whole thing also made a pretty penny on such a grand design. We also visited Loveland's Benson sculpture park, with mostly bronze works.

On the way home, as I thought of our local art and artists in Tri-Lakes, I was tremendously proud of our Monument Sculpture Park. Cities like Loveland and Denver have enormous arts budgets and/or support systems in place. We have no public budget yet, but we do have wonderful volunteers, and even on our shoestring budget, we have splendid outdoor sculpture exhibitions thanks to Tri-Lakes Views, local merchants, and local donors who step up and support our local art efforts.

By the way, Tri-Lakes Views has a call for artists out now for the 2016-17 art year for outdoor public art. The due date has been extended to April 30, and artists can email information and images for the jury. Details are on their website: www.TriLakesViews.org.

Tri-Lakes Center for the Arts' (TLCA) new exhibit is Abstract and Interpretation. Artists were invited to submit their abstract artwork for consideration, and all mediums were considered. Exhibition dates: March 29 to May 27. TLCA, 304 Highway 105, Palmer Lake.

Our local Summer Art Hop starts up again on May 19, 5-8 p.m., so mark your calendars!

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

Snapshots of Our Community

Tri-Lakes Center for the Arts hosts *Visions of Light* photography exhibition



Above: The Tri-Lakes Center for the Arts held an opening reception for its 2016 *Visions of Light* photography exhibition. The seventh annual show, which ran from March 4 through 26, showcased 28

photographers' entries in the categories of abstract, architecture, landscape, nature and people. Judges awarded first and second place in each category as well as a Best of Show award. Special thanks

to Mark Kirkland of www.kirklandphotography.com, Coleen Swanson of www.tenaciousphoto.com, and the Palmer Divide Photographers Group <http://pdphotographers.com>. *Photo by Jackie Burhans.*

D38 holds parent resource night



Above: The Lewis-Palmer School District held a parents-only Resource Night March 7 to share information about Internet safety, cyberbullying, school counselors, building relationships and resilience habits with your child, and emotional and substance-abuse issues. Breakout sessions covered those topics in more detail. Retired El Paso County Sheriff's Deputy and D-38 school board President Mark Pfoff spoke to parents about Social Media and your Digital Footprint. *Photo by Jackie Burhans.*

Student Career Awareness Conference

Right: Lisa Wieland, left, and Patricia Synatschk volunteered to present at the Student Career Awareness Conference held on March 8 at Palmer Ridge High School. Lewis-Palmer School District collaborated with the Business Advisory Council to sponsor the event, which was open to all D38 high school students. Local business leaders conducted numerous sessions ranging from careers in banking to law to speech pathology. This partnership was designed to promote an understanding of professional opportunities available beyond high school. *Photo by Caryn Collette.*

