

the curve” turn into over one year of a nefarious agenda and government oppression? Masks are a fraud as demonstrated below.

Ineffective: Masks are harmful to students. Research has shown cloth masks are ineffective in preventing the spread of COVID-19. A cloth mask is too porous to contain the virus transmission. Even a superior N95 mask, which filters to 0.3 microns, does not block COVID-19, which is .06 to .14 microns in size.

Harmful: Masks inhibit air flow and are dangerous to those with asthma, COPD, chronic lung diseases and students involved in sports. Moreover, masks lower oxygen in the blood while simultaneously raising harmful carbon dioxide levels and increasing respiratory rates. Masks trap exhaled pathogens and collect bacteria, mold, and viruses. Masks also increase the risk of infection.

Toxic: Masks are toxic, and many contain carcinogens including fire retardant, lead, formaldehyde, and other chemicals.

Psychological harm: Masks create a sense of isolation and subjugation, damaging the mental and emotional health of students. Development

is dependent on social interaction and facial expression. Masks and isolation have led to a surge in teen depression. D38 should protect our students, not harm them.

Monument has tremendous natural beauty and fresh air. The time has come to choose self-respect and commonsense and free ourselves and our children from this abuse.

Scott Saunders

Real danger is dense, urban developments

As chairman of the Black Forest Land Use Committee, I take exception to Tom Cronin and Bob Loevy (April 4 Gazette) regarding the new El Paso County master plan. They claim that a major cause of concern in unincorporated El Paso County is the 5-acre “ranchettes” that have large lawns and consume huge amounts of non-renewable Denver Basin water. The reality is that the ranchettes spread out the development and preserve the water (as well as the trees and wildlife.)

I live on one of those ranchettes and we do not water any lawn nor do most of our neighbors. It simply takes too much water and we are

very water conscious. The newer developments may have a small patch of lawn but are not “surrounded by big lawns” as Tom and Bob claim.

The real danger is in the dense, urban developments like Sterling Ranch and The Ranch where almost all have lawns. These dense developments are always approved by our county commissioners in zoning that is supposed to be 5-acre lots. At present, Sterling Ranch (5,225 homes) and The Ranch (2,200 homes) will all use non-renewable water, and they outnumber all of the current homes in Black Forest.

The bottom line is that dense, urban development outside the city limits should not be allowed unless they can connect to city water. Tom and Bob also say it is a “challenge” for county residents to have to drive into the city for groceries, gas and movies. We love living outside the city, away from the congestion and noise, and don’t mind a drive to get things. Furthermore, most of us work in the city and can get those things when we are in town.

Terry Stokka

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Between the Covers at Covered Treasures Bookstore

Cookbooks for health and bringing people together

*By the staff at Covered Treasures
“Food brings people together on many different levels. It’s nourishment of the soul and body; it’s truly love.”—Giada De Laurentiis*

The last year has taught us the value of health, home-cooked meals, and being with family and friends. To help you, here are some inspiring cookbook choices.

Eat Better, Feel Better: My Recipes for Wellness and Healing, Inside and Out

By Giada De Laurentiis (Rodale Books) \$32.50

In Giada’s most personal book yet, she gives you an inside look at her path to wellness, the culmination of a 10-year journey. She shows you her own process of reconfiguring her diet to control inflammation as well as wellness tactics like intermittent fasting, meditation, and other self-care routines to optimize one’s well-being. More than a cookbook, Giada offers 100 new recipes to boost gut health and immunity and nourish your mind, body, and spirit.



Milk Street: Cookish: Throw It Together

By Christopher Kimball (Voracious) \$35

The James Beard Award-winning team at Milk Street has harnessed the most powerful cooking principles from around the world to create 200 of the simplest, delicious recipes so you can throw together fast, flavorful meals in no time. These recipes, most with six or fewer ingredients, make it easy to be a great cook.

The Mountain Baker: 100 High-Altitude Recipes for Every Occasion

By Mimi Council and Kimmy Fasani (Countryman Press) \$28

Living in Colorado, we all know the struggle with baking at higher than 5,000 feet. Longtime mountain dwellers Mimi Council and Kimmy Fasani share their recipes for successful cakes, cookies, muffins, breads, and beyond. These recipes include conversions for sea-level kitchens, so home bakers can enjoy these treats wherever they cook.

Half-Baked Harvest Super Simple

By Tieghan Gerard (Clarkson Potter) \$29.99

Colorado blogger Tieghan is beloved for her freshly sourced, comfort-food-forward recipes. In this new book, she takes what fans loved most and distills it into quicker, more manageable dishes, including options for one-pot meals, night-before meal prep, and even some slow cooker recipes. Especially for home cooks who are pressed for time or just starting out, this is a go-to resource for hassle-free meals that never sacrifice taste.

5 Ingredient Semi-Homemade Meals

By Bobby and Dessi Parrish (Mango) \$29.95

Bobby and Dessi Parrish share the ins and outs of their five-ingredient meals and assure us that their quick and easy recipes are doable for anyone. But it doesn’t stop there; they know that a key aspect of these simple healthy recipes is the prep work, so they provide hacks for smarter and easier grocery shopping, including how to pick the “best in class” products.

High Altitude Baking (Second Edition)

Edited by Patricia Kendall (Bower House) \$17

With over 200 recipes and proven tips developed by the high-altitude baking experts at Colorado State University Cooperative Extension, this

book is a must for cooks living between 3,500 and 10,000 feet. The book includes mile high cakes, cake recipe adjustment guide, quick mixes for cookies, cakes, quick breads, coffee cakes, muffins, scones, cornbreads, biscuits, pancakes, and more. It also includes tips for high altitude canning, jelly-making, and freezing.

Pie in the Sky: Successful Baking at High Altitudes

By Susan Purdy (William Morrow) \$32.50

This is the classic guide to high-altitude baking. Purdy leaves behind old conversion tables, disproves many oft-repeated calculations and adjustments, and presents reliable recipes in their entirety for each altitude. She explains the hows and whys, gives tips and hints for problems specific to every altitude, and generally demystifies the subject of atmospheric obstacles that cause favorite recipes to flop. Every recipe was tested at sea level, 3,000 feet, 5,000 feet, 7,000 feet, and 10,000 feet, and can be used at these elevations or points in between.

The New Vegetarian Cooking for Everyone

By Deborah Madison (Ten Speed Press) \$40

Originally published in 1997, Madison’s award-winning book was both ahead of its time and an instant classic. This revised and expanded edition has more than 1,600 recipes for home cooks, with more than 200 new recipes, and comprehensive, updated information on vegetarian and vegan ingredients. This treasure is not just for vegetarians and vegans; it’s for everyone interested in learning how to cook vegetables creatively, healthfully, and passionately.

Until next month, happy reading.

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

May Library Events

Changes in services, programming for May

By Harriet Halbig

Patrons continue to be welcomed into the Monument Library to browse the collection and stay a brief time to read newspapers, visit, and charge devices. The capacity limit has been raised from 20 to 40 patrons at a time. Masks continue to be required for those 5 years and older.

The library district is planning its Summer Adventure reading program for children up to

age 18. While there will be no indoor programs, the library has arranged with the Town of Monument to use Limbach Park for outdoor programs. Please watch for further announcements. Summer Adventure will begin June 1.

Due to recent research indicating that the coronavirus is not transmitted by surface contact, the library will no longer clean computers and other library equipment between patron vis-

its. For those who wish to do so, a supply of Lysol wipes is available near the patron computers for your use.

Additional furniture is being reintroduced in the main area of the library. It has been reupholstered with vinyl for ease of cleaning.

The meeting rooms remain unavailable, but efforts are being made to reopen them. An announcement will be made on the website, ppld.