

pine taproots can go down 30 feet to reach deep moisture, and the root system can spread 100 feet from the trunk, usually the main root structure goes down only a couple of feet, and in coarse soil can reach about 6 feet.

A grave caveat to all is that poison used anywhere can harm us, our children, and will also kill pets and helpful critters such as foxes, owls, hawks, etc. that control pests. Our recent fox population deaths may have been caused by strychnine poisoning from rodenticides and not mange as previously suspected. Strychnine, when inhaled, swallowed, or absorbed through

eyes or mouth, causes a poisoning that results in muscular convulsions and eventually death through asphyxia. It is possible for such poisons to get into our water sources. With these concerns, it is vital that we look into natural, safe ways to protect our forests, gardens, and ourselves from horrible toxins as well as from critters.

One successful and natural solution in many communities nationwide has been to introduce feral cat populations into neighborhoods infested with rats and other vermin. The (spayed) cats need a home, and they not only eliminate the vermin, but their predator pheromones remain in the

area, warding off repeat invasions. Our local Humane Society has programs and information on feral and traditional “barn” cats.

Let’s be mindful of our natural forests’ earthly requirements as we garden amid the pine forest natural habitat. For me, it is easier on the body to walk and sit in the forest for health benefits than weeding and hoeing for the day, but that is what the work-free hugelkultur garden beds are for! And, a quick, nutritious “garden” is as easy as a jar of sprouts. Johns Hopkins and Ohio State University report broccoli sprouts contain 1,000 percent more

nutrients than mature broccoli, including the phytochemical sulforaphane, which is touted to help prevent cancer cell production—that’s 50 times the cancer fighting power of mature broccoli. Tummy-wise, they contain potent digestive enzymes and mild flavor. Yum.

For hugelkultur (no tilling, watering or weeding) workshops and methods to keep out pests, stay tuned to our Facebook page for updates: <https://www.facebook.com/MonumentCommunityGarden>.

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Art Matters

Local young artists receive top Colorado awards



By Janet Sellers

The U.S. Department of the Interior Fish and Wildlife Service annually holds a K-12 national competition for the federal Junior Duck Stamp design. Young artists nationwide create waterfowl paintings to support conservation through the arts, adhering to strict requirements for stamp design, aesthetics, correct waterfowl anatomy, and habitat.

Some of our local Junior Duck Stamp award winners will be honored by the U.S. Department of the Interior at the Colorado State awards ceremony May 14: Isabella Barbosa (fifth grade) first, Sophia Lovato (11th grade) second, Jasmine Carter (fifth grade) second, Danielle Sprague (age 13) third, Lauren Bush (eighth grade) honor-

able mention. I spoke to several of these award-winning artists who said that in studying and painting the animals, they learn a great deal about each animal and the places where the creatures live in order to paint them.

This, combined with a huge respect for conservation, has led several of the youths to participate in the duck stamp design program. Lovato, who has participated for about 10 years, said, “I love animals, and this is a good way to support them.”

The young artists were unanimous in their belief in the power and importance of protecting nature and wildlife, especially via their art. Each young artist wrote a conservation message for their entry, with the theme that protecting wildlife and natural

habitat is vital to our future. These young artists are mindful that their generation is the group that must go forward and make others aware and take action to protect our natural wetlands, especially from man-made harm.

May art events

Ute Indian Prayer Tree Field Trip: Learn more about these ancient, living works of art on a beautiful, informative walk with author and artist John W. Anderson. Saturday, May 14, 9 a.m.-noon at Fox Run Regional Park. Meet at 9 a.m. at Roller Coaster Road Trail head one-eighth mile south of Baptist Road. For further details, contact Anderson at jwa122@comcast.net.

Art Hop: Stroll around town, enjoy local art. May 19, 5-8 p.m. Monument, Palmer

Lake.

Tri-Lakes Center for the Arts (TLCA) exhibitions: “Abstract and Interpretation” through May 27. “Weaving their way to hope” curated by Max and Karen Hatfield of Friendship International, sales benefit programs for young women in Van, Turkey; through May 28. Palmer Lake Art Group 51st Annual Fine Art Show and “Four of a Kind,” Lucy Owens Gallery. Both shows, May 31 to June 25, opening reception June 3, 6-8 p.m.

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

Snapshots of Our Community

MA Green4Green fundraiser correction

On page 26 in the April 2 issue, the photo credit for the MA Green4Green Fundraiser was incorrectly attributed to Jackie Burhans. It should have read: Photo by Laura Polen, www.footstepsphotography.com. OCN regrets the error.

Gleneagle Sertoma Blood Drive, Mar. 24



Above: Phlebotomist Melissa Gray prepared to collect blood from donor Barbara Gritzmaker. Photo courtesy of Dean Jones and Gleneagle Sertoma.

On March 24 at Antelope Trails Elementary School, the Penrose-St. Francis mobile blood crew and 25 hearty souls braved the inclement weather and a few snow banks to carry out the semi-annual Gleneagle Sertoma Community Blood Drive, which occurs during spring break and the first week of August. Since the program’s inception in 2004, 947 participants have donated over 100 gallons (810 units) of blood. The next Sertoma blood drive will likely be Thursday, Aug. 4. Contact info@gleneaglesertoma.org for information. If you care to donate at the hospital’s Blood Bank on Nevada Avenue at another time, please use our community group number 545 as you register at the front desk.

Monument signs methadone settlement



Above: On April 14, following a vote of the Monument Board of Trustees, Mayor Jeff Kaiser, left, signed the final agreement between the Town of Monument and Colonial Management Group (CMG) settling the lawsuit regarding the proposed methadone clinic at 192 Front St. Town Manager Chris Lowe’s press release said, “Discussions were ongoing for months, but the details of these discussions could not be made public,” since these negotiations were conducted under attorney-client privileges. Lowe commented, “I am satisfied that we have done the best we can for our community. We are moving forward and are excited about the wonderful future of Monument.” Lowe can be contacted at (719) 884-8023 or clowe@tomgov.org. Photo by James Howald.