

NORTHERN COLORADO'S WEEKLY INDEPENDENT LOCAL NEWS

COVID-19 IN PERSPECTIVE

The Northern Colorado Influenza Pandemic of 1918

SEE PAGE 8





A PREVIEW OF WHAT'S GOING ON IN NORTHERN COLORADO

Powered by Northern Colorado's Entertainment & Lifestyle Magazine

Missing Normal Life

Liz Barnez is Connecting with the Music Community PAGE 12



PHOTO COURTESY OF LIZ BARNEZ

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The New Normal



When we have walked through the fire of these unprecedented times, what will drive us going forward?

Will this pandemic with its many challenges make us aware of things we never thought of before? Perhaps we will look around the world at advanced cultures whose citizens can count on healthcare coverage, independent of work, when at their time of greatest need, often, they are too ill to work and want that security

Now that we know just how fragile life can be and how easily we can be well one moment and struggling to stay alive the next, will we personally identify what constitutes true quality of life? Will we demand for ourselves ways to a decent standard of living while scaling back the hours worked in a single week?

It may take time to restart the economy. And at least for a while, that may drive down aspirations, as we struggle to get back on our feet and catch up on our bills. But post-pandemic, once we establish a



PHOTO FROM ADOBESTOCK

routine, how will we have changed as a people? How will we have changed as a nation? How will we have changed in our local communities?

When currently, we hear projected high numbers of fatalities due to COVID-19, will such a massive loss of life affect us even after a much-needed vaccine is developed? And who among our young people will now pursue a medical career so that working in the healing professions creates meaning and purpose in their lives?

Living through these days, going forward, it's safe to say that our world will never be the same. We may know someone who lost someone and we may have lost someone ourselves. How will this change us? Will we look at our loved ones with a new appreciation? Will we go out of our way for our neighbors? And if we witness for ourselves at our best during the demands of this crisis, will we be determined to make that glimpse of our better selves "the new normal?"

After we emerge from this crisis, how will the American Dream have changed? And as importantly, how would you like it to change?

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North Forty News

OUR MISSION

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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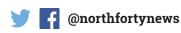
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New content every day!



Northern Colorado COVID-19 Response **Fund Making a Rapid Impact**





Emergency program has awarded more than \$530,000 to area nonprofits

MISHELLE BAUN | Community Foundation of Northern Colorado

As the impacts of COVID-19 continue to evolve across our community, our public, private, and philanthropic sectors have activated to respond to meet the needs of our neighbors who are most affected. It is heartwarming - and affirming - to see the generosity of so many and the creative ways in which they are responding to assist those in need.

The Northern Colorado COVID-19 Response Fund is assisting nonprofits by raising funds and providing financial support to many

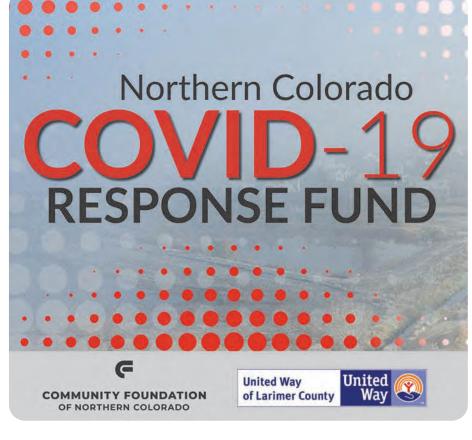
as a direct response to COVID-19. Grants are reviewed by a committee comprised of volunteers from Estes Park, Loveland and Fort Collins – as well as staff members from the United Way and the Community Foundation. This knowledgeable committee has thoughtfully evaluated each grant application. It also 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

"Passing along the federal economic stimulus to someone who needs it more than us retirees. Best wishes." ~ Donor to the Northern Colorado **COVID-19 Fund**

of these organizations. As of April 17, the Northern Colorado COVID-19 Response Fun - a partnership between the Community Foundation of Northern Colorado and United Way of Larimer County – has awarded over \$530,000 through 37 separate grants. These nonprofits 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 needs that have arisen 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.

Nonprofits applying to the Response Fund are encouraged to focus their requests on COVID-19 projects and clearly explain how they have adapted to respond to the pandemic. The application deadline for the third round of funding will be announced the week of April 20.



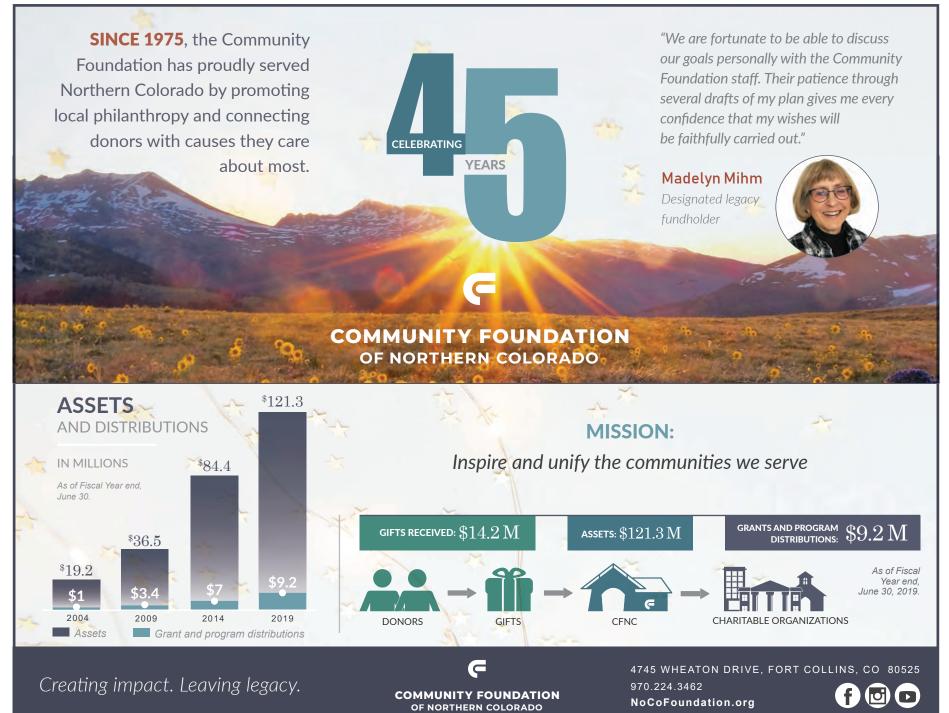
To date, over 100 individuals and organizations have contributed to the COVID-19 Response Fund. Through the first two rounds, the Response Fund had requests totaling over \$1.2 million through 88 separate grant requests.

To stay up to date on the Northern Colorado COVID-19 Response Fund, including application deadlines, nonprofits and projects that received awards, fund priorities, and to see a list of donors who have generously contributed, visit nocofoundation.org and uwaylc.org.

If you would like to contribute, please

donate securely online at https://www. nocofoundation.org/covid-19. Make checks payable to the Community Foundation of Northern Colorado, write COVID-19 Response Fund in the memo line, and send to 4745 Wheaton Dr, Fort Collins, CO 80525, or to United Way of Larimer County, 525 W. Oak Street Fort Collins, CO 80521.

Please consider sending gifts over \$1,000 directly to the Community Foundation or the United Way to avoid processing fees. Neither organization will charge an administrative fee for this fund.



WELLINGTON





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STOCK IMAGE

Consumers Urged to Be Diligent about Avoiding Covid-19 Related Scams

NORTH FORTY NEWS | NorthFortyNews.com

The Colorado Department of Regulatory Agencies (DORA) is urging consumers to take extra precautions to avoid scams that prey on fears and anxiety related to the spread of COVID-19. During times of emergencies or natural disasters, scammers seek to take advantage of vulnerable populations, and federal agencies are receiving reports about scams related to banking, financial services, insurance, healthcare services and more.

Scammers seek to get your personal financial or healthcare information, credit card information, social security number, or are seeking to sell you a false product. Below are some of the top COVID-related scams:

Banking/Financial Services Scams

Bank Deposit Seizures: Claims or assertions that consumer-insured bank deposits can be legally seized by banks is false. The Federal Deposit Insurance Corporation (FDIC) last week demanded Newsmax media "stop and correct its misleading advertising that falsely claims consumers' FDIC-insured deposits are at risk of forfeiture" from a precious metals trader, Monetary Gold of Woodland Park, California. Federal law is clear that in the unlikely event of a bank failure, customers' insured deposits would be fully protected up to the \$250,000 limit.

Fake Calls from the Feds: Calls posing as employees from federal agencies, such as the FDIC, who ask for sensitive information like your social security number and bank account information, are scams. The FDIC or any other agency would never make unsolicited phone calls.

Student Loans: Calls or emails advising you that COVID-19 will have an impact on your student loans, urging you to contact a specific number or visit a website to determine your new payment, are likely a scam. These calls seek to gain your personal information, even when they call or email from what they claim to be your own bank. If you need to verify or have questions about your loan, contact your financial institution with a phone number or email you've independently verified.

Investment scams: Scammers may call regarding money-making opportunities by investing in certain products or services of publicly traded companies that claim to prevent, detect or cure COVID-19. See a recent notice from the Colorado Division of Securities for more information.

Employment scams: According to the Better Business Bureau (BBB), employment scams may kick into high gear surrounding the current COVID-19-related employment crisis. Read BBB's tips for avoiding employment scams.

Healthcare Scams

• Fake Test Kits: COVID-19 test kits are not for sale. Any advertisement or call you receive that claims to offer free testing kits, asking for your personal information or health insurance details, is a scam. At high risk to this scam are those considered more vulnerable to COVID-19 complications, including diabetics, those on Medicare or Medicaid, and individuals over 60.

• Threats to Treat Coronavirus: Reports are coming out of callers who pose as healthcare providers claiming they are treating a relative for COVID-19 and demanding immediate payment for treatment or threatening legal action if you don't pay.

Other

• Charity Scams: With all the relief efforts taking place right now, you may receive calls or emails from fake charities. Scams like these disrupt legitimate charitable efforts, so if you receive any calls or emails to send cash donations by wire transfer or by gift card, this is a scam. If you want to donate to a specific charity, go directly to the organization's website or call them in order to make direct donation arrangements.

• Fake Online Stores: Scammers may create fake stores that appear in your social media feeds, the websites you visit, and via email addresses. They claim to sell medical supplies, test kits, cures or products that currently are in high demand. These fake stores may even use images of similar items or products you have searched for online. If you fall for a fake digital storefront and use your credit card for the "purchase," contact your credit card company immediately.

· Phishing, Malware and Apps: Phishing and malware scams are used to gain access to your computer or to steal your credentials. Prevent loading malicious software or downloading apps by never clicking on an unsolicited email or text from a company or organization before verifying the source, even if initially the source appears trustworthy or legitimate. For example, scammers may pose as national and global health authorities, or your financial institutions, and send emails and texts designed to trick you into downloading malware or providing your personal and financial information. Additionally, do not download apps designed to track the spread of COVID-19. It may be a front to gain access to your personal information. Stick to visiting the official websites to get information and data regarding COVID-19.

The Bottom Line

Be overly cautious of emails, texts, apps, advertisements or social media posts that may be selling fake products or information about emerging coronavirus cases. Learn to recognize numbers, emails and texts that may be spoofs, and avoid engaging scam callers by promptly hanging up. Learn more about how to prevent, recognize, and report fraud and scams by visiting the Consumer Financial Protection Bureau and Stop Fraud Colorado.

WELLINGTON

Town of Wellington Shares Official Election Results

NORTH FORTY NEWS | NorthFortyNews.com

The town of Wellington has confirmed final numbers for the election of 3 Trustees.

The official results confirm Jon Gaiter, Ashley Renee Macdonald, and Rebekka Kinney will be the new Town

Trustees. The three candidates for Trustee with the highest vote total will serve a four-year term. The newly elected Board of Trustees will be sworn in at the regular Board of Trustees meeting on April 28, 2020.



TOWN OF WELLINGTON, COLORADO OFFICIAL MUNICIPAL ELECTION RESULTS APRIL 7, 2020 CANDIDATE VOTES

John Evans	393
Daniel J. Sattler	332
Jon Gaiter	648*
Ashley Renee Macdonald	552*
Joseph McDaniel	318
Rebekka Kinney	758*
* Floated to 4 years towns	

* Elected to 4 year terms



We are human, and we make mistakes. We do our best, but sometimes they slip through.

In our April 14th edition a printer error was made. The last 4 pages were omitted unintentionally. We have added them to this edition.





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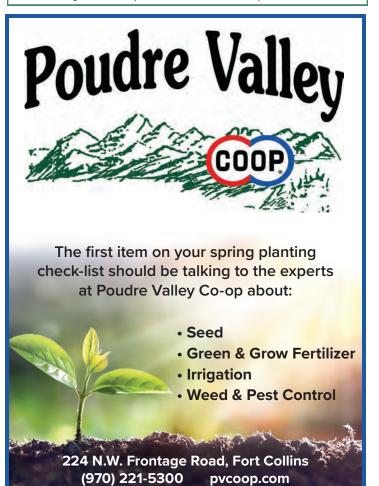
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Transfort Announces Additional Service Suspensions; Dial-a-Ride Still Available

NORTH FORTY NEWS | NorthFortyNews.com

Transfort, the transit agency owned by the City of Fort Collins, has suspended additional service due to decreased ridership during the coronavirus outbreak.

The new service suspensions begin Saturday, April 18. The following routes will be suspended until further notice:

- FLEX regional service between Fort Collins, Loveland, Longmont, and Boulder.
- Route 6 (CSU Transit Center to Swallow Station via Mulberry Street and Taft Hill Road)
- Route 7 (CSU Transit Center to Rigden Farm via Shields Street and Drake Road)
- Route 9 (Loop from Downtown Transit Center (DTC) to Overland Trail via Vine and Laporte)
- Route 10 (Loop from DTC to CSU Transit Center via Laporte, Taft Hill and Mulberry)
- Route 11 (South Transit Center to Zeigler Road via Harmony, Taft Hill, and Horsetooth)
- Route 12 (Zeigler Road to South Transit Center via Horsetooth, Foothills Mall, and JFK)
- Route 19 (CSU Transit Center to South Transit Center via Shields)

the community and Transfort staff, has resulted in the decision to temporarily suspend routes. The suspended routes will resume regularly scheduled service as soon as safely possible."

Transfort recognizes that some community members rely on buses as their primary mode of transportation. The agency will continue to offer its Dial-A-Ride service through zTrip.

Additionally, all residents will be able to schedule a taxi trip to or from a bus stop along the route that is suspended, to or from another linked bus stop or transit center.

There will be no fare associated with these taxi trips at this time. This service will be available from 8am to 7pm, seven days per week. Taxi trips must be scheduled the same day the trip will be taken and can be taken by calling: 970-225-4831. Call center hours are Monday through Friday from 5:30am to 8pm, and Saturday through Sunday from 7:30am to 5pm The taxi service will not be available on the FLEX route.

All Transfort services continue to be fare-free

"Transfort has seen an 83 percent ridership decrease due to the coronavirus outbreak." – Drew Brooks, Transfort Director

These suspensions are in addition to the earlier suspensions of Routes 31, 32, 33, 92, the Horn, and the Gold. The Poudre Express route operated by Greeley Evans Transit from Greeley to Fort Collins was also suspended on March 26.

All other Transfort services (including the MAX) will continue to operate, but on reduced schedules. No Sunday service will be provided on any routes, which will allow for a full day for buses to be cleaned and maintained.

Hours of operation will also be shortened, from about 6:18am to about 7:30pm

New schedules have been posted for each route at ridetransfort.com.

"Transfort has seen an 83 percent ridership decrease due to the coronavirus outbreak," said Transfort Director Drew Brooks. "This ridership decrease, as well as consideration of the health of under an emergency order signed in March.

The public is asked to only use Transfort for essential trips and passengers are asked to attempt to keep at least six feet of distance between other customers and Transfort staff. Passengers are also asked to board from the rear doors of the bus unless they are using a mobility device.

Transfort has been disinfecting driver and passenger areas of its buses in addition to regular nightly cleaning. The South Transit Center, Downtown Transit Center, and CSU Transit Center buildings are currently closed, but passengers may board and exit buses at the transit centers.

For more information about Transfort, including route information, visit ridetransfort.com.

For more about the City's response to COVID-19, visit fcgov.com/coronavirus.

FORT COLLINS



IMAGE COURTESY THE CITY OF FORT COLLINS: Aztlan Community Center

Fort Collins Establishes Outdoor Shelter at Heritage Park

NORTH FORTY NEWS | NorthFortyNews.com

The City of Fort Collins has designated an outdoor shelter area at Heritage Park near Aztlan Community Center. It will remain in place until the State and/or County lifts the Stay-at-Home Order (currently April 26).

The short-term solution will ensure appropriate health and safety measures are in place for those who are sheltering outdoors as well as neighbors and the broader community.

The action is based on specific recommendations issued by the Center for Disease Control to (1) respond to COVID-19 potential among people experiencing unsheltered homelessness and (2) protect people experiencing homelessness and the larger community from the spread of COVID-19.

"We are well aware of the issues going on around Northside Aztlan Community Center. While this is something that has grown organically over the past 48 hours without authorization from the City, we are working to address the challenging reality of the situation while balancing the

need for safe shelter for all during this pandemic outbreak," said City Manager Darin Atteberry.

The City will be managing this outdoor shelter area with the coordination of various departments like: Police, Parks, Recreation, Social Sustainability, and Neighborhood Services. Police will lead site security, in coordination with Park Rangers to provide security 24 hours a day, 7 days a week. Parks will provide signage both inside and outside of the area that will include rules and consequences. Behavioral/ban protocols will be in place.

Port-a-potties, hand sanitizer and/or washing stations, and a camera trailer will be provided. The area will be clearly marked with signage and fencing and will include dumpsters for trash.

To learn more visit:

fcgov.com/socialsustainability
For questions or concerns not addressed
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Poudre Trail Reopens With Enhanced Safety and Stability

NORTH FORTY NEWS | NorthFortyNews.com

City Signs Emergency Order to Use CSU Owned Building as a Quarantine Shelter

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 $\textbf{NORTH FORTY NEWS} \mid \textit{NorthFortyNews.com}$

The City of Fort Collins is allowing a building owned by the Colorado State University Research Foundation on Myrtle Street to be used as a shelter for those experiencing homelessness.

Although the Northside Aztlan Community Center has already been designated as a shelter, the Foundation-owned building, located at 1105 W. Myrtle Street, will be a shelter for those who are sick or have COVID-19 symptoms. The Myrtle Street building allows for proper quarantine procedures.

City Manager Darin Atteberry signed an emergency order allowing the Myrtle Street building to be used as a shelter. A copy of the City's order is included with this press release. For more information about the City's response to COVID-19, visit fcgov.com/coronavirus.



PHOTO COURTESY GOOGLE MAPS: 1105 W Myrtle Street in Fort Collins

After five months of construction, the Poudre Trail near Homestead Natural Area has reopened, showcasing the collaborative efforts of several City departments.

The section of trail, which was closed between Mulberry Street and Lincoln Avenue, was suffering from years of erosion due to high water flows. These issues were threatening underground utilities, as well as creating safety concerns for trail users and nearby structures.

In order to complete the necessary repairs on time and within budget, and to ensure future safety and stability, several City departments joined in the project. With collaboration between Utilities, Engineering, Natural Areas, Parks and Park Planning & Development teams, multiple outcomes were achieved with minimal disruptions to the community. Key highlights from the project include:

Rebuilding 250 linear feet of the riverbank along the northwest side of the Homestead Natural Area. A 450-foot section of the Poudre Trail was realigned to allow the trail system to be more resilient from future damage due to high flows along the river, with increased safety for trail users.

Parks and Forestry crews coordinated hazard tree mitigation work along the Poudre Trail between Mulberry and Lincoln during the construction closure.

Significant amounts of debris and concrete rubble dumped along the bank were removed during the demolition phase. Crews installed buried riprap (rock) to protect the sanitary sewer line and the bank was regraded to a more stable slope.

Native vegetation and trees are being planted to establish enhanced habitat and stability. Planting will continue over the next few weeks depending on weather.

Residents asked to recreate responsibly during COVID-19

While the City of Fort Collins continues to address community—wide impacts related to COVID—19, trail users are encouraged to follow recommended guidelines from public health partners including limiting exercise activities to include only people you live with, maintain six feet of physical distancing, continue to wash hands frequently, and stay home if you are sick. For more information about the City's response to the coronavirus, visit fcgov.com/coronavirus.

For additional information on this and other riverbank improvement projects, contact Project Manager Beck Anderson at 970–214–8885 or banderson@fcgov.com or visit fcgov.com/poudre-improvements.

For more information regarding the current status of trails, visit fcgov.com/parks/trail-status.

COVER

Northern Colorado History Gives Historical Perspective to COVID-19

The Influenza Pandemic of 1918 in Northern Colorado

MEG DUNN | NorthernColoradoHistory.com

It was around mid-January 1918, in Haskell County, Kansas — about 300 miles southeast of Larimer and Weld counties — that a rural doctor began to notice a particularly bad flu among county residents. It was attacking even the strongest and healthiest people and knocking them flat on their backs. And for those whose influenza progressed to pneumonia, the result was deadly. Little did Dr. Loring Miner realize that the flu he was witnessing in that small agricultural community would end up spawning the worst influenza pandemic of the 20th century.

Somehow this new strain of flu had passed from animal to farmer, and from farmer to the community at large. For about a month and a half, the county was under siege until, in March, it had finally run its course. Dr. Miner felt like the cases he'd seen were unusual enough that once he was able, he sat down and wrote a description of the disease in an effort to alert the medical world that this flu seemed to be worse than the norm, and it could come back again. Little did Dr. Minor realize that it had already left Haskell County for Camp Funston (now Fort Riley),



PHOTO COURTESY OF THE NATIONAL MUSEUM OF HEALTH AND MEDICINE, NCP1603: Emergency Hospital during influenza epidemic, Camp Funston, Kansas

still new.) Despite the moniker, there was still some doubt as to the origins, as shown by a *Loveland Reporter* article from October 30, 1918, which, though making clear the

by influenza before ever coming in range of an enemy bullet.

Among the first to fall was Estel Lloyd Potts (22) of Loveland. On Saturday, his mother received a letter from him that didn't mention anything about his being sick. On Monday, the family received a telegram that he was ill. On Wednesday, September 25th, he was dead.

Two Fort Collins area soldiers also succumbed on the same day as Lloyd. Strangely enough, both were named George Herman (and both of their fathers were named George T. Herman). This, at first, caused a great deal of consternation as neither family knew whether it was their George, or the other family's George, who had passed. But in the end they were both horrified to discover that by some strange twist of fate, both of their sons had passed away on September 25th.

The very next day, Lucas Dreith (22), of Berthoud, part of the same Northern Colorado contingent, died from the flu.

And on September 27th, Albert Donovan, who grew up along Rural Route 2 in the Fort Collins area, joined the other four in death.

With at least two of these men, soldiers from Camp Dix accompanied their bodies home, potentially bringing the flu to Northern Colorado along with them. But influenza had another trajectory into the region as well.

The Colorado Agricultural College (now CSU), as a land-grant college, had a mission

to teach agriculture and mechanic arts, as well as classical studies. But they were also required to include military training. This requirement led to many land-grant colleges hosting training camps for soldiers during war-time. One avenue to increase voluntary enrollments in the military was to provide some college-level education as well. Thus the Student Army Training Corps (SATC) was created as an incentive to recruit more soldiers. Through the program, students took regular classes as well as military training.

The college inducted its first batch of SATC cadets on October 1, 1918. Though none appeared to have the flu at that time, two were sick and one dead by October 4th. There were 30 cases of influenza among the recruits by October 12th, and by the 14th, that number had skyrocketed to 94. As Kate Jeracki states in her article, 1918: When the Flu Came to CSU, "of 150 men who arrived on campus together, half were in the hospital within 24 hours."

Campus was closed to civilians on October 24th, but military personnel remained in quarantine. Guards were posted to keep people from entering or leaving. At least 15 SATC trainees died of the disease as well as one faculty member. The quarantine on campus was finally lifted on November 21st with regular classes resuming. But for Northern Colorado, the on-campus military deaths were "the canary in the coalmine," indicative of what was to come to the community at large.

Articles from the Loveland Reporter and Ramer Express: Newspapers from September and early October gave conflicting stories about whether the flu epidemic was getting better or worse. Reports of simple cures (such as camphor sachets and onion compresses) helped residents feel like the sickness was beatable,... you just had to be smarter than it was

In addition to the first death among the soldiers at the Colorado Agricultural College, Roscoe Guernsey of Denver, a former resident of Fort Collins with many friends still in the area, passed away due to pneumonia caused by the flu on October 4th. The disease was becoming increasingly real to the people in Northern Colorado. It was time to start taking action.

On October 8th, Loveland closed their schools and prohibited public gatherings, including those taking place in theaters,



PHOTO COURTESY OF THE U. S. NATIONAL ARCHIVES: On June 24th, a group of recently drafted young men from all around Northern Colorado headed out together to Camp Cody. After training, they traveled to Camp Dix from where they would be shipped out to France.

four and a half hours east, towards Kansas City. According to newspapers from the time, the flu had at least three opportunities to tag along with soldiers or their family members as they visited between Haskell County and Camp Funston. By March 4th, the first Camp Funston soldier was diagnosed with influenza.

As soldiers were deployed overseas, they carried the flu with them, until eventually England, France, Spain, and Germany were all overrun. But because of the war, these governments were loath to let their enemies know that an epidemic was ravaging their troops. So very little mention of it was made in public newspapers... except in Spain, which was a neutral country during World War I, so they didn't care who knew what was going on among their army, or among their general populace for that matter. They published stories referring to the spread and devastation of the disease (which they believed had originated with the French). But, because the Spanish wrote of the illness, and the other nations didn't (including the U.S., at least in the beginning), the sickness was given the name "the Spanish 'flu."" (The word "flu" often came with quotes around it. It's likely people still generally referred to the sickness either as influenza or grippe, and the use of the term "flu" was

disease probably didn't come from Spain, continued to refer to the disease as the Spanish flu throughout the entirety of the article.

"Although King Alfonso of Spain was one of the victims of the Influenza epidemic, in 1893 and again this summer, Spanish authorities repudiate any claim to Influenza as a 'Spanish' disease." (Loveland Reporter, October 30, 1918)

After bouncing around Europe for a while, the original strain of influenza morphed into something even more dangerous and powerful than it had been when it first appeared in Haskell County. And as soldiers continued to be moved back and forth between the United States and Europe, the disease made its way back with them, landing first in the Boston area with soldiers at Camp Devens. A quarter of the camp fell ill and 757 men died. But the war was still going on and therefore troops continued to be shipped hither and yon. Which led eventually, to an outbreak at Camp Dix in New Jersey, where a shipment of Northern Colorado recruits arrived in late September.

The recruits arrived at Camp Dix excited to be heading overseas for Uncle Sam. Little did they realize that their most fateful enemy was not in Europe but had arrived in Camp Dix before them. Five Northern Colorado soldiers, all new recruits, were shot down



PHOTO COURTESY OF COLORADO STATE UNIVERSITY ARCHIVES AND SPECIAL COLLECTIONS: Sick soldiers filled the barracks at the Colorado Agricultural College.

COVER

churches, and fraternal lodges. Fort Collins and Laramie followed suit a day or two later. Even schools out in New Raymer, in east Weld county, were closed. Greeley and Boulder had both gone under quarantine by October 11th, and the editor of the Fort Collins Weekly Courier was calling for the leaders of Fort Collins to follow suit. People were battening down the hatches and preparing for the worst while hoping for the best.

Newspapers were keeping tabs on the number of known cases (at least 12 in Loveland by October 7th and 20 just two days later). On October 9th, the Loveland paper reported that cases weren't spreading rapidly. And on October 11th, R. E. Wright, a Loveland physician, was quoted in the paper as saying that the situation was pretty much under control; there were only a few new cases. That same day the Fort Collins Weekly Courier quoted a local doctor as saying "that there are many people suffering from colds but not many with Spanish influenza and few of these serious." (Fort Collins Weekly Courier, October 11, 1918)

Phew! Despite the hype and worrisome quarantine orders, Northern Colorado was going to be spared!

Or so everyone was fervently hoping. Little did they realize that the epidemic had only just begun.

The detailed mortality reports in the Loveland Reporter give testimony to how things went down. Laura May Deworlf (26) passed away on October 12th. Anna Kopp (25) and Marie Peterson (25) on the 15th. At this point, Loveland's quarantine ban was extended.

Anna's husband, Charles Kopp, followed the very next day. The community got a breather on the 17th, and then Frank Coleman (18) and Arthur Apgar passed on the 18th. Benjamin Skinner (35) and Clyde Kelly (29) passed on the 19th, and on the 21st, it was Isabella Kartes (42) and a Mrs. John Widerspon (a newlywed who was so new to the area that the newspaper reporter didn't even know her first name). At this point, it was clear that the community's hopes of remaining relatively out of the path of the epidemic were utterly unfounded. The hospital was bursting at the seams and the Elks Club offered their banquet room as an overflow hospital. The very next day, five patients had been moved into it.

Loveland seemed to have hit their apex on November 5th, with six people dying from the flu all in that one day: R. S. Baker (53), Willie Phye (4), Harry Phye (10), Roman Garcia (25), Navori Jiminez (12) and Helen Skold (13). But that wasn't the end of it. Loveland's 67th deaths due to the flu occurred on December 29th (about 1.34% of the population), the day before schools finally reopened. Though additional deaths continued into 1919, the worst was finally over.

What happened in Loveland reflects what took place in Fort Collins and Greeley and in smaller communities such as Wellington, Windsor, Timnath and Berthoud. Even New Raymer, out on the plains, shows the same earlier hopes that the epidemic would be mild, followed by later firm acknowledgments that the epidemic was indeed powerful and horrific.

On October 17th, the Raymer Express stated, "The Influenza does not seem to be very serious in this section in most of the cases. The few that have shown symptoms of the disease get about in a short time, and there is every reason to believe that the disease will be under control in a very few days." That hopeful announcement was followed only two weeks later by... "The very dangerous character of Influenza makes it necessary to use every proper precaution."

Reality can be a harsh mistress.

With schools, churches, and fraternal lodges closed, Northern Colorado residents adjusted to their new lives. They stayed home as much as possible, ordered items by telephone for pickup, and fashioned gauze into facemasks for when they had to go out (such as for grocery pickup or November elections). Sermons were printed in Saturday newspapers for Sunday morning services at home. But with priests and pastors busy with funerals and the consolation of family

members, they weren't always able to get their sermon to the printer in time. Food drives were organized to provide meals for families that had been especially hard hit. (When every member of the family is sick, none of them will eat unless food is brought in from the outside.)



PHOTO FROM THE NATIONAL HISTORIC REGISTER NOMINATION FORM FOR THE TRUXAW & KRUGER GROCERY/SELDIN CASH GROCERY STORE – WITH THE FLAGPOLE: Downtown Raymer



PHOTO FROM THE THE LOVELAND ELKS 1051 WEBSITE: The Loveland Elks Lodge offered its banquet hall as an emergency overflow hospital for patients who had fallen in with influenza

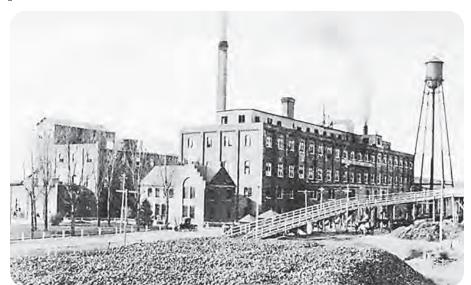


PHOTO FROM MAC MCNEIL'S WEBSITE, FORT COLLINS IMAGES: Loveland sugar factory



PHOTO FROM THE COLORADO STATE UNIVERSITY ARCHIVES AND SPECIAL COLLECTIONS, NEGATIVE #10263: Colorado Agricultural College faculty picnic, 1919

During this time of fear, residents were eager to hear of a cure and many of dubious nature were printed in the newspapers. Tying a sachet soaked in camphor oil around your neck was supposed to keep the sickness at bay. Residents were told to stop burning leaves as the smoke could irritate the nose and throat and might make people more susceptible to the sickness. If you came down with a cold, there was a special diet one should go on to keep the cold from diminishing your defenses against the flu. (Breakfast — oatmeal gruel, crisp toast, and hot lemonade. Dinner — baked potato, poached egg, apple sauce. Supper — hot beef broth, baked custard. As the cold abates return to a regular diet that includes lots of fruits and veggies.) There was even one heater company that declared, "The best preventative is a Warm House. See those Heaters in our Store. Prices right." In early November, the Loveland Reporter stated that flu patients require more sugar than healthy people. Though sugar was rationed during the war, extra permits were given to those who were sick. (Could this be where "a spoonful of sugar makes the medicine go down" came from?)

The Loveland Elks Lodge (which couldn't hold meetings anyway due to the quarantine) generously offered its banquet hall for free as an emergency influenza hospital. From its creation around October 21st to the point when the City took it over on November 27th, the emergency hospital was staffed entirely by volunteers. By the end of November, they were sorely taxed and had apparently requested relief. It was at that point, during a City Council meeting (which were still held throughout the quarantine), that the volunteers were thanked and relieved and the City took over. The hospital continued to operate, caring for influenza patients until December 27th.

There's one particular tragedy that took place in Loveland during the pandemic. Though there was hardly a family in Northern Colorado that wasn't affected in some way by the flu—either because someone in their own family died from it, or a neighbor or a friend—the story of the Phye's was one of overwhelming loss.

Charlie and Jessie May Phye had six children. Their oldest, Florence, had been married in February 1918 to Charles Wayman, though she had a 3-year-old son, Charlie Long, through a previous union. Next came five boys — Tommy, Harry, Bobbie, Davie, and Willie.

Around October 26th, Florence came up from where she lived, about a mile southeast of Berthoud, to visit with her family in Loveland. It was then that she caught the flu, possibly from her mother. Both were admitted to the emergency hospital located in the Elks Lodge on East 4th Street. The rest of the family were soon to follow, including little Charlie.

On October 30th, Jessie May succumbed to the flu. She was 41-years old. The next morning, November 1st, Florence (20) followed her in death. On November 2nd, Charles Phye passed, and on November 4th, 8-year old Bobbie followed. Willie (4) and Harry (10) both died on November 5th, Thomas (16) on the 7th, and Davie (6) on the 9th. In a matter of two weeks, the entire family had been stricken with the flu and almost entirely wiped out. Little Charlie Long was the only survivor. (He passed away in 2005 and was buried in Platteville, where he'd lived his life, having been raised by his father, Henry Long.)

The story of the Phye family has been immortalized as part of the CDC's Pandemic Influenza Storybook.

Autumn is when beets are harvested and sugar is processed. But the influenza epidemic hit at the beginning of October. There

COVER

PANDEMIC

Continued from page 9

were reports of beets rotting in the fields because field hands and harvesters were not available to harvest them.

The sugar companies continued to process sugar, however, despite the quarantine.

In mid-December, it was reported that the sugar factories were offering free flu inoculations, and 200 Loveland employees had taken up the offer. The inoculator (a doctor that was employed by the sugar company) visited the Loveland sugar factory in the morning, headed north to the Fort Collins factory in the afternoon, then swung back by the Loveland plant in the evening to offer inoculations to the second shift of workers. The paper explained, "The sugar company has been much hampered in operations this season by the ravages of the influenza and if the new serum does all that is claimed the move will benefit the company as well as the employees by checking the epidemic." (Loveland Reporter, December 11, 1918)

The jury is still out on whether these inoculations were worthwhile or not.

After a month under quarantine, Northern Coloradans were getting pretty sick of being cooped up. They wanted their lives back. And with new case numbers falling, many decided to do just that. It didn't help that elections had rolled around in early November, and rather than being postponed, residents were encouraged to still congregate in polling places but to wear gauze masks as a preventative. With the message that it was okay to go out as long as you cover your mouth and nose, people felt freed up to bend the rules a little. And so the quarantine enforcement became lax, and folks began to socialize once more with occasional gatherings in the streets, social dinners, and even

The relaxing of the quarantine regulations showed and on November 15th, the Loveland

© StatePoint Media

Reporter announced that the City's quarantine would not be lifted as people had hoped, and in fact, the reduced adherence to the rules had become apparent in a new uptick in cases. Just when Loveland was starting to see the light at the end of the tunnel, their relaxation of the rules plunged them back into the throes of the epidemic.

This on-again, off-again nature of the quarantine can be sensed in these excerpts from letters between two teenagers at the time, Winona Anderson and Dewey Koeper.

quarantine had been to keep outsiders out, not to stop socializing with each other. So when the flu snuck its way in, it spread like

As of December 23rd, Loveland had lost 62 people to the flu (among a population of about 500), Fort Collins 126 (population about 8,700), and Greeley 200 (population around 10,900). Those weren't the final numbers, but they do give a sense of the extent of the toll that was paid.

On December 9th, Loveland officially

November 24, 1918 – There is a real quarantine in Collins now. You have to wear a mask when you go to town. They were going to have church today but couldn't on account of the flu.

December 6, 1918 – This afternoon we are going to town. You can't talk to anyone on the street unless you are thirty feet away from them. We don't have to wear masks anymore though. The picture shows are shut up again. While they were on you had to wear a mask so I never went once.

Thanks so much to Winona and Dewey's granddaughter, Kathy Case Puter, for sharing these quotes!

The November 29, Fort Collins Weekly Courier pointed out that the small community of Nunn had not endured one single case of influenza since the epidemic had reached Northern Colorado because they had enforced the "most drastic regulations ever known in any town." And places such as Fort Morgan, that had managed to batten down their hatches, once the flu did sneak its way in (in late December), found themselves hit all at once and without warning. (Their lifted its quarantine. Even theaters were allowed to reopen, though they were required to keep admissions to half of their capacity. Slowly, other institutions opened as well. The library opened on the 9th, but with reduced hours. Churches began to hold services again on December 10th. And soon, the papers were talking about the possibility of schools reopening, which they did on December 30th. The Owl Canon school managed to open for two days before being struck with another flu outbreak and shutting its doors once more. But for the rest of the schools, the quarantine was finally over. The students had been out of school for twelve weeks. This was partly offset by having the students come in one week that would otherwise have been during winter break, skipping spring break altogether, and adding an additional week to the end of the year.

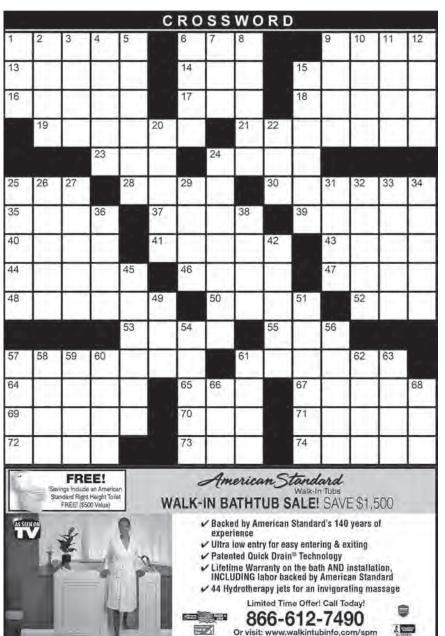
Even after the worst of the epidemic was over and the quarantines were lifted, it still took awhile to get back to normal. The April 14, 1919 Fort Collins Courier told of a surprise birthday party held in Livermore for 70-year old Charlie Ramer. It added that, "After being shut in for several months on account of influenza everyone was more than glad to have the opportunity to get together again."

Though the flu returned in 1919-20, and though some people still met their end due to the choke-hold of the disease, it was never again as bad as it had been during the fall of 1918. By February 2, 1920, the Fort Collins Courier declared "the Flu Beaten."

But the post-traumatic stress remained. When a few cases of the mumps appeared in 1919, people were immediately on edge. When it looked like the flu might be coming back, people were much quicker to think about the value and importance of quarantine. And those who had survived the flu found that they had to be much more cautious with other illnesses as they appeared to be more susceptible than before to diseases such as tuberculosis and other respiratory illnesses. In July 1919, there was even a call for Congress to set aside \$1,500,000 (or \$25,696,490 in today's dollars) to fight an influenza recurrence, which was considered quite likely to happen.

But slowly, one step at a time, life began to return to normal. The wars had ended... both in Europe-against the Huns, and at homeagainst influenza. The survivors were ready to get on with living. And so they dashed headlong into the Roaring Twenties.

Fairy Tale Creatures



- 1. *Like many mythical creatures
- 6. Second mo.
- 9. Spill the beans
- 13. Convex molding 14. "___ the President's Men"
- 15. Ankle support, e.g.
- 16. Make a logical connection
- 17. *E.T.'s craft?
- 18. Des Moines native
- 19. *Fire-breather
- 21. *Household spirit
- 23. Tucker of "Modern Family"
- 24. Antonym of is
- 25. *Grimm's Queen _
- 28. Tailor-made
- 30. Showing on TV
- 35. "All's well that well"
- 37. Golly!
- 39. Punctuation mark
- 40. Seaport in Yemen
- 41. Hitching post?
- 43. Additionally
- 44. Poison ivy or Poison oak
- 46. One more than The Beatles
- 47. Hold as a conviction 48. *Mrs. Potts or her son Chip
- 50. Andrew Sean Greer's 2017 Pulitzer-
- winner novel
- 52. Toast choice
- 53. Jack and Jill's water jug
- 55. "____ Now or Never"
- 57. *Horse's cousin
- 61. *One of the seven dwarfs
- 64. Ascetic holy Hindu
- 65. HHS agency
- 67. Relating to #25 Across
- 69. Banana treat
- 70. Go bad
- 71. Australian canid
- 72. Lou of "Walk on the Wild Side" fame
- 73. Card in the hole?
- 74. "The Forsyte ____

- 1. Wisecrack 2. Like a zealous fan
- 3. Regular attendee
- 4. Hipbone-related
- 5. Cuban music genre, pl.
- 6. *Half-man, half-goat
- 7. *Santa's helper
- 8. Splotches 9. Arch on a face
- 10. Croquet turf
- 11. Popular smoothie berry
- 12. Well, to Sofia Loren
- 15. Relating to living organisms
- 20. Opposite of alpha 22. Genetic initials
- 24. Parents hope to do this with values
- 25 *Beauty's beau
- 26. Empower 27. Dropsy
- 29. *Big Bad One
- 31. Yellow brick one
- 32. Feeling worse than before
- 33. *Like Curious George
- 34. *Garden dweller
- 36. Finger move
- 38. Moneyed one
- 42. Pine product
- 45. Choose not to do something, 2 words
- 49. Toni Morrison's "___ Baby"
- 51. 1862 plots, for short
- 54. Prefix for below
- 56. Old photo color
- 57. Stalin's domain
- 58. Back of the neck
- 59. Not active
- 60. Past tense of chide
- 61. Fill beyond full
- 62. Sound of passing bullet 63. *Baba _
- 66. *Who Bugs Bunny talks to?
- 68. Numbers, abbr.
- SEE THE SOLUTION ON PAGE 17

FEATURE

Local Newspapers and Their Journalists are Among the **Front-Line Workers**

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AMERICA'S NEWSPAPERS | NorthFortyNews.com

We're in the midst of a global pandemic, but its impact on America's communities is local.

First responders are our neighbors helping our neighbors, rushing to addresses just down the street and taking the sick to the nearby hospital. The workers on the front line of this crisis, manning the cash register at supermarkets or delivering takeout from a favorite restaurant with a closed dining area, are folks that we might have gone to

Local newspapers and their journalists are also among the front-line workers dedicated to serving their communities.

Local newspapers, in their digital and print forms, immediately report critical breaking news of the fast-moving coronavirus public health crisis in their communities. They chronicle the local businesses that have closed and guide those suddenly furloughed to sources of financial and unemployment assistance. They alert local people to the scams that target that assistance.



PHOTO COURTESY OF AMERICA'S NEWSPAPERS: Dean Ridings | CEO, America's Newspapers

by the pandemic, revenue has suddenly dropped off a cliff, in some newspapers by 50 percent or more. Yet, while many of those local businesses have simply shut

Local newspapers, in their digital and print forms, immediately report critical breaking news of the fast-moving coronavirus public health crisis in their communities.

In the stillness of communities under stay-at-home orders, the local newspaper advises on how to keep homes safe and prepared, and how to keep families entertained and learning.

Newspapers let their communities know how they can help the medical, public safety and service workers who heed the call of duty even among the din of uncertainty.

And local newspapers respond to their own call of duty in this crisis.

Their reporters continue to work so readers can stay informed. The production team continues to assemble the content and the press crew continues to run the presses.

But, like many other businesses affected

down operations for now, the great majority of newspapers have actually increased the amount of critical information they are delivering for their communities.

Just as communities generously support their restaurants and favorite stores by ordering take-out meals and gift cards, we hope you will also remember to support the staff of your local newspaper and the vital work newspapers do by subscribing in print or online.

They are your neighbors — and they've got your back.

To support your local newspaper's efforts, subscribe or pledge any amount today. North Forty News offers options for any budget.

NEWSPAPERS HAVE YOUR BACK.

We are grateful for those who have our back in this important time. The list is long, but we want to thank our first responders and front-line workers.

Especially in critical times, newspapers have your back. COVID-19 is a national story that is impacting you at home and at work. Your local newspaper is keeping you informed with current events in your neighborhood and is bringing communities together in these challenging times.

From the actions your local government is taking, to lists of local stores that are delivering and tips on what to do while you're at home, your local newspaper is committed to bringing you the news you need, when you need it.

WE ARE IN THIS TOGETHER

Support your local newspaper. Subscribe in print or online.





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America's Newspapers is a national association supporting journalism and healthy newspapers in our local communities. Find out more at www.newspapers.org or follow us on Twitter @newspapersorg or on

Youth Leaders to Develop Messaging for Colorado risis Services During Covid-19 Emergency

NORTH FORTY NEWS | NorthFortyNews.com

About 40 Colorado youth leaders will develop new marketing messaging during the COVID-19 outbreak that directs young people in need of mental health or substance use services to Colorado Crisis Services, the state's behavioral health crisis response system managed by the Colorado Department of Human Services, Office of Behavioral Health (OBH).

The youth are members of the Below the Surface Leadership Program, an initiative of Colorado Crisis Services that empowers young people to customize mental health and substance use prevention messages and manage outreach campaigns in their schools and communities. With schools shifting to online instruction, the focus of the Leadership Program has shifted, too, so that the

participants are creating messaging addressing COVID-19 concerns and driving use of the Colorado Crisis Services text line — a free, confidential line that connects clients to trained crisis coun-

"We know it is an isolating time for Coloradans, and for many, the stress may lead to anxiety, depression or increased reliance on substances," said Robert Werthwein, director of OBH. "I am proud to see these youth leaders contributing to the essential work of encouraging people to ask for help."

The leaders' new focus comes as more Coloradans are tapping into the Colorado Crisis Services call line. The crisis line has experienced record highs for services this spring, with last month seeing a

nearly 50% increase in calls and texts compared to March 2019. Colorado Crisis Services also includes crisis walk-in centers, crisis stabilization units, mobile units and respite providers throughout

Below the Surface aims to help teens successfully navigate academic and social pressures, bullying and harassment, substance use, depression and anxiety, family instability, identifying as LGBTQ+ and additional challenges. The goal is to raise awareness of Colorado's Crisis Text Line, which is increasingly popular among teens. During the first year of the statewide campaign, Colorado Crisis Services answered 236% more texts from youth than the previous year.

Below the Surface was created in 2017

in response to a wave of teen suicides in Colorado Springs. Developed by the National Alliance on Mental Illness Colorado Springs and the Design Rangers creative firm, the campaign recruited a youth advisory board to craft messages from real stories and experiences.

Following the campaign's success in El Paso County, OBH invested in the initiative to expand it statewide in October 2018.

Colorado Crisis Services (1-844-493-TALK): If you or someone you know is in crisis or needs help dealing with one, call this toll-free number 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained professional. Chat services are also available from 4pm to 12am daily at coloradocrisisservices.org.

newseanewsy newsealy

Liz Barnez Is Missing Normal Life

Connecting with the Music Community **During COVID-19 Pandemic**

STEVEN BONIFAZI | NorthFortyNews.com

Guitarist and singer-songwriter Liz Barnez is finding time to look inward for inspiration during quarantine due to Colorado's stay-at-home order in the wake of the COVID-19 pandemic.

Born and raised in New Orleans, Louisiana, Barnez is one of six children who were brought up around the music of Louisiana such as street music in the French quarter. "Growing up in New Orleans you really cannot avoid being near really great music,"

Writing her first song when she was eighteen, Barnez attended an all-girls Catholic high school where she was a member of the guitar club. Relocating to Colorado in her twenties, Barnez drew inspiration for songwriting from women musicians who wrote their own music such as the rock band Heart and Canadian singer-songwriter Joni Mitchell.

Starting as a chick singer in her hometown of New Orleans, Barnez cut her teeth on singing, playing in a number of different formations, from performing swing music in bars and clubs at age seventeen to playing in cover bands on Bourbon Street.

Though she has toured all across the country with bands and trios, today, Barnez finds herself performing more on a solo-basis. While performing solo is not quite her favorite thing to do, Barnez finds the silver lining in it due to her love for playing music and connecting with others. "I love what other people and other creative minds can contribute to a song and it inspires me more," said Barnez.

"It is a great way to connect with other creative artists in a really intimate setting."

Barnez describes the music she makes as reflections on moments in both life and love, with an emphasis on influences from her upbringing as well as older r&b and folk music. Furthermore, she states that there is a

sort of stylistic cross to her music, but it mostly comments on the shared human experience.

One of Barnez's most memorable performances was when she had the opportunity to perform at the New Orleans Jazz and Heritage Festival. With her parents and siblings watching, Barnez felt a wave of gratitude wash over her as she looked out into the packed crowd and saw her loved ones.

While she sometimes plays with a revolving cast of characters, these days Barnez is glued to performing and hosting the free Songwriters in the Round

show at the Magic Rat bar in The Elizabeth Hotel in downtown Fort Collins on the third Wednesday of every month. With four songwriters on the bill, Barnez performs and hosts, taking turns playing songs with each performer, at which point they then come back around and perform originals.

"It is a living room setting, like sitting in your living room and all these people come out and hang out and songwriters trade songs and share them with the crowd," said Barnez. "It is a great way to connect with other creative artists in a really intimate setting," said Barnez.

Unfortunately, due to the COVID-19 outbreak, the show has been canceled for the last two months and through the month of May. Nevertheless, Barnez is scheduled to perform at the Thursday Night Live Concerts in Old Town Fort Collins Thursday, July 23.

Regardless of the virus canceling shows for many local musicians such as Barnez, she recently



PHOTO COURTESY OF LIZ BARNEZ: Liz Barnez -Backstage Flash/Michael Emmanuel

performed in the NoCo Live From Home Show Saturday, April 11 where she collected tips that she plans to give to friends in need. However, it is not only the financial aspect of performing that Barnez is worried about, but also the lack of connection to the music community.

"It made me realize that part of playing gigs is connecting with everyone - that is the part I am craving and feeling a deep lonesomeness as a result of not connecting," said Barnez.

.....

For more information on Liz Barnez as well as her show that she hosts, please visit her website at http://www. lizbarnezmusic.com as well as the Magic Rat's website at https://magicratlivemusic.com/live-music/songwritersin-the-round/.

// CULTURAL SCENE //

POUDRE HERITAGE ALLIANCE AWARDED NEARLY \$125,000 IN GRANTS

NORTH FORTY NEWS | NorthFortyNews.com

The Poudre Heritage Alliance (PHA), the nonprofit managing entity of the Cache la Poudre River National Heritage Area (CALA), has received two large grants to support their programs that promote historical and cultural opportunities, engage people in the Poudre River corridor, and inspire learning, preservation, and stewardship.

Through the Colorado the Beautiful Grant Program, administered by Colorado Parks and Wildlife and Great Outdoors Colorado (GOCO), PHA has been awarded \$96,877 to complete a new Strategic Interpretive Plan for the Cache la Poudre River National Heritage Area. Grant funds will be used to:

1) Update the original Feasibility Study and Resource Inventory completed in 1990

2) Develop a Strategic Interpretive Plan to help CALA become more accessible to the public as a whole

3) Provide visitors with a seamlessly integrated experience

4) Build partner capacity

The PHA will collaborate with a variety of stakeholders throughout the strategic planning process, including partner sites, staff, user groups, neighbors, government agencies, towns and municipalities, community decision-makers, and local businesses.

The PHA has also been awarded a \$25,000 "Women in Parks Innovation and Impact" grant from the National Park Service (NPS) and the National Park Foundation (NPF). The goal of this grant "is to support projects and programs that help the NPS share a more comprehensive American narrative that includes the voices of women." In particular, the initiative is meant to increase awareness about the 19th Amendment's centennial and highlight stories of women who continue to shape the world.

Through their project, "Lifting Voices from the Shadows," the PHA, Colorado State University's Native American Cultural Center, the National Heritage Areas Program, and the Northern Arapaho tribe will work

together to compile stories from Northern Arapaho women that run in parallel with or counter to, the Suffragette movement and modern society.

Grant support from the Women in Parks grant will enable PHA to 1) record women's oral histories; 2) create educational videos and interpretive videos; and 3) share relevant content that aligns with 19th Amendment milestones.

The Cache la Poudre River National Heritage Area is treasured by a community that values it for a variety of recreational activities and the tranquility of a natural corridor, while also depending on it as a water source for municipal, industrial and agricultural uses. A wide range of cultural perspectives from our rich Poudre River heritage. These grant funds will help the PHA present creative and balanced interpretation, representing the variety of cultures that make up our river corridor and helping citizens find a sense of place and continuity in a rapidly changing world.

Find out more at: https://www.poudreheritage.org/

CITY BUZZ

TASTE OF FORT COLLINS RESCHEDULED TO **JULY 25 & JULY 26**

NORTH FORTY NEWS | NorthFortyNews.com

Townsquare Media's Taste of Fort Collins is being rescheduled for 2020. The 24th annual event originally scheduled for June 5-7 will now be held on July 25-26 as a way to bring the community back together after the COVID-19 pandemic.

Collective Soul and Spin Doctors will remain headliners for Taste of Fort Collins, with both scheduled to perform on Sunday, July 26. Local Colorado-based entertainers will perform on Saturday and Sunday. All previously purchased tickets will be honored. "Now more than ever NoCo needs a summer celebration to look forward to; said Evan Harrison,



President at Townsquare Media Northern Colorado. "We're thrilled the city and our partners all worked together to make this shift."

Taste of Fort Collins is a community celebration with family-friendly activities, perfect for the Northern Coloradans' active lifestyle. The festival offers attendees incredible food from local and national restaurants,

> entertainment from local and national superstars, and an eclectic display of artisan work as well as the region's most talented crafters. A dozen local acts will join the national headliners as part of the entertainment as determined by a local voting contest. Taste of Fort Collins presenting sponsor is FNBO and benefits the Eyeopeners Kiwanis Club of

Information on how to buy tickets is available at https://tasteoffortcollins.com/tickets/ or follow Taste of Fort

Fort Collins Foundation.







newseanewekly



SUDOKU SOLUTION PUZZLE ON PAGE 24 8 4 5 6 3 9 8 2 6 8 3 5 8 9 3 6 5 6 9

COVID-19 AND HOWLS FROM **UNEXPECTED PLACES**

NORTH FORTY NEWS | NorthFortyNews.com

For a multitude of reasons, every evening at 8 pm thousands of Coloradans are taking to their parks, porches, and decks to howl like wolves during these troubling times of the COVID-19 pandemic.

"It gives you a sense of not being alone," said Kati Blocker, writer, communications specialist for UCHealth in Northern Colorado and mother of two. A Laporte resident, Blocker says the howling has brought her closer to her community.

Originally created by Shelsea Ochoa just two weeks ago on Friday, March 27, a public Facebook group titled "Go Outside and Howl at 8 pm" now has nearly 500,000 members, gaining a total of 10,000 in the last month alone. Ochoa was inspired to start the page when a friend of hers from Topanga, California told her about a memory from her childhood when most nights the locals would go outside howling.

Ochoa thought it would be fun to start a group to get friends and family doing the howl but had no idea it would gain such a following. "When I entered the page it was 100 members and within days it grew exponentially," said Irina Bogomolova, Poet and Moderator for the Facebook Group.

The group is now international, with members from 99 countries around the world howling every night. While some are howling as a cathartic release, through grief over the loss of a loved one, or simply for the purpose of keeping their children and themselves entertained during quarantine, others find it a cool way to connect with others, regardless of political perspectives or beliefs.

"Every person does it for a slightly different reason, yet when you are out there doing it, it doesn't matter why and everyone is in acceptance that we are all out there and going to make it through this,"

The howling has taken place all around Colorado, including Denver, Fort Collins, Laporte, as well as other towns and cities throughout Northern Colorado. While the Facebook group continues to grow, admins and moderators of the group such



■ PHOTO FROM ADOBESTOCK

as Bogomolova plan to keep the nightly tradition going, regardless of the current situation the world finds itself in.

"I don't care if there is a pandemic or not, I am howling for the rest of my life!" said Bogomolova.

For more information about the nightly howling and the "Go Outside and Howl at 8 pm" Facebook group, please visit their page at https://www. facebook.com/groups/howlat8/about/.



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RESTFUL SLEEP — CRITICAL AT A TIME LIKE THIS

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

Sleep is essential for mental wellbeing and for the rest and recovery of our physical body, always important, it is even more critical at a

Restful sleep is like resetting your computer - typically, it runs faster once you let it reset

Here are some suggestions to practice good

- Establish a routine. Going to bed at the same time each night helps establish consistency in your sleep patterns.
- This next one is a hard one for many of us: Two hours before bedtime, stop looking at screens of any kind. Especially blue light from computer screens can be very excitatory sending a "wake-

up" message to the brain while adversely affecting melatonin production, the hormone that helps us get to sleep.

- · Opt for a book or puzzle before bed instead of iPad or TV. This will help your brain better relax and prepare you for bed.
- Stop eating 3 hours before bed. Eating causes a fluctuation in blood glucose levels. Eating too close to bedtime can have a stimulating effect on
- Listen to meditation apps like 'Calm' to help guide you into sleep.
- Diffuse lavender. Lavender has been shown to help decrease heart rate and blood pressure and has a calming effect on the brain.

If you find yourself relying too frequently on sleeping medications, talk with your doctor to help you find a more natural solution.

> Here's to a good night's sleep - you'll feel better in the morning! 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.

......

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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FEATURE



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LOOKING FOR A 1BDR. CABIN TO RENT

I'm looking for a 1bdr. cabin to rent in the Red Feather Lakes area by 4/1/20. Looking in the \$500 to \$600 price range. Late '50s, Retired on Disability, Have 2 neutered male cats. Have no problems with mice! Lol. I helped my parents rent and care for their apartment houses back in Illinois. I Will be the perfect renter! I do have references. Lived in RFL since 2003, want to stay! Really do need the rent to be at \$500. I know this is a low amount, so is my SSDI check! I Just hope and pray that somebody out there will be kind, give me a break, please call Nick @ 970-881-2301.

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North Forty Gardener:



Cool Season Annuals in The Spring

RITA JOKERIST | Horticulturist, The Gardens on Spring Creek

For all the forces that pull at a gardener's hand, none is more powerful than the urge to work the soil in the spring. We ache for the sporadic warm sunny days that whisper of the season's beginning. One way many gardeners sate their urges when it is too early to garden in earnest is to put in a cool - season annual display. While these annuals may not all last in the summer heat, they do provide much - wanted color after a dreary winter, and many are edible to boot.

The go - to staples of early season color are violas and pansies, both of which are actually perennials in most USDA cold hardiness zones. Violas commonly come in blues, whites, purples, and yellows and are smaller and more abundant than pansies. These nickel - sized beauties are more tolerant of temperature shifts, which means they can bloom further into the heat of the summer than pansies typically will. Larger pansy flowers offer the same color palette as violas plus oranges, pinks, and reds. They also offer more interesting "face options" - blotches, streaks or full color. Both pansy and viola flowers are edible, and you'll often see them used to decorate desserts.

Snapdragons also provide a pop of color in early spring. Their upright form contrasts nicely with other cool season options, and they come in bright and welcoming colors - pinks, oranges, whites, yellows, and magentas. They are usually classified by heights as trailing, dwarf, intermediate or tall varieties. Some snapdragons can handle summer heat and will put on multiple rounds of



■ PHOTO COURTESY OF THE GARDENS ON SPRING CREEK: Pansies

blooms throughout the season if they are trimmed back and fertilized after each flush. Check your seed packet or plant tag to see what you can expect from your chosen variety.

A timeless filler plant for color and texture this time of year is Dusty Miller - a generic name given to many silver leaved plants in several different plant families. Their white - gray foliage looks good with nearly any color combination, and its low - maintenance care is a part -

time gardener's dream. 'Cirrus' and 'New Look' offer rounder, fuller leaves while 'Silver Dust' and 'White Diamond' give more delicately - lobed foliage.

For richer color in a foliage - forward plant, members of the Brassicaceae family are perfectly suited to the job. Specifically, kales, cabbages, and collards offer more options than you may think - whites, greens, grays, blues, purples, magentas - and smooth, ruffled or feathery leaves contrast nicely with spring flowers. Common edible varieties work well in displays and can later be harvested, but there are also varieties specifically bred for ornamental purposes. Some examples are 'Red Peacock' and 'Chidori' kales and 'Color Up' and 'Osaka' cabbages.

Other edible options for foliage are Swiss chards and mustards. These cannot tolerate freezes, but they can handle a frost. Putting these into your display a few weeks later can help fill in the empty areas while adding contrasting color to the rest of your display. The go - to Swiss chard options for color and foliage are 'Rhubarb' for red ribs, 'Oriole' for orange ribs, and 'Bright Lights' for a striking combination of white, yellow, red and pink ribs. Mustard varieties well - suited for ornamental use are 'Southern Giant Curled' for its bright green ruffled leaves and 'Red Giant' for its large purple - tinted leaves. All of these can be eaten when you're ready to trade out your display for frost - tender annuals later in May.



PHOTO COURTESY OF THE GARDENS ON SPRING CREEK: Kale





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FEATURE

"Bloomer Costumes" Give Women More Freedom – for Awhile Women's Suffrage Series

CHERRY SOKOLOSKI | Special Contributor

The mid-19th century was full of reform movements in the United States, and women were involved in many of them.

One such reform effort involved women's dress. The conventional dress of the times included about 10 pounds of muslin petticoats, starched shirtwaists and tight corsets that actually squeezed internal organs and bruised ribs, plus long skirts that dragged in the mud as the suffragists went about their grueling speaking circuits.

In the early 1850s, the New Dress for women appeared. Consisting of a short dress over baggy trousers, the outfit was pioneered by Elizabeth Cady Stanton's cousin, Libby Smith Miller, who designed it to use while gardening. Stanton and her neighbor, Amelia Bloomer, copied the fashion, and Bloomer advocated for the new dress in her newspaper, the Lily, in 1852.

The outfit thus came to be known as the "Bloomer Costume."

The Lily was primarily a temperance newspaper, but the article about the bloomers drew a huge audience. In fact, the newspaper's circulation grew from 500 per month to a whopping 4,000 because of the controversy. "I stood amazed at the furor I had unwittingly caused," Bloomer said. "As soon as it became known that I was wearing the new drew, letters came pouring in upon me by the hundreds from women all over the country, making inquiries about the drew and asking for patterns."

Stanton loved the new costume. She wrote in her autobiography, "Like a captive set free from his ball and chain, I was always ready for a brisk walk through sleet and snow and rain, to climb a mountain, jump over a fence, work in the garden."

While the reform-minded women enjoyed their new freedom, their new outfit attracted considerable scorn and ridicule. The suffragists already endured plenty of criticism, but now men and boys stopped to stare at them, whistling and making

rude remarks. The resemblance of the pants to blousy Turkish trousers didn't help, since they were associated with Turkish harems and prostitutes.

Even family members were embarrassed by the bloomers. Stanton's husband Henry hated seeing his wife in this "short" dress, even though it fell four inches below the knee. He thought that when she and her friends sat on stage at conventions their legs would be exposed, despite the fact that they were also wearing pants.

Men in the audience, said Henry Stanton, could tell "whether their lady friends have round and plump legs, or lean and scrawny ones."

Elizabeth also got negative reviews from her young son, who was in boarding school. Missing his mother, he implored her to visit him - as long as she left her bloomers at home.

Before long the bloomer costume became a distraction from the message of women's rights, and by 1854 most women had lengthened their skirts again.

Susan B. Anthony, who was late in adopting this new dress, was also the last to abandon it. She defended the outfit by saying, "Women can never compete successfully with men in various industrial vocations in long skirts." She was angry at her friends who bowed to criticism, arguing that the "mental crucifixion" they endured because of the bloomers prepared them for the difficult work of freeing women from oppression.

But finally, Anthony acquiesced as well, spending the rest of her life in long dresses of gray or black. In later years she donned a red shawl, donated by suffrage supporters, and the shawl became a badge of sorts for this stubborn suffragist.

Women would have to wait many more decades before their accepted dress became less cumbersome and constricting.



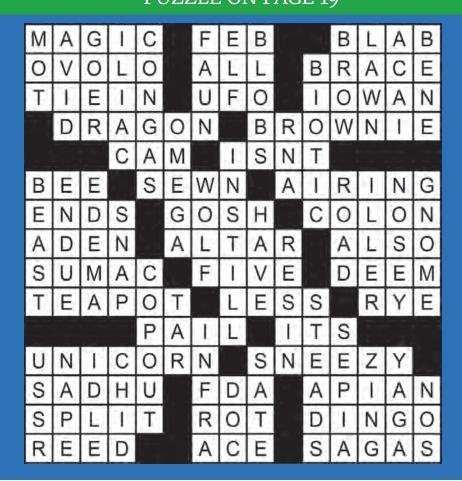
PHOTO COURTESY OF LIBRARY OF CONGRESS: A typical "bloomer" outfit from the early 1850's

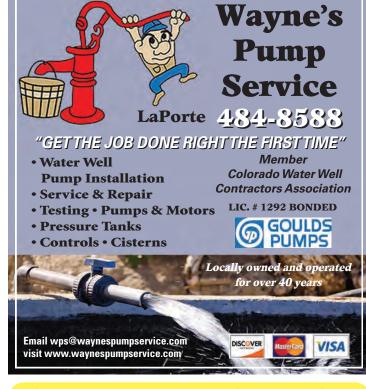
But bloomers, for their part, went the way of animal skins and grass skirts.

Sources: Votes for Women by Winifred Conk-

ling, 2018; Great Women of the Suffrage Movement by Dana Meachen Rau, 2006; National Park Service.

WEEKLY CROSSWORD PUZZLE SOLUTION **PUZZLE ON PAGE 19**





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GREELEY

JBS USA Announces Temporary Closure of Greeley Beef Facility

Company Launches Multiple Efforts to Support Fight Against Coronavirus in Colorado

NORTH FORTY NEWS | Special Contributor

IBS USA has announced the temporary closure of the Greeley beef production facility until April 24, 2020, and multiple additional efforts to support the fight against coronavirus in Weld County. As the largest employer in the county with more than 6,000 team members, the company is focusing its efforts to help combat the spread of coronavirus.

In partnership with the Colorado Department of Public Health and Environment and the Weld County Department of Public Health and Environment, the company will advise its Greeley beef team members to shelter in place in accordance with Colorado Governor Jared Polis' stay-at-home order until returning to work. The company will continue to pay its team members during the plant closure.

"While the Greeley beef facility is critical to the U.S. food supply and local producers, the continued spread of coronavirus in Weld County requires decisive action," said Andre Nogueira, JBS USA CEO. "As a leading member of this community, we believe we must do our part to support our local health professionals and first responders leading the fight against coronavirus."

Weld County is currently experiencing a growing outbreak of COVID-19, with nearly 740 cases to date. To further aid the community's response to the local outbreak, the company will provide funding to replenish personal protective equipment (PPE) for first responders and essential city workers, including protective suits for Greeley fire, police and transit officials; provide funding for antibody testing for first responders: and donate \$90,000 to the Greeley Personal Isolation Facility to house recovering COVID patients and free up critical hospital space for critically ill individuals.

"The City is profoundly grateful for the generous contribution of funds to assure that critical protective equipment is available for our city's first responders as they perform their essential duties in service to the community, said Greeley Mayor John Gates. "The additional funding to support the management of a Personal Isolation Facility will assure that our hospitals have beds available for the illest of the COVID-19 affected patients. JBS USA is a great community partner, and this assistance is vital and timely.'

Importantly, the company will also purchase and provide up to 1,000 COVID-19 test kits for low-income and uninsured local Weld County residents who require testing. This does not include the previously announced \$1 million in test kits purchased by JBS USA. Rather than test its team members, the company has decided to take more aggressive action and self-quarantine Greeley beef employees until plant reopening.

To further support the community, the company announced it is donating \$50,000 to the United Way of Weld County to support the production of masks for local residents and other COVID-19 relief efforts. Masks have been identified as an effective preventative measure against spreading the virus and Gov. Polis has encouraged all Coloradans to wear masks while in public.

"As always, we're proud that JBS USA is part of the Weld County community, and their contributions during this challenging time are a further testament to the kind of partner they are," said Jeanine Truswell, CEO and President, United Way of Weld County. "This generous donation will help us provide masks to our neighbors, provide basic needs assistance for local families and the elderly, and take other important steps in fighting coronavirus in our community."

In response to the growing need for food during this critical moment, the company also committed \$100,000 to the Weld County Food Bank to provide food to local residents in need.

"Because of donors like JBS USA, the Weld Food Bank is able to provide healthy meals to those who need them most," said Bob O'Connor, CEO, Weld Food Bank. "JBS USA is helping to ensure that people in our community are receiving proper nutrition, and we are extremely grateful for the company's ongoing support."

JBS USA operates more than 60 meat, poultry and prepared foods facilities across the United States. The Greeley beef production facility is the second JBS USA plant to temporarily close, joining the Souderton, Pa., beef production facility. The company has also experienced increased absenteeism in a few other plants, but continues to operate the majority of its facilities across the country at or near capacity, in an effort to continue providing food for Americans.

To date, JBS USA has adopted the following safety measures, health protocols and worker benefits at all its facilities.

- · Increasing sanitation and disinfection efforts, including whole facility deepcleaning every day
- · Promoting physical distancing by staggering starts, shifts and breaks, and increasing spacing in cafeterias, break and locker rooms, including plexiglass dividers in key areas
- · Dedicating staff to continuously clean
- Temperature testing all team members prior to entering our facilities, including the use of hands-free thermometers and thermal imaging testing technology in many locations
- · Providing extra personal protective equipment (PPE), including protective masks that are required to be worn at all times
- Removing vulnerable populations from our facilities, offering full pay and benefits
- · Requiring sick team members to stay home from work
- · Waiving short-term disability waiting
- · Relaxing attendance policies so people don't come to work sick
- Providing free 100% preventative care to all team members
- · Offering free LiveHealth Online services that allow for virtual doctor visits at no cost

Name The Animal

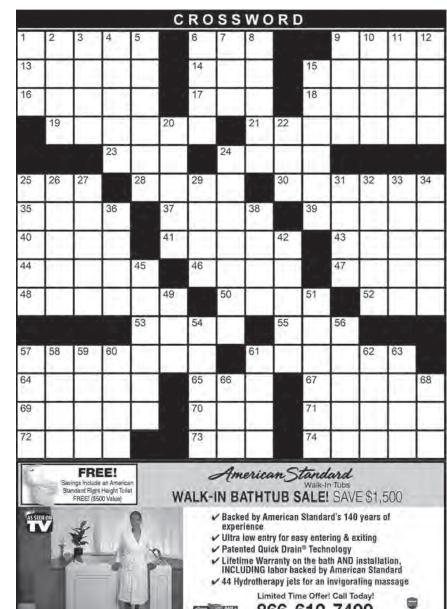
- 1. *Like many mythical creatures
- 6. Second mo.
- 9. Spill the beans
- 13. Convex molding
- 14. "____ the President's Men"
- 15. Ankle support, e.g.
- 16. Make a logical connection
- 17. *E.T.'s craft?
- 18. Des Moines native 19. *Fire-breather
- 21. *Household spirit
- 24. Antonym of is

23. Tucker of "Modern Family"

- 25. *Grimm's Queen
- 28. Tailor-made
- 30. Showing on TV
- 35. "All's well that well"
- 37. Golly!
- 39. Punctuation mark
- 40. Seaport in Yemen
- 41. Hitching post?
- 43. Additionally
- 44. Poison ivy or Poison oak
- 46. One more than The Beatles
- 47. Hold as a conviction 48. *Mrs. Potts or her son Chip
- 50. Andrew Sean Greer's 2017 Pulitzer-
- winner novel
- 52. Toast choice
- 53. Jack and Jill's water jug
- Now or Never" 57. *Horse's cousin
- 61. *One of the seven dwarfs
- 65. HHS agency
- 64. Ascetic holy Hindu 67. Relating to #25 Across
- 69. Banana treat
- 70. Go bad
- 71. Australian canid
- 72. Lou of "Walk on the Wild Side" fame
- 73. Card in the hole?
- 74. "The Forsyte ___

DOWN

- 1. Wisecrack
- 2. Like a zealous fan
- 3. Regular attendee
- 4. Hipbone-related
- 5. Cuban music genre, pl.
- 6. *Half-man, half-goat
- 7. *Santa's helper
- 8. Splotches
- 9. Arch on a face
- 10. Croquet turf
- 11. Popular smoothie berry
- 12. Well, to Sofia Loren
- 15. Relating to living organisms
- 20. Opposite of alpha 22. Genetic initials
- 24. Parents hope to do this with values
- 25. *Beauty's beau
- 26. Empower
- 27. Dropsy
- 29. *Big Bad One 31. Yellow brick one
- 32. Feeling worse than before
- 33. *Like Curious George
- 34. *Garden dweller
- 36. Finger move
- 38. Moneyed one
- 42. Pine product
- 45. Choose not to do something, 2 words
- 49. Toni Morrison's "
- 51. 1862 plots, for short
- 54. Prefix for below 56. Old photo color
- 57. Stalin's domain
- 58. Back of the neck
- 59. Not active
- 60. Past tense of chide 61. Fill beyond full
- 62. Sound of passing bullet 63. *Baba
- 66. *Who Bugs Bunny talks to?
- 68. Numbers, abbr.
- SEE THE SOLUTION ON PAGE 17



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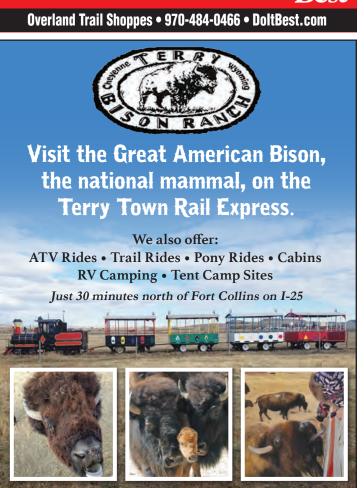
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PHOTO COURTESY OF POUDRE FIRE AUTHORITY:
Firefighters are now wearing masks while on-duty inside and outside of stations.

Poudre Fire Authority in LaPorte Gets a Scrub Down

NORTH FORTY NEWS | NorthFortyNews.com

Station 7 in LaPorte was unoccupied for about five hours on Saturday afternoon after an onduty firefighter started to present symptoms that aligned with COVID-19.

"PFA has decided to go above and beyond CDC cleaning and protection guidelines when possible," said Annie Beirbower, Poudre Fire Authority PIO & Communications Coordinator.

"We want to do whatever we can to make our responders safe in the stations. It is like a second home for many of them," she said.

Out of an abundance of caution, a professional company was brought in to clean the station. A new crew went on duty and the crew with the firefighter that presented symptoms self-isolated. The responder was tested and, thankfully, the test came back negative.

Even though no firefighters were in the station during the cleaning, PFA maintained its normal level of service to the area. It worked much like when a crew is in training. They are available if needed, and the system is updated and adjusted accordingly for their location.

According to PFA, working in alignment with CDC recommendations, PFA has outlined a process that helps firefighters and leadership make decisions if they or a family member presents COVID-19 symptoms or believes they may have been exposed.

For example, if a firefighter has a family member at home that presents symptoms, the firefighter is asked to isolate while at home and self-monitor for symptoms. They contact their Battalion Chief to help determine what is best on a case-by-case basis. The firefighter may choose to stay home or come to work if they are asymptomatic. It works much like a flowchart and moves from someone with a sick family member at home to potential contact with a confirmed COVID-19 patient.

"Our top priority is to keep our responders safe so they can continue to help keep the community safe," said Bierbower.

NOTICE OF CANCELLATION AND CERTIFIED STATEMENT OF RESULTS

NOTICE IS HEREBY GIVEN by the RFLFP District, Larimer County, Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled, including candidates filing affidavits of intent to be write-in candidates; therefore, the election to be held on May 5, 2020 is hereby canceled pursuant & 1-5-208(1.5), C.R.S.

The following candidates are hereby declared elected:

Nancy E. Kay3 year termuntil May, 2023James Michalka2 year termuntil May, 2022Rohin Lee Whittington3 year termuntil May, 2023Fred D. Ballard3 year termuntil May, 2023

Daniel Defibaugh, DEO

Contact Person for the District: Nancy E. Kay

Telephone Number of the District: 970-881-2565

Address of the District: 44 Firehouse Lane

District Facsimile Number: None

District Email: rflvfd.org



LOVELAND

Larimer County and State Collaborate to Potentially Operate Alternate Care Site at The Ranch Events Complex

NORTH FORTY NEWS | NorthFortyNews.com

Larimer County and the Colorado State **Emergency Operations Center are working** together to establish an alternative care site (ACS) for the northern Colorado region. The ACS is tentatively set to be operated at The Ranch Events Complex in Loveland. Once a formal agreement is finalized and signed, additional details about the site will be released.

This site is one of many that are being considered around Colorado by the Army Corp of Engineers. The site could serve as an overflow medical care facility for area and state residents.

"It is a huge benefit to have the ability to relieve pressure on the regional hospitals," said Steve Johnson, Chairman of the Larimer County Board of Commissioners.

Hospitals in Larimer County, and the larger northern Colorado region, could reach capacity in the upcoming weeks and months. Based on the experiences of other communities across the country and the world, the County is preparing now to help the hospital systems when that time comes.

Officials believe the ACS at The Ranch will not be an intake location. Residents in northern Colorado will still need to follow their regular medical processes. If individuals are experiencing symptoms related to COVID-19 they need to immediately isolate themselves and contact their



■ PHOTO COURTESY OF THE RANCH LARIMER COUNTY FAIRGROUNDS AND EVENTS COMPLEX

medical provider for further instruction. Anyone experiencing life-threatening symptoms, please call 9-1-1 immediately. More information on home care and testing information can be found at larimer. org/coronavirus.

Larimer County will continue to work on alternative plans for an ACS should the parties not be able to reach an agreement. County officials are also looking for medical volunteers to help staff an ACS, regardless of location. All experience levels are needed. If you are willing to volunteer please visit larimer.org/volunteers. Please note that the County is only compiling a list of resources. A follow-up call will be made to volunteers if their help is needed.

Information about COVID-19 is constantly changing, and the public health response adjusts as more is learned about this virus. While there is plenty of news and media information available, LCDHE is encouraging Larimer County residents to view the latest credible information on COVID-19 at www.larimer.org/coronavirus or www.CDC.gov/coronavirus. Additionally, residents are encouraged to follow LCDHE's Facebook and Twitter accounts at @LarimerHealth.

Loveland Coffee Shop Owner Shares Her Perspective About How People are Changing

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CRISTINE WILLIAMS | Jamoka Joe's, Loveland

I have noticed a change in my customers over the past few weeks. Last week I saw a mix of scared, and suspicious expressions. Worried from all the news and social media they have been obsessed over, and suspicious that their coffee could potentially kill them.

I assured each customer that my shop is like an operating room. And I'm doing everything possible to keep it sterile.

This week, folks appeared more relaxed. The word out that Cabin Fever is rampant. One of the side effects is causing them to get out and do things they don't normally do. Seniors riding bicycles for the first time in years. Bicycles, and helmets that probably haven't been out of the garage since

One gent even ordered the Vodka Marijuana Latte to "take back to his roommate". (a joke sticker on the window that he thought was our special).

Millennials day-tripping from Denver. With the ski slopes closed, and brunch in Lodo not happening, they parked in front at my little yellow coffee shack for a non-Starbucks frozen Caramel Mach, and a selfie to document their willingness to adapt in this time of crisis.

The Colorado Stay at Home order is in effect. Cars (our own, not Uber), are an extension of our homes. We can get out, and yet be at home, staying safe in our bubble.

Many were out on a Sunday drive with the whole family. The happiest faces I saw in nearly every car, were the dogs. Dogs



PHOTO COURTESY OF CHRISTINE WILLIAMS: Christine Williams of Jamoka Joe's

are getting what they love most of all, and that is more time with their owners. The companionship and distraction they bring to their owners is worth more than 100 rolls of Charmin, the bottle of sanitizer in the cup holder, and maybe equal to a latte from my humble coffee shop.

Happy dogs and coffee. Today's special.

Alternatives to Violence Asks Community to Help Victims of Domestic Violence During Stay-at-home Order

NORTH FORTY NEWS | NorthFortyNews.com

Alternatives to Violence Crisis Hotline (970) 880-1000

Home is not a safe place for everyoneparticularly victims of domestic violence. Financial hardship, fear of COVID-19 infection and supervising children add a tremendous amount of stress to an already volatile situation that can lead to a greater risk of abuse. If abuse does happen, victims are too afraid to reach out for help from home for fear of being caught. That is why Alternatives to Violence, a nonprofit providing advocacy and resources for domestic violence victims in Loveland and southern Larimer County, wants to educate the community on how to help if they suspect someone might be experiencing abuse at home.

"Abusive partners do not handle stressful situations well," said Executive Director of Alternatives to Violence, Kari Clark. "Add in the fact that gun shops across the Front Range have seen a spike in sales gives us more reason to be gravely concerned. Research has shown the presence of a gun in domestic violence situations can increase the risk of homicide for women by as much as 500 percent. It's important for people throughout the community to know how they can help a neighbor or friend in need."

What the community can do:

• Don't text-call: A voice offers much more comfort than a text. Plus, a friend in need may be more likely to express concerns in an actual verbal conversation. You may even be able to detect if there is something wrong talking or FaceTiming a friend.

- Encourage them to act fast: For victims who are still healthy or not yet in quarantine status, encourage them to move while they can, either to a friend's house, hotel or shelter. Staying at home may become more violent as time goes by.
- Drop off necessities: It is very likely that an abusive partner will withhold necessities like hand sanitizer as a form of power or control. Offer to pick up essentials for your friend and personally deliver them. practicing social distancing recommendations, to ensure they've been received. It might offer a good face-to-face opportunity to see how your friend is doing.
- Create a code word: Come up with a code word or signal your friend can use if she/ he is in trouble and in need of immediate help. It can even be an emoji that can be easily sent via text.
- Contact Alternatives to Violence: The Alternatives to Violence Crisis Hotline (970) 880-1000 is available seven days a week, 24/7. Victims, as well as friends and loved ones, are encouraged to call for support and guidance.

SUPPORT VICTIMS OF VIOLENCE BY **SUPPORTING ATV!** ATV is working hard to keep their phone lines and doors open during this critical time. ATV asks the community to consider making a donation. However small, every bit of help is needed right now. Donations can be made at coloradogives.org/alternativestoviolence/overview.

FEATURE

Annie on Assignment:

ANNIE ON ASSIGNMENT

Things to Do While Social Distancing

ANNIE LINDGREN | NorthFortyNews.com

For many, life changed drastically once 'social distancing' became a daily term. Events canceled, restaurants and bars closed, work and school socializing halted. Many are dealing with increased stress regarding what to do about work, childcare, or pandemic related challenges. As we do what we can right now to help decrease the spread and impact of COVID-19, and keep our sanity, let us consider the things we can do.

Spending more time at home is an excellent opportunity to get those backburner projects completed. Make a list of all the things that need to get done around home and life, and put that list on the refrigerator, crossing completed items off as you go. It feels good to get things done, and many of these activities provide exercise and entertainment.

Pull the craft boxes out of the closet, dust the tools off in the garage, and engage in hobbies that you have wanted to make time for or try. Research to learn more about hobbies or engage with a friend who is knowledgeable about it and could help you learn. Order supplies online if something is missing. Watch YouTube videos or read books to learn more.

Take a walk, run, or bike ride. If you live in town, choose a trail or a sidewalk, and if you are in the country, head down a country road. There is a never-ending supply of paths to cruise down and explore. Exercise, sunshine, and fresh air will help relieve

stress and feelings of being stuck indoors. As long as parks and trails are open, there is no harm in enjoying them, just avoid being close to people.

There are many outside hobbies and sports that you can engage in that are solo or small group activities. Yard or driveway games provide exercise, outdoor time, and fun. Even if you don't have another to play with, you can always improve your game and show off to others when group activities resume. Lots of outdoor adventure activities can be done solo or with another person, and take you to places without people.

If you are missing gym time, consider utilizing exercise equipment at home. There are workout videos that you can purchase, or you can find ones to watch online. It is good to get in at least 30 minutes of physical activity a day. Encourage others in your household to join in or find an accountability partner to keep you motivated. Take this time as an opportunity to add self-care time into your daily routine and learn some new ways of staying fit.

Take a drive or a road trip to a primitive outdoor location. If you plan carefully, taking all your required food, water, and toiletries, there are many places to camp and go exploring without being around people. Wash and sanitize your hands anytime you are in places other people have been, like bathrooms or gas stations, and research where you want to go, to make sure it's not closed to the public. We are fortunate to live



PHOTO BY ANNIE LINDGREN: COUNTRY ROAD IN WELLINGTON

in a beautiful state that is filled with canyon roads to explore, trails, and backcountry camping opportunities.

If you have children or other people at home with you, take this as an opportunity to spend more time with them, doing activities together to keep everyone entertained and moving forward. Take walks together, go on drives, or play games, role-modeling healthy ways to cope, knowing that others are also dealing with a lot of changes. Develop new routines together.

If your job or career has been impacted, take this as an opportunity to learn alternative systems for getting your services or products out there. If you lost your job, apply for new jobs, new markets are opening now, and some just in need of changing to move forward. Good things can come from all this

Think about the things that you have wanted to do with your life, that you may now have an opportunity to do, practice, or learn more about. Read books, listen to audiobooks, take online classes or research topics of interest. Set goals for the future, make a list of things you need to do to accomplish the goals and start working on them.

Spend time with your pets, or consider it a great time to get or foster a pet. Pets can provide valuable companionship for people who do not have others in their household. Do your research, and make choices with consideration for what your routine will be like after the need for social distancing passes.

Perfect time for spring cleaning. Get rid ing deeper into the above topics.

of things you never plan to use, donate items that others could use, and prepare for a garage sale or post stuff for sale online. Clean and reorganize your living spaces, so that there is less clutter, and more comfort. Don't forget the outdoor spaces, as it is about time to get the yard and gardens cleaned up and ready for the season. It could be a great year for gardening. These activities provide exercise and make your living spaces look and feel better.

Humans need socialization, even during social distancing. Reach out to friends and family often, especially those who are alone during this time. Give them a phone call, send them a message, or schedule a time to video chat. Take this as an opportunity to reconnect with someone you may have lost contact with or to further connect with those closest to you. Social media is a way to stay connected and an opportunity to spread positivity to those around you who may be struggling too.

Take this time of social distancing as an opportunity to reconnect with yourself, your life, and your loved ones. It is a time none of us will forget, so why not make the best of it. Remember that you are not alone during this time, just distanced and that others around you could use support and encouragement in coping, just like you may. Be kind, try and stay positive, offer help when able, and keep moving forward. Stay tuned for more articles diving deeper into the above topics.

CHECK OUT THE WEEKLY CROSSWORD PUZZLE ON OUR BACK PAGE

PUZZLE ON PAGE 24

BACKPAGE CROSSWORD SOLUTION

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WINDSOR & TIMNATH

Windsor-Based Tailor Produces High-Quality Cloth Masks

Sales to Benefit Northern Colorado Relief Fund

NORTH FORTY NEWS | NorthFortyNews.com

When Inga Gruzdys, owner of Inga Fine Tailoring in Windsor, created a few cloth masks for friends and family, she had no idea that she would soon find herself with more orders than materials.

The masks are made out of three layers of knit cotton fabric and are machine washable and reusable. "They're sturdy with an elastic band sewn in and they fit every face due to the piping," said Kristi Kelly, friend, and customer of Gruzdys. "My kids and I love them because they're reversible, so you have two different colors or patterns

to choose from with each mask."

Kelly, who is also the owner of Aspen Speech Therapy, posted a Facebook Live video about the masks on her Facebook page and within hours both Kelly and Gruzdys had hundreds of orders for masks.

"We're selling the masks for 20 dollars each and we will donate 10% from all sales to the Community Foundation of Northern Colorado's Northern Colorado COVID-19 Response Fund. Additionally, Aspen Speech Therapy has stepped up to match the donation in full," said Gruzdys. "We really want to encourage people to refrain from purchasing medical-grade protective equipment. These masks provide the protection recommended by Governor Polis for the general public and won't interfere with the needs of our frontline workers."

The problem now is that with all of the fabric stores being closed due

to the stay-at-home order, Gruzdys doesn't have enough cotton material to continue filling orders. "We're hoping that through our outreach, we can figure out a way to get access to more materials so that we can serve more people."

Gruzdys, who normally only provides upscale tailoring services to her customers, has a master's degree in design and technology and has been sewing professionally for more than 30 years.

To learn more about Inga Fine Tailoring, visit ingatailoring.com/about Call: 970-310-4659, 617 Main Street Windsor, Colorado 80550

Town of Timnath Appoints Terry Jones as Police Chief

NORTH FORTY NEWS | NorthFortyNews.com

The Town of Timnath appointed Terence (Terry) Jones to serve as the Town's Police Chief effective April 1, 2020. Jones had been serving as Chief in an interim capacity since November 18, 2019.

"Chief Jones has already demonstrated his value in the short time that he has been with us," said Interim Town Manager Wesley LaVanchy. "Particularly during these unprecedented times, we need exemplary leadership, and that's exactly what Terry provides."

Jones brings 40 years of experience to the Timnath Police Department. During his tenure with the Aurora Police Department, he assisted with several crucial events, including the Aurora Theater Shooting in 2012 and the Democratic National Convention in 2008. In 2017, Jones also assisted the City of Fort Collins as the interim chief of police while the city conducted its professional search for a fulltime chief.

"I'm very excited to accept this leadership role," said Jones. "I look forward to continuing to work with my colleagues within the Police Department, with Town staff, Town Council and the wonderful people of this community." Since joining the Town of Timnath in November, Jones has lead the evolution of the Police Department as it changes to meet the demands of a



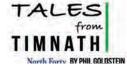
FILE PHOTO Terry Jones

growing community. He has also demonstrated his leadership acumen with thoughtful and responsive actions for the department during this difficult time.

"Chief Jones' experience and perspective have helped us move quickly toward the fully-functioning Police Department our community wants and deserves;" said Mayor Jill Grossman-Belisle. "He's undoubtedly the right person to lead the Timnath police department, and we are very fortunate to have his caliber of professionalism on the team."

Mayor Pro Tem Aaron Pearson agreed, "Chief Jones has a proven track record of success, and his leadership will help ensure Timnath remains a safe and welcoming place well into the future."

Tales from Timnath: Some Perspective About the Town Planning Commission



PHIL GOLDSTEIN

Shortly after moving to Timnath in 2010, I was asked to consider an appointment to the town's planning commission. Given my lack of prior experience, to say nothing of my aversion to appearing inept, I initially declined. However, after an assurance that I would receive the necessary training, combined with my need for filling idle time in retirement, I accepted. It was one of the best decisions I ever made.

Timnath is growing rapidly but not without forethought. Town Council prides itself on growing strategically and prudently, with less density in its residential developments than in neighboring communities, plenty of open space for recreation and commercial developments that complement the rural feel and historical charm of the original town of Timnath as much as possible.

The Timnath Planning Commission is the governmental entity responsible for initially reviewing development proposals-both commercial and residentialas well as re-zonings and most land use requests. The commission is primarily a recommending body; it has limited sole authority on most matters that come before it. At a typical meeting (always open to the public), town staff introduce the proposal, the developers present the details, public comment is heard, then the commission discusses the proposal. A vote is then taken—recommending approval of the proposal, with or without conditions, or rejecting it. Council subsequently hears the matter and has the final authority. Council may accept, accept with their own conditions, reject or table the planning



FILE PHOTO

commission's recommendation.

Planning Commission has seven members—five regular commissioners and two alternates. The alternates participate fully in the review process but only vote when there's an absence of a regular commissioner. Commissioners are appointed by Council for four-year terms and may be reappointed an unlimited number of times. Planning commissioners, like the mayor and council, are unpaid.

Planning commissioners are limited in how and when they may engage the public regarding their concerns about development proposals. Commissioners are governed by strict legal requirements that prohibit discussion on official matters outside of formal public meetings. The commission also has limited discretion in many matters. If a proposal meets the

provisions of the land use code and zoning map, the documents that set the standards for development in the community, the commission generally will approve the measure. Council, on the other hand, has far more leeway.

While some proposals that come before Planning Commission and then Council invite little or no interest from the public, there have also been four-hour, standing-room-only meetings on matters that impact large numbers of residents, with passionate and heated comment. Particularly sensitive have been those proposals where new development is perceived as encroaching on older, more established residential enclaves or where developers are seeking substantive changes to the original plans, usually for market-driven reasons.

Despite being sympathetic to the con-

cerns of residents in some of these instances, Planning Commission is obliged to follow its guidelines and remain unbiased. It's not enjoyable by any means sitting in front of a group of fellow Timnath residents and explaining why the commission must render a different decision than it would favor from the other side of the podium. On occasion, the commission will include with its recommendation a request to Council to exercise its greater discretion and seek a more satisfactory solution than what was possible under the commission's purview. This procedural recourse is a valuable counterpoint to the commission's limitations.

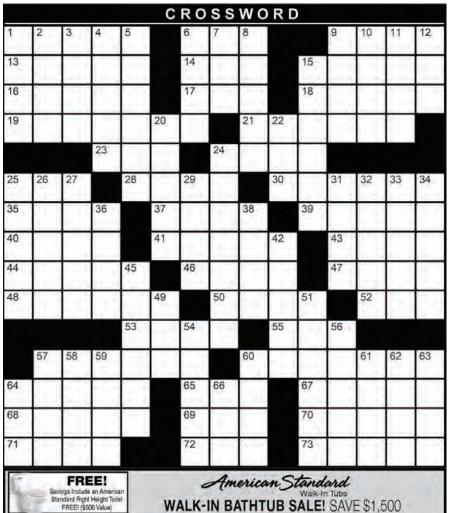
While I initially had reservations about challenging myself with this responsibility, I didn't anticipate how much I would enjoy public service and involvement in the town's progress. It's been an honor to serve, and I am indebted to the mayor and council for the trust they've placed in my colleagues and me.

To learn more about Timnath Planning Commission, Timnath Town Council and the development process, visit: https://timnath.org/.

Phil Goldstein writes Tales from Timnath periodically for North Forty News. Phil is a nine-year Timnath resident who serves the Town of Timnath as chair of the Timnath Planning Commission. Phil is finally using his journalism degree after getting sidetracked 47 years ago. The views expressed herein are Phil's only. Contact him with comments on the column or suggestions for future columns at NFNTimnath@gmail.com.

THE BACK PAGE

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- 1. Spoil
- 6. Delivery service
- 9. Gallup's inquiry
- 13. Madison Square Garden, e.g. 14. One of the Tudors
- 15. Pinkerton's gallery member
- 16. Beneath, to a poet
- 17. Bird-to-be
- 18. Not slouching
- 19. *Koko or Digit
- 21. *George or Marcel
- 23. Langley agency
- 24. Can of worms
- 25. Pine juice
- 28. Up to the task
- 30. Most recent
- 35. Furnace output
- 37. Gives a helping hand
- 39. Veranda in Honolulu
- 40. *European sea eagle
- 41. Waterwheel
- 43. Ladder crosspiece
- 44. *Valued for its down
- 46. Steelers's Chuck
- 47. Genealogical plant? 48. Treat for Dumbo
- 50. Hoofbeat sound
- 52. "To _____ is human"
- 53. Jim Carrey's 1994 disguise
- 55. Garden cultivator
- 57. *Roger or Peter
- 60. *Rocket or Rascal
- 64. "Random" audience member
- 65. Mozart's "L' del Cairo"
- 67. Resin-producing tree
- 68. Like haunted house
- 69. Time delay
- 70. City in Germany
- 71. Not a bee 72. Pilot's deadline

73. Not those

DOWN

- 1. Pirates on a plank?
- 2. Black and white treat
- 3. *Papa or Mama
- 4. Clown act
- 5. Perennial garden flower
- 6. Iris holder
- 7. *Babe or Wilbur
- 8. Fraternity letter
- 9. Politician's barrelful
- 10. Curved molding 11. Famous Australopithecus
- 12. "____ the wild rumpus begin!"
- 15. Hertz offering
- 20. Labanotation founder
- 22. Doesn't mix well with water
- 24. Wilma and Fred's hometown
- 25. *Dolly 26. Eagle's nest
- 27. *Giant or Red
- 29. *Simba or Elsa
- 31. Queen of Hearts' pastry
- 32. Accustom
- 33. Not so crazy
- 34. *Detroit mascot
- 36. Not quite an adult
- 38. Perfect houseplant spot
- 42. Luau greeting 45. S. E. Hinton's "___
- 49. Chi precursor
- 51. Place for a square 54. Furry scarf
- 56. What's in your e-wallet? 57. Actress Perlman
- 58. Runs, as on TV
- 59. Radar flash
- 60. Indian music
- 61. Yorkshire river
- 62. Lode deposits
- 63. Supreme Court number
- 64. Make a seam
- 66. *Tom or Sylvester

SEE THE SOLUTION ON PAGE 22

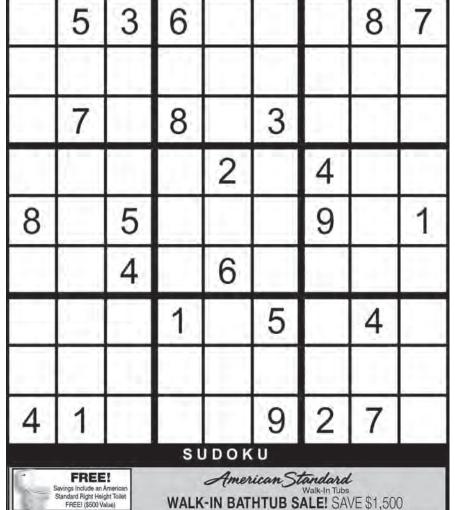


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