

merchandise. Many additional prizes will be awarded.

There will be special programs during June associated with Summer Adventure. On June 11 from 10:30 to 11:30, enjoy a visit from Steve Weeks with music, hu-

mor, and games for all ages.

On June 25 from 10:30 to 11:30 enjoy the Feathered Adventure Magic Show.

For teens, there will be a Galaxy Painting program in Monument on June 12 from 3:30 to 4:30. The same program

will be offered at the Palmer Lake Library on June 26 from 3:30 to 4:30. Registration is required for these programs. You can register online by going to ppld.org, programs by location, or call your local library.

Please note that all Pikes Peak Library facilities will be closed on July 4 in observance of Independence Day.

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Palmer Lake Historical Society, May 18

Colorado's Rosie the Riveter

By Marlene Brown

The Palmer Lake Historical Society (PLHS) welcomed Gail Beaton, humanities and historical author who portrayed in Chautauqua-style Gail Murphy: Colorado's Rosie the Riveter May 16 at the Palmer Lake Town Hall. Beaton had the audience riveted to their seats during her lively performance of a young woman working in factories during World War II. Supporting the war effort and their families, women worked in factories making bullets, guns, and other ammunition.

"Rosie the Riveter" was the name that was given to the thousands of women working the factories as welders, airplane builders, and mechanics. Many women had never worked outside the home, but with a lot of the men away to war the government asked up to 6 million women to fill the jobs that needed to be done.

Beaton's book *Colorado Women in World War II* interweaves nearly 80 oral histories—including interviews, historical studies, newspaper accounts, and organizational records—and historical photographs (many of the interviewees themselves) to shed light on women's participation in the war, exploring the dangers and triumphs they felt, the nature of their work, and the lasting ways in which the war influenced their lives.

Beaton offers a new perspective on World War II—

views from field hospitals, small steel companies, ammunition plants, college classrooms, and sugar beet fields—giving a rare look at how the war profoundly transformed the women of this state and will be a compelling new resource for readers, scholars, and students interested in Colorado history and women's roles in World War II. See Beaton's website for more information on this book and her other historical books regarding women in Colorado: www.gailbeaton.com.

On June 6 at 7-8:30 p.m. at the Palmer Lake Town Hall, the PLHS will host a book launch on its newest publication: *The U.S. Forest Service Monument Nursery, 1907-1965* by author Dan Edwards. He will give an illustrative talk about the history of the Monument Nursery and the background and the story about why the book was written.

PLHS meetings are usually on the third Thursday of the month at Palmer Lake Town Hall, 42 Valley Crescent, 7-8 p.m. (doors open at 6:30 p.m.). For more information about future presentations and membership, go to palmerdividehistory.org.

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Right: Gail Beaton Photo by Marlene Brown.



On the Trail (in memory of Tim Watkins)

Palmer Lake bridge dedication ceremony

By Steve Pate

As reported in the May issue of OCN, the Palmer Lake Parks and Trails Commission (PLP&T) partnered with U.S. Air Force Academy (USAFA) senior cadet engineering students to design and build a bridge across Monument Creek into the Elephant Rock property trail system. On May 6, that bridge was officially dedicated in a ribbon-cutting ceremony.

Reid Wiecks, PLP&T chair, thanked the cadets and their professor, Dr. Brad Wambeke, who, after a U.S. Army career, taught at West Point and now the USAFA for their work to design and build the bridge. Wambeke said that normally a senior capstone engineering project would just involve the design and engineering work on paper. This project gave the cadets the experience of implementing their design.

Palmer Lake Mayor Glant Havenar also made remarks, thanking the USAFA cadets and Wambeke, then she and a cadet cut the ribbon to officially open the bridge.

Kevin Magner, a key PLP&T commissioner, said that volunteers would partner with the Mile High Youth Corps to develop the new loop trail through the Elephant Rock property in June.

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Right: Gene Kalesti, lead volunteer, Dr. Brad Wambeke, and senior USAFA cadets. Photo by Steve Pate



High Altitude Nature and Gardening (HANG)

The aesthetics of cottagecore, bloomcore, and cluttercore

By Janet Sellers

"Trees are poems that the earth writes upon the sky."—Kahlil Gibran

Cottagecore is an internet sensation that romanticizes the dream of a simplified, natural, rural way of life. Eschewing electronics for positive habits, a favorite version is the bloomcore, with beautiful botanicals. It is about escape from screens and stressors and renewing our souls via respecting nature through the dreamy aesthetic of Regency-era country life (as in Jane Austen's book, *Emma*). But the cottagecore aesthetic has been around for at least 2,300 years, dating back to the ancient Greek countryside, popularized on our social media in the past few years. Perhaps cottagecore should be called the Emma aesthetic.

While cottagecore and bloomcore may be more formal in nature, there is also cluttercore. The art of cluttercore achieves an "organized mess that feels like a big hug." With luck and help, I "cluttercore" mow the grass around flower berms. Putting the settee in the pink shade of the crabapple tree, we listen to spring peeper frogs belt out their songs. To our cat's amusement—or possibly dismay—we can hear but never find them. Iris and poppies appear in May and June, but the yellow, white, and purple asters don't get going until July and August. Yardwork is also busy with plucking last year's lanky stems of the purple blooming Russian sage (*salvia yangii*).

Ponderosa pine benefits

Our native Colorado springtime bursts in wildflower

glory every year, including the positive benefits of our ponderosa pine blooming season. Contrary to popular belief, the pine pollen is a valuable resource. Ponderosa pine pollen has been used historically as an adaptogenic tonic that can help balance hormones, boost immunity, and increase endurance. It can also make the body more resilient to daily stressors, strengthen vital organs, facilitate anti-aging and support a healthy balanced immune system. Many think that their spring allergies are from that yellow dust that gets all over everything in June, but there are multiple pollens exploding into our air then, so we can't blame just the pines. My dry salt inhaler works wonders for clearing my hay fever symptoms.

Pine needles necessary for pine tree health

Pine needles, as they decompose into soil, supply necessary nutrients for our pine trees to thrive. Ill-informed sources propose myths, but pine needles are acid neutral as soon as they lose the green color and make great garden mulch that knits itself together and stays put in snow, rain, and wind. Pine needles become nutrient-rich soil after a year. Even a 2-3-inch depth helps the ponderosa trees and the garden, according to the fire mitigation expert I spoke with from our local fire district who uses them in his gardens.

Janet Sellers is an avid "lazy gardening" enthusiast, letting Mother Nature lead the gardening wisdom that supports the Tri-Lakes high desert ecosystem. Share your garden tips and stories. JanetSellers@ocn.me



Above: Garden volunteer sisters Audrey, left, and Madelyn earn volunteering service stars for their American Heritage Girls vests. Through their volunteer time at the Tri-Lakes Cares (TLC) garden last year (and other service projects as well), they earned the President's Silver Volunteer Service award. Audrey gets one star for every five hours of service. Madelyn gets one star for every 10 hours of service. They received a pin, certificate, and letter from the White House. They were recognized for all their achievements in an American Heritage Girls awards ceremony in May. TLC garden volunteers are needed for summer. Photo by Janet Sellers.

Art Matters

Spring and summer's Art Hop: art and play

By Janet Sellers

We had our first Art Hop on May 24. It's a celebration of community and art in and around the shops and environs of Downtown Monument, complete with sidewalk art booths and more. Created and championed by local art legends Richard and Linda Pankratz, the annual Art Hop season has become a local favorite event each spring and summer. The event has grown from visiting art and artists at local venues to include live music around town and author book readings and signings. It's a monthly art festival and more.

The area's annual ArtSites public artworks, managed by the Town of Monument, hosts a permanent collection and an annual rotating exhibit that is part of the exhibit through a juried selection process. This year, the Town of Monument celebrates its new exhibiting artists with an artist reception that aligns with the downtown Art Hop on June 28.

Good for your health

Taking an evening walk is good for our health, and enjoying outdoor art and music helps create community camaraderie, all of which support optimal feelings with health benefits. Besides being in something that feels really good, there's scientific evidence to back up the

health and well-being benefits of the art!

Addiction sneaks in to our well-being

Smartphone addiction and screen addiction have crept into modern life to the extent that it is a serious mental health issue. Seemingly a simple and safe way to connect with others or keep busy, the underpinnings with the dopamine rush in games and "novelty brain" click bait marks our minds as its territory. It's potently impressed on teens and those under 30, who have this tempting tech in their lives. The desire to connect is so powerful that addicts don't realize what they are doing and how they are missing out on real life involvement. Screen addiction affects mental health, disrupts sleep, and causes "lazy thinkers" because generating thoughts and ideas is stifled. How this affects brain and mind development remains to be seen.

Screenagers is a term that describes our youth growing up in a screen-saturated world—a global pandemic of sorts, affecting all demographics. Dr. Delaney Ruston, a physician and film director, describes the tech-saturated world that needs balance between screen time and non-screen time in the Screenagers documentaries (and

the sequels). Awareness that mere tech communication is not true human camaraderie is vital to well-being. The Screenagers movement has broadened to a myriad of educational plans and helpful actions for parents, teachers, mental and physical health practitioners, and others.

Solutions to our life balance include taking walks with others—especially family and loved ones—and being out and about with people in a safe way. Our Art Hop offers a brilliant blend of what most people like and need these days. It is the fresh outdoors, indoor venues, exercise, fun and interesting art, music and conviviality. Our shops, eateries and ice creameries are noted for the old town, friendly atmosphere. People can chat and laugh while perusing Downtown Monument in a fun and lighthearted way. The artists and artworks are accessible both to see and to purchase. Excellent artworks are offered at affordable prices, benefitting the people who enjoy the art to take back to home or office, and the artists and venues.

The next Art Hop is June 28. See you there!

Janet Sellers is an artist, writer, and speaker with a focus on enjoying nature and well-being. She can be reached at JanetSellers@ocn.me.

