



North Forty News

April 28, 2020 | Volume 28 | Number 3

NorthFortyNews.com

NORTHERN COLORADO'S WEEKLY INDEPENDENT LOCAL NEWS

To all the essential workers...

Thank You!

SEE PAGE 8



A PREVIEW OF WHAT'S GOING ON IN NORTHERN COLORADO

Powered by Northern Colorado's Entertainment & Lifestyle Magazine

Post Paradise

Relaxing, regrouping, and missing everybody

PAGE 10



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Becoming An Everyday Hero



Pressed to the wall, our frontline hospital workers are witnessing the devastation of Covid-19 and how an ICU patient cannot even have their family by their side. At their darkest hour, with the exception of their attending overworked hospital staff, critically ill patients are frightened and alone.

First responders are coming forward in ways we could not have imagined. Stretching to heroic heights, they are being called upon to do far more than their jobs. Extending love to their patients in the absence of family, hospital personnel have shared that they wait till their long shift is over to collapse in tears. Heroes of our time, working hard, at great risk to themselves, to save every life they can, firefighters and police personnel now face a hidden danger as they step out in the forefront to protect their community while endangering themselves and their families as never before.

And yet, these times require acts of kindness and small acts of heroism on

the part of all of us. First and foremost, do your part. Practice physical distancing, clearly shown to be slowing the progression of this virus. Wear a mask or face covering when going into a store or when encountering other people where you cannot be at least 6' apart. Don't hoard, but shop less often so that you reduce the number of people you are exposed to as well as others being exposed to you. We are facing a powerful and insidious enemy – well before you have symptoms, if you are positive, you can be contagious!

Come forward and give! Identify somewhere where you can personally contribute.

For example, encourage and support the people around you along with people you don't yet personally know. Start with neighbors whom you have seen regularly for years. Leave a note in their mailbox with your contact information along with a kind offer to assist them in some way.

Make donations of food or money to our local food banks that are being called upon as never before. The craft-worthy among you can make masks for friends, family, neighbors, and hospital workers. Make a call to your friends to see how they are doing emotionally in the midst of all this. These times call for a deeper level of kindness and compassion than mere words on a screen can convey.

We can all do something. Contact a friend and arrange to take a walk with them, practicing physical distancing, armed with your mask or face covering

MAKE
KINDNESS
(Not Covid-19)
CONTAGIOUS!



PHOTO FROM FREEPIK

in case you come across other people at close proximity on a trail. Consider your older relatives who may not be computer-literate – call them and write them a snail-mail letter that will arrive in their mailbox – imagine life without them (as they are among the most vulnerable in these times) and show your love for them now while there's still time.

Consider how you can identify and meet the many unmet needs that exist in these extreme circumstances.

Get creative as to how you will contribute to the greater good. And when you do, write info@northfortynews.com and let us share with our readers how you are working to become an everyday hero helping us all survive and flourish during a time like this.

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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.

North Forty News is published weekly by North Forty News LLC and mailed to subscribers in Northern Colorado. The publication is available at another 800 locations throughout Northern Colorado. The advertising deadline is 10 days prior to distribution.

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Geometry in Construction - Learning by Doing

LIBBY JAMES | NorthFortyNews.com

It's not uncommon for students in high school math classes to ask, "Why do we need to learn about angles and triangles?"

In 2005 two Loveland high school math and construction teachers, came up with an idea, and Geometry in Construction was born. The goal of the program is to demonstrate the importance of what they were learning by providing hands-on experiences. There are now close to 500 programs all across the country where high school math students are having their questions answered as they participate in building a house with their own hands.

More than 500 students at Poudre High School in Fort Collins have participated in the GiC program, now in its sixth year. This summer a home they built in the Poudre High School parking lot will be completed and installed at Harmony Cottages, a

housing development at the southeast corner of Harmony and Taft Hill Roads.

Harmony Cottages is the largest housing development ever undertaken by Fort Collins Habitat for Humanity and has been under construction since 2016. The Harmony Cottages will eventually house 144 people in 44 duplexes and four ranch style, two-bedroom, single-family units. All the single-family homes have been built by students in the GiC program at Poudre High School.

Kristin Candella, Executive Director and CEO of Fort Collins Habitat for Humanity said, "The Harmony Cottages are designed to have welcoming front porches, and lots of light provided by many windows. The single-family units have two bedrooms and are 1,100 square feet."

In order to be eligible for a Habitat for Humanity home, families must meet several criteria in three categories including residency, need for housing, and the ability to pay closing costs. Family income must fall between 45 and 85 percent of the median income for the area and family size. The program asks for 250 hours of "sweat equity" from recipients, giving them a hands-on stake in the building of their home. They must also show the ability to make mortgage payments amounting to no more than 28 percent of their monthly income. Recipients are eligible for zero-interest mortgages from the Habitat organization.

Alex Statham-Lardner, Community and Youth Engagement Director for Fort Collins Habitat for Humanity,



PHOTO COURTESY ALEX STATHAM-LARDNER: Roberta poses with one of the GiC classes

described the importance of Geometry in Construction. "The program has become vital to the welfare of many students," she said. "End-of-the-year interviews are revealing. Students say they have learned the value of giving back, and for some, it enhanced their mental health and became the reason that brought them to school every day. Others decide to take internships in the field and may decide to pursue construction management programs on the college level."

The installation of the final Habitat for Humanity single-family home at Harmony Cottages will not end this innovative program. Local builder Hartford Homes has agreed to partner with GiC by providing five lots for future homes. "This gives us viable space for the next five years," Statham-

Lardner said.

"Bricks and sticks for each project run \$100,000," she explains. During the first year of the program, Poudre High School and students at the school sought funds through grants and donations. Since then local funders have stepped up including Otter Cares, First National Bank, Woodward Governor, NOCO Unify, Rotary Club, the City of Fort Collins and Give Next (a student giving program through the Bohemian Foundation) to make it possible to continue the program.

The need for affordable housing in Fort Collins is growing. Habitat for Humanity is doing its best to help meet that need and at the same time is providing invaluable experience for students at Poudre High School.



PHOTO COURTESY ALEX STATHAM-LARDNER: Roberta, GiC future home buyer poses with three members of one of the 2019-2020 GiC classes. GiC

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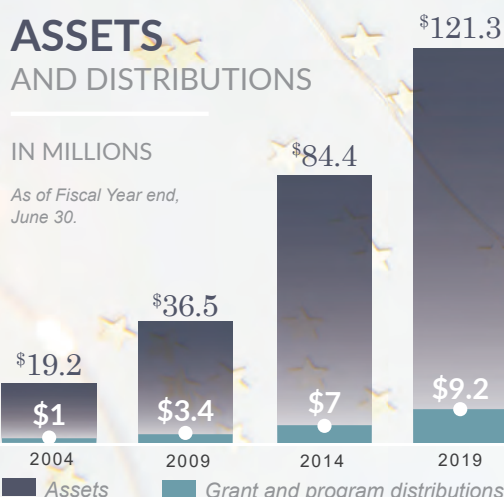


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WELLINGTON

Getting Creative: Wellington Businesses Adapt to COVID-19 Restrictions

KALLIE COOPER, EXECUTIVE DIRECTOR | Wellington, CO Main Street Program

While COVID-19 has upended business as usual, local businesses in Wellington have come up with ways to respect the social distancing and stay-at-home guidelines while still serving customers. From curbside pick-up and delivery to virtual bingo, they're finding new and creative ways to engage with customers and continue to bring in potential clients even if they can't meet with them face-to-face.

Local gyms like Fitness 1, Gridiron Fitness, and Crossfit 5200 are offering on-demand virtual workouts on social media as well as loaning out equipment to patrons and community members.

"This town has given so much to us as a brand new business, the least I could possibly do is offer at-home workouts. Even though the doors are closed we are still the Crossfit

5200 community and I will do anything in my power to maintain that family. This is my way of giving back," said Adam Skoranski, Owner and Head Coach at Crossfit 5200. "I just want people to continue working out."

Downtown business staple, Thistle, is taking full advantage of online sales and recently installed special lockers for customers to safely pick up their orders.

"People place orders online and choose pick up and then they're given a locker number and a code to unlock their order. People are enjoying a chance to get out to pick up goodies while still staying safe," Kelly said of the new system.

Other local businesses are focusing on ways to give back to the community even if they are closed. The Cakery is working with the local Wellington Food Bank to provide meals to families in need. Each Saturday, the Cakery is offering a gift card for one free cupcake to customers who donate three cans of soup to the food bank.

"We will be baking some awesome breads to donate to the pantry along with the canned food and cupcakes. Thank you again for helping us help our community!" said owner, Jackie Ispanca in a Facebook post.

Pizza Palace, in downtown Wellington, is giving back by offering "meal bags" to families in need each week outside of their restaurant as well as offering a coveted free roll of toilet paper with every pizza purchase.

Restaurants and breweries continue to

offer take-out and delivery options and are even turning to social media to host virtual versions of favorite events!

Soul Squared Brewing Company's Facebook LIVE Bingo encourages "smack talk, cheersing, and cheering to go on in their virtual chat room." Customers can stop into the taproom every Tuesday to grab their bingo cards, along with their favorite brew, and participate in the live event for a chance to win prizes from local businesses.

The Wellington Main Street Program, Wellington Area Chamber of Commerce, and the Town of Wellington are dedicated to providing local businesses with resources and support during the shutdown. The #WellingtonStrong BINGO promotion launched earlier this month as a way for residents to support local businesses.

Participants can check off items like, "Purchasing a Gift Card or Ordering Online" or "Participate in a Virtual Event" and turn in their virtual card for the chance to win \$100 in Chamber bucks and Main Street merchandise.

The Wellington Area Chamber of Commerce and Main Streets has started online bingo. Participants can check off items like, "Purchasing a Gift Card or Ordering Online" or "Participate in a Virtual Event" and turn in their virtual card for the chance to win \$100 in Chamber bucks and Main Street merchandise.

"Our Wellington business community overall continues to prove its resilience

#WELLINGTONSTRONG
BINGO

Share a Local Business Social Media Post

Order Curbside Pickup, Take-Out or Delivery

Purchase a Gift Card In Store or Online or Shop Online!

Follow the Wellington Chamber or Main Street on Facebook



Follow a NEW Local Business on Social Media

Write a Local Business Review on Yelp or Social Media

Participate in a Local Virtual Event (Local Gym Workouts Count!)

Share This BINGO card with a Friend!

IMAGE COURTESY OF WELLINGTON, CO MAIN STREET PROGRAM: The Wellington Area Chamber of Commerce and Main Streets has started online bingo. Participants can check off items like, "Purchasing a Gift Card or Ordering Online" or "Participate in a Virtual Event" and turn in their virtual card for the chance to win \$100 in Chamber bucks and Main Street merchandise.



PHOTO COURTESY OF WELLINGTON, CO MAIN STREET PROGRAM: Curbside Pickup and Take Out is now available in Wellington.

and operate while confronted with the unprecedented circumstances caused by COVID 19. Our Towns resource management systems are performing at the highest mark," says Mayor Troy Hamman. "It is our citizenry character and concern for others that makes us Wellington Strong!"



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WELLINGTON

Wellington Ranked In Colorado Top Ten As Most Affordable

NORTH FORTY NEWS | NorthFortyNews.com

A new study from SmartAsset ranks Wellington as one of the top ten most affordable places to live in Colorado. The sixth annual study weighed factors, including taxes, homeowners' insurance, and home costs relative to the local median income. The most affordable places were ranked where homeownership costs were lowest relative to the median income in each location. Check out the list below for additional detail on how the top places in Colorado ranked:

Rank	City	Avg. Closing Costs	Annual Property Tax	Annual Homeowner's Insurance	Avg. Annual Mortgage Payment	Median Income	Affordability Index
1	Federal Heights	\$2,307	\$464	\$236	\$2,907	\$40,205	80.23
2	Lamar	\$2,750	\$400	\$361	\$4,455	\$37,554	51.36
3	Security-Widefield	\$2,175	\$968	\$805	\$9,934	\$67,987	43.52
4	Cimarron Hills	\$2,136	\$917	\$735	\$9,063	\$61,186	42.60
5	Fruitvale	\$2,166	\$959	\$789	\$9,735	\$62,605	40.56
6	Pueblo West	\$2,250	\$1,428	\$836	\$10,310	\$67,737	40.11
7	Gleneagle	\$2,646	\$2,515	\$1,442	\$17,790	\$115,262	39.88
8	La Junta	\$2,810	\$406	\$378	\$4,669	\$30,830	39.46
9	Roxborough Park	\$2,747	\$3,135	\$1,622	\$20,015	\$127,167	38.58
10	Wellington	\$2,458	\$1,777	\$1,158	\$14,292	\$88,978	38.57

Additional study details including the methodology and interactive map can be found at smartasset.com

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PHOTO FROM: SETH HERALD/AFP VIA GETTY IMAGES

Transfort Bus Operator Tests Positive for COVID-19

NORTH FORTY NEWS | NorthFortyNews.com

The City of Fort Collins has been notified that a Transfort bus operator has tested positive for COVID-19 (Coronavirus). In order to protect the privacy of the individual, identifying information and medical records will not be released.

The positive test was self-reported to the City of Fort Collins on April 17. The bus driver last reported for duty on April 9 and has been in self-quarantine since.

“Our hearts are with our colleague, and we wish them a speedy recovery during this difficult time,” said Transit Director, Drew Brooks. “We are working with guidance from the Larimer County Department of Health and Environment to ensure all advisable precautions are taken to protect the health and safety of our Transfort employees, our passengers and the Fort Collins community.”

The City suspended bus fares on March 19 to in response to the COVID-19 outbreak, in part, to

DAY/DATE	ROUTE/BUS	TIME(S)
4/2	MAX	3:06 pm to 10:29 pm
4/3	MAX	2:56 pm to 8:27
4/4	MAX	12:46 pm to 8:07 pm
4/7	Rt 19	1:16 pm to 7:44 pm & Rt 6 8:12 to 10:19 pm
4/8	MAX	11:02 am to 3:41 pm & Flex to Boulder 4:33 pm to 9:29 pm
4/9	Flex to Boulder	2:37 pm to 7:47 pm & MAX 8:00 pm to 12:32 am

promote social distancing and limit contact between passengers and operators. Bus operators also wear personal protective equipment while working. In addition to regular nightly cleaning, Transfort has been disinfecting driver and passenger areas of its buses nightly. The South Transit Center and Downtown Transit Center buildings are currently closed to the public, but passengers may board and exit buses at the transit centers.

While the Centers for Disease Control and Prevention guidelines indicate the risk to others is low, out of an abundance of caution, the City is sharing information about the routes the operator worked so that any passengers on those routes can be mindful of any potential symptoms.

A list of routes they operated in the period prior to April 9 is listed below:

One Woman's Response to Medical Needs

NORTH FORTY NEWS | NorthFortyNews.com

When small business owner, Stephanie Carlson put herself through design school, she worked nights in a local emergency room doing administrative work and admissions where she made many friends. She went on to open a woman's clothing line here in Fort Collins.

In recent days her old friends who are manning the front lines in local hospitals began contacting her for help reporting shortages of protective equipment including scrub caps. This situation strikes close to home as her own mother is an ICU nurse and one of her best friends is an emergency room nurse.

These medical personnel report what they encounter on a day-to-day basis and they are understandably frightened. They knew Stephanie was in a position to help and so she sprang into action to produce what they requested with the materials she had on hand.

But demand is going up by the day and resources are dwindling. Delivery times from traditional sources are stretching into months while the demand for protection is urgent. Sources of fabric and elastic are

closing down, perhaps due to having run out of stock.

To continue to produce what her hospital worker friends need Stephanie needs donations of fabric that include 100% cotton and jersey knit cotton (the fabric t-shirts are made of) and elastic (1/8" is ideal but whatever elastic is available can be pressed into service).

Seamstresses are already working to produce these much-needed supplies. But if you know of seamstresses who would be willing to volunteer their time to produce scrub caps and other protective gear, please contact Stephanie.

Please consider what you can do to help our hospital staff stay protected at a time of PPE (personal protective equipment) shortages.

Donations of materials can be brought to:

Stephanie Carlson Designs
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Or contact Stephanie at:
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PHOTO COURTESY OF
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FORT COLLINS

UCHealth Staff Joins Family to Celebrate COVID-19 Survivor's Recovery After Weeks-long Battle

KATIE MCCRIMMON | UCHealth

About 80 health care workers gathered in the atrium of UCHealth Medical Center of the Rockies on Saturday and cheered and applauded as COVID-19 survivor Sergio Rodriguez, 58, got to leave after 16 days at the Loveland hospital.

Prior to being transferred to the Medical Center of the Rockies on April 2, Rodriguez spent nearly a week from March 27 until April 2 at UCHealth Greeley Hospital.

Rodriguez is one of hundreds of COVID-19 patients who have recovered well enough to be released in recent days from UCHealth hospitals.

Rodriguez' nurses rolled him outside of the hospital's main entrance, where his wife, children, grandchildren and other family members greeted him with hugs, tears, balloons and signs that read, "Welcome Home Grandpa" and "Thank you Doctors and Nurses."

"I thank God and the doctors and nurses," Rodriguez said after getting into the car with his wife, Yolanda Rodriguez.

"It's a miracle," Yolanda said of her husband's recovery. "It was all that praying."

Rodriguez' son, Rafael Hernandez, had been keeping a vigil in the parking lot outside the hospital since April 2, praying day and night for his dad's recovery and often sleeping in his car so his dad would know he was nearby.

Because of the COVID-19 pandemic and the extremely contagious virus, no family members are allowed in hospitals.

On Saturday, Hernandez' prayers were answered and his dad got to return to his home in Greeley. The moment his dad emerged from the hospital, Hernandez rushed to his wheel chair, knelt to the ground

and hugged him.

"This is just the best time of my life. I'm able to look him in the eyes and embrace him," Hernandez said.

His father will need time to recover, but has improved dramatically since getting off of a ventilator earlier this week.

Connor Murphy is one of the nurses who cared for Rodriguez while he was in the Loveland hospital's COVID-19 Intensive Care Unit. He said many patients with COVID-19 need a great deal of time on the ventilator.

"It takes time to work. The (virus) is a big shock to the body. It's great when we can get someone extubated (removed from a ventilator). It's always a big sigh of relief," Murphy said.

Once Rodriguez was able to get off the ventilator, he moved to a different unit where he could look out of the window from his room and see his son praying, singing and playing music from the parking lot.

Before being discharged on Saturday, Rodriguez waved to his family members from inside his room and told members of his care team how excited he was to leave.

Krista Liley is an occupational therapist who worked with Rodriguez on Saturday before his departure.

"He had a huge smile on his face. I told him he was my best rock star because he progressed faster than anyone I have seen," Liley said.

Rodriguez was on a mission to reunite with his family members and return home.

In a hushed voice before he left the hospital, Rodriguez said he's looking forward to resting and returning someday to his church so he can give thanks to God for his survival.

Rodriguez is a worker at the JBS meatpacking plant in Greeley, which has been shut down after dozens of workers tested positive for COVID-19. Rodriguez initially felt sick around March 20, his family members said. He had a high fever and stayed home as he tried to recover. But, he wasn't getting better and his wife, Yolanda, eventually took him to the ER at UCHealth Greeley Hospital on March 27. He was hospitalized there until he needed to go on a ventilator. There was more space at Medical Center of the Rockies than at the Greeley hospital, so Rodriguez was transferred to the Loveland hospital on April 2.

More than 460 hospitalized patients with COVID-19 infections have already recovered and been able to leave UCHealth hospitals throughout Colorado. This includes about 240 in metro Denver, 65 in southern Colorado and 160 in northern Colorado.

Saturday, April 18, 2020: The Air Force Thunderbirds flew over UCHealth Medical Center of the Rockies to salute health workers a short time after Sergio Rodriguez, 58, of Greeley, got to leave the hospital. Photo by Cyrus McCrimmon for UCHealth.

Shortly after Rodriguez got to leave the Medical Center of the Rockies at about 12:30 p.m. on Saturday, the U.S. Air Force Thunderbirds flew over the hospital at about 1:30 p.m. as members of Rodriguez' family and nurses

gathered outside to watch. The Thunderbirds were honoring essential first responders and health workers throughout the state, but for Rodriguez' family, the timing of the flyover was especially poignant. The flyover capped a very special morning.

"I'm so glad to have him home," Yolanda Rodriguez said. "He's been calling me all morning. He's been so excited."



PHOTO BY CYRUS MCCRIMMON FOR UCHEALTH: APRIL 18, 2020: Rafael Hernandez, right, kneels and hugs his dad, Sergio Rodriguez, (seated in the wheelchair).

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Fort Collins Small Business Relief and Recovery Loan Fund to Support Small Businesses

NORTH FORTY NEWS | NorthFortyNews.com

A portion of The Fort Collins Small Business Relief and Recovery Fund is now open to small businesses in Fort Collins impacted by COVID-19. Non-profit community lending partner Colorado Lending Source has committed \$110,000 to this effort. A key objective of this fund is to assist local non-profit community lenders like Colorado Lending Source in providing timely access to working capital for critical needs, in order to augment Federal relief programs and help protect jobs and businesses in Fort Collins. The City is working to expand this program and will share regular updates when new loan tranches and other types of financial support become available via our non-profit community lending partners.

Loan details of the Colorado Lending Source program are as follows:

- Two-year loans for working capital, six-

- month at 0% interest and deferral of all principal and interest payments, and 2% interest and principal payments for months 7-24

- Loan amount up to \$10,000
- Designated for new loans only

To learn more about the program or to apply for the Small Business Relief and Recovery Loan Fund with Colorado Lending Source, please visit <https://www.coloradolendingsource.org/articles/small-business-emergency-loans>. This will take you to the Emergency Loans page. Simply scroll down to the second loan option to see the Fort Collins loan fund.

For updates on the Small Business Relief and Recovery Loan Fund, please visit fcgov.com/business or email business@fcgov.com. This email address can also be used for any other business-related questions.

COMMUNITY MEETINGS

with Larimer County Commissioners

Some community meetings with the Larimer County Commissioners will be virtual in May 2020.

Visit larimer.org/communitymeetings for details

1

JOHN KEFALAS | COMMUNITY CONVERSATIONS

2

STEVE JOHNSON | MEATLOAF MONDAYS

3

TOM DONNELLY | JOINT MEETING WITH MAYORS

For up-to-date Larimer County community meeting information visit larimer.org/communitymeetings

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Thank You for Putting Your Life on the Line

NORTH FORTY NEWS | NorthFortyNews.com

People throughout the community are saying words of encouragement and thanks to so many people on the front lines of COVID-19. Volunteers, grocery workers, medical staff, cashiers, law enforcement, newspaper carriers, and anyone else called "essential" are now being thanked every day.

Every time doctors, nurses, and staff members arrive for a shift at UCHealth hospitals now – or leave after a shift – they are surrounded by messages of gratitude, love, and support from throughout the community.

As COVID-19 started to spread in Colorado, many people in the community wanted a way to thank those who work in the hospitals and to let them know that so many people were thinking of them. More than 2,000 messages have poured in through UC Health system's online thank you form over the past few weeks.

These messages are now on full display in the windows and doors, and lining the hallways of many of the employee entrances at UCHealth hospitals across the state, including Medical Center of the Rockies in Loveland and Poudre Valley Hospital in Fort Collins.

The communities in Northern Colorado are special.

That's why North Forty News will publish messages of thanks to anyone on the front lines in our newspaper every week until this Pandemic is behind us.

Post your message of thanks, kindness, or photos at northfortynews.com/frontline

To send messages of thanks, kindness, or sweet photos to UCHealth workers, go to bit.ly/2020Thanks



PHOTO COURTESY OF UC HEALTH

Recent messages:

"Thank you for working endless hours and being so brave to then go home to your families. God bless each of you," a note from Hillary reads.

"My son wanted to thank you for being a super-hero and saving our city from the evil coronavirus. ...Stay strong and safe!" wrote Greg.

"Thank you just doesn't seem adequate. Your sacrifice and dedication is monumental, and we will forever be grateful. Sending you love, light, prayers, and wishes," wrote Allison.

"You are a true hero and I will never forget your selflessness and courage," wrote Ellen.

"Your hard work and selflessness does not go unnoticed or unappreciated. From the bottom of our hearts, thank you for being on the front lines," wrote Danielle.

Healthcare Technology Company Creates Comprehensive Update with COVID-19 Numbers in Larimer County

NORTH FORTY NEWS | NorthFortyNews.com

The Co-Founder and CEO of Voro, a healthcare technology company, has put together a comprehensive and up-to-date guide showing the number of COVID-19 related cases and deaths in Larimer County.

"I built a guide to COVID-19 in Larimer County because I saw how hard it was to keep up to date with accurate information," said Thomas Hoyos, Co-Founder & CEO of Voro.

The guide is updated with county-level data in real-time and has interactive tables, charts,

and maps, so it's easier for people to visualize and understand what's going on," he said.

There is also a helpful section with tips from appropriate local authorities and links to resources, so people know how to stay safe.

Information is compiled from the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO) and New York Times.

To see the guide: www.voro.com/coronavirus#Larimer-Colorado-08069

Colorado Confirmed Cases and Deaths

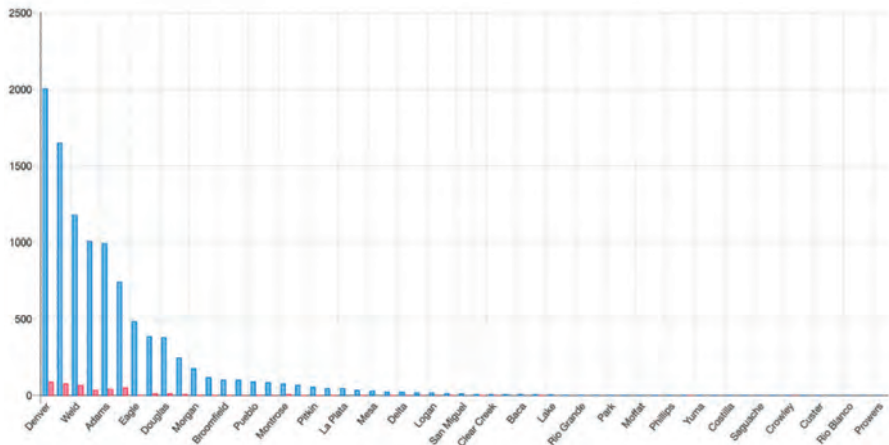


IMAGE COURTESY OF VORO.COM



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FEATURE

Maintain a Social Distance From Young Wildlife - Keep Wildlife Wild, Leave Them Alone

NORTH FORTY NEWS | NorthFortyNews.com

Each spring, Colorado welcomes an abundance of new young wildlife across the state. Colorado Parks and Wildlife (CPW) is partnering with the Colorado Parks and Recreation Association (CPRA) to remind residents to keep wild animals wild and leave young wildlife alone.

As wildlife becomes more visible in backyards, trails and open spaces, CPW and local parks receive an increase of office visits and calls from concerned people that report they “rescued” young wildlife that appeared “abandoned” by adult animals.

Although reports are made with good intentions, young animals do not need rescuing and are prepared by nature to survive without human intervention. Young animals learn healthy instincts in the wild and gain confidence over time to slowly distance themselves from their parents. People that feed, touch or remove wildlife from their natural environment are actually causing them harm and stunting their growth. This can also lead to mothers rejecting their young and creating a truly harmful situation for young wildlife.

During the COVID-19 pandemic, it is more important now than ever to not feed or touch young wildlife; CPW resources that may normally be available are not during this outbreak, and handling animals may lead to them being rejected by their parents with no rehabilitation alternative. It is also important to leave young wildlife alone to avoid conflicts with animals that can result in hospital visits for injuries or rabies exposure, or create unnecessary in-person interactions with park rangers and wildlife officers.

If you see an injured animal in physical danger, call your local CPW office. Do not

move the animal. CPW licensed wildlife officers are trained to properly handle wildlife and seek medical attention for the animal if needed.

CPW offices and visitor centers remain closed to minimize the potential spread of COVID-19, but staff is available by phone at CPW offices statewide to answer questions. CPW wildlife transport teams are not fully operational at this time to limit in-person interactions between our staff and customers. People are strongly encouraged not to bring young wildlife to CPW or local park offices because the on-site staff is not there to immediately assist the baby animals.

“Our state and local park staff are working together to keep outdoor recreation opportunities available and park visitors safe,” said Allison Kincaid, Executive Director of the Colorado Parks and Recreation Association. “We ask our outdoor community to visit Colorado parks responsibly and keep a safe distance from wildlife to avoid unforeseen injuries. During this time of physical distancing in response to the COVID-19 pandemic, we hope this will be the next step. Give wildlife the physical distancing they need as well.”

What humans might misinterpret as “abandonment” is actually wild animals living a healthy, wild life. Young wildlife is frequently left alone in a safe location while adult animals search for food. It is also common for baby birds to sit outside of their nest as they grow bigger and learn to fly. Humans should not approach baby wild animals, because the mother is probably nearby and might attack if she thinks her young are in danger.

“Young wildlife has the best chance of survival when they are left in the care of



PHOTO CREDIT: Gary Kochel Photography

their wild parents,” said CPW Senior Wildlife Biologist Shannon Schaller. “People mean well when they take wildlife from the wild, but removing young animals improperly from their natural habit is often the wrong thing to do.”

Under Colorado law, feeding wildlife is illegal because it puts an animal’s health and safety in danger.

“Wild animals have complex digestive systems and some human food is toxic to animals,” said Frank McGee, CPW Area Wildlife Manager in Colorado Springs. “Young wildlife need to find natural food sources on their own in order to survive and thrive.”

Colorado provides a diverse and robust wildlife ecosystem. CPW and CPRA encourage people outdoors to enjoy wildlife from a safe distance and treasure the growing natural wilderness that surrounds us.

For more information, visit the cpw.state.co.us to read online resources on how to live in harmony with wild animals. Resources include:

- [Living with Wildlife](#)
- [Avoid Conflicts with Wildlife](#)
- [Conservation and Management](#)
- [Species Profiles](#)
- [Colorado Parks and Wildlife - YouTube Videos](#)

\$200k Could Become \$400k With Your Help!

Blue Federal Credit Union and Blue Foundation Partner Commit Funds to Nonprofits Helping Those That Need It Most

NORTH FORTY NEWS | NorthernFortyNews.com

commUNITY! Blue Federal Credit Union and Blue Foundation have partnered to contribute \$100K totaling \$200K in matching funds for nine important nonprofits.

In each commUNITY they serve, Blue has aligned with several Do-Gooders. The following Do Good partners now have an opportunity to turn the \$200K from Blue and Blue Foundation into \$400K when seeking their match from others in the community:

Realities For Children – Larimer County

- ASK – After School for Kids
- United Way of Larimer County United Way of Albany County
- United Way of Laramie County Food Bank of the Rockies
- Mile-High United Way-Colorado COVID Relief Fund
- Denver Health Foundation – COVID 19 Urgent Response Fund
- Mountain Family Center (Granby, Grand County)

“It’s not what you have, but what you share. I’m beyond blessed to be able to lead an organization of Do-Gooders, coming together in a UNIFIED way that is critical to us all winning together,” said Stephanie Teubner, Blue FCU President/CEO. In addition, Bruce Brady, Blue Foundation President of the Board said, “I am proud of the Blue Foundation and Blue Federal Credit Union stepping up significantly to assist our communities in their greatest time of need.”

Blue Federal Credit Union is a not-for-profit financial institution serving communities in Wyoming and Colorado, along with robust digital services to serve member/owners worldwide. Our purpose is to create a true cooperative, connected to, and inspired by the communities we serve, committed to building lifelong relationships with our members, and guided by the belief that their success is ours. Blue Federal Credit Union – For You. For Life. Please visit www.bluefcu.com for more information.



FILE PHOTO

Blue Foundation is a 501C3 that is committed to supporting local organizations by stepping up to help our communities serve one another and provide financial education,

volunteer opportunities and provide funding during difficult times. Doing Good is the fabric of who we are! Please visit www.bluefoundation.blue for more information.

the new scene weekly

// COVER //

Local Band Post Paradise Seizes Downtime During State Safer-At-Home-Order

STEVEN BONIFAZI | SceneNOCO.com



PHOTO COURTESY OF ED ZIEHM PHOTOGRAPHY:
Husband and Wife bandmates Nick Duarte and Amy Morgan.

Singer and guitarist Nick Duarte and Cellist Amy Morgan are embracing much-needed downtime as Colorado remains under a stay-at-home order due to the COVID-19 pandemic.

Growing up in Colorado Springs, Morgan began playing the cello at just eight years old, playing classical music in symphonies until she joined rock band Post Paradise in 2009. Born in Massachusetts, Duarte began writing and recording music at age sixteen.

"Soon as I realized I was able to do it, I have not stopped," said Duarte.

When not touring, playing shows and selling records with their other two bandmates, Durate and Morgan enjoy married life. Morgan met Duarte ten years ago through their love of music while she was a student at Colorado State University (CSU) -- they have been together ever since.

"I was at CSU and Nick Myspaced me out of the blue and asked if I wanted to play cello in a rock band and I said yes and my whole life changed," said Morgan.

Perhaps one of their most memorable performances was the tenth Fort Collins Music Experiment (FoCoMX), a musical event that Post Paradise has played in every year it has been around. As one of four bands that have played every year, the event organizers surprised the band with ten-year guitar picks

as a thank you for their continued performances in the event. FoCoMX has been rescheduled for September 4 and 5 this year.

Post Paradise has been around Fort Collins for eleven years now, creating a melodic rock that Duarte describes as loud but carried through melodies via Morgan's cello. Their new full-length record titled *Lonely World* was released late last year in November and features a wide array of sounds.

"There are so many different sounds on there we put together, it is a really dynamic record," said Duarte. Normally, the band would be touring for their recent album and promoting it. However, due to COVID-19 Duarte and Morgan are using the downtime to relax, clean, cook and regroup as things have slowed down.

"It's so weird, it has been just five weeks off not thinking about anything," said Duarte. "Definitely not back into the creative mode yet, but I gotta refill the well a little bit," said Duarte.

Aside from tending to their home, Duarte and Morgan have performed a few Facebook Live acoustic shows such as the NOCO Live From Home Show. The two enjoy playing live streams as well as connecting with fans which they plan to do during their upcoming live stream show on Sunday, April 26. Duarte and Morgan miss their fans and friends more than anything and are using that to get them through these hard times.

"I think in general there's a lot of pressure of bettering yourself during this time," said Morgan. "For us, our motivation is missing everybody and wanting to connect that way," said Morgan.

For more information about Post Paradise and how to watch their live stream show, please visit their website and Facebook page at: www.PostParadiseRock.com and <https://www.facebook.com/trilakesradio/>

// MUSIC SCENE //

▶▶ BOHEMIAN NIGHTS AT NEWWESTFEST CANCELS 2020 FESTIVAL

NEW SCENE | SceneNOCO.com



PHOTO COURTESY OF BOHEMIAN NIGHTS:
The 15th-annual Bohemian Nights at NewWestFest

The Bohemian Foundation has announced the cancellation of 2020 Bohemian Nights at NewWestFest.

Bohemian Nights at NewWestFest is a free, three-day music festival held each August in historic downtown Fort Collins. The annual festival is co-produced by the Downtown Fort Collins Business Association and Bohemian Nights. The free community music festival features a variety of genres and includes a family-centered Kids' Music Adventure.

"As disappointing as it is to cancel, we need to prioritize the health and safety of artists, fans, employees, volunteers, and partners. We know that it is in the best interest of the community to do what we can to mitigate the spread of COVID-19," said June Greist, Communications Director of the Bohemian Foundation.

"Too much is unknown to continue to prepare for this event. Because this community festival takes months to plan and hundreds of people to coordinate, we made this difficult choice based on the information we have today," she said.

The festival started in 2009.

"We remain committed to sharing the gift of live music with the community. Though we will not be rescheduling the 2020 festival, we look forward to planning for the 2021 festival, scheduled for August 13, 14 and 15," said Greist.

For more information about the festival go to bohemianights.org

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CITY BUZZ

OLYMPIC GAMES POSTPONEMENT OFFERS NEW CHALLENGES, OPPORTUNITIES FOR CHRIS HELWICK

NEW SCENE | SceneNOCO.com



PHOTO BY DAWN JONES: Chris Helwick US Olympian candidate from Greeley

With the announcement that the 2020 Olympic Games have officially been postponed until 2021, decathlete and Greeley, CO native Chris Helwick is extending his Olympic campaign by one year, facing new challenges and opportunities along the way.

Next summer, Helwick will be 36 years old, making him the oldest American to ever compete in the Olympic decathlon, were he to qualify. When Chris Helwick came out of his six-and-a-half year retirement at the beginning of 2019, he never expected to compete beyond 2020. At age 35, Helwick was already considered an elder in his event. If he had qualified for the Olympics this year, he still would have been the oldest American to have ever competed in the Olympic decathlon by several months.

However, with the Olympic Games now set for the summer of 2021, Helwick is not shying away from the challenge of competing for one more year. In fact, he sees this one-year extension as an opportunity to further refine his training process and bring

.See **OLYMPIC** on page 12



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the new scene weekly

▶▶ BEST FOODS FOR YOUR GUT

DR. KATIE TAKACS, D. C., D.A.B.C.I | Gateway Natural Medicine & Diagnostic Center

The most common complaints I get from my patients are about their gut! There’s a lot of things that may contribute to some of your complaints, and changing your diet can make a huge difference!

- 1. **Eat more fiber!** Adding food like psyllium husks into your diet can help make your bowels more regular and bowel movements more consistent.
- 2. **Change up your diet** – different foods can influence the bacteria produced in your gut. Good bacteria can aid in digestion and can also help control your appetite!
- 3. **Try a food elimination diet** – cut foods out of your diet and reintroduce slowly one at a time. Keep a journal and pay attention to symptoms.
- 4. **Eat a balanced diet** – be sure to eat carbs, fats, and proteins! Most people eat a high carb diet, and this can make it so that your bowels aren’t as regular.
- 5. **Eat more fruits and veggies!** You can never eat too many veggies, these help fill you up, help keep you more full for longer, and can help with regulating your bowel movements.

- 6. **Drink more water!** Lots of people that are constipated aren’t getting enough water. You should be aiming for roughly about half of your body weight in water – more if you exercise or spend a lot of your day doing manual labor.
 - 7. **Track your food intake for a week** – Keep track of symptoms you have and what you eat that day. This may help you pinpoint foods that are affecting you.
 - 8. **Drink Kombucha** – this can introduce good bacteria to your gut, and can help with digestion. However, you can’t out-supplement a poor diet! Follow the other tips listed above!
 - 9. **If you have blood or mucus in your stool** – seek help from a doctor. This could be signs of a serious medical condition and requires a trained professional to properly diagnose.
- Disclaimer: Information on this page is provided for informational purposes only and is not meant to substitute for the advice provided by your own physician or other medical professional.*



FILE PHOTO

Dr. Katie Takacs is the clinical director of Women's Health at Gateway Natural Medicine and Diagnostic Center in Berthoud, CO. She believes that through education she can prepare patients to live their healthiest lives. Dr. Katie believes the moment an individual understands how the body works, they can back take control of their health and future.

Have any questions about your healthcare options? Reach out to takacskatie@gmail.com.

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OLYMPIC

Continued from page 11

his best performances to the 2021 US Olympic Trials and Olympic Games. According to Helwick, he was pleased with what he was able to accomplish in his first year back in the sport, though not entirely satisfied. “My biggest accomplishment in 2019 was simply finishing three decathlons in full health. That’s a big deal for any decathlete, but it was critical for me, because I needed to know that I was still durable enough to train at a high level... My best performances are still ahead of me, though.” says Helwick.

When Helwick returned to competition last June, he was seven years removed from his last decathlon. But despite the long break, Helwick was able to get right back into the action by finishing in the top ten in three national and international competitions. In June of 2019, he finished third at the Texas Greatest Athlete Decathlon in Dallas, TX. A month later he finished 9th at the USATF Outdoor Track and Field Championships in Des Moines, IA. And in September, while representing Team USA, he finished tenth at the Thorpe Cup (USA vs Germany decathlon) in Bernhausen, Germany.

Helwick is expecting to compete in several competitions later this summer in order to prepare for the 2021 Olympic trials, but it’s uncertain as to when and where those events might be held. Every competition Helwick had originally planned on competing in this outdoor season was canceled or postponed indefinitely due to the COVID-19 pandemic. Only time will tell for the self-proclaimed “born-again athlete” aiming to make the 2021 US Olympic Decathlon Team.

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CITY BUZZ

WE KNOW YOU'RE BORED - HERE ARE SOME THINGS TO DO THIS WEEK

NEW SCENE | SceneNOCO.com

Despite event cancellations everywhere, there are still things to do from home. We have put together a collection from our online calendar at <http://calendar.northfortynews.com>.

Be sure to watch the calendar as things begin to open up!

Daily/Weekdays

The Rock and Roll Playhouse Presents Live From The Playroom

We're here to keep your kids engaged and happy every day of the week! Sing and dance with us on RRP's Facebook every Monday through Friday at 3:00PM ET, presented by In The Raw. Want to keep the fun going on the weekend? Tune into our livestream at 1:00PM ET on Saturdays on Industry City's Facebook and at 11:00AM ET on Sundays on Rockefeller Center's Facebook.

More information -

<http://calendar.northfortynews.com/cal/2014497>



PHOTO COURTESY OF THE ROCK AND ROLL PLAYHOUSE: Mike Messer and Teagan Taylor

Wednesday, April 29

Virtual Music Bingo hosted by Timnath Beerwerks

We just might be a little stir crazy at this point so our theme is going to be Quarantine Music Bingo! Give Me Shelter (In Place)... Don't Stand So Close To Me... Dancing With Myself... You get the picture!

More information -

<http://calendar.northfortynews.com/cal/2015323>

Thursday, April 30

Word 101 (Online)

Learn Microsoft Word 101 virtually with Digital Workshop Center and Loveland Public Library.

More information -

<http://calendar.northfortynews.com/cal/2012673>

Saturday, May 2

NOCO Live From Home Show

Weekly Livestream Concert Page dedicated to Northern Colorado Artists. Sponsored by Scene Magazine and School of Rock

Fort Collins. Saturdays 12PM-8PM MST for the NoCo Live From Home Show.

More information -

<https://www.facebook.com/pg/nocolivefromhomeshow>

Sunday, May 3

Tibetan Bowl Meditation Live Stream

Please join us to discover, nurture and grow an awareness of yourself and your spiritual presence in the world.

More information -

<http://calendar.northfortynews.com/cal/2014830>

Unity Sunday Spiritual Service Live Stream

Please join us to discover, nurture and grow a spiritual awareness of love, healing, you and your spiritual presence in the world.

More information -

<http://calendar.northfortynews.com/cal/2014749>

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We want to extend the biggest of thanks to everyone for supporting us through this difficult time.

We want to thank our neighbors, friends, family, and everyone in between.

As a small(ish) business, this is an extremely difficult decision, as it is and will be with everyone else affected by this.

We can't thank you enough for the love and support during this pandemic! Once things start to normalize, we will keep you all posted!

Stay tuned, because once this storm passes, we will be having an emergence party show!

We love you all!

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North Forty Gardener: Spring Turf Care Checklist

JOSH CORNELL | Horticulturist, The Gardens on Spring Creek



With the return of warmer temperatures and birdsong filling the air, comes the homeowners’ annual task of preparing their turf areas for the summer ahead. As with anything in life, knowledge and preparation will set you up for success. With that in mind, here are some tips to help your lawn thrive.

Prepare Your Equipment: Your first task should be to maintain your lawn equipment. Our bipolar Rocky Mountain weather gives ample opportunity for some garage work during cold spring storms. Make sure all equipment and tools are clean and ready to work. Oil and fuel motors and ensure that they are leak free. Sharpen mower blades.



PHOTO COURTESY OF THE GARDENS ON SPRING CREEK: Strap these to your feet and get some exercise while preparing your lawn for spring.

A good, clean cut is key to the health and appearance of your lawn, whereas a ragged cut increases opportunity for disease.

Clean Up: Rake your lawn to remove any leaves, needles, twigs or other any debris that has collected throughout the fall and winter. Additionally, a good raking can help treat snow mold.

Thatching: Thatch is the buildup of dead plant material between the crown of the grass plant and green blades. If it accumulates more than a half inch, it can be unhealthy for your turf and a harbor for disease and other pests. Removing the thatch layer each spring with a special rake, a thatching machine or thatching blades that can be fitted to your lawnmower. With all these methods, tines rake deep down into the grass and pull up the debris so it can be collected and removed, preventing build up.

Aeration: Lawn aeration consists of



PHOTO COURTESY OF THE GARDENS ON SPRING CREEK: If you see Forsythia blooming, it is too late for a pre-emergent herbicide.

either poking holes or pulling plugs out of your lawn to help open the soil structure underneath to more water, air and nutrients. This process also helps decrease the compaction of the soil, leading to longer, healthier roots. Aeration machines can do the job quickly, or you can opt for aeration tools or even spikes that strap to your feet for a more economic option (or exercise).

Weeding and Fertilization: A healthy turf is always the best defense against weeds. That being said, the invasive buggers always seem to find a way in. If you don’t want to use chemicals to control your weeds, good old manual labor is the route to go. Weeding, along with a good maintenance regimen, helps reduce weed pressure.

If pulling weeds is not your style, you can go with a pre-emergent or post-emergent weed and feed fertilizer with herbicide added. Pre-emergent should be

put down in early spring before weed seeds have a chance to germinate. One tip is if you see Forsythia blooming, it is too late for a pre-emergent herbicide. After this a regular, post-emergent weed and feed can be used to control the growth of weeds and seedlings already present.

Seeding: If you do have damaged areas or bare spots in your lawn, you will need to over seed or reseed. If an area is sparse, you can spread seed to achieve fuller turf. There are many products and seeds for this purpose; just check to make sure what you select matches the type of turf that you have.

Mowing: When mowing, remember to mow in alternating patterns to avoid ruts, and never cut more than one third of the existing height of the grass.

Follow these steps and you will have the foundation to enjoy your own verdant paradise all summer long.



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CHECK OUT THE WEEKLY
Sudoku and Crossword Puzzle on the Back Page

Crossword Solution

T	H	I	E	F		A	H	A		I	S	M	S		
S	A	L	V	O		L	U	G		U	N	L	I	T	
P	R	I	E	R		E	G	O		N	O	O	S	E	
	M	A	R	M	E	E		R	A	I	N	B	O	W	
			T	A	M			C	A	N	T				
F	I	T			T	I	N	Y		T	E	D	I	U	M
I	S	I	S			L	O	C	O		D	O	N	N	A
E	S	A	U			Y	E	L	P	S		I	N	S	T
L	U	R	E	S			S	O	A	P		T	E	A	K
D	E	A	T	H	S			P	L	U	G		R	Y	A
						O	U	R	S		T	O	T		
G	R	A	N	D	M	A			J	A	R	V	I	S	
A	H	E	A	D			D	O	E		A	S	C	O	T
F	E	R	N	Y			I	V	E		L	E	A	C	H
F	A	Y	S				O	A	R		S	T	O	K	E

Sudoku Solution

6	2	5	8	7	1	9	3	4
1	4	8	3	6	9	5	7	2
3	9	7	2	4	5	6	8	1
9	5	3	1	8	6	4	2	7
2	8	1	7	5	4	3	9	6
7	6	4	9	2	3	8	1	5
8	3	6	4	1	2	7	5	9
5	1	9	6	3	7	2	4	8
4	7	2	5	9	8	1	6	3

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FEATURE

Northern Colorado COVID-19 Fund Announces Second Round of Grants

Pandemic Response Initiative Makes Impact With \$335k in New Funding; Total Surpasses \$530,000

NORTH FORTY NEWS | NorthFortyNews.com

Our friends and neighbors are vulnerable to the impacts of the pandemic. Thankfully, the public, private, and philanthropic communities are rallying to the cause, supporting local nonprofits that are diligently working to assist those most in need. The Northern Colorado COVID-19 Response Fund – a partnership between the Community Foundation of Northern Colorado and United Way of Larimer County – is receiving gifts and making grants to causes throughout the county.

The Northern Colorado COVID-19 Response Fund has announced new grant distributions of \$334,497 to support 22 impactful projects. To date, the Fund has awarded over \$530,000 through 37 separate grants. These groups are active across Larimer County, including Allenspark, Berthoud, Drake, Estes Park, Fort Collins, Glen Haven, Loveland, Wellington, Windsor, and unincorporated areas of the county. Every grant distributed went to a nonprofit seeking funding for critical needs that have emerged as a direct response to COVID-19.

Grants are reviewed by a committee comprised of volunteers from Estes Park, Loveland, and Fort Collins – as well as staff members from the United Way and the Community Foundation. “This knowledgeable committee thoughtfully evaluates each grant application, and provides valuable insight, advice, and direction,” said Claire Bouchard, vice president of community impact for United Way of Larimer County. “We are so fortunate to have volunteers who are willing to dedicate a significant portion of their stay-at-home time to us.”

The committee also vetted the requests to ensure vulnerable populations are not only receiving services, but that these service providers are utilizing their expertise and leadership to effectively respond to new challenges. It most often awarded grants that make an immediate difference in our community, especially supporting people who are faced with food insecurity, childcare needs, housing, or other disruptions caused by the pandemic.

“Every day brings new opportunities and challenges,” stated Ella Fahlander, chief engagement officer for the Community Foundation of Northern Colorado. “Individuals, nonprofits, government, and the private sector are stepping forward to deliver dollars, services, and supplies to those in need.”

The COVID-19 Response Fund pri-



FILE PHOTO

marily focuses on funding human services nonprofits that address basic needs, especially related to food insecurity, particularly for older adults and youth. Secondary areas of attention include providing quality childcare for parents working on recovery efforts, mental health support for those living in crisis, re-establishing safe and stable housing and providing eviction prevention, and re-engaging the workforce as they return to stability. As the state of Colorado transitions from the current stage of urgency to stabilization and recovery, the Community Foundation and the United Way will closely monitor state and national best practices to support immediate needs.

Round two funding recipient organizations:

A Little Help, Alternatives to Violence, America's Kids Belong, CitiPointe Northern Colorado Church, Community DREAMer Fund, Estes Valley Investment in Childhood Success, Estes Park Health Foundation, Family Housing Network of Fort Collins, Inc.; FoCo Rescue Mission, FRCC Foundation, Homeward Alliance, La Cocina, Light of the Rockies, NOCO Dream Center dba Resurrection Fellowship, Project Self-Sufficiency, SAFY, Salvation Army of Loveland, Serve 6.8, Sexual Assault Victim Advocate Center, Sunrise Community Health, The Mat-

thews House, Turning Point, and YMCA of the Rockies.

Nonprofit organizations can visit noco-foundation.org/covid-19 for grantmaking guidelines and application instructions; the next application deadline will be announced later this week. To date, the Fund has received grant requests totaling \$1.2M, and the need in the community is unprecedented.

If you are able, the best way to help is to donate securely online: <https://www.noco-foundation.org/covid-19>.

Checks may be payable to either: Community Foundation of Northern Colorado, 4745 Wheaton Dr, Fort Collins, CO 80525 or United Way of Larimer County, 525 W. Oak Street Fort Collins, CO 8052. Please note COVID-19 in the subject line.

United Way of Larimer County. To donate, text LARIMERUNITED to 41444, make an online donation at <https://impact.uwaylc.org/Corona>. To learn more about community resources and volunteer opportunities, please visit www.uwaylc.org.

The Community Foundation and the United Way are a 501(c)(3) public charities, so gifts to any of our funds provide donors with the maximum tax deductions allowed by law. Please consider sending gifts directly to the Foundation or the United Way to avoid credit card processing fees. Neither organization will charge an administrative fee for this fund.



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FEATURE

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Staying Safe on the Road, During a Pandemic

ANNIE
ON ASSIGNMENT

ANNIE LINDGREN | Estes Park Health



PHOTO BY ANNIE LINDGREN: Padre Island National Seashore

I left for a desert county road trip, March 9, supplied with three week’s worth of provisions. I headed to Texas first, excited to see more of the terrain, culture, and history of this previously unexplored state. When I first arrived, I was dealing with campgrounds full due to spring break. When I left two weeks later, I was dealing with countywide lodging closures due to a lack of health infrastructure to handle a pandemic.

I consider myself an outdoor adventure junkie. I have been engaging in a variety of outdoor adventures since I was a kid. I grew up on the back of a horse, exploring midwestern woods and countryside, from my home state of Missouri. I moved to Colorado in 2007, following a near lifelong obsession with mountains. Here I fell in love with hiking, mountain climbing, and backpacking. My happy place is in the mountains, having everything I need in the pack on my back, disconnected from civilization. I began exploring the United States through road trips when I was 16, and I never stopped. In 2019 I spent 12 non-consecutive weeks on the road, camping my way through previously unexplored territory.

I drive a Subaru Outback, which is big enough for my Golden Retriever and me to sleep inside of, with plenty of space and amenities to suffice. It is reliable, safe, and has decent clearance for some off-roading. I have everything needed for minor repairs and survival, as well as comfort items that make traveling this way more enjoyable. A variety of methods for personal protection keep me safe, including a SPOT emergency beacon for communicating with contacts while out of cell range and notifying emergency services if needed. I have a dedicated check-in person, and others are keeping track of my whereabouts. I always have a way to tell someone where I am.

The COVID-19 breakout has impacted my road trip in many ways. Places are closed that would normally be open. Resupply items are not always available. I have to be extra careful remembering to sanitize my hands and surfaces before and after leaving the vehicle or touching anything that may have germs on it. I see signs up everywhere about rules for how many people can be in a place at a time. Finding basic resources, like water, electricity, wifi, and a shower, are far more challenging with campgrounds closed. Rules constantly changing has led to daily needs for researching what is happening where I am heading, making sure I can find what I need there.

I am coping with all this by adapting. I no longer stay in campgrounds, and instead, stay on BLM land or National Forest land. I avoid getting hotel rooms, unless I have to, with longer spans between this need as I learn of other ways to get internet, electricity, and shower needs met. I am a writer and photographer working while on the road and need internet to update websites, social media, and send articles to the publisher. I take bucket and wet-wipe baths between showers. I rely on battery packs, diligently charged while on the road, to power my devices while off-grid. I keep at least 5 gallons of water, sometimes more, and I refuel at a half a tank. There is an element of survival in every day.

I have a cooler that runs when the car is running and no way to keep perishable foods cold during prolonged layovers in a warm climate, limiting the amount of fresh food I can carry. I am stocked with plenty of food to sustain my vegan diet, but take vitamins to make up for what’s missing. I have had trouble finding the food I am looking for, with small-town stores or half-empty shelves, so I am just doing the best I can and feeling extra grateful when I find what I really wanted. I usually enjoy the local beer along my routes, but I have quit drinking, to avoid another stop in town, and to protect my immune system. I have not eaten out on this trip.

I have a fantastic support network through my friends, family, and the Wellington community. I have received words of support and encouragement near and far. Through emails, messages, and phone calls, I stay connected and get my social needs met. I have interesting conversations with people I meet on the road, regarding the situations faced during this pandemic, resources available, and good places see. I am incredibly grateful for the companionship of my dog, with whom I share a steady supply of attention and love.

Outdoor time and exercise opportunities are abundant, and social distancing is quite easy when in nature. I believe I am exactly where I am supposed to be, and that I have an opportunity to help bring beauty and interest into the lives of others who may want to be out adventuring but are not able to due to the circumstances. I have a unique perspective to share in all this, and I plan to continue, despite the challenges.

North Forty News is sharing articles, blogs, and images from my trip, but if you want to be further connected, please visit my blog at SunshineInkLLC.com, or follow Sunshine Ink on Facebook or Instagram.

Send stories to:
loveland@northfortynews.com

LOVELAND

Loveland and Fort Collins Business Owner Arrested for Violating Public Health Orders

LARIMER COUNTY SHERIFF'S OFFICE | NorthFortyNews.com

On April 10, 2020, at approximately 1:30 p.m., members of the Larimer County Sheriff's Office, Fort Collins Police Services, and the Loveland Police Department executed an Emergency Complaint for Injunctive Relief /Temporary Restraining Order that was issued by 8th Judicial District Judge Daniel McDonald at the following addresses: 700 South College Avenue, Unit B, Fort Collins, Colorado and 2818 West Eisenhower Boulevard, Loveland, Colorado. These two addresses are the locations for a business identified as "One Love" and owned by Jonah Ricke.

This order was sought based on the fact Ricke had previously failed to comply with Public Health Orders issued on March 17, March 25, April 3, and April 8, 2020. These previous orders pertain to the recent non-essential business closures in effect in Larimer County. Because of repeated noncompliance, the Larimer County Department of Health and Environment petitioned the Court through the Larimer County Attorney's Office asking an order be issued to direct law enforcement to immediately take action and use any and all lawful force appropriate to ensure that One Love, Inc. and Ricke cease business operations

in Larimer County. Prior to the issuance of this order, the Larimer County Department of Health and Environment received multiple complaints from citizens and other businesses regarding the One Love stores remaining open.



PHOTO COURTESY OF LARIMER COUNTY SHERIFF'S OFFICE: Johan Ricke, owner of One Love, was arrested for keeping his stores open while failing to comply with public health orders.

Both businesses were contacted simultaneously, and the employees present were compliant and cooperative with law enforcement. Ricke was notified by telephone that the court orders were initiated. He responded to the Loveland store against advice from law enforcement. Once at the store Ricke refused to obey lawful commands from law enforcement to not enter the business and was arrested.

Jonah Vincent Ricke (08/27/1987) of Loveland was booked into the Larimer County Jail on allegations of Unlawful Acts Public Health Act (class 1 misdemeanor), Obstructing Government Operations (class 3 misdemeanor), and Resisting Arrest (class 2 misdemeanor). A booking photo is attached. Bond was not set at the time of this release.

The charges are merely an accusation and the defendant is presumed innocent until, and unless, proven guilty.

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Banner Health Now Offering Urgent Care at Non-Respiratory Location in Loveland

NORTH FORTY NEWS | NorthFortyNews.com



PHOTO COURTESY OF BANNER HEALTH

Banner Health is now offering Banner Urgent Care – non-respiratory care at 555 E. 13th St, Suite 110 in Loveland.

Like all Banner Urgent Care facilities, this particular location is open to the general public, offering treatment for most common illness and non-emergent injuries, including broken bones, insect bites and lacerations. However, the location is not intended to treat patients with respiratory complaints such as COVID-19.

"The intention of this service is to prevent our patients and staff from potentially being exposed to a respiratory illness such as COVID-19, especially those who may be susceptible to the virus because of a pre-existing medical condition," said Katrina Catto, CEO of Banner Urgent Care and occupational health. "Everyone who comes to a Banner Urgent Care – non-respiratory location will be screened for COVID-19 symptoms before they can enter the building. If it's determined that they could pos-

sibly have the signs and symptoms of the infection, we'll re-direct them to their primary care physician or a designated specimen collection site where they can get the proper testing."

Because of the nature of the COVID-19 virus and its potential spread, Banner Health can't guarantee that patients who are seen at a designated Banner Urgent Care – non-respiratory location have not been exposed to COVID-19, or that patients who do not show signs and symptoms are free of the COVID-19 infection.

Catto added, "In addition to screening people for COVID-19 before they enter, to help prevent the spread of this virus we'll take reasonable precautions, including requiring patient, visitor and staff masking, and practicing social distancing."

For more information about Banner Urgent Care – non-respiratory locations, please go to www.BannerHealth.com/nonrespiratoryclinics

City of Loveland Releases its Activity Guide Online

NORTH FORTY NEWS | NorthFortyNews.com

As a result of COVID-19, the City of Loveland Parks and Recreation has decided to forgo printing and distributing their summer activity guide via mail and at local businesses.

Instead, the guide is available on their website.

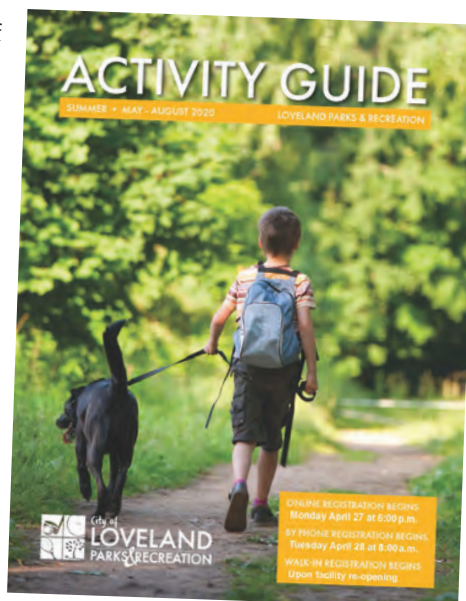
For those without internet access, sections of the guide can be printed upon request.

Summer registration and programming will look a little bit different, too. Keep reading for more info.

There are four ways to register for the summer 2020 activities. Please make sure you have your household ID when registering. Don't have a household ID or can't remember what it is? Fill out the household ID form.

1. Register online beginning April 27 at 6:00P
2. Register via phone beginning April 28 at 8:00A
For summer 2020 only, you may register via phone from 8:00A – 4:30P Monday – Friday beginning April 28 by calling 970-962-2386. Phone lines may be busy. Calls will be answered in the order they are received.
3. Register via mail
Download and print the mail-in registration form and mail it to the address listed on the form. Mail-in registrations will be processed in the order they are received beginning April 28 when walk-in registration was originally scheduled to begin.
4. Register in-person once Chilson Recreation & Senior Center Reopens

Chilson currently is scheduled to reopen on May 4, 2020, subject to changes.



Register online beginning April 27 at 6:00 pm. Register Online Beginning April 27 at 6:00P on the website at <http://www.cityofloveland.org/departments/parks-recreation> or call 970-962-2386

Senior Day Trips

Senior trips for June and July have been canceled. As such, we have established special registration dates for senior trips: Senior Activity Card (SAC) holders have priority day trip registration June 30 – July 7; during this time trips are not open to online registration.

Day trip registration opens to all adults (18+) on July 8

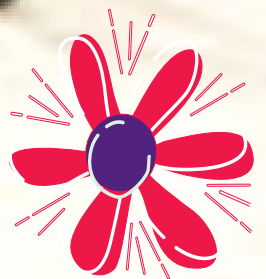
Due to COVID-19, some activities may be canceled or rescheduled. Please check their website for the most current information.

Hello Spring



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FEATURE

Letter to the Editor: Why I Wear My Mask

LETTER FROM KODY BRANDES | Loveland, Colorado

My daughter and I were recently in Wal-Mart to purchase a few basic necessities. We were rudely asked by an associate, why we were wearing our ridiculous masks. Unfortunately, this happens more often than the gracious looks do, so let me tell you something... I am the tailor for northern Colorado law enforcement agencies. I have officers and EMT's in my home on a weekly basis and I am in their facilities. I have officers who respond when YOU call 911. They respond to the sad, the sick, and the suicidal. They respond to the desperate and despondent. They respond to the hurt and the hurting. They will be there when YOU need them, and they will be wearing their masks to protect YOU. My daughter spends her nights decontaminating and sterilizing ambulances after living (and dead) positive COVID-19 patient transports. She does this so that when YOU, God forbid, fall sick or injured, YOU can rest assured that YOUR transport will be as safe as possible. My son-in-law is the manager of a large grocery chain where the threats from selfish idiots to "come in and blow this place up" after being told that the limit is one gallon of milk per customer, is common. He must constantly keep his staff and YOUR shopping experience a safe environment. My sister spends her early mornings, making sure that the toilet paper you buy is priced correctly and will jump in with her crippled, arthritic hands, and help bag and check so that YOU don't have to stand in line or be exposed to potential health risks longer than YOU have to be. My uncle, God rest his soul, was a large sea-faring tar of a man. He was healthy-looking, hale and sturdy with a full head of silver wavy hair and a stereotypical captain's beard. He had a loud raucous voice and a boisterous laugh that you could hear 3 aisles away as he enjoyed a good politically incorrect joke. On the outside he looked like a character straight out of Ernest Hemingway's 'The Old Man and the

Sea'. On the inside, he was soupy mess of cancer. A simple sneeze from me could easily kill him or someone in his position, though you would NEVER know from the outside that he was so devastatingly ill. WE. WEAR. OUR. MASKS. FOR. YOU!

We understand that it is your choice, your prerogative, your right to NOT wear a mask, but understand this. WE do not wear our masks to protect US. We wear our masks to protect YOU. Drs, nurses, first responders, lab technicians and the countless others that are working on the frontlines during this unprecedented pandemic, look AMAZINGLY like normal, every day, people when they are not in uniform, in a lab coat, in their marked cars, or working behind the counter of an 'essential' business. So, when you march on Capitol Hill in Denver with your cute little signs that say "MY BODY MY DECISION" with a picture of a mask with a line through it...you are only half correct....correct in that it IS YOUR DECISION, but you are incorrect when you claim that it is YOUR body. In actuality, YOU wearing a mask, protects ME. In fact, I have already made the decision to protect YOUR body. Don't worry, I'm not writing to instill common sense into you, if there were any, there wouldn't be a reason for me to write this. You will do what you are going to do and I and mine will do what we are going to do, which is, opt to continue to protect YOU!

I wear my mask for my granddaughter, 4 months on this crazy earth, whom I get to visit from the step outside her home and who sees me turn away from her when she reaches for me to hold her, because I don't want her to see my tears, as my eyes are the only thing she can see. I wear my mask for my 6-year-old granddaughter who is in kindergarten and experiencing "the worst first year of school EVER in her whole life". But let me tell you, that little girl does not leave the safety of her home, but she rocks her designer mask



PHOTO FROM FREEPIK

decked out with lace and rhinestones (we could all learn a lesson from her on the ownership of what is right and wrong in the mask-wearing protocol). I wear my mask for my 11-year-old granddaughter who misses 'kids night out' with her friends, and the state soccer games she should be enjoying on sunny Saturday afternoons and is having to comfort her best friend through texts and emails after the sudden and unexpected death of her daddy. Need I iterate that texts and emails do not replace the importance of a consolatory shoulder to cry on, and a reassuring hug. I wear my mask for my 9-year-old grandson who can't safely have the ever-important hugs and cuddles from his mommy because she is cleaning ambulances FOR YOUR SAFETY, while you are protesting your right to NOT wear a mask. He misses his friends and just wants to "hold the door for the girls again". I wear my mask, NOT FOR MYSELF, but for these loved ones AND FOR YOU!

I would ask, that when you see us in a store, wearing a mask.... Since you don't know our back story or what we may have

had to do last night to KEEP YOU SAFE, don't ask us why we ARE wearing it, and we won't ask why YOU'RE NOT! I will leave you with the following thought to ponder...

If you see me, my daughter, son-in-law, my sister, any of us, in a shopping situation while you are holding your basket of 'essential' Pepperidge Farms Lady Fingers, your 'essential' latest edition of the National Enquirer and your 'essential' bag of balloons and looking down your uncovered nose at us, if you just HAVE to comment, rest assured that we will be happy to remove our masks, voraciously and vigorously clear our throats, we won't cover our mouths because that was the cause of your uproar to begin with and we wouldn't want to FURTHER offend you. We will lean in real close and say, "WE WEAR OUR MASKS FOR YOU!!!" Better yet, for your sake, as your brain is contemplating asking a question that could deem you insensitive and idiotic, please don't open your mouth and remove all doubt.

~ Kody Brandes
sew's'well Loveland CO

City of Loveland: Certain Businesses Will Be Able to Partially re-open Starting April 26

CITY OF LOVELAND | NorthFortyNews.com

City of Loveland City Manager Steve Adams and Economic Development Director Kelly Jones provide the fourth in a weekly series of local COVID-19 updates.

City Manager Steve Adams opens this update with information on a partial reopening of certain businesses once the state-wide

Stay-at-Home order expires on April 26. After this time, certain businesses will be able to partially reopen, slowly, and under certain conditions and limitations. This partial reopening is contingent upon the continued flattening of our curve and continued reduction in the number of new corona virus cases.

Economic Development Director Kelly Jones provides information on a new 'one-stop shop' website for northern Colorado businesses impacted by COVID-19. Please visit: <https://nocorecovers.com>.

The City's Economic Development department has produced and published a vir-

tual dining and restaurant take-out guide for Loveland restaurants. Please visit: <https://www.visitlovelandco.org/dining-updates/>.

City Manager Steve Adams asks residents to continue to send COVID-19 questions to: COLCO-VID19@cityofloveland.org, and urges residents to stay inside and stay well.



MOTHER'S DAY

CROSSWORD

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Or visit: www.walkintubinfo.com/spm

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- ACROSS
1. "Ali Baba and the Forty _____," sing.
6. Eureka!
9. Schools of thought
13. Sound of artillery
14. Car nut
15. Without illumination
16. Nosey one
17. Kind of trip?
18. Lasso loop
19. *Little Women's mom
21. *Tracee Ellis Ross on TV
23. _____ o' shanter
24. Quitter's word
25. Like a fiddle?
28. Like Charles Dickens' Tim
30. Quarantine state
35. *Egyptian goddess of fertility
37. Insane, in Spain
39. Mother or daughter, in Italy
40. *Biblical Rebecca's son
41. Online reviews
43. Research facil.
44. Fisherman's decoys
46. Daytime entertainment
47. Furniture wood
48. End of the road, pl.
50. Blatant promotion
52. Swedish shag rug
53. Yours and mine
55. Little squirt
57. *Mother's mom
61. *She fought for Mother's Day, then against it
64. In advance
65. *Bambi's mom
67. Fancy tie
69. Less than fernier
70. I have
71. "Lifestyles of the Rich and Famous" host
72. Fairies
73. Galley equipment
74. Feed the fire
- DOWN
1. Kitchen meas.
2. Stay out of its way!
3. Pelvic parts
4. Tennis great Chris _____
5. Particular arrangement
6. Away from wind
7. *Mother's favorite gift?
8. Ancient marketplace
9. Part of a scheme
10. No neatnik
11. Sushi restaurant soup
12. One-pot meal
15. Like the States
20. *One of the Gilmore girls
22. Hill dweller
24. One-eyed giants
25. *She played Forrest Gump's mother
26. May edition, e.g.
27. *Worn atop the Queen Mother
29. Denials
31. Nike's "Just _____"
32. Private
33. "Take it back!"
34. *Mother in KrakŰw
36. Lard cousin
38. October birthstone
42. Plural of sputum
45. Rundown
49. Bottom line
51. Kind of ungulate, pl.
54. Where you'll find AM
56. Living room centerpiece?
57. Gamecock's spur
58. *Greek goddess of fertility
59. Bald eagle's nest
60. *Mums' mums
61. Opposite of cheer
62. International Civil Aviation Org.
63. Puppet precursor, possibly
66. *Female gametes
68. Caf  alternative
- SEE THE SOLUTION ON PAGE 14

COMMUNITY

SPRING

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May 5 - 6

SALE OPEN TO THE PUBLIC:
May 7 - 21, While Supplies Last



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20-22263

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

SEE THE SOLUTION ON PAGE 14