



# Walking In Their Shoes



## DISCOVER COLORADO SHOE SCHOOL

"It's not just about making shoes. It's about having fun. It's playtime. It's a chance to be wild and crazy, if that is what you choose."

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**BE INFORMED**  
*about NOCO issues.*

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*the great outdoors.*

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*your community.*

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**DISCOVER**  
*the unexpected.*

PAGES 3, 4, 5, 8, 14, 15

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# BOY POWER!



I bet that got your attention!

Since I've owned this newspaper and its sister publication New SCENE Magazine, we've published many good stories about women—athletes, artists, musicians, entrepreneurs, nonprofit professionals, and women in government.

In the modern day we hear a lot about girls in sports, women in the various professions, women who are breaking glass ceilings, and the high percentage of female college students.

As the father of two young boys, I am concerned.

While I truly believe that gender equality is an important concept not just in theory but in practice, I wonder what message my boys are getting when they

see girls on the front of catalogs and on the inside walls of buses and they don't see their boy counterparts.

Is it just me or have we so bent over backwards to provide girls and women with opportunities, often denied them in the past, that we seem not to be concerned about providing good role models for boys.

And when in some universities the student population is 75% female who will be there for these strong, educated, and accomplished women we are raising? Will those who choose to marry and have a family be able to find a suitable partner?

Am I missing something? How do you, our readers, who are raising boys feel about this?

We welcome the observations of parents and surrogate parents of boys as to:

What's working in our culture in helping you to raise your boys to become mature, kind men capable of commitment to their education, a career, a partner, a family, and hopefully, their community?

Let's open a conversation—but no rants, please.

Send your comments and suggestions to: [ahunter@northfortynews.com](mailto:ahunter@northfortynews.com)

We will acknowledge receipt of your response but reserve the right to ignore and delete any message

that contains any inappropriate language. Providing we receive adequate response, in the future, we may publish a list of best practices as to how to raise boys to be happy, healthy and responsible men.

  
**Blaine Howerton**


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As Northern Colorado's only independently-owned, regional weekly, we connect communities and the people who live in them by providing news of hyper-local events and of businesses, nonprofits, government leaders, and individuals who are working hard to make a difference while successfully meeting the challenges of our time.

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Prioritize Your Health in the New Year

SANDRA CREWS | Health Strategist | UnitedHealthcare of Colorado



TIPS TO HELP ACHIEVE A HEALTHIER YOU IN 2020

Now is the time of year when we typically take inventory of our lives and set new goals. Relationships, finances, careers and health are all important aspects that impact our overall wellbeing. For this New Year, consider making your health a top priority.

According to the recent America’s Health Rankings Annual Report, the nation’s obesity rate continues to rise, with one in three adults now experiencing obesity. Colorado has the lowest obesity rate in the nation at 22.9%. The alarming national statistic may have serious health consequences such as diabetes which now impacts approximately 30 million adults and is the No. 1 cause of kidney failure,

lower-limb amputations, and adult blindness, according to the Centers for Disease Control and Prevention.

There are many factors that play a role in your health, but one that you can control is making a commitment to start living a healthier lifestyle. Sure, there will be some bumps during your wellbeing journey, but your goal can be achievable and you deserve to reap the benefits.

**Consider some helpful tips for achieving a healthier you in 2020:**

**Stay active**

Regular exercise may help you live longer and may reduce your risks for a host of diseases. Try to aim for at least 2.5 hours of moderate aerobic activity a week, but if

that’s too challenging then start off with 15 minutes here and 15 minutes there. Every little bit counts. To be successful, your fitness program should become a part of your daily life.

Also, check with your health plan and employer to see if they offer wellness incentives. For example, UnitedHealthcare’s Gym Check-In program enables participating employers to provide employees and their spouses the opportunity to each earn hundreds of dollars a year for visiting a fitness facility 12 days or more per month.

**Eat healthier**

Sure, it’s easier said than done, but good nutrition is a vital part of a healthier lifestyle. Experts say the healthiest diets

are rich in fruits and vegetables, because these foods are full of healthful nutrients and fiber. Here are three simple tips to eating healthier: Go for more fruits and veggies; choose less meat and fat; and keep an eye on the size of your food portions. Just saying “no,” to the buffet can do wonders.

**Reduce your stress**

If you’re feeling stressed, it’s important to unwind and relax by doing something you enjoy. Maybe it’s watching a movie, reading a book, or volunteering to give you time to recharge. Also, make time to connect with others. Maybe that’s friends, family, a faith group or a hobby club. It’s important that you don’t isolate yourself after a stressful event. Remember, if you cannot get a handle on your stress, talk to your doctor. She or he may recommend a counselor who could help you find other ways to help reduce or manage the unhealthy stress in your life.

Team up with your doctor

Take time today to make an appointment with your doctor for your annual wellness visit and be sure to ask about preventive services such as health screenings and vaccines. Check with your health plan as many preventive services have no additional cost, as long they are delivered by care providers in your plan’s network. Your doctor will help you create a treatment plan to help manage any chronic conditions, such as asthma, diabetes and high blood pressure.

Drop off your tree at these six locations!

# RECYCLE YOUR CHRISTMAS TREE

DECEMBER 26, 2019 – JANUARY 20, 2020

When it’s time to recycle your Christmas tree, drop it off at these free sites. Watch for instructions about where to place your tree, posted at each location.

**Edora Park**  
1420 E. Stuart St. (tennis court parking lot)

**Rolland Moore Park**  
2201 S. Shields St. (southeast corner of parking lot)

**City Streets Facility**  
625 Ninth St. (southwest corner of Lemay and Vine)

**Fossil Creek Park**  
5821 S. Lemay Ave. (enter from Lemay Avenue)

**Larimer County Landfill**  
588& S. Taft Hill Rd.

**Wellington Recycling Drop-Off**  
Town Garage (corner of 6th and Grant)

[fcgov.com/holidayrecycling](http://fcgov.com/holidayrecycling)

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Please remove all decorations from your trees, including tinsel, metal hooks, and nails. No plastic bags.



# Bio Bites: The Tales Your Gum Will Tell...

R. GARY RAHAM | North Forty News | NorthFortyNews.com

## A biologist-artist’s ruminations about our roles in a science-inspired world.

Humans are master storytellers. As it turns out, science can now reveal stories we didn’t realize we were telling. Case in point: Archaeologists in southern Denmark recently found a wad of gum—actually, dark and resinous birch pitch, which served much the same purpose—discarded by a dark-haired blue-eyed girl 5,700 years ago after partaking of a meal of hazelnuts and wild duck. Wow. We leave behind us a trail of chemical barcodes that reveal much about how, and with whom, we lived our lives. (See the Nature article here: [go.nature.com/2QdCYXO](https://go.nature.com/2QdCYXO))

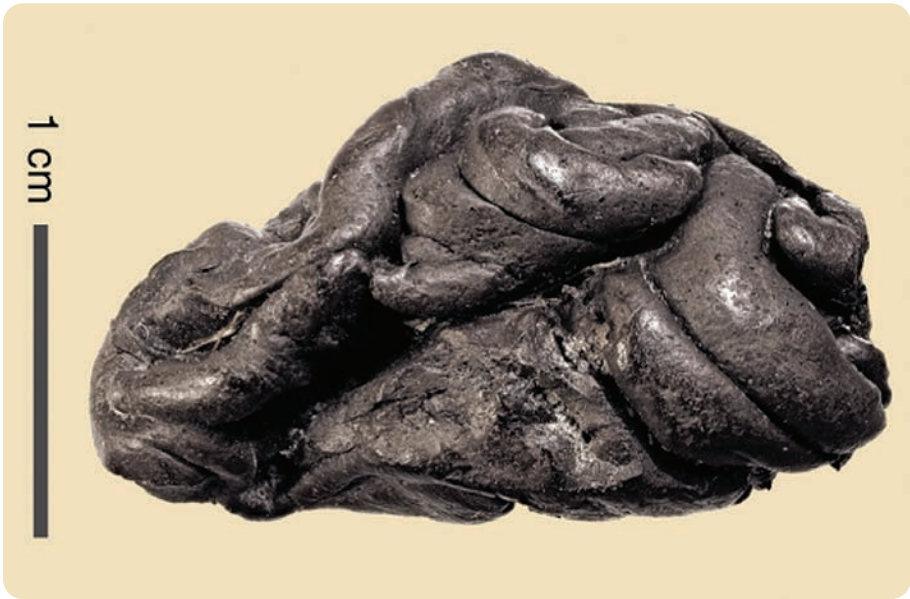
From the wad of discarded birch pitch scientists retrieved its owner’s complete genome and those of the microbes that called her mouth home—a portion of her microbiome: the bacteria, viruses, and fungi that make up much more than half of all of us.

The gum-chewing girl’s DNA showed that she carried the genes for blue eyes, dark skin, and dark hair, demonstrating that fair skin, for example, may be a relatively recent addition to the Northern European suite of physical characteristics.

And, although she lived during a time when farming was cutting edge technology in Northern Europe, she had most likely belonged to a hunter-gatherer tribe that lived in a duck-friendly marshland. Contemporaneous finds of fish traps and eel-catching prongs and spears supported that contention.

Some of the microbes that called her mouth home included the common *Streptococcus pneumoniae* that can cause pneumonia, and the Epstein-Barr virus—a kind of Herpes virus that can cause mononucleosis under the right conditions. Our young gum-chewer suffered from some of the same ailments with which we continue to struggle. She was also lactose intolerant, so couldn’t digest milk as an adult—another indicator that her people hadn’t domesticated cattle or were at least not dependent on milk products in their diet.

Anthropologists also know that chewing birch pitch was the habit of hunter-gatherers who used the sticky substance to help fasten stone tools to wooden hafts. Perhaps our blue-eyed girl helped



A 5,700-year-old wad of gum reveals much about its owner  
PHOTO COURTESY OF NATURE MAGAZINE

out the local toolmaker or made various implements herself. Birch pitch also provides value as an antiseptic, so may have been used for that purpose.

An earlier chewed birch pitch discovery in the late 1980s in western Sweden revealed clear tooth impressions as well as DNA. Those finds were dated at 8,000 years before the present. Such discoveries

can help track early migrations patterns of our not-so-distant forbears.

Many years ago in grade school none of us knew the treasure trove of information we were leaving behind under our desks. Some of that data may still exist in a landfill somewhere, just waiting for a future curious anthropologist to find.

# Women’s Suffrage Movement: It’s the Centennial Year!

CHERRY SOKOLOSKI | North Forty News | NorthFortyNews.com



English Women with Church League for Women's Suffrage banner  
PHOTO COURTESY OF WIKIMEDIA COMMONS

On this date in 1920, most women in the United States were still not allowed to vote. But they didn’t have much longer to wait. On Aug. 18, 1920, the 19th Amendment granting women the right to vote was finally ratified by the 36th state, Tennessee—by one vote. And, that happened only because one legislator read a note that his mother had put in his pocket, and changed his vote from nay to yea.

When the next election was held in November of 1920, one-third of all citizens who went to the polls were women.

The 19th Amendment was also called the Susan B. Anthony Amendment, honoring one of the pioneers of the movement.

The women’s suffrage movement has a history that is complicated and fascinating, and to mark the centennial of women’s right to vote, the North Forty News will publish one article per month in 2020 on

aspects of the movement that we hope you will find interesting and inspiring—and perhaps surprising.

In learning about the movement, one conclusion is easy to draw: the suffragists were a bold, brave and tenacious lot. The early suffragists never made it to the polling booth. It took a second generation of activists—and more than 70 years—for women to enjoy that right. Along the bumpy road, suffragists were scorned, spit at and tortured in prison.

The Women’s Rights Convention in Seneca Falls, New York, in 1848 is often considered the beginning of the women’s suffrage movement, but the ideas that fed the movement were developed long before that. There are many examples, and here’s an interesting one: In 1776, Abigail Adams, wife of our second president John Adams, challenged her husband to consider

women’s rights when forming the new nation. However, the idea of women’s equality failed to gain traction with the founding fathers.

In fact, the establishment of the United States marked a serious setback for women. While women of property had voted in the American colonies, the new Constitution allowed the states to determine who voted. Gradually, each state passed laws denying women the vote.

### Other social reform movements

Early women suffragists got their start in other social reform efforts, notably the temperance and anti-slavery movements. They also developed their speaking and writing skills while working in those movements.

Women championed temperance because they had seen women and children beaten by drunken husbands and fathers – while laws of the time supported the men. They worked for abolition because many saw a parallel between slaves and women: both were treated with contempt by white men. And, they abhorred the sexual victimization of black women by their white masters.

Some feminists became paid traveling speakers for these two causes, even though public speaking by women was frowned upon. In the course of their work, they became more aware of discrimination against their sex.

For instance: In 1840, Elizabeth Cady Stanton, Lucretia Mott and other women attended an anti-slavery convention in London. The women were forced to sit in the gallery behind a curtain, with no opportunity to speak or vote. This insult provided the momentum for Stanton and Mott to begin planning the first women’s rights convention, which was held in Seneca Falls eight years later. Women also formed their own anti-slavery society.

When it came to women’s rights, feminists in the mid-19th century

had many complaints. They spoke out concerning property discrimination (once women married, their property transferred to their husbands), marital rape and battering, divorce laws, equal pay for equal work, reproductive rights and the right to have custody of their children.

They also decried the lack of access to higher education. Oberlin College was the first to admit women, in 1837. One of its first female students was suffragist Lucy Stone, who earned her own tuition because her father did not believe in higher education for women.

Eventually, many women came to believe that the only way to win equality in all these areas was through the right to vote. Some even refused to pay taxes because they believed it was not fair to pay taxes when they could not participate in the nation’s democracy.

### Why did it take so long to win the vote?

Women who demanded the right to vote were considered radical and heretical. They challenged the existing hierarchies of society, including those in religious institutions, and their ideas were seen as threats. Interestingly, while the suffragists were supported by many men, they were also opposed by some of their fellow women.

Future articles in the North Forty News will feature some of the brave suffragists and also some of the movement’s challenges. We hope you will enjoy this glimpse into an important part of our history, and that it will serve as inspiration to women who are still fighting for equality today.

.....

Cherry Sokoloski is dedicating this series of articles to her mother, Burnette Young, who was born in 1920 and has always stood up for the rights and well-being of women. Burnie is celebrating the suffrage centennial this year, as well as her own.



# Discovery 2020: Colorado Shoe School

LIBBY JAMES | North Forty News | NorthFortyNews.com



## Annabel and Dan, creators of The Colorado Shoe School

Annabel was finishing up a paint job when there was a minor explosion resulting in dark brown paint dripping down the side of the counter top and onto the floor.

She began to wipe it up when Dan looked over and said, “Wait a minute. That looks good. Let’s leave it.”

And there it remains to this day, along with another dribble of blue, welcome aspects of the expansive two story studio artists Dan and Annabel share in the village of Bellvue north and west of Fort Collins.

The pair, so obviously two of a kind, live and work together, and following a honeymoon in India, just spent their first Christmas as a married couple.

In their short time in Bellvue, the unusual fence they built in hopes of slowing down traffic travelling along County Road 23 has become a local landmark. If it had not been for their fen constructed of huge round logs interspersed with kindling-size sticks, I would not have had the pleasure of meeting the couple. A friend let me know about the fence and suggested I might do well to check it out.

But she did not mention the enormous shoe resting on a truck bed in their front yard or the old train car converted into funky sleeping quarters for visitors, the gnomes in the garden or the fact that Annabel and Dan are the founders of the Colorado Shoe School.

And there is no way for this friend to know the story behind these refugees from the world of circus performing, costume design, and entertaining which included juggling and stiltwalking.

Dan is a Denver native who graduated from Colorado State University with a degree in art focused on sculpture and printmaking. Along with his brother,

he formed a company that entertained at corporate parties, and in parades. Dan also worked for New Belgium Brewery promoting their Tour De Fat event and sustainability in 15 cities across the country.

He met Annabel, who trained as a dancer, at a corporate Christmas party. At the time,



## The garden gnome at Colorado Shoe School welcomes visitors of all ages.

she had her own stiltwalking business and was also working with Cirque du Soleil in costume design flying all over the place in charge of the care and maintenance of shoes for the famous dance company.

Both of them were ready to leave the entertainment industry and were looking for new challenges. Three years ago, Dan found the house in Bellvue and it seemed a perfect fit. He bought it and set to work building their large multi-use studio

using any scrap of lumber or materials he could find.

On a visit to New Zealand to see Annabel’s parents, the pair participated in a five-day workshop on shoemaking, and they were hooked.

“Everyone wears shoes,” Dan says. It seemed to both of them that there just

that belonged to Dan’s great grandfather, a shoemaker in Chicago. It still works and Dan uses it.

Participants who come from a distance are welcome to stay in the old train car Dan bought from a neighbor who found it in Nebraska. Dan converted it into sleeping quarters complete with bathroom and kitchen area, filled with antiques and open to the sky during the warm weather.

Dan, who has always been a builder of things, has an impressive array of tools and equipment in the lower level of the studio. You get the sense that he can build anything, more often than not out of scraps and leftovers. Nothing goes to waste in this place.

Dan and Annabel take pride in showing me a pair of shoes, the surface made from a paint-splattered drop cloth—funky and comfy-looking—honest!

Anyone who is interested in investigating the opportunity to take a little time off and emerge with a self-designed pair of shoes and a new outlook for 2020 is welcome to get in touch with Annabel and Dan: write to them: [Annabel@coloradoshoeschool.com](mailto:Annabel@coloradoshoeschool.com)

As we parted Dan said, “I feel as if you have heard only half our story.” I felt the same.

You can learn more by watching the PBS show, *Arts District* on January 24 or on YouTube ([youtube.com/user/livingbigtinyhouse](https://www.youtube.com/user/livingbigtinyhouse)).

They have also recorded a radio spot for KUNC.

PHOTOS COURTESY OF LIBBY JAMES



# Fort Collins Chamber of Commerce Announces 115th Annual Celebration

JENNIFER UMLAND | Communications Coordinator | Fort Collins Chamber of Commerce | jumland@fcchamber.org



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- WaterPik

The schedule is as follows:

- 4:00 p.m. Registration and Seating in the Ballroom
- 4:23 p.m. Program
- 5:30 p.m. Networking
- 7:00 p.m. Event Ends

The Fort Collins Area Chamber of Commerce is proud to announce the 115th Annual Celebration is set for January 29, 2020, at the Hilton Fort Collins, 425 W. Prospect Road.

More than 600 Chamber members and others from the area are expected to come together to celebrate the success of the Fort Collins Chamber and the business community. This year’s theme will incorporate how the Chamber has been a Catalyst for business growth, a Convener of leaders and influencers, and a Champion for stronger communities.

The Chamber is also excited to change up the program this year and offer a late-afternoon, high-energy program followed by networking that includes heavy hors d'oeuvres and drinks.

“As an organization, we are regularly considering interesting new ideas to make our events and messages stronger, more interesting and attractive,” said Ann Hutchison, Executive Vice President of the Fort Collins Area Chamber of Commerce. “We think the new design allows for the ability to deliver key messages in a timely and interesting fashion, while providing extended networking opportunities.”

The Chamber will continue the tradition of recognizing the Collins Award Winner, the Chamber Board of Directors and the Volunteer of the Year. Last year’s award winners included Dr. Tony Frank with Colorado State University and Valerie Arnold with Hub Real Estate.

Tickets for the 2020 Annual Celebration are available for \$65 per person. Last year’s event sold out, so advance ticket purchasing is recommended. Click here to purchase tickets. Sponsorship opportunities are also still available by calling (970) 482-3746.

The Annual Celebration would not be possible without the generous support of these 2020 sponsors:

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The Fort Collins Area Chamber of Commerce is the leading membership-based business association in Northern Colorado, dedicated to helping businesses succeed. Investing in the Fort Collins Area Chamber of Commerce puts members in contact with more than 1,280 business owners and managers in the market.

For more than 100 years, the Fort Collins Area Chamber has helped shape the Fort Collins region into one of the most livable places in America.

For more information about the Chamber, call (970) 482-3746 or visit: [www.FortCollinsChamber.com](http://www.FortCollinsChamber.com)

# THC and Pregnancy: Non-Profit Gives Signs to Colorado Marijuana Businesses

HENNY LASLEY | Co-Founder and Executive Director | Smart Colorado | henny@smartcolorado.org

**WARNING:** USING MARIJUANA, IN ANY FORM, WHILE YOU ARE PREGNANT OR BREASTFEEDING PASSES THC TO YOUR BABY AND MAY BE HARMFUL TO YOUR BABY. THERE IS NO KNOWN SAFE AMOUNT OF MARIJUANA USE DURING PREGNANCY OR BREASTFEEDING.

**Nonprofit gives signs to pot businesses warning pregnant, breastfeeding women**

A Colorado-based nonprofit that advocates for children is mailing warning signs to all 774 marijuana store locations around the state to caution pregnant or breastfeeding customers about the drug’s risks.

Smart Colorado is providing the signs for free to help the marijuana businesses comply with a new state law which requires warning signs be posted prominently starting Jan. 1. Smart Colorado advocated at the Colorado General Assembly for passage of the law.

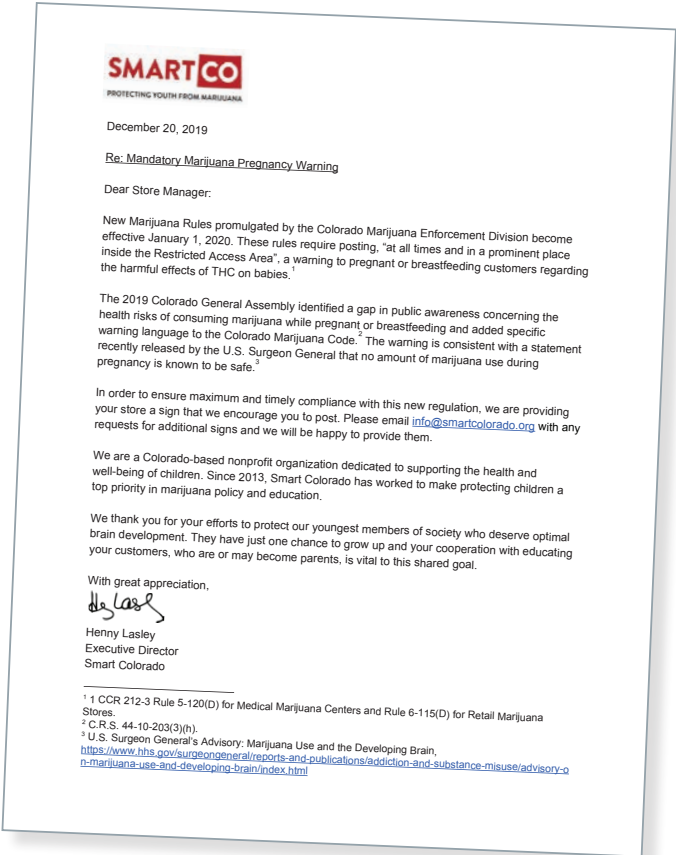
Smart Colorado works to make protecting children a top priority in marijuana policy and education.

The U.S. Surgeon General and other state and national health authorities say it’s not safe to use marijuana during pregnancy or while breastfeeding. Yet in a 2018 study Colorado researchers found that 69 percent of dispensaries advised a researcher posing as a pregnant woman in her first trimester to use marijuana to treat morning sickness.

THC, the main mood-altering chemical in marijuana, is bad for babies and can be passed along to them during pregnancy and breastfeeding.

“We determined that the state was not providing signage to help Colorado’s marijuana businesses comply with the new law requiring the warning signs so we took the initiative to mail out signs at no cost to the dispensaries,” said Henny Lasley, executive director of Smart Colorado. “It’s important that these fact-based warning messages be prominently placed to counter widespread misinformation that puts the littlest Coloradans at risk.”

For more information:  
[www.smartcolorado.org](http://www.smartcolorado.org)  
[www.notthesamepot.org](http://www.notthesamepot.org)





# Bohemian Foundation Seeks Grant Applicants

NORTH FORTY NEWS | NorthFortyNews.com



Bohemian Foundation today announced that Pharos Fund is now accepting applications for the spring 2020 grant round. Pharos Fund is a responsive grantmaking initiative of Bohemian Foundation’s Community Programs. Bohemian Foundation is a private family foundation based in Fort Collins, Colorado.

Applicants must be a 501(c)(3) organization or a governmental unit serving a charitable purpose. Private foundations, type III non-functionally-integrated supporting organizations, and programs and projects under fiscal sponsorship are ineligible to apply to Pharos Fund. Applicants may apply for the following types of support: program support, general operating support or project support.

Applicants do not need to be headquartered in Fort Collins to receive funding. However, applicants must serve clients within the Poudre School District boundary or have a direct impact on individuals in the grantmaking area. To apply for a grant, visit [bohemiafoundation.org/pharos-apply](http://bohemiafoundation.org/pharos-apply).

Bohemian Foundation is offering two Pharos Fund workshops. Capacity is limited; please only one individual per organization.

### PHAROS WORKSHOP 1

Date: Tuesday, Jan. 7, 2020  
Time: 3 – 5 p.m.  
Location: Bohemian Foundation  
262 E. Mountain Ave.  
Capacity: 20

### PHAROS WORKSHOP 2

Date: Monday, Jan. 13, 2020  
Time: 9 – 11 a.m.  
Location: Bohemian Foundation  
262 E. Mountain Ave.  
Capacity: 20

Bohemian Foundation will accept applications until 11:59 p.m. on Jan. 23. Pharos Fund grant applications are considered twice per year, once in the spring and once in the fall. Applicants may request any funding amount up to \$30,000 per application.

For more information about Pharos Fund grants, visit [bohemiafoundation.org](http://bohemiafoundation.org), call 970-221-2636, or email [kelly@bohemiafoundation.org](mailto:kelly@bohemiafoundation.org)

To register for the workshops, visit: [bit.ly/2Qzmloz](https://bit.ly/2Qzmloz)

# Christmas Tree Recycling for Wellington and Fort Collins

NORTH FORTY NEWS | NorthFortyNews.com

Larimer County Landfill is accepting Christmas Trees until January 20. There is no charge to drop off your tree. All trees will be turned into mulch or compost and provided free to the public at a later date. Residents of Fort Collins can recycle their Christmas trees for free at four separate locations in Fort Collins.

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**Larimer County**  
970.498.5772 | <https://www.larimer.org/solidwaste>

**City of Fort Collins**  
970.221.6600 | <http://fcgov.com/holidayrecycling>



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Sunday Breakfast 9 a.m.-1 p.m.

3728 Cleveland Avenue, Wellington CO 80549  
970.568.4139

# Four States Irrigation Council Annual Meeting Set

ERIC BROWN | Communications Specialist | 970-622-2306 | [ebrown@northernwater.org](mailto:ebrown@northernwater.org)



Timely and critical water-infrastructure issues will be at the center of discussions Jan. 8-10 in Fort Collins, as ditch and irrigation company representatives, state and federal officials, farmers, and others convene for the Four States Irrigation Council’s 2020 Annual Meeting. The general public and media are also invited to attend the event, which will take place at the Hilton Fort Collins, located at 425 W. Prospect Road.

Presentations during the Annual Meeting will cover the Colorado River Compact and some of the region’s most significant water infrastructure projects. U.S. Bureau of Reclamation officials will also provide updates, representatives of the Family Farm Alliance, state engineers, and other experts from across the Four States region, which includes Colorado, Kansas, Nebraska, and Wyoming.

Exhibitors at the event will showcase some of the latest innovations and provide attendees with up-to-date information on new products and services. Additionally, the Headgate and Ditchrider awards will once again be presented this year during the Annual Meeting Banquet. These awards are given to individuals who have been active and supportive of irrigation and water resources developments in the Four States region.

The Four States Irrigation Council, established in 1952, serves as a forum for irrigators, irrigation and water districts, ditch companies and others

to discuss water-delivery and irrigation-related issues, exchange ideas and information, and develop solutions. The Four States annual meeting is held each January to discuss big-picture water-infrastructure problems, as well as explore more specific topics, such as new developments in water measurement, weed and pest control, remote-control canal operations, dam safety, on-farm irrigation efficiency, project financing, legal issues and more.

Four States – which also hosts biennial summer tours and awards an annual college scholarship – promotes the wise use of the nation’s water resources and encourages effective and diverse use of this limited resource. Improving agricultural conservation, promoting more efficient use of water, and balancing these needs with aquatic and wildlife concerns are all priorities of Four States.

Four States members include farmers, ditch and irrigation company and water district employees and board members, engineers, university professors, extension agents, government officials, and others with interest in irrigation. Membership is open to anyone, and there are no annual dues or membership fees.



To become a member, attend the annual meeting or visit [www.4-states-irrigation.org](http://www.4-states-irrigation.org) and request to be added to the Four States mailing list.

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### January Events

4006 Cleveland Avenue • Wellington, CO 80549 • 970.568.4133

No Networking & Educational Breakfast this month

**Regional Chamber Business After Hours • Thurs., Jan. 9, 5:30-7:30 a.m.**  
5290 Arena Circle, Loveland • Registration available through Ft. Collins website:  
<https://fortcollinscococ.wlinc31.com> • Select your Chamber when registering

**“WOW” Women of Wellington • Wed., Jan. 15, 6:00-8:00 p.m.**  
“Why Wellington” Community & Economic Vitality of the Community  
Guest Speaker: Michelle Vance, Economic Development Director,  
Town of Wellington  
Owl Canyon Coffee, 3745 Cleveland Ave., Wellington

**Ribbon Cutting • Two Owls Counseling, Thurs. Jan. 16, 8:30 a.m.**  
7840 First Street, Wellington, CO



FoCo Fondofest Expands for Year Five

FOCO FONDO | FoCoFondo@gmail.com



PHOTO COURTESY OF FOCOFONDO

The FoCo Fondofest, a gravel ride and festival, will return in 2020 on July 26. The fifth-year event returns with four route options with approximate 12-, 25-, 50-, and 107-mile Bite the Bullet Challenge. The route finishes with a cycling festival, the Fondofest, at iconic New Belgium Brewing, complete with live music, an

announcer, vendors, demos, Strider kid’s course, catered lunch, and, of course, New Belgium beer. Pre-registration opens January 2nd with super early bird registration. Day-of registration will also be available. There are Strava segments for cash, and riders who finish under a prestigious time limit on the

Bite the Bullet challenge win a FoCo Fondo bolo tie.

The FoCo Fondofest fills the space between sanctioned races and supported group rides, scratching the competitive itch for some, but first and foremost, giving riders the experience of a lifetime. Riders will pass through remote old-time western towns, grasslands, parks, and open spaces before making their way back to New Belgium Brewing for a festival celebrating cycling.

This year’s benefiting partner is again Safe Routes to School, a Fort Collins program with the objective of getting more kids on bikes for transportation and exploration.

A portion of profits will go to fund after-school and summer programs available to kids across economic statuses. From Nancy Nichols, Safe Routes to School Program Coordinator: “The City of Fort Collins Safe Routes to School program is supporting three after-school bike clubs this school year, with funding provided by the FoCo

Fondo Fest and Scheels. The clubs are serving more than 60 total students at Riffenburgh Elementary, Shepardson Elementary, and Lincoln Middle School.”

“Fort Collins and Larimer County have amazing roads, rarely traveled by cars,” says co-founder Zack Allison. “The dirt roads take you to a number of open spaces with beautiful views of the mountain range that you don’t get from town. We want to bring this event to people of all ages and abilities and benefit one of the organizations that get kids on bikes with Safe Routes to School.” In addition, many event partners are donating directly to Safe Routes to School.

FoCo Fondo was founded from a love of exploration and adventure in 2016. This love took the event to the quiet rolling gravel hills of Northern Colorado. The FoCo Fondo seeks to share this love of exploration and adventure with Fort Collins, no matter the mileage.

Come to Africa with Me

LIBBY JAMES | North Forty News | NorthFortyNews.com



A few years ago, I was invited by my daughter and her family to spend some time with them in Mozambique, a country on the east coast of Africa where they had been living for a couple of years. I decided to share my time in Africa with elementary school children by seeking

out an adventure and taking photos every week. I called my blog Come to Africa with Me. When I was a small child, my mom read me a story by Rudyard Kipling called *The Elephant’s Child*. The story took place in what seemed to me a faraway, mysterious land called Africa, close to the great gray, green, greasy, Limpopo River. I was fascinated with the story, but I never dreamed that one day I would go to Africa and see that river with the melodic name. The lady checking my passport as I entered the country had a scowly face until I said, “I am so happy to be in your country.” Then she gave me a big smile. I was there to spend nearly a year in Maputo, the capitol of Mozambique, a country that was a colony of Portugal until 1975 when it became an independent country. It has beautiful beaches and a coastline of 1,500 miles along the Indian Ocean. For many years, it was a favorite vacation spot for people from South Africa. A long civil war ended that for many years, but today vacationers have returned. Many of the people who live in Mozambique are poor and live in small stick and straw homes sometimes right

across the street from big beautiful houses surrounded by high fences and with guards at their entrances day and night. Yet the people of Maputo make sure their clothes are clean and pressed as they walk to their jobs in the city. The streets are crowded all the time. Often trash bins are overflowing and you can see people going through them to see if they can find anything of value. Some streets are crumbling and now and then there’s a big hole right in the middle of the sidewalk. Cars move very fast and they do not stop for pedestrians. Motorists drive on the left side of the road, opposite from the way we drive in the United States. Learning to drive in Africa takes a bit of practice and can be scary. The American School that my three grandchildren attend is surrounded by a high fence. There are two guards at the big main gate, even on weekends when families come to enjoy the big swimming pool, playground, field for playing cricket, baseball and soccer, and tennis court. The school is the community gathering place of and is the scene birthday parties, picnics, and sporting events. Students at the American School come from all over the world—South Africa,



The flag of Mozambique has a plow crossed with an AK47-symbols of the country’s agricultural and violent roots

Norway, Sweden, Greece, Brazil, Spain, Holland, France, Germany, Denmark, and Canada. Class sizes are small, between five and 17. Classes are taught in English but all the students take Portuguese, the official language of Mozambique. The money needed to run the school comes from the families whose children attend this private school. While I was there, I had a chance to substitute teach at the American School and get to know many of these very interesting students.

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Rocky Mountain Smoke-Free Alliance Praises President Trump for Raising the Age to Purchase Vaping Products to 21

MICHELLE LYNG | Novitas Communications | mblyng@novitascommunications.com



ROCKY MOUNTAIN  
SMOKE-FREE ALLIANCE

Amanda Wheeler, vice president of the Rocky Mountain Smoke-Free Alliance, provided the following statement in response to President Donald Trump raising the legal age of vaping to 21, a position for which RMSFA supported and advocated.

“I want to thank President Trump for his signature that raises the legal age of vaping to 21 nationwide. RMSFA has long advocated for an older legal age for vaping. This move will reduce youth access to vaping products while still allowing responsible adults to purchase flavored vaping products. Ninety-six percent of our customers purchase flavored tobacco products because flavors help reduce their desire for smoking more harmful cigarettes. “We are hopeful that the President and FDA will avoid sweeping, irrational policy like flavor bans as the administration implements this policy. Millions of American adults depend on flavored

nicotine vapor as a smoking cessation method, and it’s clearly working, as cigarette smoking continues to plummet across nearly every American demographic. "We are encouraged that the federal government took a more measured approach in addressing concerns around vaping and we look forward to continuing to serve as a resource to the Federal Drug Administration as it implements the new legislation.” Now that the legislation is signed, the FDA has 180 days to update its regulations and the new age requirement will go into effect 90 days later.



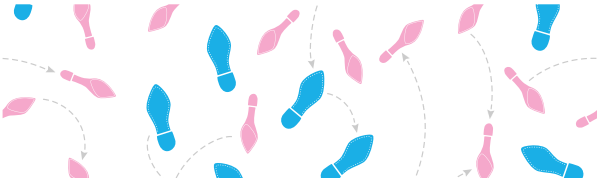
Daddy & Daughter Dates: Butterfly Kisses Dances

NORTH FORTY NEWS | NorthFortyNews.com



What makes a little girl, not quite five, beg for a party dress (that fits this year) well after the holidays are over—the formal dances held the end of January and the beginning of February for fathers and daughters called the Butterfly Kisses Dances.

In a "perfect world" or perhaps just a healthy family, "daddy" is the first prince of a little girl's life. It's been shown that if a girl enjoys a warm and supportive relationship with her father her chances of success in later life including finding the right partner are greatly enhanced. Father/daughter relationships matter and they matter a great deal. So many years back a group of folks decided to hold a formal dance for fathers (or father figures or guardians) and their daughters. When it began in Fort Collins around 150 people showed up for two dances. Last year over 4,000 fathers and daughters attended during four days of dances—this year, nine dances in all! Generally, attendees wear their party best and/or formal wear—it makes for great photos as well as great memories. Inspired by his brother-in-law who has been taking his daughter to the Butterfly Kisses Dance for the past ten years, Colin Randall took his little girl Finley to the dance last year when she was only three and a half. How many little girls that young remember events beyond the major holidays? Well, Finley and her daddy had such a great time that this year she reminded him that she needed a new party dress for this year's dance. And in Finley's case, her daddy co-owns a fine dining establishment—Jay's Bistro. And Colin saw something he could contribute to enhance this year's experience for dads and their daughters for all four nights of the event. Before or after the dance, upon purchase of dinner for himself, Jay's Bistro is offering a free dinner for daddy's little girl—it's the perfect beginning or end to a perfectly delightful occasion. Reservations required and can be made at jaysbistro.com or call: 970-482-1876.



DANCE DATES AND TIMES:

<b>Friday, January 31</b> ► 4:30pm–6:30pm ► 8:00pm–10:00pm	<b>Friday, February 7</b> ► 4:30pm–6:30pm ► 8:00pm–10:00pm
<b>Saturday, February 1</b> ► 1:00pm–3:00pm ► 4:00pm–6:30pm ► 8:00pm–10:00pm	<b>Saturday, February 8</b> ► 1:00pm–3:00pm ► 4:30pm–6:30pm

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Hours: Fridays 11am–10pm and Saturdays 4pm–10pm

Butterfly Kisses Dances are held at:  
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Tickets are available online:  
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How to Prepare for a Recession

LUCAS CASAREZ | Founder | Level Up Financial Planning | askluketheplanner@gmail.com

Do you know someone who can predict the future with 100% accuracy? Neither do I. So no one knows when the next recession is going to hit. A recession is not a fun time, but the reality is that one will eventually rear its head. Instead of hitting the panic button, the best thing you can do is to focus on the things you control. The awesome news is there are quite a few ways to prepare for the next recession whenever it shows up.

- Understand where you stand financially today. Where are your resources and what is your burn rate (monthly spending).
- Establish and maintain an emergency fund with 6 months of living expenses. It's a big ask, so break it down into smaller milestones.

- Be sure that any funding for short-term goals (less than three years away) is not invested in assets that could lose value.
- Develop skills that will make yourself a more valuable asset to your current and potential employers. Consider pursuing additional education/certifications related to your desired field of work.
- Strengthen your current relationships and establish new connections. This could help you maintain your current position or be referred to another opportunity. If you have a significant other, it is vital that you talk with each other both before and during times of crisis. This allows you to have an understanding of what

is most important to each of you and prioritize these goals.

Lucas Casarez is a husband, father of two amazing kids, and a Certified Financial Planner™. He founded Level Up Financial Planning, which is one of the few fee-only financial planners in Northern Colorado. The mission of Level Up Financial Planning is to guide his clients in taking their financial confidence to the next level.

Have a personal finance question you would like me to answer in a future week? E-mail askluketheplanner@gmail.com





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in 2020 and  
Beyond

- 1 Free your heart  
from hatred.
- 2 Free your mind  
from worries.
- 3. Live simply.
- 4. Give more.
- 5. Expect less.

Colorado's State Parks Moving to Camping  
Reservation System In January

NORTH FORTY NEWS | NorthFortyNews.com



Colorado's state parks are moving to camping reservation system in January

PHOTO COURTESY OF COLORADO PARKS AND WILDLIFE

Starting in 2020, it will be easier than ever for visitors to reserve a campsite, cabin, yurt, picnic area, or other facilities at Colorado’s 41 state parks. Effective Jan. 1, all of Colorado’s state parks will require campers to book campsites within the Colorado Parks and Wildlife purchasing system which now

provides the flexibility to book anywhere from six months in advance up until the moment they arrive at the park and find an available site. This program was tested successfully at five parks in 2018 and 17 more parks in 2019. Using the system, campers can reserve a site 24/7 and no

longer have a closed window that prevents them from reserving a site in the three days ahead of a planned stay. Reserving a site is now as easy as logging into cpwshop.com from your computer or smartphone, or by calling 800-244-5613. Park managers already using the booking system reported

success with eliminating the three-day reservation window and switching to a system where campers can reserve their own spots via phone or online the day they plan to arrive at the park or up to six months in advance. The ability to reserve a site on the same day eliminates the need for campers to gamble on a first-come, first-served spot, only to arrive at the park and find that there aren’t any spots available.

What if someone occupies  
a site they haven't  
reserved?

Campers who occupy a campsite without a reservation will be subject to a citation and/or eviction. All campers must reserve a campsite prior to occupying the site. This can be done 24/7 at cpwshop.com or by calling 1-800-244-5613. Please note: Cellular coverage at some state parks (like Arkansas Headwaters Recreation Area, Golden Gate Canyon, State Forest, and Highline) can range from spotty to non-existent. CPW advises those interested in camping at these parks to make their reservations online or by phone before arrival.

Open Solicitation Proposals Wanted  
for SH 392 & Colorado Boulevard  
(CR 13) Intersection Improvements

TOWN OF WINDSOR | WindsorGov.com

The Town of Windsor (“Town”) is soliciting proposals from qualified consulting firms to provide professional transportation engineering services for the design of protected left-turn movements on Colorado Boulevard (CR 13) at State Highway 392 and the widening of SH 392 from west of Colorado Boulevard to 17th Street. Three (3) copies of the proposal package must be submitted to the Town of Windsor by 4:00 p.m. on Tuesday, January 28, 2020, in addition to one (1) electronic

copy in PDF format. Proposals can be mailed or hand-delivered to Attn: Curtis T. Templeman, 301 Walnut Street, Windsor, CO 80550. Proposals shall be sent in a sealed envelope and clearly labeled: “RFP for SH 392 & Colorado Boulevard (CR 13) Intersection Improvements”. Please refer to the entire RFP for specific instructions regarding submittal requirements, proposed scope of work, consultant evaluation and selection process. A complete copy of the RFP can be obtained by completing

an online “RFP Document Request Form”. A mandatory pre-proposal meeting will be held for this project on January 15, 2020 at 10:00 am at the Windsor Town Hall (Town Board Chambers). Questions regarding this RFP should be directed in writing to Curtis T. Templeman, Project Manager, by email only at ctempleman@windsorgov.com. The deadline for submitting questions is 5:00 pm., January 21, 2020. To receive RFP documents and any future addendums,

you must complete the RFP Document Request Form and return it via email to ctempleman@windsorgov.com. The return of this form is the primary way prospective consultants will receive RFP documents and any future addendum. Failure to return this form may result in a incomplete proposal. For more information and to download the proposal forms, visit: bit.ly/36fsCMv

Town of Windsor to Offer Free Residential  
Christmas Tree Recycling at New Location

TRAVIS DUNCAN | CPW Statewide | 720-595-8294

Windsor residents are encouraged to keep their live Christmas trees out of the landfill after the holiday season comes to a close and participate in the town’s residential Christmas tree recycling program. Live trees can be recycled December 26 through January 24

at Eastman Park South near the Treasure Island Demonstration Garden off of Laku Lake Road. Artificial trees cannot be accepted. All decorations, lights, wire, and hooks must be removed before dropping off for recycling. This year’s Eastman Park South drop-off location will

better accommodate recycling and allow trees to be enjoyed one more time, at the Magical Forest community event on Saturday, Feb. 8 from noon to 3 p.m., before being mulched. The Magical Forest event is hosted by the town’s Parks, Recreation and Culture Department.

More information about events can be found at RecreationLivesHere.com. For more information about tree recycling, call the Windsor Forestry Division: 970-674-2440



# Opinion Letter: Concerning the Criminal Investigation Surrounding the Death of David Matthew Harper

CLIFFORD E. RIEDEL | District Attorney | Eighth Judicial District of Colorado

December 24, 2019

Chief Robert Ticer  
Loveland Police Department  
810 E. 10th Street

Dear Chief Ticer:

The criminal investigation surrounding the November 30, 2019 death of David Matthew Harper has been completed and submitted to my office for an opinion. As District Attorney for the Eighth Judicial District, I am required to determine whether any criminal law violations were committed by any person during this incident. The scope of this review is criminal in nature and necessarily limited by Colorado statutes to determine whether any criminal charge is legally fileable and provable beyond a reasonable doubt. My review also includes determining if the degree of force used by Loveland Police Officer Matthew Sychla was justified under pertinent Colorado statutes. Larimer County's Critical Incident Protocol was in place and followed during this investigation. The investigation was conducted by the Critical Incident Response Team ("CIRT") for the Eighth Judicial District. The Larimer County Sheriffs Office led the CIRT during this incident. Members of the CIRT included personnel from the Larimer County Sheriffs Office, Loveland Police Department, District Attorney's Office for the Eighth Judicial District, Colorado State University Police Department, and Fort Collins Police Services. I have reviewed all the replies, photos, videos, dispatch and communication records, witness interviews, and findings made by the Larimer County Coroner's Office. In determining whether the degree of force used by Officer Sychla was legally justifiable, my review is based on whether the following Colorado statute involving the use of force was violated.

The following is a summary of the facts of this case: On November 30, 2019, at approximately 11:38 p.m., Loveland Police dispatch received a 911 call from a citizen reporting a rollover vehicle accident in approximately the 1300 block of East Highway 402. The caller indicated the vehicle had struck a road sign, flipped over onto its side, and the driver was trapped in the vehicle. Loveland Police Department, Thompson Valley Emergency Medical Services, and Loveland Fire Rescue Authority were dispatched to the motor vehicle accident. Loveland Police Officer Matthew Sychla, a K-9 Officer and four-year veteran of LPD, was on duty, in uniform, and driving a marked patrol car. Officer Sychla was interviewed as a part of the CIRT investigation and described his involvement. Officer Sychla saw the call for service for a motor vehicle accident with injuries on his mobile data terminal in his patrol car. He indicated that because of his assignment, he would not normally respond to a call for service such as this, but he was nearby and felt that he could respond quickly and render aid. Officer Sychla was the first to arrive on scene at 11:41 p.m.

The involved vehicle, a silver Subaru Forester, was resting on the driver's side. A number of citizens were in the immediate area attempting to free the driver from the vehicle. As Officer Sychla approached the vehicle, he could see a male inside the vehicle sitting cross-legged on the driver's side window. That male was eventually identified as David Matthew Harper. A citizen attempting to free the driver from the vehicle informed Officer Sychla "He's got a weapon. He's cleared it, but he's holding it." Officer

Sychla saw the weapon in Mr. Harper's hand and believed it to be a full size 1911 style handgun. Officer Sychla drew his weapon to protect himself and the citizens in the immediate area.

He told Mr. Harper to drop the gun and instructed the citizens to move away from the vehicle. Officer Sychla saw Mr. Harper put the gun to his head and aimed over his radio, "He's holding a gun to his head." Officer Sychla then saw Mr. Harper lower the gun down near his chest. As Officer Sychla backed away from the vehicle, his view of Mr. Harper became limited. He could no longer see the handgun being held by Mr. Harper but did not see him put it down. Officer Sychla repeatedly ordered Mr. Harper to drop the gun. As he was doing so, Officer Sychla saw and heard a gunshot come from within the vehicle. Officer Sychla, not knowing whether Mr. Harper had shot at him, at one of the other citizens in the area, or himself, returned fire, firing his weapon multiple times.

Loveland Police Officer Zachery Noble was the second officer to arrive on scene. As Officer Noble was exiting his vehicle, he heard Officer Sychla air over the radio that the male had a gun. Officer Noble heard Officer Sychla giving verbal commands to drop the gun. He then heard a muffled gunshot, followed by successive gunshots that sounded louder than the first. Officer Noble did not see the shooting take place. Once he arrived at the crashed vehicle, he held cover while Officer Sychla attempted to gain access into the vehicle to disarm Mr. Harper and provide medical aid. Officer Sychla was unable to gain access to the vehicle. Loveland Police Officer Geoff Reeves was eventually able to break out a portion of the vehicle's window and removed a .45 caliber, 1911 style semiautomatic handgun from David Harper's hand.

After the scene was made safe, Loveland Fire Rescue Authority was able to remove the windshield and roof of the Subaru Forester and extricate Mr. Harper. Mr. Harper was deceased.

At the time of this incident, Officer Sychla was equipped with a body-worn camera. That camera captured video and audio from the time Officer Sychla arrived at the scene of the accident through the shooting. The footage clearly shows Mr. Harper with the firearm in his hand, Officer Sychla's repeated commands to drop the weapon, and Mr. Harper firing the gun from within the vehicle prior to Officer Sychla returning fire. A number of citizen witnesses who had stopped at the scene of the accident prior to the arrival of the police were interviewed and provided witness statements. Marcus Cosby was the first to arrive on scene.

He indicated that when he got to the overturned vehicle the driver was conscious but appeared disoriented. The driver would not respond when asked his name but indicated he was not him. Attempts were made to free the driver from the car, but they were not successful. After the driver was told that the fire department or the police were on the way, the driver pulled out a handgun. Mr. Cosby and another gentleman who stopped to help repeatedly told the driver to put the gun down, put it away, or throw it into the back seat. The driver verbally refused, stating that he couldn't or wouldn't put it down. Daniel Peasley indicated that he, along with other people, attempted to help the party in the crashed vehicle by trying to open the door or break out the windows. Mr. Peasley indicated the party in the crashed vehicle appeared to be "out of it," "dazed and confused," and it appeared he could have been on drugs. Mr. Peasley indicated that the party in the

vehicle became more upset and "lost it" after being told that the "cops" were coming or almost there, and that is when he pulled out the gun. Dennis Dyer indicated that when he came upon the scene, he went to the vehicle to try and help get the driver out. They were unable to break open the sunroof, open the passenger door, or open the back hatch. Mr. Dyer indicated the driver wouldn't really answer questions, appeared disoriented, and was breathing fast and heavy.

Mr. Dyer told the driver to settle down and that police and fire were on the way. Mr. Dyer then saw the driver draw a semiautomatic handgun out of a holster. He and the other gentlemen repeatedly told the driver to put the gun down, but he would not do so. While they were telling him to put the gun down, the driver was manipulating the slide on the handgun. Mr. Dyer assumed he was unloading it or making it safe. Mr. Dyer believed he was the one who told the officer that the driver had a gun. Interviews were conducted with Daniel Harper and Christine Theriault, David Harper's brother, and sister. Both indicated that David Harper struggled with depression and alcohol abuse. Daniel Harper indicated that David had been on the run from law enforcement for about a year. David had expressed to the family, many times, that he would not go back to prison and that if he was stopped by the police, he would take his own life. Christine Theriault also indicated that David Harper had stated he would take his own life before going back to prison. Christine Theriault stated that David Harper had been at her apartment on the night of this incident. She indicated he had been drinking alcohol "for a few hours" prior to leaving her apartment and that he usually drinks "at least a pint" when he drinks. Christine believed that David Harper left her apartment at about 11:00 p.m.

At the time of this incident, David Harper had three active warrants for his arrest. One was for Felony Escape, another for Felony Driving Under the Influence, and the third for failure to comply in a Felony Driving Under the Influence case. Mr. Harper had four prior felony convictions dating back to 1997. The Larimer County Coroner performed an autopsy of David Harper on December 2, 2019. The cause of death was determined to be a self-inflicted gunshot wound to the head. The manner of death was determined to be suicide. Based on the totality of the circumstances, I find that David Harper committed the only criminal offenses during this incident. Had he survived, enough evidence exists to have charged Mr. Harper with Possession of a Weapon by a Previous Offender, Felony Driving Under the Influence, Prohibited Use of a Firearm, and Careless Driving.

I have determined that Officer Sychla acted in a professional and conscientious manner. Officer Sychla responded to a call for assistance for a motor vehicle accident with injuries. Instead, he found a suicidal party brandishing a firearm and refusing to obey commands to drop the weapon. Officer Sychla was faced with a life or death situation, threatening himself and the others who had stopped to render assistance to this motorist. Officer Sychla reacted to the discharge of the gun from within the crashed vehicle in an appropriate and fully justified manner. Officer Sychla should be commended for his services to the public and his quick reactions to save lives.

Respectfully,  
Clifford E. Riedel, District Attorney



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# Stampede Foundation Scholarship Applications

KEVIN MCFARLING | Marketing Coordinator | Greeley Stampede | 970-356-7787 | kevin@greeleystampede.org

Winter break is a perfect time for students to apply for scholarships. The Stampede Foundation is accepting applications for its three types of scholarships: Academic Scholarship, Young Trailblazers Art Competition, and College Rodeo Scholarship.

“We are excited to support local students in the continuation of their education journey,” said Bob Hinderaker, Stampede Foundation Scholarship Program Chair, “Our community supports the Greeley Stampede and this is one way that we can give back to the community.”

Weld County high school seniors who meet general qualifications and are scheduled to graduate in the spring of 2020 are encouraged to apply for the Stampede Foundation Academic Scholarship, which awards twenty recipients a \$2,500 scholarship. Scholarship recipients will be selected based on their outstanding academic results, leadership in the community, and plans to further their education. Recipients of the scholarship may use the scholarship at any accredited community college, university, or college.

Weld County high school seniors and juniors are invited to use their creative talents and enter a piece of art in the Greeley Stampede Foundation’s Young

Trailblazer Art Competition. The submitted art pieces will be exhibited during the Greeley Stampede’s Western Invitational Art Exhibit & Sale, with the opportunity to be selected for one of three \$1,000 college scholarships.

For the sixth year, the Stampede Foundation will also be awarding one \$2,500 scholarship to a Colorado collegiate rodeo athlete. Applicants must have competed in at least four NIRA rodeos during the 2019–20 season and be enrolled as a full-time student at a Colorado college or university and have plans for continued college rodeo participation.

Applications and more information on each scholarship are available at [greeleystampede.org/p/scholarships](http://greeleystampede.org/p/scholarships). The completed online applications for the Academic Scholarship and the College Rodeo Scholarship must be submitted by 4pm on Friday, February 17, 2020. Art pieces for the Young Trailblazers competition will be accepted in mid-June.

Please email Bob Hinderaker at [scholarships@greeleystampede.org](mailto:scholarships@greeleystampede.org) with questions regarding the scholarship program.

The Stampede Foundation is a 501c3 non-profit organization formed to support continuing education in Weld County



Seana MacGregor’s 9-year-old daughter, Avery, confidently rides Thor. The big, former rodeo rough stock bronc is now fully reliable and trustworthy, as well as one sweet guy

PHOTO COURTESY OF SEANA MACGREGOR

students. The Greeley Stampede produces and hosts annual events, including the Big Buckle Ball, Western Art Show, and the Stampede Golf Tournament to benefit the

scholarship fund. Since its inception in 1994, the Stampede Foundation has given more than \$585,000 in scholarships to Northern Colorado students.

# New Colorado Marijuana Rules Go Into Effect on January 1, 2020

SHANNON GRAY | Marijuana Communications Specialist, MED | State of Colorado | 303-866-4815 | shannon.gray@state.co.us

Marijuana rules stemming from the General Assembly’s 2019 legislative session go into effect on January 1, 2020, for all regulated marijuana businesses across Colorado, most notably allowing, for the first time, state licensing of hospitality establishments and the issuance of permits for residential delivery of medical marijuana. Final rules were adopted by the State Licensing Authority on November 5, 2019, after a summer of extensive stakeholder engagement led by the Marijuana Enforcement Division (MED).

“Feedback from our stakeholders through workgroups and public comment has always been a MED priority,” said Jim Burack, MED Director. “But this year, we encouraged an even more collaborative approach to rule development where workgroup participants utilized their experience and expertise within stakeholder teams to engage more directly in the drafting of rule language.”

## Highlights of notable key rules that go into effect on January 1 include:

### Marijuana Hospitality Businesses (HB19-1230):

- Creation of two marijuana hospitality business licenses, subject to local jurisdiction approval, including 1) “Marijuana Hospitality Business” license (may be mobile), allowing consumption of marijuana on the licensed premises, and 2) “Retail Marijuana Hospitality and Sales Business” license (cannot be mobile) allowing for the sale and consumption of retail marijuana on the licensed premises.
- MED will maintain a list of approved



## Rules promulgated from the 2019 legislative session are the most extensive since retail marijuana was legalized in 2012

hospitality businesses on the Division’s website.

### Regulated Marijuana Delivery (HB19-1234):

- Creation of a permit to allow delivery of regulated marijuana to private residences from medical marijuana stores, subject to local jurisdiction approval.
- Delivery to private residences from retail marijuana stores begins on January 1, 2021, also subject to local jurisdiction approval.

### Sunset Regulated Marijuana (SB19-224):

- The Retail Code and Medical Code are integrated to create a single code, which will streamline operations for both regulators and businesses.

- Criminal history disqualification provisions are amended so that felony convictions within the past three years will typically preclude licensing as an owner or employee.
- Industrial hemp can be used in the manufacture of marijuana products and sold in retail marijuana stores. Prior to this legislation, the sale of industrial hemp products by licensed marijuana businesses was limited to medical marijuana stores. Beginning July 1, 2020, industrial hemp used by medical and retail marijuana manufacturers and sold in medical and retail stores will be subject to testing and can only be sourced from persons registered with the Colorado Department of Public Health and Environment.
- Retail and medical marijuana stores and hospitality establishments can collect marijuana consumer waste for purposes

of reuse and recycling. This includes containers, packages, and cartridges, among other waste components left after the marijuana is consumed.

### Other notable rule changes:

- Vitamin E Acetate, Polyethylene glycol (PEG) and Medium Chain Triglycerides (MCT Oil) are expressly prohibited for use in the manufacture of regulated marijuana concentrate or regulated marijuana products intended for inhalation.
- In an effort to further simplify the licensing process, there are now only two (instead of three) license categories for individuals working in the regulated marijuana industry: 1) owner and 2) employee.



To view the Colorado Marijuana Rules, 1 CCR 212-3, in its entirety, please visit: [www.colorado.gov/pacific/enforcement/med-rules](http://www.colorado.gov/pacific/enforcement/med-rules).



# Paul Davis Offers Tips to Recognize and Prevent Ice Dams on Structures and Damage Mitigation

PATRICK MCCARTY | 970-888-2294 | david.mccarty@pauldavis.com

With recent severe, freezing, and wet weather, plus fluctuating indoor and outdoor temperatures, Paul Davis Restoration of Fort Collins, a leading provider of fire and water damage clean up and restoration services is providing consumers with the following tips for recognizing and removing ice dams from homes and businesses, and damage mitigation.

Ice dams can form when a roof that is warmer than the eaves causes snow on the roof to melt, the water to flow down to the colder eaves, and re-freeze. As this cycle repeats, ice can back up or “dam” under shingles, allowing water to accumulate behind it. The water can leak through the roof and cause serious damage to walls, insulation, ceilings, and painted surfaces inside the home or office that may only get worse over time. However, there are some relatively simple steps one can take to prevent ice dams:

- Ice dams are caused by the interaction of many factors:
- ▶ Ice and snowmelt at 35°F.
  - ▶ Liquid water freezes at 32°F.
  - ▶ Minor temperature differentials can lead to major problems.

Layered roof systems such as shakes or shingles do not keep outstanding water. They require a continuous, uninterrupted slope to shed water.

Attics are warmer than the outside air because heat leaks from the heated portion of the structure up into the attic. Heavy snow cover effectively insulates the attic from cold outside air, allowing the temperature to rise even higher.

When an ice dam forms and as layer after layer of meltwater refreezes, the ice dam can grow with liquid water pooling behind it under the snow. Soon, this water is deep enough to seep between shingles and into the attic or wall cavities.

Ice dams are sometimes one to two feet thick. Secondary ice dams often form around vents and skylights.

One of the best methods of protection against ice dams is a properly designed “cold roof”. Minimizing heat gain in the attic while maximizing attic ventilation with outside air is one of the best ways to reach this goal. Attics can gain heat in two main ways with conduction due to inadequate insulation; and convection caused by warm air leaking through gaps, usually around plumbing, wiring, ducts, and vents. Try to reduce the conductive heat gain by increasing the insulation levels in the structure.

Convective heat gain can be minimized by meticulously caulking and sealing even the smallest penetrations through the ceiling, as well as carefully installing gaskets around attic entrances. Although some heat gain is inevitable, when the attic ventilation is adequate, the temperature will not reach levels that cause extensive melting. A cold roof is easy to achieve with properly designed new construction. Reaching the same goal in older homes may be both difficult and expensive.

**Paul Davis recommends the following tips for preventing ice dams:**

Proper insulation is the key – attic spaces need to be kept cool so that the roof stays cold. Ideally, attics should have 12” of insulation.

Seal areas where heat can escape into the attic. Likely spots include areas around chimneys, around electrical components such as junction boxes and ceiling fans, plumbing vents, and any other passages through the attic floor.

Ventilation – Less important than insulation but still a factor in preventing ice dams, proper ventilation will allow any heat that does enter the attic to exit the space and be replaced by cold outside air.



There are a few ways to mitigate ice dams. However, it is recommended that you call a professional. On serious ice dams that are presenting leaks, technicians will break up the ice first, so that the necessary repair work can be performed immediately. In an ice-dammed area that has been leaking, repairing any water damage would come first. Shoring up the area with added flashing and ice and water shield underlayment is recommended before reapplying the shingles. Also, a heat cable system can be installed into the gutter and also clipped onto the shingles over the soffit. If an ice dam has already caused damage to the home or commercial building, it is critical to have the entire structure inspected by a restoration professional who is certified from The Institute of Inspection, Cleaning, Restoration Certification (IICRC).

Unfortunately, obvious damage may be just the tip of the iceberg. The worst effects of ice dams are often hidden, caused by moisture trapped inside walls or floors. This damage is seldom discovered until months after all the snow has melted. The property owner may rarely make the

connection between the damage found and their ice dam of the previous winter. Besides the cost of restoration, hidden damage can make future ice damming more severe, waste energy, and even create serious health risks for building occupants. Visit the local office website at fort-collins.pauldavis.com.

For more than 50 years, Paul Davis Restoration Inc. has restored residential and commercial properties damaged by fire, water, mold, storms, and disasters. The experts at Paul Davis understand the complex process of recovering from property damage and provide complete services; there is no need for the expense and confusion of hiring multiple contractors. Paul Davis is a one-stop-shop for disaster damage and restoration. Paul Davis Restoration has more than 300 independently owned franchises in the United States and Canada. The professionals at Paul Davis are certified in emergency restoration, reconstruction, and remodeling.

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For more information, visit the website at [www.pauldavis.com](http://www.pauldavis.com)

# Paul Davis Named as Weather-Ready Nation Ambassador™ with National Oceanic and Atmospheric Administration (NOAA)

PATRICK MCCARTY | 970-888-2294 | david.mccarty@pauldavis.com

Paul Davis Restoration of Fort Collins, a leading provider of fire, water and mold damage emergency and restoration services for residential and commercial properties, is a formal partner of the Weather-Ready Nation (WRN) Ambassador program. The program with the National Oceanic and Atmospheric Administration (NOAA) includes 10,000 organizations as a testament to the shared priority of stronger community resilience, the innovative successes of collaboration, and the diversity of organizations that all play a role in making communities, businesses, and individuals “weather-ready.”

According to David McCarty, Paul Davis franchise office owner, the company applied to become a partner to help improve the nation’s readiness, responsiveness, and overall resilience against extreme weather, water, and climate events.

“As a WRN Ambassador, we are proud to work with NOAA and other Ambassadors to help unify efforts across government, non-profits, academia, and private industry toward making the nation more ready, responsive, and resilient against extreme environmental hazards,” said McCarty.

Weather-Ready Nation is a strategic outcome where society’s response should be equal to the risk from all extreme weather, water, and climate hazards and serves a pivotal role in affecting societal change.

To be officially recognized as a WRN Ambassador, the Paul Davis office must promote WRN messages and themes to stakeholders; engage with NOAA personnel on potential collaboration opportunities; share success stories of preparedness and resiliency, and serve as an example by educating employees on workplace

preparedness. “We are prepared to serve as a change agent and leader in our community and will inspire others to be better informed and prepared, helping to minimize or even avoid the impacts of these natural disasters,” said McCarty.

The program is an example of the service culture throughout the entire Paul Davis organization. The corporate vision is to provide extraordinary care while serving people in their time of need. With that in mind, the company gives back to local communities through quality work, charitable actions, and vital community initiatives. For more information, call 970.888.2294 or email David at david.mccarty@pauldavis.com. Visit the local office website (fort-collins.pauldavis.com) and #firstserveothers.

For more than 50 years, Paul Davis Restoration Inc. has restored residential

and commercial properties damaged by fire, water, mold, storms, and disasters. The experts at Paul Davis understand the complex process of recovering from property damage and provide complete services; there is no need for the expense and confusion of hiring multiple contractors. Paul Davis is a one-stop-shop for disaster damage and restoration. Paul Davis Restoration has more than 300 independently owned franchises in the United States and Canada.

The professionals at Paul Davis are certified in emergency restoration, reconstruction, and remodeling.

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For more information, visit the website at [www.pauldavis.com](http://www.pauldavis.com)



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A PREVIEW OF WHAT’S GOING ON IN NORTHERN COLORADO

Powered by Northern Colorado’s Entertainment & Lifestyle Magazine

For more details on these and other local events, visit: [calendar.scenenoco.com](http://calendar.scenenoco.com)

Strength Training for Runners Class

📍 Up and Running Physical Therapy  
📅 Wed, Jan 8 | 6:00am - 7:00am

Paul Faris: The Art of Pinball

📍 The Lincoln Center  
📅 Wed, Jan 8 | 12:00pm - 6:00pm

Lift Ticket Giveaway!

📍 Pikes Peak Brewing  
📅 Wed, Jan 8 | 3:00pm - 3:30pm

DimeStories (3 Min Story Open Mic)

📍 The Forge Publick House  
📅 Wed, Jan 8 - Dec 09 | 6:30pm - 7:30pm

NOCO Home Show's 100 Episode Launch Party - A Benefit for Fallen Hero Foundation at Moxi Theater

📍 Moxi Theater  
📅 Wed, Jan 8 | 6:00pm - 9:00pm

McDonald’s Twilight Nights Race Series

📍 Purgatory Resort  
📅 Wed, Jan 8 - 29 | 6:00pm - 9:00pm

Phyllis Walbye Film: Harry Benson: Shoot First

📍 Rialto Theater  
📅 Wed, Jan 8 | 6:00pm - 8:00pm

Harmony Book Group: "Being Mortal"

📍 Harmony Library  
📅 Wed, Jan 8 | 6:15pm - 7:30pm

Aggie Standup Series: Beth Stelling

📍 Aggie Theatre  
📅 Wed, Jan 8 | 7:00pm - 9:00pm

No Man's Land - Ladies Night

📍 Whetstone Climbing  
📅 Wed, Jan 8 | 6:00pm - 8:00pm



Singletrack Social Ride

📍 4791 West County Road  
38 East, Fort Collins  
📅 Wed, Jan 8 | 6:00pm - 8:00pm

Denver: Uncorked! Comedy Show

📍 Infinite Monkey Theorem Winery  
📅 Wed, Jan 8 | 7:45pm - 9:45pm

The Crooked Wheel Pop-Up Bike Shop

📍 Letterpress & Publick House Outside  
📅 Thu, Jan 9 | 6:00am - 11:00am

Shut Up & Write!

📍 Letterpress & Publick House Downstairs  
📅 Thu, Jan 9 | 1:00pm - 2:30pm

Loveland Ski Area Women's Only Clinics

📍 Loveland Ski Area  
📅 Thu, Jan 9 - Feb 27 | 9:00am - 4:00pm

An Evening with Author Sandra Dallas

📍 Old Town Library  
📅 Thu, Jan 9 | 6:00pm - 9:00pm

DAIKAIJU Returns!

📍 Surfside 7  
📅 Thu, Jan 9 | 9:00pm

Dead Jam First Thursday of Every Month

📍 Hodi's Half Note  
📅 Thu, Jan 9 | 9:00pm

Sandra Dallas at Old Town Library!

📍 Old Town Library  
📅 Thu, Jan 9 | 6:00pm - 7:30pm

35th Skier Appreciation Day

📍 Sunlight Mountain Resort  
📅 Fri, Jan 10 | 9:00am - 4:30pm

Live@Lunch with Los Mochochetes

📍 KRFC 88.9FM Live at Lunch  
📅 Fri, Jan 10 | 12:00pm - 1:00pm

Friday Morning Uphill Breakfast

📍 Cliffhouse Restaurant  
Buttermilk Mountain  
📅 Fri, Jan 10 | 8:30am - 10:00am

Austin: Live Music w/ Deer Fellow

📍 The Infinite Monkey Theorem  
📅 Fri, Jan 10 | 6:00pm - 8:00pm

Johnny Johnston & Danny Crecco

📍 Red Truck Beer Company  
📅 Fri, Jan 10 | 6:00pm - 8:00pm

REEL ROCK with Topo Designs and NCCC

📍 Whetstone Climbing  
📅 Fri, Jan 10 | 6:00pm - 9:30pm

Sound & Light

📍 Aggie Theatre  
📅 Fri, Jan 10 | 8:00pm - 11:59pm

LaserDome: Pink Floyd – Dark Side of the Moon

📍 OtterBox Digital Dome  
Theater at FCMoD  
📅 Fri, Jan 10 | 6:30pm - 7:30pm

LaserDome: Queen

📍 OtterBox Digital Dome  
Theater at FCMoD  
📅 Fri, Jan 10 | 8:00pm - 9:00pm

LaserDome: Lady Gaga

📍 OtterBox Digital Dome  
Theater at FCMoD  
📅 Fri, Jan 10 | 9:30pm - 10:30pm

Full Moon Dinners

📍 Cliffhouse Restaurant.  
Buttermilk Mountain  
📅 Fri, Jan 10 | 5:00pm - 8:00pm

Beth Anderson at Loveland Museum!

📍 Loveland, Colorado  
📅 Fri, Jan 10 | 6:00pm - 8:00pm

Trace Bundy Returns to The Armory in Fort Collins

📍 The Music District  
📅 Fri, Jan 10 | 7:00pm - 10:00pm

Bird-Friendly, Climate-Friendly Conference

📍 Northside Aztlan Community Center  
📅 Sat, Jan 11 | 8:00am - 4:00pm

Vision Board Party

📍 Maxline Brewing  
📅 Sat, Jan 11 | 12:00pm - 3:00pm

The Amazing Adventures of Robinson Crusoe

📍 Union Colony Civic Center  
📅 Sat, Jan 11 | 2:00pm - 5:00pm

Secret Spot Team Challenge

📍 Copper Mountain  
📅 Sat, Jan 11 | 9:00am - 12:00pm

Mountaintop Yurt Dinners

📍 Ski Cooper / Chicago Ridge  
📅 Sat, Jan 11 | 5:00pm - 8:00pm

Live music with Colleen Crosson

📍 Sparge Brewing  
📅 Sat, Jan 11 | 6:00pm - 9:00pm



Chunky Chickadee - Create a Bird Feeder

📍 Standley Lake  
📅 Sat, Jan 11 | 10:00am - 11:00am

NSAA Safety Village

📍 Arapahoe Basin Ski Area  
📅 Sat, Jan 11 - 12 | 10:00am - 1:00pm

Holly Herson for HD 48 Coffee With The Candidate Johnstown

📍 The Black Sheep Market and Eatery  
📅 Sat, Jan 11 | 12:30pm - 2:30pm

Venture Still - Live at Red Truck!

📍 Red Truck Beer Company  
📅 Sat, Jan 11 | 6:00pm - 8:00pm

Amalie Howard and The Beast of Beswick Signing

📍 Old Firehouse Books  
📅 Sat, Jan 11 | 1:00pm - 2:00pm

Carabiner Comedy Show

📍 14er Brewing & Beer Garden  
📅 Sat, Jan 11 | 8:00pm

Night Skiing - January 11th

📍 Kendall Mountain Ski Area  
📅 Sat, Jan 11 | 6:00pm - 9:00pm

Logan Thomas LIVE

📍 The Reserve by Old Elk Distillery  
📅 Sat, Jan 11 | 6:00pm - 9:00pm

Distilled: A Speaker and Spirits Series – Backcountry & Bourbon

📍 Warren Station Center for the Arts, Keystone  
📅 Sat, Jan 11 | 6:30pm - 9:30pm

The Great DuBois at the Cheyenne Civic Center

📍 Cheyenne, Wyoming  
📅 Sat, Jan 11 | 7:00pm - 8:30pm

Mad Dog Blues Band

📍 Avogadro's Number and Avo's Bar  
📅 Sat, Jan 11 | 8:00pm

Bad Movie Nite!

📍 Lyric Cinema Cafe (Theatre)  
📅 Sat, Jan 11 | 9:30pm - 11:30pm

USASA RMS Slopestyle

📍 Copper Mountain  
📅 Sun, Jan 12 | 9:00am - 12:00pm

OtterBox Ft Collins Old Man Winter Training RUN and Gravel Ride

📍 Fort Collins, CO  
📅 Sun, Jan 12 | 9:30am - 12:30pm

Cribbage Club

📍 Old Colorado Brewing Company  
📅 Sun, Jan 12 | 1:00pm - 3:00pm

The Writer Collective

📍 Letterpress & Publick House  
📅 Sun, Jan 12 | 1:30pm - 4:00pm

2020 Peer Awards

📍 Washington's  
📅 Sun, Jan 12 | 5:30pm - 9:00pm

Poudre Pub Talk: Impacts of Extreme Events on Poudre River Water

📍 Cache la Poudre River National Heritage Area  
📅 Tue, Jan 14 | 6:00pm - 7:00pm

Caregiver Community Group

📍 Pathways  
📅 Tue, Jan 14 | 1:00pm - 2:30pm

Austin: Tuesday Trivia - 7:45pm

📍 The Infinite Monkey Theorem  
📅 Tue, Jan 14 | 7:45pm - 10:00pm

City Streets Criterium Series

📍 625 9th Street, Fort Collins  
📅 Tue, Jan 14 | 4:30pm - 8:30pm

January Run Club

📍 Fort Collins, CO  
📅 Tue, Jan 14 | 5:30pm - 6:30pm

Laramie Mountain Bike Series

📍 Happy Jack Trail, 82070 Laramie, Wyoming  
📅 Tue, Jan 14 | 5:50pm - 9:20pm

Electronics for Musicians: Soldering Workshop

📍 The Music District  
📅 Tue, Jan 14 | 6:00pm - 8:00pm

Avo's Open Mic

📍 Avogadro's Number and Avo's Bar  
📅 Tue, Jan 14 | 7:00pm

Get an in-depth look at what's happening in Northern Colorado in this month's New SCENE Magazine.

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# Book Review: John Fielder Biography for Young Readers

NORTH FORTY NEWS | NorthFortyNews.com

## John Fielder in Focus Colorado Nature Photographer and Environmentalist

Written by Steve Walsh  
Photography by John Fielder

With point and click cellphones becoming more and more advanced in the quality of images they produce, perhaps everyone considers themselves a photographer.

But there's a difference between an image that is merely a representation of what was seen and an image that is so stunning that in addition to making you want to visit that locale in person, it inspires you to consider what you can do to preserve nature for your own generation as well as the generations to come!

John Fielder's work overwhelmingly falls into this category.

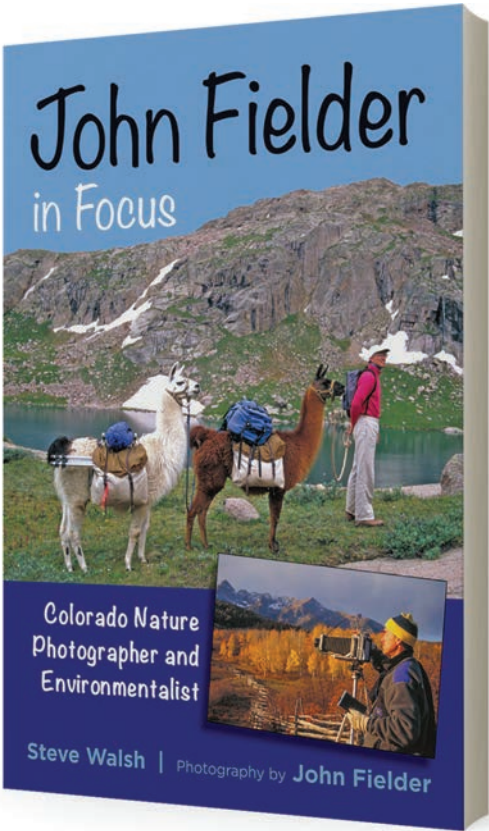
Since the early 1800's when the ability to preserve current images of life was first invented, people have been fascinated by what photographs can tell us about an earlier time, even if that earlier time was just ten years ago when you were a kid at camp or away with your family on vacation.

Now, for the first time, we have a book to recommend to young people about John Fielder, the premiere nature photographer of Colorado, a man's whose work is so well-known and so revered that it will be archived at CSU for future generations.

This first biography of John Fielder outlines the process through which one person went from a well-paid, seemingly "secure" corporate position to take those first daring steps to devote himself full-time to pursue his dream of a creative career.

This book tells the story of John's earliest outings in nature, when he first declared to his grade school teacher that he would one day live in Colorado, what sparked his interest in photography, tips as to how he perfected his technique to capture the perfect image, and when he became interested in conservation.

We highly recommend this book for the young person who may like to explore how to approach nature photography, how to respect nature when out in the wild, the importance of conserving



nature for future generations, life events that can lead a person to pursue a creative life as well as sustaining and overcoming heartbreaking family losses while continuing to work to make the world a better place.

### Contacts:

**Presentations to schools and others:**  
John Fielder: john@johnfielder.com

**Books for resale:**  
Caleb Seeling: caleb@imprintgroupwest.com

\$14.95, softcover, 128 pages,  
6.5" X 9.5" portrait, full color with 130 photographs

ISBN: 978-0-9985080-8-5



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## Chapel in the Pines

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**Worship at 11:00 a.m.**  
[www.redfeatherchapel.com](http://www.redfeatherchapel.com)

**Guest Pastors for January, 2020**

1/5 Dr. Richard Maurer, Wesleyan Methodist, Johnstown, CO

1/12\* Father Teri Harroun, Ecumenical Catholic, Longmont, CO

1/19 Pastor Lloyd Nichols, Non-denominational, Loveland, CO

1/26\* Pastor Pam Hilliard, First Christian Church (DOC), Loveland, CO

\* Communion Sunday

Forum & Sunday School at 9:30 • Fellowship Hall • Fellowship Hour: 10:30 a.m.

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