

Stellar, a postdoctoral researcher at the University of Toronto and lead author of the study, which she conducted while at UC Berkeley. The cytokines are necessary for herding cells to the body's battlegrounds to fight infection, disease, and trauma, but sustained high levels of cytokines are associated with poorer health and such disorders as type-2 diabetes, heart disease, arthritis, and even Alzheimer's disease and clinical depression.

It is believed that by signaling the brain to produce inflammatory molecules, cytokines can block key hormones and neurotransmitters—such as serotonin and dopamine—that control moods, appetite, sleep, and memory.

In answer to why feelings of awe would be a potent predictor of reduced pro-inflammatory cytokines, this latest study posits that "awe is associated with curiosity and a desire to explore, suggest-

ing antithetical behavioral responses to those found during inflammation, where individuals typically withdraw from others in their environment," Stellar said.

And a new study released from the Mayo Clinic indicates that pursuing the making of art can ward off cognitive decline. "Long ago, 'An apple a day keeps the doctor away' was a common expression," Dr. James Galvin writes in a comment accompanying the study, which is published in the journal *Neurology*. "Perhaps today, the expression should expand to include painting an apple and going to the store with a friend to buy an apple...."

Of course, an active social life is also key to cognitive health as well, and taking art classes and joining an art group of some sort would provide both of those vital roles. The things that had the greatest protective effect were painting, drawing, and sculpting.

We have many opportunities here in our locale to get involved in art classes and art making as well as just enjoying the awesome art that other artists make. I encourage you to check out the great sampling of art in our community for May:

**May art events**

**Palmer Lake Art Group** presents the 50th Annual Fine Art Exhibit and Sale. Show dates: June 2-27. Opening reception: Friday, June 5, 6-8 p.m. Location: Tri-Lake Center for the Arts, 204 Highway 105, Palmer Lake. Judge for show: Joe Bohler. PLAG will also present its annual student art scholarship awards to local high school grads.

**The Villa Italian Restaurant:** May featured artist: Joshua Goss, a sculptor that works in metal and uses his work to simulate Earth's development and topography; 75 Highway 105 Palmer Lake.

**Tri-Lakes Center for the Arts:** *Predictions and Perceptions* art show through May 30.

**Wisdom Tea House:** Ice Carving with Julian, May 21, on the Art Hop night. Alana Thrower, Photo exhibit No Unicorns through May 30. 65 Second St., Monument.

**Our local Art Hop rides again** this month. Starting May 19, local shops open their doors as art venues on the third Thursday from 5 to 8 p.m. for a celebration of art making in Historic Monument, our local art quarter. Maps are available at local shops in Tri-Lakes.

*Janet Sellers is a local artist of paintings and public art sculptures, and teaches art classes and workshops for children and adults all year. She can be reached at janetsellers@OCN.me.*

## Snapshots of Our Community

### Cub Scout Pack 117 learns about OCN



**Left:** Tiger Cub Scout Pack 117 asked OCN to show them how newspapers are made, and they asked many questions of our reporters. From left are first-graders Charlie, Andrew, Eli, Nathaniel, and Ben, and Den Leader Jonathan Deeds after the demo. *Photo by Lisa Hatfield.*

**Right:** OCN Managing Editor Lisa Hatfield explained the importance of a community newspaper to Tiger Cub Scouts from Cub Scout Pack 117 at In the Moo in Monument April 2. The Scouts are actively engaged in earning achievements toward their Tiger Cub badge. *Photo by Jennifer Green-Lanchoney.*



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