

temperatures occurring through the remainder of the day. Temperatures reached below zero by the time we turned the calendar to 2019.

The bigger story with this cold air mass was the snow and wind that accompanied the storm. Generally light snow fell, with 1 to 3 inches during the day, but the cold temperatures allowed the strong winds to blow the storms around and produce some drifts. Wind chills reached minus 20 degrees, making for some dangerous conditions in the area.

#### A look ahead

January can bring the coldest temperatures of the year, but there is often a proverbial "January thaw" where mild temperatures make brief appearances.

Precipitation is on the low side, with amounts generally less than an inch. The month provides numerous sunny and windy days, with quick shots of snow in between.

#### December 2018 Weather Statistics

Average High	39.9° (+1.6°)
100-year return frequency value max	50.5° min 32.6°
Average Low	14.0° (+1.7°)
100-year return frequency value max	22.4° min 5.4°
Monthly Precipitation	0.39"
	(-0.61", 60% below normal)
100-year return frequency value max	2.82" min 0.00"
Monthly Snowfall	11.2"
	(-5.2", 26% below normal)

Highest Temperature	58° on the 21st
Lowest Temperature	-5° on the 29th
Season to Date Snow	40.8"
	(+1.3", 3% above normal)
	(the snow season is from Oct 1 to Sept 30)
Season to Date Precip.	2.92"
	(-0.51", 15% below normal)
	(the snow season is from Oct 1 to Sept 30)
Heating Degree Days	1181 (-46)
Cooling Degree Days	0 (0)

Bill Kappel is a meteorologist and Tri-Lakes resident. He can be reached at [billkappel@ocn.me](mailto:billkappel@ocn.me).

## Letters to Our Community

Guidelines for letters are on page 31.

**Disclaimer:** The information and opinions expressed in Letters to Our Community are the responsibility of the letter writers and should not be interpreted as the views of OCN even if the letter writer is an OCN volunteer.

#### Don't be fooled by deceptive "solution"

Elsewhere in this issue of OCN, you will see an ad proposing "cost-effective" solutions for overcrowding in D38. This ad is dishonest in several ways.

The ad poses itself as the work of a group named "TriLakes Taxpayers for Excellent, Efficient and Responsible Education." In fact, there is no such group registered with the Colorado Secretary of State. The ad is the work of former Monument Academy board

President Scott Saunders, based on the fact that he posted it on social media platforms. Apparently, Saunders thought his ideas would be more believable coming from a fictitious group.

Saunders calculates the cost of seats in MA and in traditional public schools using methods that are intended to sound plausible but are in fact deceiving to the taxpayers he is trying to persuade. When calculating the cost of traditional public schools, Saunders uses the maximum repayment cost of building the school. When calculating the same cost for MA, Saunders uses only the \$2 million he is asking D38 to give to MA, not the total cost of the school MA proposes to build, not including any interest, and he inflates the number of seats. Not surprisingly, this approach

makes MA seem cheaper.

As of Dec. 21, MA has not obtained financing for their proposed school, so Saunders has no honest way of calculating its cost.

Finally, there is one other snag with Saunders's proposal: It violates state law. Public school districts may not give funds directly to private corporations such as Monument Academy Building Corp., the company that owns MA's current building.

At its last board meeting, D38 announced that four of its schools will need portable classrooms added next year to accommodate growth. D38 needs its reserve funds for this purpose, among others.

James Howald

#### Between the Covers at Covered Treasures Bookstore

## Kicking off the new year right

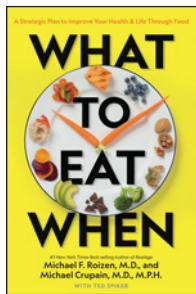
By the staff at Covered Treasures

Here are some great books to help you start the new year with true healthy lifestyle changes.

#### What to Eat When: A Strategic Plan to Improve Your Health & Life Through Food

By Michael F. Roizen M.D. and Michael Crupain M.D., M.P.H. (National Geographic Society) \$28

What if eating two cups of blueberries a day could prevent cancer? When is the right time of day to eat that chocolate chip cookie? This revolutionary guide by internist Michael Roizen and preventive medicine specialist Michael Crupain reveals how to use food to enhance our personal and professional lives—and increase longevity to boot.



#### Why We Sleep: Unlocking the Power of Sleep and Dreams

By Matthew Walker (Scribner) \$17

Preeminent neuroscientist and sleep expert Matthew Walker provides a revolutionary exploration of sleep, examining how it affects every aspect of our physical and mental well-being. Charting the most cutting-edge scientific breakthroughs, and marshalling his decades of research and clinical practice, Walker explains how we can harness sleep to improve learning, mood, and energy levels, regulate hormones, prevent cancer, Alzheimer's and diabetes, slow the effects of aging, and increase longevity. He also provides actionable steps toward getting a better night's sleep every night.

#### Lose Weight with Your Instant Pot: 60 Easy One-Pot Recipes for Fast Weight Loss

By Audrey Johns (William Morrow & Co.) \$25.99

You can enjoy your favorite food with the speed and ease of the Instant Pot while losing weight. After a lifelong struggle with fad diets and constant weight gain, Audrey Johns changed the way she ate, lost 150 pounds in 11 months, and successfully kept it off. Included are plenty of tips and tricks to help you get the most out of the Instant Pot, combining all-new dishes with skinny takes on classic favorites.

#### Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.

By Brené Brown (Random House) \$28

Bestselling author Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research, she's showing us how to put those ideas into practice so we can step up and lead. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Worth it? Always."

#### The Point of It All: A Lifetime of Great Loves and Great Endeavors

By Charles Krauthammer (Crown Forum) \$28

Created and compiled by Charles Krauthammer before his death, this is an intimate collection of the columnist's most important works. It spans the personal, political, and philosophical, including never-before-published material. This is the most profound book yet by the legendary writer and thinker, and a lasting testament to his belief that anyone with an open and

honest mind can grapple deeply with the most urgent questions in politics and life.

#### Danielle Walker's Eat What You Love: Everyday Comfort Food You Crave; Gluten-Free, Dairy-Free, and Paleo Recipes

By Danielle Walker (Ten Speed Press) \$35

Bestselling author Danielle Walker is back with 125 recipes for the food you want to eat every day, made healthful and delicious with Walker's proven techniques for removing allergens without sacrificing flavor. With meal plans and grocery lists, dozens of sheet-pan suppers and one-pot dishes, and an entire chapter devoted to make-ahead and freezer-friendly meals, following a grain-free, paleo, and even GAPS diet just got a little easier.

#### You Are a Badass Every Day: How to Keep Your Motivation Strong, Your Vibe High, and Your Quest for Transformation Unstoppable

By Jen Sincero (Viking) \$20

For anyone who has ever had trouble staying motivated while trailblazing toward badassery, this is the companion to help you power through obstacles, overcome doubts, and keep the fires of determination roaring while you reach your goals. In 100 exercises, reflections, and cues, this guide will show you how to keep the breakthroughs catalyzed by Sincero's iconic books *You Are a Badass* and *You Are a Badass at Making Money* going.

Happy New Year! We at Covered Treasures wish each of you a healthy, and interesting, 2019.

Until next month, happy reading.

The Covered Treasures staff can be reached at [books@ocn.me](mailto:books@ocn.me).

#### January Library Events

## Start the new year with a new activity

By Harriet Halbig

Start off your new year by trying something new! Join one of our discussion groups or try yoga for the first time. The library offers a variety of experiences.

#### Family programs

Regularly occurring programs at the Monument Library include:

- *Paws to Read* with service dogs on Mondays and Wednesdays from 4 to 5.
- *Story Time* for children 3 and up to stress use of shapes, sounds, rhythms, and rhyme each Tuesday at 10:30 and 11:15.

- *Toddler Time* for 1- and 2-year-olds and their adult, 9:30 and 10:30 on Thursdays.
- *Book Break* on Monday, Wednesday, and Friday from 10:30 to 10:50 is a brief read-aloud session for preschoolers

*Coloring for Everyone* is offered each month. Join friends and family to color themed coloring sheets. Colored pencils and markers are provided. Drop in and stay as long as you like on Friday, Jan. 11 at 4.

Come make your favorite characters of Perler beads on Saturday, Jan. 12 from 10:30 to 11:30. Registration is not required.

The *Third Friday Crafts for Kids* program will be on Friday, Jan. 18 from 2:30 to 3:30. We will have a different craft each month.

*Lego Build* will take place on Saturday, Jan. 19 from 10 to 11:30. Come use our large collection of Legos to build with other enthusiasts.

#### Teen and Tween programs

See above for a description of *Coloring for Everyone*.

The *Teen Advisory Board* will meet from 2 to 3 on Saturday, Jan. 5. TAB members discuss how to make the teen area better, share ideas for book displays, and plan events for teens. You will earn volunteer hours