

August Library Events

Summer Adventure ends; All Pikes Peak Reads selections announced

By Harriet Halbig

The library district's Summer Adventure Reading program officially ends on Aug. 15, but it isn't too late to register! Come to the library to register for the program and receive a free book. Any activities completed since June 1 count toward a completion prize of a set of colorful boats (up to age 3), a reading medal (ages 4 to 12), or an additional book or journal (ages 13 to 18).

The end-of-program party was held on the Palmer Lake Village Green on Friday, Aug. 5, but parties will be held at other libraries in the district as well. To learn

more about these, please see the district website, ppld.org.

Scheduling of regular programming will return this month.

The library district will sponsor free concerts for the family on the Village Green on Aug. 12, 19, and 26 from 6 to 7. Bring your lawn chair or blanket and enjoy some free entertainment. For further information, please see the website.

Selections for 2022's All Pikes Peak Reads program have been announced. See the September issue for de-

tails on the titles, related programs, and author visits.

The library district's Board of Trustees approved a resolution to participate in the November election during its July 20 meeting. For further information please see the website.

Please note that all Pikes Peak Library District facilities will be closed on Monday, Sept. 5 for Labor Day.

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Palmer Lake Historical Society, June 16

Palmer Lake walking tours

By Natalie Barszcz

The Palmer Lake Historical Society met on the afternoon of July 21 with a team of experts ready to share a plethora of knowledge on the history of Palmer Lake with 35 participants. The participants showed a deep interest by the many thoughtful questions directed to board President Jim Sawatzki, who spoke on the history of the Town Hall.

Gary Atkins led three separate group tours around the town, delighting participants with his knowledge, and Roger Davis was on hand to talk about the Lucretia Vaile Museum. The unexpected highlight was a short, impromptu talk by Donna Arndt, the original sculptor of Come, Dizzy, the bronze canine installed on the Village Green. Each attendee redeemed a coupon for an ice cream cone at Rock House Ice Cream later that afternoon.

The Palmer Lake Historical Society usually meets on the third Thursday of every month. The next event at Palmer Lake Town Hall is scheduled for Thursday, Sept. 15. Doors open at 6:30 p.m. for a presentation at 7 p.m. by Flint Whitlock and Terry Barnhart on their co-authored biography titled *Capt. Jepp and the Little Black Book: How Barnstormer and Aviation Pioneer Elrey B. Jeppesen Made the Skies Safer for Everyone*. For additional details, visit www.palmerdividehistory.org.

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Above: Tour participants gather on the Palmer Lake Village Green to register for a Palmer Lake Historical Society tour on July 21. Photos by Doris Baker.



Above: Sculptor Donna Arndt with her creation Come, Dizzy on the Palmer Lake Village Green. Photo by Doris Baker.

High Altitude Nature and Gardening (HANG)

Corn, seed bombs and dogs in the garden

By Janet Sellers

It's about time for our corn crops to be ready to harvest. In the Monument Community Garden, we had a late start, so our corn is a 60-day variety for a fast harvest—we hope. August's warm days will help them mature by September. The tomatoes may slow down due to our nights cooling off, but we've had some green tomatoes ripen in the kitchen with yummy results.

Turtle Island corn

The original seed bombs may have been learned from the corn-growing peoples of the Americas, also known to natives as Turtle Island. They put corn seeds in a ball of dirt to deter pests as protection while the seedlings grow. Growing corn in garden blocks, within a group, facilitates pollination and protects against wind damage.

A native, original corn was likely bred from grasses, crossing high-yielding plants making hybrids. Maize, cultivated in Mexico for over 7,000 years, spread across the continent, and is now the most widely cultivated

crop in the Western Hemisphere. Even at our high altitude with its short growing season, we can grow corn and other crops when we know the growing tips.

August seed bombs recipe

We still have time to plant for fall, and the cool season crops will sprout and grow best the next two months. Here's a seed bomb that keeps out critters: five scoops plain clay cat litter, one scoop compost or potting soil, mix well and add one-half or one scoop of water. Mix it up like clay, add in seeds (use several seeds for wild flowers. I usually put three seeds in for sunflowers and others) pack into balls and let dry outside. Store after 24 to 72 hours in a paper bag until ready to plant. I use a castor oil and cat litter concoction of 1 gallon clay cat litter (for a spray, use a gallon of water), 6 ounces castor oil, and 3 tablespoons each cayenne and garlic powders to keep pests out.

Winery dogs

Certain wineries in Napa Valley are teaming up with

household pets to combat bugs in their vineyards. Honig Winery proprietor Stephanie Honig's Labrador retriever Honey has been trained to smell grapevine mealybugs and identify them before the bugs infest the vineyards.

The U.S. Department of Agriculture Plant and Health detection service reports that highly trained detector dogs can find a specific invasive pest or disease in the field. These detector dogs could accompany pest survey specialists during a foreign pest or disease outbreak and identify pest-free areas. They could also work at ports, sniffing entire shipments of commodities to detect traces of insect larvae or plant disease. Some school districts use trained dogs to detect COVID-19 and other pathogens in schools.

Janet Sellers is a writer, speaker, and an avid nature lover and fair-weather gardener. Send your tips to JanetSellers@ocn.me.

Art Matters

Art and mindfulness: more friends, fewer pills



By Janet Sellers

"Art is a guarantee to sanity"—Louise Bourgeois, French-American artist

Louise Bourgeois (1911-2010), daughter of Sigmund Freud, produced work that significantly included psychoanalytic theory and practice. She is known worldwide for her powerful work of installation and large-scale sculptures. She believed that making art was a form of psychoanalysis and that through art she had a direct connection with the unconscious mind.

She recorded her dreams and made notes on her process, extensively on female sexuality, symbol formation, and the nature of the artist, offering an original contribution to psychoanalysis.

Art is the new meditation

Making art requires a certain amount of focus. We reach

into our imagination and bring ideas back to take action on them in the present time. Focus is vital to this activity and our satisfaction. Visual artists find enjoyment doing their artwork, even if it is quite a struggle, and find fulfillment in the completion of the work. Focus is key to the outcome, both for the product and the satisfaction. Perhaps this focus and follow-through is also the greatest gift to the viewer.

The opposite is true of distractibility. A study by psychologist and neuroscientist Richard Davidson, Ph.D., showed that distractibility is rampant in 47% of the population. And the test results showed that the people who were distracted were not happy, just distracting themselves. But we have ways to change our very physiology and brains with mindfulness for the emotional life of our brains.

Meditation has long been touted as an antidote to

distractibility and its ensuing discomforts. But what if you can't sit still and meditate? Current research shows that making art offers some of the benefits of meditation in a relatively active way. Eckhart Tolle, spiritual teacher, writes: "Identification with thoughts and the emotions that go with those thoughts creates a false mind-made sense of self, conditioned by the past.... This false self is never happy or fulfilled for long. Its normal state is one of unease, fear, insufficiency, and non-fulfillment."

Making art helps us focus on the now, the present moment, and act in that present moment, freeing us from mind chatter that could repeat over and over for days or decades, impacting our well-being.

More friends, fewer pills

In a 2020 interview with Juliana Valencia on NBC News 4 Washington, Dr. Ramesh Mazhari, director of Interven-