

Between The Covers at the Covered Treasures Bookstore

Spotlight on local authors

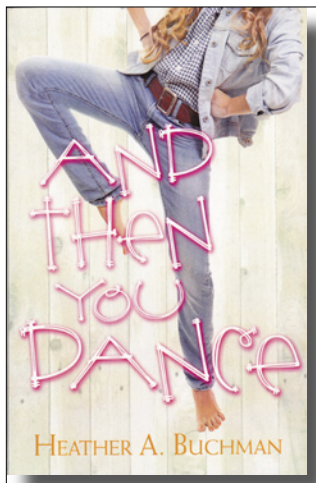
By the staff at Covered Treasures

Fresh as springtime, Colorado authors present an interesting crop of new books, ranging from light romance and murder mysteries to politics and parenting.

And Then You Dance: Volume 2 in the Crested Butte Series

By Heather Buchman (Createspace) \$11.99

Set in the Colorado mountains, Buchman's latest book centers on the lives of cowboy Billy Patterson and the girl next door, Renie Fairchild. Patterson, a recent national saddle bronc champion, is finding the rodeo circuit difficult, so he buys a ranch and boarding stables. As if those added responsibilities aren't enough, a dude rancher steps between him and Renie, and his easy life becomes complicated.



Slow Parenting Teens

By Molly Wingate M.A. and Marti Woodward M.S. (Norlights Press) \$15.95

This book shifts the focus of parenting from teenagers' behavior and appearance to the relationship between parents and teens. Fast parenting is a reaction—to a teen's behavior, or a family situation, while slow parenting is about changing attitudes to create a positive, respectful, and fun relationship. Along with real life examples, the authors discuss how to set limits and reasonable punish-

ments, how to deal with blended families, and how to slow parent teens who already face big problems.

The Ultimate Girls' Body Book

By Dr. Walt Larimore (Zonderkidz) \$7.99

For girls whose bodies are doing crazy things, this book answers all those awkward questions you'd rather not ask—at least out loud. Mixing fun with great advice, you'll learn about bras, boys, periods, pimples, and so much more. Most importantly, you'll learn that God made you exactly the way he wants you to be.

The Political Contest in America: Conversations with a Gad y

By Ronald J. Scott Jr. (Createspace) \$14.95

Based on an accumulation of indisputable evidence, this book is meant to sound an alarm about the progressive movement in America from a political perspective. Scott got his inspiration from an 1862 essay by John Stuart Mill, "The Contest in America." As Mill pointed out, contests that use "human instruments in the service of a master degrade them." The book proceeds to illustrate how the current political direction will "degrade" millions of Americans if allowed to proceed unchecked.

Stranger Things

By Erin Healy (Thomas Nelson Publishers) \$15.99

Biology teacher Serena Diaz's life is shattered when a troubled student accuses her of sexual misconduct, and a therapeutic walk in the woods leads her to a ruined house overtaken by criminals where she is assaulted. And that's only the beginning of Serena's troubles. Healy uses courageous characters to address the sex trade crisis, and themes of hope and redemption are seamlessly woven with spiritual elements and a touch of the supernatural.

Blood ow

By Kevin Paul Tracy (Daydreams Industries Inc.) \$17.95

The search for an ancient casket leads private investigator Kathryn Desmarais into a feud between a tenacious vampire hunter and a vampire who plans to have Kathryn as his queen. Each of these undead souls is backed with an army ready to wage war, and Kathryn must try to save her loved ones and salvage her own soul.

Spirit Song—Books 1 and 2

By Sherry Janes (Createspace) \$16.99 each

This series is packed with suspense, horror, love, magic, time travel, and prophecy. In Book 1: Cape of the Red Jaguar, Christina, an anthropologist searching for the Sacred Cape, is kidnapped by a tribal chief. She is rescued by a shaman/medical doctor, and the two of them make a discovery that could not only solve an ancient mystery, but change lives and shatter beliefs. Book 2: Seeds in the Blood, continues the adventures of Christina, involving a ruthless fallen angel and the ancient Book of Persivann, which contains precious secrets about Earth's future.

Unfolding the Sun

By Joelle Mueller (Balboa Press) \$14.99

When you're feeling confused, betrayed, victimized, sorrowful, worthless, or just stuck, instead of distracting yourself with food, television, social media, or anything else, Mueller suggests sitting quietly and going inside yourself. Allow yourself to feel and acknowledge what is within, and you can be like the sun, unfolding until you shine.

We are fortunate to have so many talented authors in our area, and these new offerings span a wide range of interests and tastes. Until next month, happy reading.

The staff at Covered Treasures can be contacted at books@ocn.me.

HANG—High Altitude Natural Gardens

By Janet Sellers

You, too, can get the HANG of bug-free gardens full of food.

Have you tried to grow vegetables here with no luck? Me, too, so it was with great interest that I joined efforts in the Monument Community Garden (MCG) last year. A local group of happy, avid gardeners put together garden walks, talks, and movies so we all can learn to grow things in our unique, albeit short-season, garden climate. We got all food and no bugs or weeds thanks to few a



Above: No rain needed! Isaac Berges, age 4, helps carry wood for a hugelkultur bed. Hugelkultur is ready to plant from day 1. This moist gardening style needs no rain, irrigation or tilling. It uses decomposing wood and branches under composted soil in a mound. The wood acts as a sponge, holding water and nutrients, then releasing them to the mound and thereby the garden plantings on the mound. For details visit www.facebook.com/MonumentCommunityGarden, and do join us to learn at a ash-mob bed build in April or May. Photo by Janet Sellers.

marigolds and spearmint in the High Altitude Natural Garden (HANG).

Palmer Lake Community gardeners and the Monument Community gardeners will combine efforts this year for ongoing education and planting event, and this year's theme is "soil." Last year, one garden bed at MCG was dedicated to producing fresh food for Tri Lakes Cares, and volunteers are much needed this year to continue this noble effort.

Since our cold nights continue until June/July, April is still a good time to plan for cool weather-loving crops such as snow peas, leafy greens like kale, spinach, chard, green onions, beet greens and the like. We had a big crop of those last year in late June—we actually had planted those seeds at the end of May. (Usually in our climate, seeds and even indoor seedlings have to wait until Memorial

Day to go outside in the garden). And, yes, we must keep things like tomato seedlings warm indoors a few more months.

All are welcome to join the local garden group events, sure to go on monthly April through October, and the most current and accurate gardening updates for soil prep, ash-mob garden building and more will be posted at the Facebook page, www.facebook.com/MonumentCommunityGarden. A cute "little free library" may soon appear at the Monument Community Garden space on Beacon Lite Road between Third Street and Highway 105. So, please stay tuned!

Janet Sellers is a local HANG gardener, artist, and writer. She just made up the term "HANG gardener," and hopes you'll get the HANG bug, too. She can be reached at janetsellers@ocn.me.

Art Matters

Spring and summer outdoor art fun



By Janet Sellers

April brings us our unpredictable weather, and we artists have learned to work indoors or out depending on Mother Nature's whims. On a warm day, nothing beats a plein air outdoor setup with a picnic basket and friends so all can paint, picnic, and paint some more. When the weather turns cold, windy, or yucky, we have to zip indoors, into the car or snap a photo quickly and finish the work in the studio.

Still, it's a delight of spring to be outdoors taking in the air and nature and immortalizing the scene or the portrait in paint, pencil and pen, or chalks. Just about any medium that is easy to pack in and pack out of the scenery works for spring.

The hard core plein air artists start and finish their painting in one sitting (when possible) at the site, braving wind, bugs, the occasional wild animal, and of course, sudden storms. Usually done in oils or watercolors, the work has the immediacy of the moment embedded in the

visual experience.

The artists who take home their color sketches and partially done works to finish in the studio also consider their work original plein air, but they can lose that fast pace and momentary urgency in the works—a quality much prized by collectors and viewers. Still, the original thought and joy inform the art, and that energy is there in the painting.

So, let's get out our pencils and see what we can create this season! Join a class, a workshop, or a vacation art camp—they apply to kids and adults of all ages—or just grab your kids, your family, and friends and go outside and get started. It's really fun, too.

April art events

Bella Art and Frame Gallery hosts Art Generation. Monument School of Fine Arts (MSFA) presents original work by MSFA students of all ages. Celebrating 20 years in Tri-Lakes with local students and artists who love to