

Letters to Our Community

Guidelines for letters to the editor are on page 27.

Disclaimer: The opinions expressed in Letters to Our Community should not be interpreted as the views of OCN even if the letter writer is an OCN volunteer

Woodmoor residents are national tennis champions

Congratulations to Woodmoor residents Kevin Kavanah and Skip Wells on winning the 2015 National Championship for the U.S. Tennis Association's Men's Doubles 55 and over 9.0 League.

Kevin and Skip were representing the 10-person team from Colorado, which won the state championship, followed by the regional championship, and ultimately the national title. Their victory at the Nationals was in Arizona last month, culminating in a year-long endeavor with this team.

Kevin and Skip were the only two players on the team that played every match in the State, Regional and National Championships. "It was quite a thrill to be part of this team, and more fulfilling than any individual accomplishment in tennis we've achieved. We collectively set a goal last year to win the national championship knowing many



Above: Kevin Kavanah and Skip Wells. Photo courtesy of Kevin Kavanah

hurdles could occur on that journey and we were fortunate to prevail over every obstacle thrown at us," they said.

The competition is composed of the best players from every section of the USTA. It took incredible team chemistry and selfless contributions from the team members (including the non-playing team captain who traveled to every match and scouted every opposing team) affording the Colorado team a vital competitive advantage over the other teams across the country. En route to the championship, the team defeated teams from Utah, Montana, Idaho, Texas, Southern California, Minnesota, South Carolina and New Jersey.

"Honestly, the entire experience was intense, thrilling and fulfilling but winning was likely a once-in-a-lifetime moment," said Kevin. "I am honored to have been a part of a team with a laser focus to compete and win. National Champion has a nice ring to it for each of us."

Both Kevin and Skip regularly play tennis at The Country Club at Woodmoor.

Keegan Bennett
Director of Athletics
The CC at Woodmoor

Between the Covers at Covered Treasures Bookstore

New ideas for a New Year

By the staff at Covered Treasures

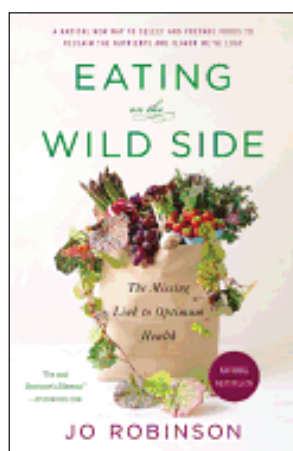
Look to your health; and if you have it, praise God, and value it next to a good conscience. —Izaak Walton

If 2016 is the year you'd like to improve your health, physically or mentally, there are some books to help you along the way—and some of them are just plain fun.

Eating on the Wild Side

By Jo Robinson (Little, Brown and Co.) \$16

For 400 generations, we've unwittingly been selecting plants that are high in starch and sugar and low in many essential nutrients. Robinson shows how to regain vitamins, minerals, fiber, and antioxidants by choosing modern varieties that approach the nutritional content of wild plants but also please the modern palate. She tells how to select these new varieties and includes recipes, as well as tips on food handling, and gardening. Based on years of scientific research, this book will forever change the way we think about food.



The life-changing magic of tidying up: the Japanese art of decluttering and organizing

By Marie Kondo (Ten Speed Press) \$16.99

Despite constant efforts to declutter your home, do papers still accumulate like snowdrifts and clothes pile up like a tangled mess of noodles? Maybe the KonMari Method is the answer for you. With its revolutionary category-by-category system, it leads to lasting results. With detailed guidance for determining which items in your house "spark joy"—and which don't—this book will help you clear your clutter and enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire.

Healing Ways: An Integrative Health Sourcebook

By Matilde Parente, M.D., F.C.A.P. (Barron's) \$14.99

Massage or pills? Acupuncture or surgery? Prescription drugs or nutritional therapy? It doesn't have to be an either/or scenario. Learn how to use conventional medical therapies in combination with Complementary and Alternative Medicine (CAM) for the best of both worlds. Discover how to be a better health consumer; how to decide which CAM methods are right for you and how to talk to your doctor about them. Take charge of your life—and your health—with this new approach to wellness.

You are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life

By Jen Sincero (Running Press) \$16

In this refreshingly entertaining how-to guide, Sincero serves up 27 bite-sized chapters full of hilariously inspiring stories, sage advice, and easy exercises to help you identify beliefs and behaviors that stop you from creating a life you totally love. By the end of the book, you'll understand why you are how you are, how to love what you can't change, and how to change what you don't love.

Year of Yes: How to Dance It Out, Stand in the Sun and Be Your Own Person

By Shonda Rhimes (Simon & Schuster) \$24.99

With three hit shows on television and three children at home, Rhimes, an introvert at heart, had lots of good reasons to say no when invitations arrived. When Shonda began her "Year of Yes" project, there were terrifying public "Yeses"—giving the commencement address at Dartmouth, and appearing on Jimmy Kimmel Live. There were excruciating private "Yeses"—start taking her health seriously, and force herself to have difficult conversations about relationships and situations. Profound, impassioned and laugh-out-loud funny, this book reveals how saying yes changed—and saved—Rhimes's life, and inspires readers to change their own lives with one little word: yes.

The Gratitude Diaries: How a Year Looking on the Bright Side Can Transform Your Life

By Janice Kaplan (Dutton) \$26.95

On New Year's Eve, Kaplan makes a promise to be grateful and look on the right side of whatever happens, realizing that how she feels over the next 12 months will have less to do with the events that occur than with her own attitude and perspective. Getting advice at every turn from psychologists, academics, doctors, and philosophers, she brings readers on a smart and witty journey to discover the value of appreciating what you have.

Until next month, happy reading.

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

January Library Events

Snow Fest of Games and Crafts open to all

By Harriet Halbig

Family programs

The Family Fun program for January is the Snow Fest of Games and Crafts at 2:30 on Saturday, Jan. 9. All ages are welcome to join a winter-themed bash with crafts, games, and stories.

Tween Time for January is a chance to design and bake your own erasers of Sculpey polymer clay. The program will be on Friday, Jan. 15 from 4 to 5. Registration is required at 488-2370.

The Lego Club will meet on Saturday, Jan. 16 from 10 to 11:30. We provide the Legos and you bring your creativity.

The Fourth Friday craft program will be Friday, Jan. 22 from 4 to 5. Make foam and craft stick critters to use as bookmarks, puppets, or decorations.

There will be a Homeschool Books/Materials Exchange/Giveaway on Monday, Jan. 25 from 1 to 2. Give or take, just participate! Lots of free books and materials will

be offered for your use. There will be crafts or an activity for the kids. Please register (noting the number in your group) as space in the meeting room is limited. Please bring only a box or two and take home anything you've brought that isn't selected.

Teen programs

AfterMath free math tutoring will resume on Monday, Jan. 11 from 3:30 to 7. Experienced math tutors will assist students of all ages with their math questions. Please note that this program is only available on Mondays when the schools and library are open. In January, AfterMath will be available on the 11th and 25th due to closure for Martin Luther King Day.

Adult programs

The Monumental Readers will meet from 10 to noon on Friday, Jan. 15 to discuss M'olakai by Alan Brennert. All patrons are welcome to attend this monthly book group.

Artwork by students of Palmer Ridge High School

will be on the walls of the library and in the display case during January.

Palmer Lake Library events

The Family Fun program for January will be on Saturday, Jan. 16 at 10:30 and features bear stories. Do you know how many kinds of bear there are in the world? How many different bears live in North America? Only one kind of bear lives in Colorado. Learn what they eat, how they live and make a bear mask to take home. Susan Permut, volunteer naturalist at Castlewood Canyon State Park, will tell bear stories and help you with the mask.

Artwork in the Palmer Lake Library during January will be Ceramic Stars made by students from Palmer Lake Elementary School.

Please note that all Pikes Peak Library District facilities will be closed on Monday, Jan. 18 in observance of Martin Luther King Jr. Day.

Harriet Halbig may be reached at harriethalbig@ocn.me.