

etables. Being around green space and exposure to plants, particularly to gardening, is beneficial to mental and physical health. NIH says this could reduce the pressure on NHS services, and that “health professionals should encourage their patients to make use of green space and work in gardens and should pressure local authorities to increase open spaces and trees, also counteracting air pollution and climate change.”

Summer watering

Our hot summer means vigilant mulch protection and prudent watering. Since our area is basically high desert and naturally quite dry, generous mulch cover is vital, and our forests do that for themselves with pine needles. The online blog at Gardening Know How reports that most garden flowers in the growing season need 1 inch (2.5 cm.) of water every seven to 10 days and recommends setting out open canisters to get proper timings to measure for that perfect inch of water without waste.

Disney’s many worlds are organic and mosquito-free

Disney World’s natural, effective

practices include water features with fountains and currents and no standing water, so there’s almost no place mosquitoes can oviposit on the 25,000 marshy acres of their park and its adjacent conservation land. Disney hired engineer Gen. Joe Potter, former Panama Canal governor, to implement these natural practices for a mosquito-free “happiest place on earth.”

Besides natural pest control from the feral cats that live in Sleeping Beauty’s castle and the thousands of hidden chickens throughout the park, humanly imperceptible airborne puffs of garlic repel mosquitos, too.

Here at home, we can pop fresh, viable, organic garlic into pots for growing near doors and windows and enjoy being virtually mosquito free. We can sauté or pickle the stems (called scapes) or just enjoy the spectacular globe flowers.

Janet Sellers is an avid ethno ecologist and an optimistic lazy gardener. She helps manage the Monument Community Garden to demonstrate local growing methods. Send your handy tips to JanetSellers@ocn.me.



Above: In August, our Central Flyway will see the return of the rufous hummingbird migration back from Canada to warmer climes. Colorado is a summer home to only four hummingbirds: the calliope, black-chinned, broadtail, and rufous hummingbirds. The annual Hummingbird Festival on Aug. 13 will include hummingbird-themed educational talks and activities, art, crafts, farmer’s booths, and more. Hosted by Southwinds Fine Art gallery, 16575 Roller Coaster Rd. *Photo by Brandon Thrift.*

Art Matters

Art is a necessary life resource



By Janet Sellers

There are many more things, between heaven and earth, than are dreamt of in your philosophy, Horatio.

—Shakespeare, Hamlet

When in imagination’s flow we feel free and creative, releasing stress; we self-balance. Stereotypes portray artists as decadent and moody, but most I know are just attentively if not intensely focused on their work. There is a way to have the art flow, joy, and happy results. I’ll share that magic with you.

The World Health Organization defines holistic health: viewing man in his totality within a wide ecological spectrum, and ... emphasizing the view that ill health or disease is brought about by an imbalance, or disequilibrium, of man in his total ecological system and not only by the causative agent and pathogenic evolution. “This important perspective is echoed in the organization’s 1946 preamble, wherein health is defined as a state of complete physical, mental, and social well-being rather than merely the absence of disease or infirmity,” wrote Dr. Heather L. Stuckey, DEd, and Jeremy Nobel, MD, MPH in The connection between art, healing and public health in the American Journal of Public Health.

These studies relate to art as a pastime but include the arduous efforts by serious amateurs and professionals. Traditionally, artists develop a painting or sculpture with sketches and endless planning, testing ideas first in drawings or watercolor studies. A simpler way to enjoy art and nature in a profound healing combination is to paint en plein air (French for “outdoors”) alla prima (Italian for “first attempt”) directly applying paint—even wet on wet—completing works in a single session.

Our current screen lifestyles offer us passive, contemporary weaknesses for instant yet canned visual tools and videos, but making art requires us to generate the works and not be complacent. Alla prima methods allow us to express deep feelings in the moment, also at an instant, yet without our own practice and expertise, or an apt mentor guiding us, paintings can fail, muddy and unsatisfying.

Many artists exclusively use oils with alla prima painting. I prefer acryl-

ics on panels (including panel-clipped canvases), because there’s no surface shifting while I’m painting or in later years (as with stretched canvases), no issues with stability. I often mix right on the panel. It’s accurate and speedy, not needing to go palette to canvas and back for color corrections.

Happily, acrylics work fast, drying quickly. Acrylic in alla prima and studio painting also offers a wide array of tactile surface expression, including thick impasto techniques, without the oil painting tragedies of muddy colors or eventual surface cracking. Some will argue oils are more sensual to use; I’ve no argument there. But overall, the acrylic (I wish it had a snazzier name) alla prima experience is felicitous, engaging and fun, and enjoying a subsequent art show is fortunate for all of us.



Janet Sellers is an artist, writer, and speaker, sharing art and visual thinking in human expression. Janetsellers@ocn.me.

Above: Jefferson Gallery owner Daryl Muncey exhibits his own fine art paintings and woodcraft, shown here at the studio gallery showcase, and those of guest artists. Muncey’s art showcase is near the Chapala Center on the alley, lovingly restored, and is currently open to the public only during Art Hop. *Photo by Janet Sellers.*

Snapshots of Our Community

Lodge honors five



Above: The Masonic Lodge in Monument recognized five individuals for their outstanding service to our community on June 26. From left, Lt. Jon Githara of the Colorado Springs Fire Department, a lifelong resident of Monument, was selected as the 2021 Firefighter of the Year. He received \$200. Haile Stegall, a graduate of Air Academy High School this year, was awarded a \$1,000 scholarship for Colorado State University. Jill Lucas, a first-grade teacher at Explorer Elementary in District 20, got \$200 for being named the 2021 Teacher of the Year. She has accepted a position to teach at Chinook Elementary this fall. Officer Ryan Sebastian of the Monument Police Department was selected as the 2021 Police Officer of the Year and received \$200. Not pictured is Bricen Sites, a graduate of Liberty High School. He was awarded a \$500 scholarship for the University of Colorado Colorado Springs. *Photo by Michael Moore.*

Sertoma places flags



Above: On a dreary and drizzly morning July 2, Gleneagle Sertoma members including Harvey LeCato, Ron Luebben, and Jim Taylor placed American flags along Gleneagle Drive. LeCato said over 300 flags would be placed as part of the annual tradition performed by the Sertoma for the Fourth of July holiday. *Photo by David Futey.*