

District rate will be 3.731 (from 4.0), and the Town of Monument will be 6.152 (from 6.289).

The Residential Assessment Rate also decreased to 7.15% (from 7.2%), so to apply these rates use the Assessor's Market Value x .0715 Residential Assessment Rate x Mill Rate x .001 (the rates are per \$1,000). Or think of it this way: one mill costs \$7.15 per \$100,000 of your home's value.

One more piece of good news regarding taxes: Colorado state income tax decreased to 4.5 (from 4.63).

**Paul Howe**

### OCN: Who makes it possible?

As many readers know, *Our Community News* is a publication devoted to providing Tri-Lakes-area residents with information they need to become involved in the public process of addressing the significant challenges facing the Tri-Lakes area. Articles focus on the deliberations of Tri-Lakes-area governmental bodies such as the Monument Board of Trustees, Palmer Lake Town Council, and many of the local water, sanitation, fire, and school district boards.

What is less well known is who does the work of making the publication available, one that is provided free of charge. The entire staff of OCN consists of vol-

unteers, thoughtful and caring "Tri-Lakers" who put in numerous hours to attend governmental meetings, write about what was said and decided at those meetings, take photos—and attend to all the myriad administrative details. These volunteers do not receive a salary; they do it because they care about our community and keeping it safe, thriving, and pleasant.

Many thanks to all of OCN's volunteers.

PS. If you are wondering where the money comes from to pay for the paper, the answer is advertising. Also, there are, I believe, a few other very minor sources of income.

**Ross Meyer, Former OCN volunteer** ■

## Between the Covers at Covered Treasures Bookstore

# Heart and body health

*By the staff at Covered Treasures*  
"It's impossible," said pride. "It's risky," said experience. "It's pointless," said reason.

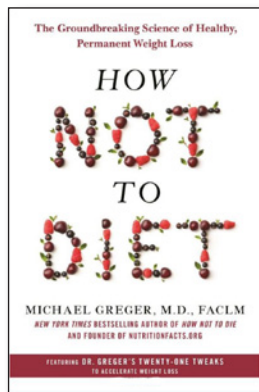
"Give it a try," whispered the heart.—Unknown

February is Heart Month as well as the month of Valentine's Day. Why not read some books that help you toward optimal health and longevity with your loved ones. Making small lifestyle changes can have huge health benefits and can change the entire trajectory of your life.

### **How Not to Diet: The Groundbreaking Science of Healthy, Permanent Weight Loss**

By Michael Greger, M.D., FACLM (Flatiron Books) \$32.50

Dr. Michael Greger, internationally renowned nutrition expert and physician, homes in on the optimal criteria to enable weight loss while considering how specific foods actually affect our health and longevity. He lays out the key ingredients of the ideal weight-loss diet but goes beyond food to identify 21 weight-loss accelerators that maximize our natural fat-burning capabilities.



### **The Blue Zones Kitchen: 100 Recipes to Live to 100**

By Dan Buettner (National Geographic) \$30  
Building on decades of research, longevity expert Dan Buettner has gathered 100 recipes inspired by the Blue Zones, home to the healthiest and happiest communities in the world. Each dish uses ingredients and cooking methods proven to increase longevity, wellness, and mental health. The recipes also include

lifestyle tips.

### **Smart Plants: Power Foods & Natural Nootropics for Optimized Thinking, Focus & Memory**

By Julie Morris (Sterling Publishing) \$29.95

This book reveals the dietary secrets to better brain performance. Combining scientific research with the wisdom of ancient remedies, it showcases an array of cognition-enhancing plants—from everyday foods to natural nootropics. Her recipes make it easy to incorporate these powerful foods into your daily diet.

### **Half the Sugar, All the Love: 100 Easy, Low-Sugar Recipes for Every Meal of the Day**

By Jennifer Tyler Lee and Anisha Patel, M.D., MSPH (Workman Publishing) \$22.95

Our children consume three times the recommended daily allowance of added sugar, which puts them at an unprecedented risk for type 2 diabetes, high blood pressure, excess weight, and more. This book features 100 doctor-approved recipes that cut the sugar by half or more without sacrificing the flavors our families love. It's an eye-opening education, a program of healthy eating, and a cookbook chock-full of easy, delicious recipes all in one.

### **Cannabis and CBD for Health and Wellness: An Essential Guide for Using Nature's Medicine to Relieve Stress, Anxiety, Chronic Pain, Inflammation, and More**

By Aliza Sherman and Dr. Junella Chin (Ten Speed Press) \$16.99

A safe, comprehensive guide to using cannabis to ease chronic and acute health issues such as pain, insomnia, inflammation, depression, anxiety, grief, stress, and more, from the founder of a global cannabis wellness network and an osteopathic physician. With information on cannabis forms, methods of in-

gestion, dosing and microdosing, safety and storage, caregiving and effectiveness for self-care, physical fitness, aging, and more, this is the only book you need to start using cannabis for better health.

### **No Gluten, No Problem Pizza: 75+ Recipes for Every Craving—From Thin Crust to Deep Dish, New York to Naples**

By Kelli and Peter Bronski (Experiment) \$24.95

With more than a decade of gluten-free recipe experience, the Bronskis bring 75 recipes with all of the authentic flavor and texture of traditional pizza but none of the gluten. Every step of the process is explained. You will find 15 kinds of dough covering all the major pizza styles, grain-free and nutrient-rich pizzas, and pizzas for every meal.

### **Stretching: 30th Anniversary Edition**

By Bob Anderson (Shelter Publications) \$19.95

Bob Anderson is the world's most popular stretching authority and a local author. For over 35 years, Anderson has taught millions of people, including the Denver Broncos and Olympic athletes, his simple approach to stretching. His book features stretching routines specific to a variety of people, including sports enthusiasts, travelers, children, gardeners, and people in wheelchairs. There is also an abbreviated version of each routine for people in a hurry, new information on the stretching vs. warming up debate, and new and improved drawings. A new section focuses on office fitness exercises, helpful for both home and office computer users.

"Believe in your heart that you're meant to live a life full of passion, purpose, magic and miracles."—Roy T. Bennett

Until next month, happy reading!

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

## February Library Events

# Adult Winter Reading Program begins; Valentine crafts available

By Harriet Halbig

February's library programs include fascinating home-school programs, Valentine crafts, and the kickoff of the *Winter Adult Reading Program*. See below for more information.

### Children's programs

Regularly occurring children's programs at the Monument Library include *Book Break* on Mondays, Wednesdays, and Fridays from 10:30 to 11, *Story Time* on Tuesdays from 10:30 to 11:15, *Toddler Time* on Thursdays at 9:30 and 10:30, and *Pauses to Read* on Mondays and Wednesdays from 4 to 5. When registration is required, please call 488-2370.

The *Homeschool @ Monument* program from 1:30 to 2:30 on Monday, Feb. 10 is *Mess Around with Sound*. This program, for ages 7 to 12, will feature experiments with a Chladni plate, tuning forks, and other items as well as discussing the sound production of stringed instruments. Registration required.

*Lego Build* will meet on Saturday, Feb. 15, from 10 to 11. Use our large collection of Legos to build to your heart's content. All ages welcome and no registration required.

Come to a *Snow Party* from 4 to 5 on Thursday, Feb. 20. Your child will help build an indoor snowman and make paper bag snowflakes to take home! For ages 5 to 12.

The *Homeschool @ Monument* program on Monday, Feb. 24 from 1:30 to 2:30 is *3D Koi Fish Masterpiece*. Homeschoolers will see the many variations of

the Japanese koi fish and their habitat, then create a 3-D koi and paint it in realistic bright colors. Artists will design a splashing waterfall background to place the koi in and may add a "signature" in Japanese characters as a finishing touch to their masterpiece. For ages 7 to 12.

### Teen and Tween programs

See above for a description of *Lego Build*. Every Wednesday from 3 to 5 in the study room, an *All Ages Knitting Group* meets. Practice materials are available, but attendees are encouraged to bring their own projects.

The *Teen Creative Writing Group* will meet in the study room from 6 to 7:30 on Tuesday, Feb. 4. This group, for ages 12 to 18, allows you to meet fellow writers, share ideas, do writing exercises, and share snacks. No registration needed.

Friday, Feb. 7 from 1 to 3, teens ages 16 and up are invited to make *Valentine Card Creations*. Sparkles, paint and paper will be combined to make mixed-media Valentine cards using upcycled materials such as brown paper bags, corrugated cardboard and fun vintage paper. We will crunch, splatter, and crinkle our way to some funky, one-of-a-kind cards. Roxanne Lingle will teach this class. Registration required.

On Friday, Feb. 7 from 4 to 5, join us for *Tween Twist: Mosaics*. Tweens ages 9 to 12 will make their own Minecraft masterpiece, magical modern mento, and more. You will draw your own mosaic design or copy an example and bring it to life with

square stickers or perler beads.

Teens are invited to come for *Study Break Bingo* on Tuesday, Feb. 11 from 3:30 to 4:30. Drop by after school for a quick session of Bingo. There will be snacks and prizes! No registration necessary.

Teens struggling with math can take advantage of free tutoring at all levels by experienced adult tutors. Drop in on Mondays between 3:30 and 7. No appointment necessary. Follows the D38 and library schedules.

*Teens Make Tuesday* from 4 to 5:30 on Tuesday, Feb. 18 will teach you to sew your own heart (broken or whole) plushy. No sewing experience required. All supplies provided for ages 12 to 18. Registration is required.

The *Paper Tigers Origami Club* will meet from 4:15 to 5:30 on Friday, Feb. 21. Learn new designs each month. All teens and adults are welcome. Registration is preferred but not required.

The *Monument Library Anime Club* will meet from 5 to 6:30 on Thursday, Feb. 27. Share anime with other enthusiasts. Eat snacks and watch anime, none rated above TV-14. Recommended for ages 13 and up.

### Adult programs

The *2020 Winter Adult Reading Program* will be from Feb. 1 to March 31 with the theme of *Imagine Your Story*. Prizes include an enamel pin, a Rocky Mountain Chocolate Factory Bar, and the annual mug. Patrons are challenged to read eight books in eight weeks or four books and attend four qualifying pro-