

health. That's a lot for a pine tree to offer us. Greater support both physically and mentally has been shown with forest bathing, and the studies in Japan and more show similar positive results just by walking through the forests.

So, as we plan our flower and vegetable gardens this year, let us keep in mind where we live, respect the superb and ancient forest habitat and live in harmony with that venerable tradition. Let us learn to make what we do

be prosperous for our needs, but informed by our great love and respect for our forests, with its trees, plants, animals and countless creatures that make the forest alive and well.

For easy access to information, check here for a variety of how-to articles and videos I am posting for our community on the Facebook page, <https://www.facebook.com/MonumentCommunityGarden>. We have a great Tri-Lakes Gardening Community (TLGC) page

link there as well. TLGC is a bunch of friendly local gardeners with endless tips and frequent ad hoc talks and walkabouts to local gardens.

Janet Sellers is an avid HANG newbie, and welcomes your tips and handy hints to share with others here at our high altitude. She can be reached at JanetSellers@OCN.me.

Art Matters



Older artists: Experience says the best is yet to come

By Janet Sellers

"Solitude is the profoundest fact of the human condition. Man is the only being who knows he is alone, and the only one who seeks out another."—Octavio Paz

Early or late in life, we find that we can be alone but not lonely, or alone in a crowd. Our give and take in all matters depends on circumstances, mostly, and a full life consists of that flow. A better thought might be, "What is my own fullest life?" Art brings that answer to every artist and, in truth, to every person. Visual art is like a quiet friend, a heart-to-heart connection from one person to another, between days or between millennia.

Great statesmen in the capitols as well as regular people living in cities, suburbia, and country sides have turned to art in their bright and dark days for solace and sanity. Winston Churchill was a painter. In addressing the Royal Academy in 1938, he referred to arts and sculpture: "The arts are essential to any complete national life. The State owes it to itself to sustain and encourage them.... Ill fares the race which fails to salute the arts with the reverence and delight which are their due."

Many turn to art-making later in life, when they can devote their ideas and energies to it as they see fit. In contrast to young artists filled with hope and excitement and exploration, the mature person brings to their art a wisdom only years of life experience can offer. Gallerists mention that the mature artist offers interest, stability, and creativity to success—and sales—and they don't worry as they do with the artists in their 20s.

Our area is fortunate to have many kinds of artists of all ages and styles and levels. We have world-class artists, local favorites, and year-round art shows to prove it. Our oldest art group, Palmer Lake Art Group (PLAG), began its winter art show and sale in January and continues it through February at Tri-Lakes Center for the Arts. PLAG's shows always include a percent to benefit our high school seniors with scholarships. The artist reception dovetailed nicely with the adjacent show, "Juxtaposition," with local artist Joe Beavers' abstract paintings and Ray Shaw's realism works of wildlife and forests, in the Lucy Owens Gallery.

I was so happy to see Beavers exhibiting his newest abstract works. They are large format, colorfully expres-

sive paintings. Beavers lives near me in Woodmoor, and I was fortunate to visit him at his studio in December, just before this show went into full swing. We talked about his lifelong love of being creative and his large-format paintings that he does now at this stage of his art life. I think he had the biggest paint trolley filled with endless tubes of colors that I've ever seen. He thoroughly delights in his art and studio time.

Art to see in February

Tri-Lakes Center for the Arts (TLCA)—Joe Beavers and Ray Shaw, *Juxtaposition* art show, abstract show, and the PLAG art show through Feb 25. TLCA, 304 Highway 105, Palmer Lake.

Public outdoor art in Tri-Lakes—our local outdoor art numbers in the dozens from Palmer Lake to the Monument and Woodmoor areas. Maps for the locations of public art on view are available at local merchants, courtesy of Tri-Lakes Views.

Tri-Lakes Views announces a Call for Entries for its annual yearlong outdoor sculpture ARTSites 2017 exhibition:

- Artists are invited to submit entries for ARTSites 2017, the yearlong outdoor public art exhibit to be installed in the Tri-Lakes area.
- The juried exhibit will be installed in June and be on display for one year. Artists selected for the exhibit will receive a \$500 honorarium. Entries may be submitted on a CD or by mail and should include photographs from several views of the pieces being submitted and should include the title of the pieces, medium, scale and price, including a 25 percent commission. Artist's name, address, phone number, email address and website (if appropriate) should also be included. Entries must be submitted no later than April 30.
- Entries may be sent by email to bkonarski@earthlink.net or by mail to Tri-Lakes Views, PO Box 2564, Monument, CO 80132.

Janet Sellers is a local fine artist, writer and art teacher. She has public art and sculptures in many Colorado cities, local drawing and painting classes for all ages, and welcomes your art questions. She can be reached at janetsellers@ocn.me.



Above: Woodmoor artist Joe Beavers, left, and his wife Carolyn enjoyed visiting with guests for the two-man art show, *Juxtaposition*, in the TLCA Lucy Owens Gallery at the artist reception on Jan. 13.

Below: Artist Ray Shaw exhibited his large-scale paintings of nature at the art show, *Juxtaposition*. Shaw's studio is in Rye, Colorado.

Photos by Janet Sellers.



Snapshots of Our Community

Handbell caption correction



Correction: The above photo of the Tri-Lakes Handbell Choir in our January 7th issue should have been credited to Tommy Olson. *OCN regrets the error.*

Relationship Marketing, Dec. 13



Above: Speaker Brenda Sanchez gave a talk on Relationship Marketing, part of the Tri-Lakes Chamber of Commerce Monthly Education Series, on Dec. 13. She stressed the importance of nurturing relationships in life and business, as well as how to plug into a system that nurtures relationships via thoughtful reminders and greetings to clients throughout the year. *Photo by Janet Sellers.*