

tional Cardiology at the George Washington University School of Medicine and Health Sciences, explained that, “The risk associated with social isolation could be as bad as smoking 15 cigarettes a day or being obese,” adding that studies show loneliness can present the same risk of heart disease that smoking does. Loneliness can increase the risk of cardiovascular disease and stroke by 30% and can increase the inflammatory markers. Social isolation and loneliness have even been estimated to shorten a person’s life span by as many as 15 years.

Art Hop is Aug. 18
A simple, easy way to get creative and healthy is to enjoy art with others. Making art in a group or enjoying our local Art Hop each month offers a way to easily enjoy our community and art. The Art Hop is a friendly indoor and outdoor stroll

through downtown Monument with street musicians, art galleries and vendors around town. Enjoy the art, make some new friends, and come back next month and do it again!
Janet Sellers is an artist, writer, and speaker and teaches these at her studio, at university and social club talks, and online. Contact her at JanetSellers@ocn.me.

Janet Sellers is an artist, writer, speaker, and educator. She exhibits her artworks in cities and museums in Colorado and other places around the globe. She can be reached at JanetSellers@ocn.me.



Above: Students from Palmer Ridge and Lewis-Palmer High Schools help with the July garden chores at Monument Community Garden. They weeded and planted over two dozen each of tomatoes, strawberries, peppers, and other plants. From left are Hannah Miller, Emily Miller, Nate Sapp, Angel, Katie Miller, Grace Weitzel, and Cole Wickert. *Photo by Janet Sellers.*

Snapshots of Our Community

Fritzsche wins coaching award



Above: Nancy Fritzsche, a girls lacrosse coach and volunteer in Lewis-Palmer School District 38 for 15 years, won the Dairy Max Assistant Coach of the Month Award in June. One of her players, Lily Klapp, nominated her “because of her unswerving commitment to each of her players and understanding of their individual potential. She creates an environment where all the players feel safe and encouraged. What makes Nancy an outstanding coach and leader is that she teaches the lacrosse girls to measure their success by personal improvements and not focus on their mistakes. She brings out the very best in her girl lacrosse players and teaches them to believe in themselves,” said Klapp. *Photo courtesy of John Klapp.*

Historic Palmer Lake Town Flag



Above: Palmer Lake Historical Society (PLHS) board members and volunteers display the historic Palmer Lake town flag during a presentation on the history of the flag on June 16. The flag was created in 1976 to honor the Centennial State in the bi-centennial year, at the request of Gov. Richard Lamb. Every town in the state was asked to create a flag, and the original flag was designed and handcrafted by Palmer Lake Art Group (PLAG) members Patricia Schmidt, Jane Beachy, and Marie Pribble. PLHS members Bonnie and Wayne Russert recently took on the task of creating two duplicate flags, one to attach to the original for display in the Town Hall, and the other to be used as a banner. The duplicates were pieced together at the Quilt Shop in Wyman, Colo., and a light table was constructed to help the PLAG ink the recreated flags to mimic the originals. For more information, visit www.palmerdividehistory.org. *Photo by Natalie Barszcz.*

Friends of Fox Run Park trail work



Above: This happy crew worked hard on one of the most used trails in Fox Run Regional Park on July 15. A week and a half later, torrential downpours undid everything they had done. More work to be done. If you are interested in volunteering, contact friendsoffoxrunpark@gmail.com. *Photo by Marlene Brown.*

EIS takes part in evacuation exercise



Above: El Paso County Emergency Incident Support (EIS) volunteers participated in the El Paso County Emergency Evacuation Exercise on June 25. EIS volunteers prepared and served food and drinks to over 80 first responders and exercise volunteers while they practiced procedures and escape route management for local communities. *Photo by Judith Jude.*