



FLOWERS ABOUND!

CROCUSES -- HERALDS OF SPRING
In parts of Northern Colorado Crocuses herald the first signs of Spring. See tips to prepare a sustainable greenhouse for the warm weather ahead.

PAGE 15



PHOTO BY BLAINE HOWERTON: Crocus are among the first flowers to show signs of warmer weather ahead.

BE INFORMED <i>about NOCO issues.</i>	ENJOY <i>the great outdoors.</i>	SUPPORT <i>your community.</i>	DISCOVER <i>the unexpected.</i>
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Signs of Spring



If you're big into Winter sports, you may be just humming along waiting for a late-season blizzard like the one we had mid-March 2019. For the rest of us, while we enjoy our 4-season climate, around this time of year, we may be eagerly seeking the first signs of Spring.

Enter the crocus! Long considered a symbol of youth and cheerfulness by the Greeks -- just looking at a crocus puts a spring in my step. This amazing little frost-hearty, early bloomer has always been among my favorites, perhaps because it represents such overcoming. With the least encouragement, just a little warmth from the sun, it can be seen pushing right up through the snow -- a miracle of nature that makes for a great photo-op.

If you're a homeowner, perhaps you've planted crocuses (also called "croci") last Fall so any day now you'll see them pop up in deep purple, variegated lavender, white, or bright yellow. Your efforts will be repaid year after year, as these flowers multiply.

For those of us who live in apartments, or just don't possess a green thumb, you may find these cheery little blooms walking through neighborhoods. Our friends

at Fort Collins Nursery suggest that we look for south-facing flower beds, and especially near rock faces or in rock gardens as the rocks hold warmth from the sun and encourage even earlier blooming.

Another opportunity to see nature in all its glory even at this time of year would be to plan a visit to The Gardens at Spring Creek.

You may also encounter wild violets walking along our many trails.

And last, but certainly not least, for you armchair travelers in need of a reminder that Spring is right around the corner, we recommend WILDFLOWERS OF COLORADO, by John Fielder, available at Old Firehouse Books, with page upon page of fields of stunning wildflowers, along with when and where they show up. You could plan a summer trip to Crested Butte, "the wildflower capital of the world" or another closer location outlined in this book.

We hope you'll get out there and explore this and other wonders of Northern Colorado -- this wonderful region we all call home.



PHOTOS BY BLAINE HOWERTON
The Crocus is my favorite flower.

Be. H.
Blaine Howerton

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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.

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Sexual Assault Victim Advocacy (SAVA)

LIBBY JAMES | NorthFortyNews.com



Dorothy Farrel
SAVA Executive Director

The task is daunting but the staff and volunteers at non-profit Sexual Assault Victim Advocacy (SAVA) are committed to affecting change. They are doing everything in their power locally to see an end to the rape culture that exists today in Northern Colorado, the United States and beyond.

Executive Director Dorothy Farrel, along with a team of 25, provides crisis intervention, victim advocacy and counseling for those affected by any form of sexual violence. SAVA also facilitates

outreach and education in the community through several programs and workshops. Farrel, who has been guiding SAVA since the spring of 2018, has long years of experience in the field. Educated as a social worker, she has operated homes for abused and sex-trafficked children and taught at Colorado State University.

"I love being directly involved with an agency in the community," she says.

SAVA grew out of a Larimer County mental crisis hotline established in 1974 and into a full-fledged rape crisis center incorporated in 2003. In 2010 SAVA was incorporated in Weld County. The agency now has offices in Fort Collins, Loveland, and Greeley. In 2019 SAVA served 1,400 people in Northern Colorado.

Farrel is encouraged by the current climate that has served to encourage people to confront violent sexual experiences even if they happened long ago. SAVA is available to provide counseling that can help victims come to terms with what has happened to them recently or in the past, to find their voice, and move toward coming to terms with their experiences. At the same time, Farrel acknowledges her disappointment in a persistent rape culture that tends to blame victims and is still prevalent in Northern Colorado.

SAVA seeks to change this culture with an array of outreach programs. It conducts Superworld. The empowerment summer running program for children ages eight to 12 culminates in a local 5k road race. Training sessions include developing healthy, gender-appropriate attitudes.

Speak Up is a 16-week curriculum designed for eighth-graders in Northern Colorado schools. SAVA also makes presentations to health classes for seventh and ninth graders during the school year. A peer mentoring program, the Sexual Assault Response Team (SART), is active in area high schools.

In addition to community outreach and education, SAVA has a strong focus on working directly with victims. They operate a 24-hour crisis hotline in both counties, an extensive and informative website, and access to individual and group therapy.

Primary victims, defined as those who have directly experienced assault, and secondary victims, loved ones of victims, can both find help in navigating legal and medical issues that are often complicated and confusing. Therapy programs are available for victims as young as three. SAVA is currently working with a four-year-old client. Advocates are available to accompany victims when reporting an assault to law enforcement or undergoing medical treatment. The organization helps victims to navigate complex legal and medical issues and complete a maze of paperwork.

SAVA devotes time and energy to addressing all forms of sexual assault. A crime that often remains underreported is too frequently overlooked, and is prevalent across the country, among all races, ages, and genders. Nationally, only 40 percent of sexual assaults are reported to law enforcement.

A long list of local non-profits that offer

assistance for sexual assault victims is available on the SAVA website (savacenter.org.) Prominent among them are Crossroads Safehouse in Fort Collins and A Woman's Place in Greeley that provide housing, Childsafe, COVA, an organization for victim assistance, and ATV, Alternates to Violence, that provides advocacy, outreach, and transitional housing.

Farrel says that because of a dedicated group of paid staff and volunteers, there is help in Northern Colorado for victims of sexual assault and for their loved ones affected by it.

If you need immediate help, call their hotline at (970) 472-4200.
For more information: savacenter.org



PHOTO CREDIT SAVACENTER.ORG

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WHAT: Platform for
community impact.

WHY: To vision and
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HACH CENTER FOR REGIONAL ENGAGEMENT

Northern Colorado faces far-reaching challenges that influence the future of our region. Successfully navigating these issues requires a shared vision, collaborative funding, and committed individuals and organizations. The Hach Center for Regional Engagement represents the diverse citizens of Larimer and Weld counties and is driven by the desire to preserve the enviable quality of life we enjoy today for future generations.

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CURRENT INITIATIVES:

Regional Leadership Initiative

Building unity by convening Northern Colorado mayors, mayors pro tem, and city managers to focus on bold ideas for the region.

Water Literate Leaders

Educating and inspiring decision makers to be mindful of complex regional water issues, in partnership with the Colorado Water Center.

Destination Downtown Loveland

Energizing downtown revitalization by convening national experts and invested citizens.

Sky Corral Ranch

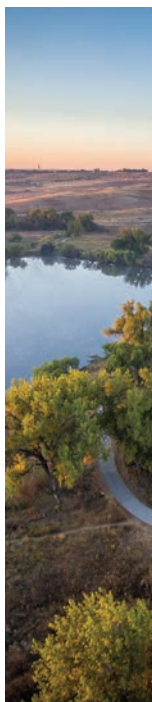
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The Emotions of Homebuying

KAREEN KINZLI LARSEN | Kinzli Real Estate

Purchasing a home is the largest single purchase most Americans will ever make. You would think that most would approach their purchase with cool-headed strategic analysis. I’m here to tell you, logic is often thrown out the window as homebuying is emotional.

You are purchasing your home; the place where you will spend your days, raise your family, host gatherings, and make memories. How can emotions not take over? These simple tips will keep you on track for making the best purchase possible.

Must Haves vs. Would Be Nice

Before you begin the home buying process, sit down and write a list of the top 5 features your home must-have. Maybe it is location so you can bike to work, maybe it is open layout for entertaining, or perhaps number of bedrooms and bathrooms. These are things that you can not live without. As you find homes with shiny new kitchen remodels or an HGTV worthy back yard, don’t let your attention be drawn from the home features you care about the most. Ideally, the home you purchase will have at least 3 of your top 5 features.

Know Your Budget

Meet with a qualified lending professional so you can understand how much money down you will need and what your monthly payments would be at various price points. For example, if you are looking for a home around \$350,000, have your lender run a payment forecast at \$325,000, \$350,000, and \$375,000. It is easy to fall in love with something more

expensive, so know your limits from the beginning.

Be Realistic with Repairs

Do you need something move-in ready or are you willing to put the time and money into something that needs work? If you are willing to put in some work, how handy are you, really? Have a good idea of the projects you are willing to tackle. Be realistic about the cost of updates and repairs. Where will those funds come from after closing?

Remember Resale

Eventually, you may want or need to sell your home and those fundamentals of real estate will matter. Avoid homes with fatal flaws such as a poor location, unfunctional layout, or poor curb appeal that cannot be addressed. Location will always be the best determining factor for resale along with unique and special features such as backing to open space, a well-landscaped yard, or a large garage.

Karen Kinzli Larsen.

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Camp Invention Summer STEM Program Coming to Several Schools in the Area

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Camp Invention™, a nationally recognized, nonprofit summer enrichment program, is coming to the following locations:

- * **Rice Elementary** the week of June 22 – June 26, 2020.
- * **Laurel Elementary School** for multiple sessions from June 15 – June 26, 2020.
- * **Timnath Elementary School** the week of June 8 – June 12, 2020.

A program of the National Inventors Hall of Fame® (NIHF) in partnership with the United States Patent and Trademark Office, Camp Invention challenges children in grades K-6 to find their “inner inventor” by learning the process of innovation. Using hands-on activities, Camp Invention promotes science, technology, engineering and mathematics (STEM) learning; builds confidence, leadership, perseverance, resourcefulness and problem-solving skills; and encourages entrepreneurship — in a fun and engaging environment.

Each year, the program features a new curriculum inspired by some of our nation’s most world-changing inventors — the NIHF Inductees. Hands-on activities include:

- * **Camp Invention™ Flight Lab™:** Imaginations soar as children learn about flight with gliders, rockets, heliballs and hand-copters. They build a cityscape from upcycled materials, navigate planes through a storm and take apart a robot.
- * **Design Thinking Project™:** Campers

learn the value of their creativity as they bring their biggest ideas to life. To become successful innovators, they create sketches, build prototypes, design logos and find out how to pitch their invention while protecting their intellectual property.

- * **Rescue Squad™:** Using teamwork and problem-solving skills, children protect the Earth’s ecosystems. Inspiring activities include creating pods to compete in zipline races, exploring energy conservation, eliminating pollution and helping wildlife in habitats across the country.
- * **Camp Invention™ Champions:** As they discover the unseen inventors behind their favorite sports, campers apply their own ingenuity. They trade inventor playing cards, create and play their own high-energy hover-ball games, and design and build the ultimate sports complex.

At the end of the program, each camper will bring home a robot!

All local Camp Invention programs are facilitated and taught by certified educators who reside and teach in the community. Camp Invention serves 130,000 students every year and partners with more than 1,800 schools and districts across the nation.

For additional information or to find a camp near you, visit invent.org/camp

Larimer County to Hold Special Event Hearing for a New Proposed Location for Arise Music Festival

NORTH FORTY NEWS | NorthFortyNews.com



PHOTO BY RICHARD HARO PHOTOGRAPHY LLC
People dance to the music at the Arise Music Festival Sunday, Aug. 5 2018 in Loveland.

A Special Event Hearing will be held on Monday, March 9 from 6:30-10:00pm at the Larimer County Courthouse Offices regarding a new proposed location for the Arise Music Festival near Buckeye, CO. The posted agenda lists public discussion as the main item.

Discussion from the agenda (136 pages in length):
On February 4, 2020, the Community Development Department received an application for the 8th annual Arise Music Festival Special Event. The event is proposed for July 30 to August 3, 2020 in a new location just off W. CR 80 near Buckeye, CO. The timeframe includes two weeks of load in before the event and one week of load out after. The Community Development Department evaluates Special Events applications based on Section 7 of the Land Use Code. Sec. 7.6.B.3 notes that the Community Development Director upon determination that the application is complete and after referring it to other county

and non-county departments may schedule the application for a hearing before the Board of County Commissioners to determine if the event should be allowed or denied. Given the level of public interest in this application and past hearings held for the Arise Festival, the director scheduled a hearing rather than decide administratively.

On the original application, the organizer estimated 15,000 participants between July 30 and August 3rd.

According to the county, more than 60 comments were received from interested parties. Three supported the event. The majority of the comments expressed concerns regarding traffic and road damage, fire risk, trespass, potential threats to livestock, safety concerns, impacts to wildlife and natural areas, dogs, drones, noise, and other potential impacts due to the event's remoteness and size (noting the temporary population would be larger than Wellington).

Many agencies approved the original application, however, the Larimer County Sheriff "denied" it citing concerns about the distance, road design, strain on emergency services, distance for first responders, and the flow of traffic on the roads.

"We have already done considerable work on the Sheriff's concerns—and believe that all of his issues are solvable through careful consideration and good management," said Luke Comer, Acting Executive Producer of Arise in a statement to North Forty News. "As always, Arise is entirely devoted to the safety of our patrons and surrounding people, communities and lands," he said.

Special Event Hearing Date:
Monday, March 9, 2020 - 6:30pm to 10:00pm
Courthouse Offices - Hearing Room
200 W. Oak Street, Hearing Room #155
Fort Collins, CO 80521

Western Spirit Art Show & Sale Opening Reception Features Western Art from All over the Country

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The 39th Annual Western Spirit Art Show & Sale opens on March 7, 2020. This show features over 400 original pieces of Western art from artists all over the country.

The Art Show kicks off with an opening reception on the evening of March 7. Museum members will be admitted at 5pm for a member-only preview and Buy-it-Now, where all pieces, including the popular miniatures, can be purchased at a 25% premium before the sale opens to the ticketed public at 6pm.

Opening night reception tickets and 35% of each

piece of artwork sold directly benefit the Museum.

Opening night festivities feature a Silent Auction Quick Draw, where four artists create an original piece of art from scratch that can be bid on during the duration of the Quick Draw. Other components include live entertainment, and complementary full bar and heavy hors d'oeuvres.

New to Western Spirit is the Western Art for Non-Profit Partners Program. This initiative provides buyers a new way to purchase art, support the Museum, and give to other local non-profits. Buyers may select art from wishlists provided at registration to buy and donate to our partner organizations. These wishlists have been carefully curated by our partner organizations to fit their missions.

For more information, please call: 307-778-7289 or visit www.westernspiritartshow.org

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Networking & Educational Breakfast • Tues., March 3, 7:30 a.m.
Michelle Vance, Economic Development Director, Town of Wellington
"Town efforts to support business development, retention & expansion"
Taco John's, 7910 6th Street, Wellington

Business After Hours • Thurs., March 12, 5:30-7:30 a.m.
Host: Wellington CO Main Streets Program, 3749 Harrison Ave., Wellington

'WOW' Women of Wellington • Wed., March 18, 6:00-8:00 p.m.
"Essential things every woman should know about her car"
Guest Speakers: Linda and Sara Knaack
Owl Canyon Coffee, 3745 Cleveland Ave., Wellington

Chamber Member Orientation • Friday, March 27, 8:30-9:30 a.m.
First National Bank, 4100 Harrison Ave., Wellington
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Experience the Music of Ludwig van Beethoven and Maurice Ravel in the Silver Linings Concert

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PHOTO COURTESY FORT COLLINS SYMPHONY
Maestro Taras Krysa

The Fort Collins Symphony will feature the guest conductor Maestro Taras Krysa and guest flutist Norman Menzales Saturday, March 7 at 7:30 p.m. at the Lincoln Center for their Silver Linings concert. Krysa will start the evening off with the music of Ludwig van Beethoven and Maurice Ravel. The concert also will showcase Menzales performing Carl

Reinecke's Flute Concerto in D major. Lastly, the night will come to an end with Wolfgang Amadeus Mozart's Symphony No. 36, "Linz." Krysa will be holding a pre-concert lecture for ticket holders one hour prior to the concert at the Lincoln Center where he will be speaking in detail about the music that will be heard that evening. The concert is sponsored by over 6 organizations, including Friends of the Symphony, the Friends of the Symphony International Music Exchange Fund, the Friends of the Symphony Endowed Chairs, Paul Wood Florist, KRFC 88.9 FM, and Jay's. The evening concludes with newlywed Wolfgang Amadeus Mozart's melodic and joyful Symphony No. 36, "Linz."


For more information and details about the Fort Collins Symphony's Silver Linings concert. Please visit www.fcsymphony.org and LCtix.com for tickets.

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Non-Profit Animal Welfare Organizations Team Up for Beat the Heat Campaign

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IMAGE COURTESY OF WWW.MYCOOLHOMESCHOOL.COM
Wild kittens

Animal Friends Alliance (AFA) and Larimer Humane Society (LHS) have partnered to provide cat owners spaying services at a discounted price at their clinic in Fort Collins during the month of March to avoid unplanned litters and promote animal wellness during the Spring season. Despite the heat of summer being not present yet, AFA and LHS are offering 90 cat owners in Larimer County spay surgeries at the discounted rate of \$20. This offer comes as an effort to prevent both cats and kittens from being abandoned and to reduce the annual overflow of litters in shelters which can take a toll on the shelter's resources. Most importantly, the well-being of these animals is what is important. "By partnering with Animal Friends Alliance through the 'Beat the Heat' initiative, our goal is to assist owners in making responsible choices for their cats – decreasing challenges like homelessness and overpopulation, and helping to keep cats healthier overall," says Judy Calhoun, CEO of Larimer Humane Society. The American Veterinary Medical Association states that sterilization of female kittens is not only one of the most effective strategies in reducing pet

homelessness but is also safe for kittens as young as 8 weeks. This special rate and priority for the rate will only be available throughout the month of March. Cat owners who are interested in making the most of this discounted spaying are encouraged to mention the "Beat the Heat" campaign when scheduling an appointment also. "Most people don't want to see their cat get pregnant over and over again, so we hope our 'Beat the Heat' campaign will serve as a gentle reminder to cat owners to sterilize their cats before they go into heat this year," said Dr. Gloria Matsushita, chief veterinarian at Animal Friends Alliance. For more information on the AFA and the LHS or for how to schedule an appointment for your cat, please call (970) 484-1861 or visit their websites at larimerhumane.org and SavingAnimalsToday.org



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Planning for International Travel, the First Step to a Great Adventure

ANNIE LINDGREN | North Forty News



Have you dreamt of traveling to other countries, but don’t know where to start in planning? As I prepare to spend the month of March ‘down under’ in Australia and New Zealand, I will share with you some tips, resources, and a checklist of things to consider, for successful travel to other countries.

Booking the trip. There are many great organizations and websites offering deals on flights and travel packages. I receive their emails, and when I find an incredible deal to a place I have been wanting to visit, I book it. I spent a week in Ireland in November, and only paid \$699 for the flight, six nights of hotels, and a rental car. Affordable travel is within reach, and mid-week flights are cheaper than weekend flights. Travelzoo, Great Value Vacations, and Orbitz are among my favorites.

Be Prepared for the flight. Show up to the airport two hours in advance to make it through security and customs, and do your

research on what you can and cannot take on the plane. Have all your care items in travel-sized containers, 3.4 oz or smaller, and make sure that any liquid containing items fit inside a quart-sized bag. Neck pillows are life-savers for long flights.

Medications and Immunizations. Bring all the medications you will need for the trip, with prescriptions, either labeled on the bottle or present if you are using a pill organizer. Over the counter medications don’t need prescriptions, but should be labeled. Check the local health department to find out if you need any special immunizations for where you are traveling, and bring your immunization records, just in case. I bring a first aid kit and an assortment of medications that I may need if trouble arises.

Lodging and Transportation. Lodging accommodations come in a variety of forms, based on budget and comfort needs. It’s often included in trip packages, which is nice when traveling to a country for the first time. Booking in advance is helpful if you know for sure where you are staying. If you don’t know, then become familiar with lodging options in the areas you plan to visit. Rental cars are easy to find at airports or in cities. Many apps that you book flights with will also offer deals on car rentals and lodging, and airports will have information on public transportation options.

Packing. Research the weather where you are visiting, and plan your clothing and accessories accordingly. Short trips can be easy, but longer trips require clothes washing. Layers and easy to wash (and hang dry) clothes are best, with a few mix-and-matchable options in each layer. Travel laundry soap, travel clotheslines, and a sink drain cover make laundering

easier.

Maps and Itinerary. Picking up a travel book about the area can teach you about the local culture and environment, as well as offer recommendations on where to eat and what to visit. Organized trips may do the planning for you, but if not, bring maps and do your research. You can’t always rely on your phone to pull up a map. I never plan my entire trip out, rather just a general plan with flexibility for visiting with locals and getting their recommendations on the best places to go.

Money. Each country has its own currency, so get familiar with how much an American dollar is worth compared to the country you are visiting. Bring a debit card for getting cash, or pick some up at a bank before departing. Many credit cards charge a conversion charge rate (an extra charge every time you use it) in other countries, so consider getting a card that doesn’t charge this, if you don’t have one. REI, Amazon, and many business cards do not charge this rate. Make sure to let your credit card companies know when you will be using your card in other countries.

Connect-ability. Let your cell phone company know what country you are visiting, and inquire about plan upgrades and connectivity options. Expect to not have as good of service, or be as reachable via text. I often wait until I am connected to wi-fi to communicate with folks back home. Some people get phones or sim cards once they arrive in the country, to use for the duration of their trip. Wi-Fi can be found almost anywhere but comes with a cost in more primitive places. Many hotels and restaurants offer it to customers for free. You likely need a power outlet adapter to charge devices.

Travel Insurance is a valuable protection for a low cost. It will protect everything from the money you spent on your tickets and vacation package, your belongings, a medical emergency, and unexpected changes in the plan due to situations beyond your control.

Visas. Many countries require travel visas, that can be applied for online before your trip. More primitive countries will have you apply for a visa at the airport when you land. Visas are often included in trip packages. Each country has a travel information website that you can review to learn about everything you need to know when traveling to that country, including safety concerns, special restrictions, and visa requirements.

Food and Customs. Learn about the food and cultural norms. If you have dietary restrictions or allergies, you may need to bring some food with you. I am a dairy-free vegetarian, so always carry nondairy creamer and an assortment of protein-rich snacks and bars. Customs is important as well if you don’t want to come across offensive, run into trouble, or get made fun of by the locals. A custom in Nepal was keeping shoulders and legs covered, and while it meant not packing some favorite outfits, I found myself more comfortable being properly dressed.

There is much to enjoy about traveling to other countries, and a never-ending bucket list of places to visit. Whether you are traveling with a group of friends, traveling solo, or have joined an organized tour, all are rewarding and life-changing experiences.

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Lessons to Learn From Corona Viruses

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

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

The recently infamous coronavirus, Corvid-19 (a.k.a. 2019-nCoV), humbles our species by spreading quickly and killing about 2 or 3 of every hundred persons it infects. Our social behavior and global distribution serves the virus' needs well. We are all just a sneeze, touch or cough away from becoming a factory for making billions of new viruses free to carry out their reproductive destinies. Corvid-19 teaches us that its survival tools can often trump our own, no matter our race, gender, or wealth. Its supremacy reigns because it can quickly exploit our planet-wide social connectivity.

All life on our pale-blue-dot of a planet is connected in the same way. I wrote an article called "Plant internets & other botanical wonders" for Colorado Gardener Magazine in 2017. In that piece, I discussed how a network of fungal filaments called mycorrhizae connects all the trees in a forest. Fungi and trees don't just exchange food and water. They also communicate information about pest infestations, environmental toxins, and the general health of the forest community. Certain trees even serve as communication hubs, rather like the Mother Tree in the 2009 movie, Avatar, for you science fiction buffs. But as humans, we are rather "plant blind," as evolutionary ecologist, Monica Gagliano, once described it. We tend to perceive the world only in human terms—a failing that could lead to our species demise if we are not vigilant.

Chinese officials closed businesses, schools, and public events to check the spread of the coronavirus. That action alone has disrupted science, industry, and commerce. It's even made a measurable impact on the climate—at least in the short term.

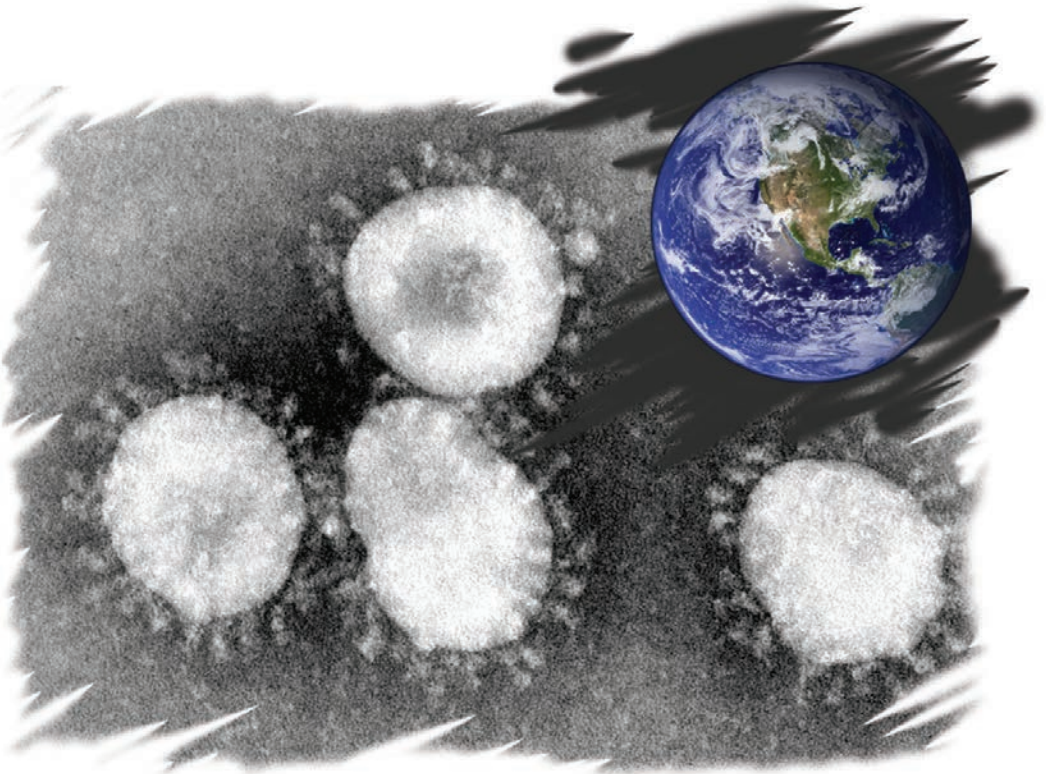
Closed universities means access to scientific labs is restricted, resulting in projects that have to be mothballed, fieldwork in various disciplines interrupted, and travel to conferences curtailed. Some research may be postponed

months because laboratory test animals can't be maintained, and some studies will have to be redone. Impacts reverberate around the world for students, academics, and economies that rely on their activities.

Many drug stockpiles for a variety of clinical uses may run out or suffer depletion because 80% of all active pharmaceutical agents are produced in China and India. And what about medical infrastructure? If Corvid-19 (or some future coronavirus) were to become a pandemic, could most countries—including our own—treat all of its victims?

The U.S. stock market tumbled over a thousand points recently, concerned about how curtailed economic activities will impact bottom lines. Business abhors uncertainty and chaos.

The shutdown of normal commerce and travel has temporarily reduced the amount of CO2 emissions from China by 25%. Assuming this condition won't last long,



COMPOSITE IMAGE BY R. GARY RAHAM
Minute viruses can quickly have a global impact in our interconnected world.

it may only result in a one or two percent reduction over the course of a year, but it's enlightening to see how quickly the virus can alter our effect on climate-altering emissions.

Perhaps the biggest lesson the Corvid-19 virus can teach us is humility. We may be pretty smart for hairless apes that survived the last ice age, but we still have a lot to learn about our dependence on the health of all the intertwined life on our beautiful blue and white planet—a planet that Apollo 8 astronaut, Jim Lovell, hovering in Lunar orbit, could easily cover with the thumb of his extended hand.

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NORTH FORTY NEWS
NORTHERN COLORADO'S WEEKLY INDEPENDENT LOCAL NEWS

High Country Beverage • The Summit
Scott Wilson with Edward Jones

March is Oyster Month at Jax Fish House & Oyster Bar

NORTH FORTY NEWS | NorthFortyNews.com



PHOTO PROVIDED BY JAX FISH HOUSE
Jax's proprietary Emersum oyster

March is Oyster Month at Jax Fish House & Oyster Bar, and we'll be celebrating with contests, giveaways, and specials all month long. All of these oyster-ific happenings will culminate with the eighth-annual High West Oyster Fest on April 2 at EXDO Event Center in Denver's RiNo neighborhood. (More info on that below.)

Oyster Month is a long-running tradition at Jax. Jax was a raw-oyster pioneer in its early days and built its reputation on bringing fresh shellfish to our landlocked

state. Jax began hosting its now-legendary oyster-eating competitions in 1997, and has shucked millions of oysters for bivalve-loving guests since first opening in '94.

While Oyster Month is all about oysters (obviously), it's also about philanthropy. For every one of Jax's proprietary Emersum Oysters sold, 10 cents will be donated to First Descents, an organization that provides outdoor experiences to young adults fighting cancer. Additionally, all proceeds generated from High West Oyster

Fest will also be donated to First Descents.

Oyster Month festivities at Jax will include:

A Dozen Dozens

Enjoy a dozen oysters at Jax during oyster month and you'll be entered into a drawing for a chance to win free oysters for a year.

Slurps Away

For every 5 half-dozen Emersum oysters you order in March, you'll get a free half-dozen on us! Snag your Oyster Enthusiast punch card at all Jax locations starting March 1st.

National Oyster On the Half Shell Day - March 31st

\$1.75 Emersum Oysters ALL DAY AND NIGHT LONG

Shucking Awesome Specials

We're talking buffalo-fried oyster sandos, \$5 oyster shooters, and cooked oysters priced at \$3.50 each or 8 for \$25.

Oyster Club Member Martinis

Jax Oyster Club members get a FREE martini with every dozen oysters enjoyed in March. Not a member yet? Sign up now for free at www.jaxoysterclub.com. *Show your digital OC login for the hook-up at all locations.

About High West Oyster Fest

Jax's annual Oyster Month culminates with the eighth-annual High West Oyster Fest on Thursday, April 2 at the EXDO Event Center in Denver's RiNo neighborhood. The celebration will include the 19th annual Oyster Eating Competition, the eighth-annual Oyster Shucking Competition, live music from DJ Styles Davis and Guerrilla Fanfare Brass Band, and bivalve-centric bites from Jax and additional area restaurants and chefs.

All proceeds and donations from the evening will directly benefit First Descents. Tickets are \$45 and include entry into the Fest, live music, tastes from top Denver restaurants and unlimited Emersum oysters from Jax Fish House & Oyster Bar.

Tickets can be purchased in person at any Jax Fish House & Oyster Bar location, or online.

About First Descents:

First Descents is a local non-profit that provides life-changing outdoor adventures for young adults (ages 18-39) impacted by cancer.

For more information, please visit <https://firstdescents.org>

Fort Collins Lounge and Supper Club Renovates and Reopens

STEVEN BONIFAZI | NorthFortyNews.com

Underground Cocktail Music Lounge Ace Gillett's reopened its doors in Fort Collins Friday, February 14 after a month-long renovation in order to make an overall more comfortable and inviting experience and feel for the community.



PHOTO CREDIT: RYAN SHEETS
Ace Gillett's

well as a House DJ playing vinyl. Tuesdays are Cocktails for a Cause and there is even Retro Wednesdays. The rest include Thursday Date-Night Dance Nights and Friday and Saturday Live Jazz with a Sunday Champagne & Jazz Brunch launching later in the spring.

Ace Gillett's has been known for its emphasis on Jazz and it plans to stay that way. Live music will consist of Jazz including swing.

Located in Old Town Fort Collins, beneath the recently renovated Armstrong Hotel, Ace Gillett's has undergone a serious remodel. They have introduced refurbished interiors, reinvigorated cuisine and liquid refreshments, and nightly live music or vintage vinyl spinning.

The inside of Ace Gillett's has received a make-over, from the intimate bar to the bathrooms. Previously, there were two rooms, the library room and a general office that were used as meeting rooms. Now, those same rooms have been opened up to live music, dancing and dining, and even private events.

"The updates to our interior and menus will better serve the guests of today, while our service allows each person who walks through our doors to feel at home," said George Prine, general manager of The Armstrong Hotel and Ace Gillett's.

Along with the new interior comes weekly programming. Mondays will be Local Neighborhood Night, featuring local brewers and businesses as

They also intend on making the vinyl addition a tactile experience where people pick out albums to be played. They will make music selections or recommendations to be paired with a drink, such as an Old Fashioned with the singing of Frank Sinatra for example.

With an emphasis on a supper club, Ace Gillett's kitchen is run by Executive Chef Gustavo Gonzales. Gonzales has developed a new, locally sourced menu that infuses comfort with flare. "It's a simple menu with a little twist to it. Straightforward identifiable dishes for people to feel comfortable when they come here," said Gonzales.

For more information about Ace Gillett's, please visit their website at acegilletts.com or give them a call at (970) 449-4797.

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Four Members to Be Inducted Into the Greeley Stampede Hall of Fame

NORTH FORTY NEWS | NorthFortyNews.com

Over the past 98 years, many people have made valuable contributions to the success of the Greeley Stampede. Through a community nomination process, the Greeley Stampede has selected four outstanding individuals to be inducted into the Greeley Stampede Hall of Fame in March.

This year’s inductees include:

The Anderson Family: A Colorado family that has been influential within the sport of rodeo and was the Stampede’s rodeo stock contractor from 1931–1958.

Nyla Bristow: Former Miss Independence Stampede Queen, a 40+ year Wrangler volunteer member, former Miss Rodeo America board member and longtime member of the Miss Rodeo Colorado Board.

Harold Evans: A strong community supporter and a former Greeley Stampede Committee member who was instrumental in the construction of the west arena grandstands project.

Dick Lookhart: A founding member of the Wrangler volunteer organization and a former Greeley Stampede Committee member that was known for spending endless hours supporting the event.

“It was great to review so many nomination forms and learn more about the history of the event. There were so many deserving nominees, that it was a difficult decision to narrow down the finalists. After a lot of discussion, the review Committee felt these four would be the perfect class for this year’s Hall of Fame,” said Justin Watada, Greeley

Stampede General Manager and Hall of Fame Chairman. “They all had a huge impact on the event and have been instrumental in putting Greeley on the map as one of the top rodeos in the country.”

To recognize the Hall of Fame inductees, the Greeley Stampede will be hosting a banquet Friday, March 27 at Zoe’s Café starting at 6pm.



Individual tickets for the event are \$25 or a table of eight for \$160. Tickets for the banquet are available at the Greeley Stampede ticket office located at 600 N 14th Ave. Tickets can also be purchased over the phone at 970-356-7787. Office hours are Monday through Friday, 10am–4pm. Space for the banquet is limited.

Additional recognition will take place during the 2020 Greeley Stampede including display

cases for each inductee with information and artifacts about their contributions to the Stampede. The display cases will be located in the Events Center during the Event.

The Greeley Stampede Hall of Fame was established for the purpose of honoring individuals who have made significant and long-lasting contributions to the Greeley Stampede. Inductees into the Hall of Fame may include, but not limited to, volunteers, affiliated organizations, contract personnel, and others who have made a significant contribution to the success and prestige of the Greeley Stampede. More information is available at www.greeleystampede.org/p/halloffame.

The Greeley Stampede, a 501(c)4 nonprofit corporation, is the Colorado’s premiere summer western celebration. This longstanding event has grown in diversity and popularity since its inception and has provided music and rodeo entertainment to hundreds of thousands of people every summer. The Stampede was inducted in the Pro Rodeo Hall of Fame in 2014 and named a Top 10 Rodeo by USAToday in 2018 and 2019 along with the Rocky Mountain Country Music Awards Top Event of the Year in 2018. For more information about the Greeley Stampede visit www.greeleystampede.org.

The American Troubadour to Perform Live at the Union Colony Civic Center

NORTH FORTY NEWS | NorthFortyNews.com



The Union Colony Civic Center, 701 10th Ave., welcomes none other than the music legend himself, Don McLean on Saturday, March 28 at 7:30 p.m.

With a number of hits and decades of playing music under his belt, McLean continues to tour North America. Experience this legendary artist as he displays a mix of his classic hits with an array of new works from his latest album, “Botanical Gardens.”

McLean has established himself as one of the most revered and respected songwriters in American history. He influenced many of the big names that we hear today such as Garth Brooks and Ed Sheeran, who cite his songwriting as the finest in the art form.

With a musical career spanning over 50 years, singer-songwriter McLean has made many contributions to the music industry, including “And I Love You So,” “Vincent” and “American Pie.” “American Pie” is considered one of McLean’s most important works of music and was rated one of the Recording Industry Association of America’s Top 5 Songs of the 20th Century. In 2002, the song was inducted into the Grammy Hall of Fame.

For more information and to claim your ticket, contact the UCCC ticket office at 970-356-5000, or visit us online at ucstars.com.

Banner Health Taps New CEO for Northern Colorado

NORTH FORTY NEWS | NorthFortyNews.com

Banner Health announced the appointment of a new chief executive officer for its Northern Colorado hospitals. Hoyt Skabelund assumed this new post on Feb. 23.

Skabelund, former CEO for Banner Health’s rural division, is now CEO for North Colorado Medical Center, McKee Medical Center and Banner Fort Collins Medical Center. Skabelund replaces Margo Karsten, who has held a combined role as Banner’s Northern Colorado CEO and as president for the organization’s Western Region.

Karsten is continuing to serve as president of the region and will focus on strategic initiatives, growth and engaging in legislative developments. Banner’s rural hospitals will now report to Karsten. “The new structure will help us make the most of growth opportunities and address the rapid pace of change in the Western Region,” said Becky Kuhn, chief operating officer for Banner Health. “With these changes, we can bring additional leadership support to the Northern Colorado market and allow Margo to focus on growing the Western Region.”

The Western Region includes Banner’s three Northern Colorado entities plus Banner Churchill

Community Hospital (Fallon, Nevada), Banner Lassen Medical Center (Susanville, California), Banner Payson Medical Center (Payson, Arizona), Community Hospital (Torrington, Wyoming), East Morgan County Hospital (Brush, Colorado), Ogallala Community Hospital (Ogallala, Nebraska), Page Hospital (Page, Arizona), Platte County Memorial Hospital (Wheatland, Wyoming), Sterling Regional MedCenter (Sterling, Colorado) and Washakie Medical Center (Worland, Wyoming).

Skabelund joined Banner in 2014 as the CEO for Banner Churchill Community Hospital. In 2017, he became CEO at Sterling Regional MedCenter and also had executive leadership responsibilities for the 10 rural markets. Karsten joined Banner in 2016 coming from Cheyenne Regional Medical Center, in Cheyenne, Wyoming, where she was CEO. Previously, she held executive leadership roles in healthcare in Fort Collins and Denver and taught at Regis University and the University of Colorado–Denver.

For more information, visit www.BannerHealth.com.

More Communities Eligible for Wildfire Grants Under Bill Has Advanced

Legislation Would Make It Easier for Projects in Lower-income Communities to Receive Grant Funding and Allow Nonprofits and Fire Districts to Also Receive Grants

JARRETT FREEDMAN | Colorado House Democrats



The House Committee on Rural Affairs and Agriculture has passed by a vote of 11-0 Representative Julie McCluskie’s bipartisan legislation to make it easier for lower-income communities, nonprofits and fire districts to receive wildfire risk mitigation grants.

“With our changing climate, wildfires are growing more common and more intense, and they don’t discriminate based on how much money a community has,” said Rep. McCluskie (D-Dillon). “This bipartisan legislation will allow more communities, especially those with fewer economic resources, to take advantage of wildfire hazard mitigation grants. These grants fund critical projects that reduce the risk that a wildfire will threaten lives and property.”

HB20-1057, which is also sponsored by Representative Terri Carver, would lower the self-finance threshold for the cost of projects from 50 percent to 25 percent in areas with fewer economic

resources. Currently, grant applicants must pay for 50 percent of the cost of a project financed by a grant. By lowering the threshold, more lower-income communities will be able to take advantage of wildfire risk mitigation grants.

The bill, which advanced from the Wildfire Matters Review Committee, would also allow nonprofits, entities engaged in firefighting, and fire protection districts to apply for the grants. It extends the grant program until September, 2029. Under current law, the program expires in September, 2022.

Wildfire risk mitigation grants are used to finance projects that reduce the risk that wildfire will damage property and infrastructure. Projects typically work to reduce the hazardous materials, such as dead trees and brush, that fuel wildfires and threaten people and property in the wildland-urban interface. Grants sizes have ranged from \$4,400 to \$152,500.

Frosty Morning in Livermore

PHOTO AND CONTENT BY SCOTT BURNWORTH | Special Contributor

On an exceptionally chilly winter morning (fyi: February 5, 2020), the thermometer read 8 below zero in Livermore when I awoke around 6:00 am. The temperature inched its way down as the first light spread and intensified. By good fortune, I looked outside to the west as the outlines of antelope bedded down close to the house emerged from the darkness. At 7:20 am direct rays of sunlight fell across a tight band huddled together as the temperature bottomed out at minus 15. Frost had covered the vegetation and the overnight guests as they rose and began another day of life on the high prairie.



Chapel in the Pines Interdenominational Christian Church



Guest Pastors for March, 2020

- 3/01 Rev. Scott Kissel, Non-denominational, Fort Collins, CO
 - 3/08* Pastor Felix Arellano, Timberline Church, Fort Collins, CO
 - 3/15 Pastor Pam Hilliard, First Christian Church DOC, Loveland, CO
 - 3/22* Pastor Ted Rodenbeck, Commissioned Lay Minister, Red Feather Chapel in the Pines, Red Feather, CO
 - 3/29 Pastor Lloyd Nichols, Non-denominational, Loveland, CO
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The Ball Starts Rolling: Seneca Falls 1848 Women's Suffrage Series

CHERRY SOKOLOSKI | Special Contributor



PHOTO COURTESY OF NATIONAL PARK SERVICE
Wesleyan Chapel in Seneca Falls, N.Y., now part of the Women's Rights National Historical Park

The 1848 Woman’s Rights Convention held in Seneca Falls, N.Y., is widely considered to be the beginning of the women’s suffrage movement. So, it’s ironic that the right to vote almost failed to make it onto the agenda.

The year before, Elizabeth Cady Stanton had moved with her family from Boston to Seneca Falls, a small town where her husband Henry was starting a new law practice. Stanton already had three small children, and domestic chores were all-consuming.

This was not the life she was accustomed to. As a child growing up near Albany, N.Y., Elizabeth rubbed elbows with some of the most important progressive thinkers of the day. Her abolitionist cousin, Gerrit Smith, was interested in all the current reform movements, and a steady stream of progressive thinkers came to his home, including the famous Grimké sisters. This provided a stimulating atmosphere for the young Elizabeth, and she eagerly joined the spirited discussions and debates.

After Elizabeth’s marriage, she and Henry moved to Boston which also boasted an exciting intellectual environment. Stanton regularly attended lectures and meetings about the social reform movements of the time. She became friends with writers and reformers such as Ralph Waldo Emerson and the abolitionist Frederick Douglass.

The move to Seneca Falls, then, was akin to putting one’s brain on ice. As Stanton recalled later, “I suffered with mental hunger, which, like an empty stomach, is very depressing.”

In July of 1848, Stanton was excited to receive an invitation to tea in a nearby town – especially when she learned that Lucretia Mott would be there. Stanton and Mott had become fast friends at the 1840 World Anti-Slavery Convention in London, where women (even official delegates such as Mott) were forbidden from participating.

Mott, a Quaker with six children, was 22 years Stanton’s senior. A gifted public speaker who was ordained as a Quaker minister at age 28, Mott provided a powerful role model for Stanton. She encouraged the younger woman to trust her own opinions and to speak her mind. Mott’s marriage also inspired Stanton, since she and her husband John respected each other as equal partners.

Both women were angered by the convention snub, and before they left London they made a pact: they would organize a convention as soon as they returned home, and push for equal rights for women.

Life delayed the women’s plan a bit, but when the two met again in upstate New York in 1848, they were able to fulfill their promise.

Tea and revolution

There were five women at tea that summer day, all of them wives, mothers, and grandmothers. Besides Stanton and Mott, the group included Mary Ann McClintock, Martha Coffin Wright, and Jane Hunt. All had complaints about the injustices of their daily lives, and together they were inspired to take action: They would organize a meeting where women could discuss the challenges facing the female sex.

The women did not delay. After taking tea on July 13, they ran a notice in the daily paper on July 14 for a convention to be held on July 19 and 20 in Seneca Falls. On the 16th, they met again to plan the meeting. Each would prepare a speech, and Stanton volunteered to take the words of the Declaration of Independence and fashion a new Declaration of Sentiments calling for women’s rights.

Stanton’s Declaration included these words: “We hold these truths to be self-evident: that all men and women are created equal.” It also stated, “The history of mankind is a history of repeated injuries and usurpations on the part

of man toward woman, having in direct object the establishment of an absolute tyranny over her.”

Stanton also drafted 12 resolutions promoting women’s equality in education, employment, property rights, religion, and suffrage. Only the suffrage resolution faced stiff opposition from the other convention organizers, who thought to ask for the vote was far too radical.

Stanton stood firm, however, believing that voting rights were critical if women were to fight for other social changes.

The women were not optimistic about attracting a large crowd to the convention. After all, the public had received less than a week’s notice of the event, and it was haying season. But, on the morning of July 19, the organizers arrived at the Wesleyan Chapel to see dozens of people already gathered and more still arriving.

In the end, more than 300 people attended the first Woman’s Rights Convention. Eleven of Stanton’s resolutions passed easily, but – again – suffrage was hotly debated and resisted. However, Frederick Douglass was in attendance, and he saved the day. He gave an impassioned speech in support of voting rights for women, and after hours of discussion, the resolution finally passed, by a narrow margin.

By the close of the convention, one-third of those in attendance had signed the Declaration of Sentiments. Among them was a 19-year-old farmer’s daughter, Charlotte Woodward, already an enthusiastic supporter of women’s rights. Excited by the newspaper ad, she had even recruited six of her friends to attend the meeting.

Woodward was the only signer who would live long enough to see the passage of the 19th Amendment.

The Seneca Falls Convention made headlines across the country – but it was negative attention, with most newspapers ridiculing the organizers and their goals. Nonetheless, a prominent Quaker woman organized a second convention just two weeks later, in Rochester, N.Y. Other women’s rights meetings followed in Ohio, Indiana, Massachusetts, and Pennsylvania.

Indeed, as Stanton said, the Seneca Falls convention had “set the ball in motion.”

Source: *Votes for Women!* by Winifred Conkling, 2018.

March suffrage events:

The Loveland Museum at 503 N. Lincoln Ave. has several events planned for March. Info at: 970-962-2410 or lovelandmuseumgallery.org.
The women’s suffrage series will be continued monthly throughout 2020.

Volunteers Needed for Loveland Rotary Kidspak

NORTH FORTY NEWS



The 4th Annual KidsPak City Wide Food Drive will take place March 6th, 7th and 8th at various locations in Loveland and Berthoud.

KidsPak is a weekend hunger relief program that directly assists approximately 550 students each week in the Thompson School District.

Last year, there were over 6,837 students receiving free/reduced lunch and homeless students in our district exceeded 801. During the 2018/19 school year.

The program provided 20,023 bags of food (equaling 100,115 meals). During last year’s food drive, they collected over 33,000 lbs. of food. The goal this year is to collect 37,000 lbs.

Loveland Rotary is looking for volunteers with large vehicles and people willing to be store greeters, Drivers and Assistants.

They are looking for the following volunteers:

KidsPak March Food Drive – Grocery Store Greeter – work 2-hour shifts greeting customers, handing out food lists and collecting food. High school students will receive a volunteer certificate.

KidsPak March Food Drive – Trucks, Drivers and Assistants–work 3-hour shifts, provide a truck and driver, or be an assistant to the driver. Pick up food at participating stores and deliver donations to Food Share Building (heavy lifting).

For more information contact the Food Drive Captain, Betsy Elliott, betsy@kidspak.net, 720-988-4893, or go to <https://www.lovelandrotrarykidspak.org>

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Simulation System Moves to New Location

Banner Health's New Facility Provides Realistic Training Space

NORTH FORTY NEWS | NorthFortyNews.com



PHOTO BY BANNER HEALTH
Carrie Brandon, director for the Banner Western Region Simulation Center, tucks a patient mannequin into bed in one of the new rooms at the Sim Center.

No one wants to be the test patient for new nurses or physicians to practice high-risk, infrequent events. The Banner Health Simulation System provides a realistic training space. Banner team members will be experienced and prepared when they see patients at their new location.

The Western Division Simulation System, formerly located in McKee Medical Center, is moving to new space at 1825 E. 18th St., just south of McKee. The new location, complete with realistic patient rooms, life-like mannequins, classrooms and office space, is twice the size of the prior location and serves as the training ground for staff from nine Banner hospitals in six states including those in Northern Colorado. The realistic training opportunities in the new facility will help improve patient safety and increase caregiver confidence.

Director of Simulation Systems for the Western Division Carrie Brandon said the aim is to create a space so realistic the trainees suspend their disbelief and create a muscle memory from practice that carries into the clinical practice.

"The best adult learning is when it is emotionally tied," Brandon said. "We really can mimic the hospital with this new space and allow for realistic practice opportunities."

The four rooms include a one-way mirror where simulation staff can control and observe scenarios in real-time from behind the glass in the "drivers room."

"The goal is to improve clinical and patient outcomes," said Ginny Coates, clinical education specialist for Banner's Western Division. "It boils down to improved patient outcomes."

The McKee Wellness Foundation helped fund the newly converted state-of-the-art 2,900 square-foot space. The space opened on March 2.

Headquartered in Arizona, Banner Health is one of the largest nonprofit health care systems in the country. The system owns and operates 28 acute-care hospitals, Banner Health Network, Banner – University Medicine, academic and employed physician groups, long-term care centers, outpatient surgery centers and an array of other services; including Banner Urgent Care, family clinics, home care and hospice services, pharmacies and a nursing registry. Banner Health is in six states: Arizona, California, Colorado, Nebraska, Nevada and Wyoming.

For more information, visit www.BannerHealth.com.

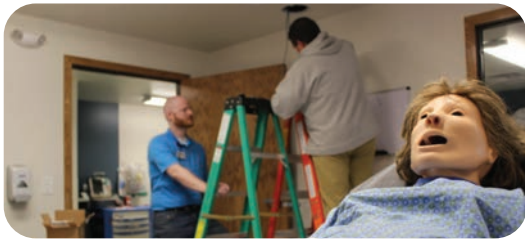


PHOTO BY BANNER HEALTH
Brandon sets equipment in place in one of the training rooms at the Simulation Center. The one-way mirror separates the room from the trainers who run simulations and observe team interactions.

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Ojibway #1 mine
Keweenaw Cty., MI
Photo: Phil McCollum

Iron City (Empire) mine
Keweenaw Cty., MI
Photo: Phil McCollum

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For more details on these and other local events, visit:

calendar.scenenoco.com

Wednesday, March 4

A Bursts of Brilliance Workshop - What Matters to You, Old Firehouse Books, 6 pm -8 pm

After School Art Classes, Museum of Art Fort Collins, 4 pm -5 pm

Avo's Open Bluegrass Jam, Avogadro's Number and Avo's Bar, 9 pm

Colorado Avalanche vs. Anaheim Ducks, Pepsi Center, 7:30 pm -10:30 pm

Composer Talks - Masterworks 4, Old Town Library, 12 pm -1 pm

Denver: Uncorked! Comedy Show, Infinite Monkey Theorem Winery, 7:45 pm -9:45 pm

FoCo FPV Drone Racing, Prost Brewing, 6 pm -8 pm

Lyle Lovett and his Acoustic Group, Boulder Theater, 8 pm

Magnolia Sessions ft Lois & The Lantern, Aggie Theatre, 6 pm -9 pm

Mason Maynard, The Fox Theatre, 9 pm

Metal Shaping and Patinas at CF&G Public Market, Wellington Colorado Main Street, 6 pm -8 pm

Open Space Festival of New Music, UNC Campus Commons Performance Hall, 7:30 pm -9:30 pm

Pushing Chain, Avogadro's Number and Avo's Bar, 7 pm

Rekindle the Classics, Wolverine Farm Letterpress and Publick House, 6:30 pm -8:30 pm

Shut Up & Write!, Letterpress & Publick House Downstairs, 7 pm -8:30 pm

Signing Smart - Your Baby CAN Talk!, Full Moon Books, 10:15 am -11 am

Singletrack Social Ride, 4791 West County Road 38 East, 80526 Fort Collins, Colorado, United States, 4791 W Co Rd 38 E, Fort Collins, 6 pm -8 pm

The Crooked Wheel Pop-Up Bike Shop, Letterpress & Publick House Outside (weather permitting), 12 pm -5 pm

The Host - Essential Cinema: South Korean Film, Lyric Cinema Cafe (Theatre), 6:45 pm -9:45 pm

Wednesday Open Ride (WOR), 4616 South Shields Street, 5:30 pm -7:30 pm

Young Dubliners with The Stubby Shillelaghs at Moxi Theater, Moxi Theater, 8:30 pm

Thursday, March 5

All My Friends are Skeletons - Chris Cornell Tribute, Aggie Theatre, 7 pm -10 pm

Avo's Presents: Los Toms & Spliff Tank, Avogadro's Number, 8:30 pm -11:59 pm

Boulder International Film Festival, Boulder Theater, 10 am -9 pm

Caskey w/ Thin Air Crew and Staying Stokes, Hodi's Half Note, 9 pm -12 am

"Constellations" Presented by OpenStage Theatre, Museum of Discovery, 7:30 pm -9 pm

Doc Talks: General Pershing: an Interview, Zoe's Café & Events, 7 pm -8:30 pm

Essential Steps to Starting Your Business, Larimer SBDC, 9 am -11 am

Film Screening of Ice on Fire - Free, Avogadro's Number, 6 pm -8 pm

Flying V Sessions: A Female Musicians Showcase!, Wolverine Farm Letterpress and Publick House, 7 pm -9 pm

"Ice On Fire" Presented by the Sustainable Living Association of Fort Collins, Avogadro's Number and Avo's Bar, 6 pm

Jammin' Feud, Prost Brewing, 8 pm -10 pm

Jazz Ensembles Concert: Spotlight on Ernie Wilkins, UCA, Griffin Concert Hall, 7:30 pm -9:30 pm

Live On The Lanes Presents: And The Black Feathers, Chippers Lanes, 9 pm -11 pm

Los Toms & Spliff Tank, Avogadro's Number and Avo's Bar, 8:30 pm

Lyle Lovett and his Acoustic Group, Cheyenne, Wyoming, 7:30 pm -9:30 pm

MF RUCKUS / HAIL SATAN / HOSS, Surfside 7, 9 pm

Murder by Death 20th Anniversary, Washington's, 7 pm -9:45 pm

Naughty Professor with special guests at Moxi Theater, Moxi Theater, 8 pm

Open Space Festival of New Music, UNC Campus Commons Performance Hall, 7:30 pm -9:30 pm

Reception for Returned Peace Corps Volunteers, Global Village Museum of Arts and Cultures, 5 pm -7 pm

Tuesday/Thursday Group Ride (TTH), 1833 East Harmony Road, 11:12 am -12:42 pm

Friday, March 6

1st Friday of the month music, American Legion George Beach Post 4, 5 pm

8th Annual Defiance Challenge, Sunlight Mountain Resort, 7 am -5 pm

97.3 KBCO & Bell's Brewery Present Fox Theatre & Kyle's Birthday Party feat. Kyle Hollingsworth Band with Magic Beans, The Fox Theatre, 8:30 pm

Amorphic, with Special Guest, Avogadro's Number and Avo's Bar, 9 pm

A night with Amorphic at Avogadro's, Avogadro's Number, 8:30 am

Back to the 90s - Dance Party ft TwoScoops, Jimeni, & Marl Cologne, Hodi's Half Note, 9 pm -12 am

Boulder International Film Festival, Boulder Theater, 10 am -9 pm

Brewing History: Fort Collins' Global Connections, Global Village Museum of Arts and Cultures, 6 pm -9 pm

"Constellations" Presented by OpenStage Theatre, Museum of Discovery, 7:30 pm -9 pm

Dark Side of Eldren: Pink Floyd's Dark Side of the Moon performed by Eldren at Moxi Theater, Moxi Theater, 8 pm

Eric Straumanis, Prost Brewing, 8 pm -10 pm

First Friday Art Walk, Downtown Fort Collins, 6 pm -9 pm

First Friday at The Exchange, The Exchange - Fort Collins, 6 pm -9 pm

First Fridays at the Farm, Letterpress & Publick House Upstairs Event Hall, 6 pm -9 pm

Gabrielle Louise & Band CD Pre-Release Show at BAS BLEU Theatre, Bas Bleu Theatre, 7 pm -10 pm

Keller Williams, Washington's, 7 pm -10 pm

Live@Lunch with Foreign Suns, KRFC 88.9FM Live at Lunch, 12 pm -1 pm

Live Music: Izabel Crane, New Belgium Brewing, 5:30 pm -7:30 pm

Live music with Colleen Crosson, Sparge Brewing, 6 pm -9 pm

Marvel Years + Russ Liquid w/ Funkstatik, LonSoul, Aggie Theatre, 9 pm -11:59 pm

Mountain Duo at T-Bar, T-Bar Inn, 8 pm

NeoG Release Party!, Old Firehouse Books, 6 pm -8:30 pm

Once Upon a Tune Trio - Harmony in the Round Concert, Harmony Library, 7 pm -8:30 pm

Opening Night Red Carpet Gala, Boulder International Film Festival, 5 pm -10 pm

Open Space Festival of New Music, UNC Campus Commons Performance Hall, 5 pm -7 pm

Play Forever Fridays: Blue River Watershed Group, Copper Mountain, 9 am -4 pm

Poudre River Irregulars, Avogadro's Number and Avo's Bar, 4 pm

Sad Bug, Handsome Anthony, Desperate Electric at Retro Record House, The Retro Record House, 6 pm

Saltwater Slide and Formative Fire at Black and Blues Music and Brews, Black and Blues Music and Brews, 8 pm -10 pm

Sugar Britches! The band! at Rockabillies!, Rockabillies, 8 pm -11:55 pm

The Music of John Denver Starring Jim Curry and the GPO, Union Colony Civic Center, 7:30 pm -10 pm

The Music of John Denver with Jim Curry and The Greeley Philharmonic Orchestra, Union Colony Civic Center, 7:30 pm

Venture Still's Craic at Lucky's, Lucky Joe's, 9:30 pm -12:30 am

Saturday, March 7

10 Barrel Hella Big Air, Copper Mountain, 10:30 am -10 pm

2020 Fort Collins Polar Plunge, Maxline Brewing, 10 am -3 pm

2020 High Plains Landscape Workshop, Gardens on Spring Creek, 8:15 am -3 pm

2020 Snowball Sweepstakes, Powderhorn Resort, 3 pm

Austin: Wine Tour and Tasting, The Infinite Monkey Theorem, 5 pm -6 pm

Bald Eagle Viewing at River Bluffs, Fort Collins, CO, 8 am -10 am

Ben Pu & Crew with Bones Muhroni, Silver and Smoke at Moxi Theater, Moxi Theater, 8:30 pm

Brixx Birthday Bash ft Special Guests, Jakattak, Eschaton, Hodi's Half Note, 9 pm -12 am

Bud Light Rocks the Boat Free Concert: The Main Squeeze, Ghost Ranch Steamboat, 3:30 pm -5 pm

Build Your Own Skateboard Workshop 3/7/20, Launch Community Through Skateboarding, 10 am -4 pm

CL Harrington Live at Timnath Beerwerks, Timnath Beerwerks, 6 pm -8 pm

"Constellations" Presented by OpenStage Theatre, Museum of Discovery, 7:30 pm -9 pm

Crown Point Elixir, Prost Brewing, 8 pm -10 pm

CSU Chamber and Concert Choir Concert, UCA, Griffin Concert Hall, 7:30 pm -9:30 pm

David Wilcox, Armory FoCo, 7 pm -10 pm

Family Day, Gregory Allicar Museum of Art at Colorado State University, 10:30 am -2:30 pm

Holly Herson for HD 48 Coffee With the Candidate Greeley, Gourmet Grub, 12:30 pm -2:30 pm

Kitchen Dwellers with Head for the Hills, The Fox Theatre, 8:30 pm

Life on the Prairie, Standley Lake, 11 am -12 pm

Live music with The Seers, Sparge Brewing, 6 pm -9 pm

Love Laps - Chairlift Speed Dating Event, Howelsen Hill, 12 pm -4 pm

Million Dollar Quartet, Cheyenne, Wyoming, 7:30 pm -9:30 pm

Mother - Essential Cinema: South Korean Film, Lyric Cinema Cafe (Theatre), 12:30 pm -3 pm

Mountain Duo at Mash Lab, Mash Lab Brewing, 5:30 pm

NOCO Live at Aggie Theatre, Aggie Theatre, 8 pm -11:59 pm

Paper Quilling at CF&G Public Market, Wellington Colorado Main Street, 10 am -12 pm

Saturday Open Ride (SOR), 4616 South Shields Street, 9 am -1 pm

Silver Linings: Beethoven, Reinecke, Mozart, and Ravel, The Lincoln Center, 7:30 pm -9:30 pm

Snow Volleyball Competition - 2nd annual in Steamboat Springs, Howelsen Hill, 9 am -3 pm

Special Red Carpet Presentation of Resistance, Boulder International Film Festival, 7 pm -10 pm

Stories on Stage presents "Wilder Women", Su Teatro Cultural and Performing Arts Center, 7:30 pm

The Sogs at Black and Blues Music and Brews, Black and Blues Music and Brews, 8 pm -10 pm

The Tale Spinner Lounge, Avogadro's Number and Avo's Bar, 7 pm

Uncle Clyde's Run & Slide, Purgatory Resort, 10 am -12:30 pm

Willy Porter, Magic Rat Live Music, 8 pm -10 pm

WW Presents: Oprah's 2020 Vision: Your Life in Focus, Pepsi Center, 9 am

Sunday, March 8

2 Year Celebration - Kombucha Taproom, Turtle Mountain Fermentery, 1 pm -6 pm

Bas Bleu International Women's Day Celebration, Bas Bleu Theatre, 2:30 pm

Colorado Mammoth vs. Rochester Knight-hawks, Pepsi Center, 5 pm

Concerts At the Cathedral Basilica Presents: The Rocky Mountain Chamber Singers, Cathedral Basilica of the Immaculate Conception, 3 pm -4:30 pm

Engaging Voices — #EachForEquality, Bas Bleu Theatre, 2:30 pm -4:30 pm

Funky Business w/ 2nd Choice City 7, Avogadro's Number and Avo's Bar, 4 pm

Monday, March 9

Biers, Bags and Brats Cornhole League, Prost Brewing, 6 pm -8 pm

Denver Nuggets vs. Milwaukee Bucks, Pepsi Center, 7 pm

Dino-Light at the Cheyenne Civic Center, Cheyenne, Wyoming, 6:30 pm -8 pm

Free Movement Method Informational Meeting, Avogadro's Number, 605 S Mason St, Fort Collins, CO 80524, USA, 6:30 pm -8:30 pm

Full Moon Dinners, Cliffhouse Restaurant. Buttermilk Mountain, 5 pm -8 pm

Mug Night: Stand-Up Comedy Open Jam at 10PM, Hodi's Half Note, 7 pm -12 am

Virtuoso Series Concert, Duo Francois, Violin, UCA, Organ Recital Hall, 7:30 pm -9:30 pm

Tuesday, March 10

Avo's Open Mic, Avogadro's Number and Avo's Bar, 7 pm

Caregiver Community Group, Pathways, 1 pm -2:30 pm

Face Painting on Kids Night at DC Oakes, Fort Collins!, DC Oakes Brewhouse & Eatery, 5 pm -8 pm

Girls' Night Out: Clueless!, Lyric Cinema Cafe (Theatre), 6:30 pm -8:30 pm

Open Craft, Letterpress and Publick House @ 316 Willow St, 5 pm -7 pm

Psychedelic Professionals Meet: Fort Collins, Wolverine Farm Letterpress and Publick House, 6:30 pm -8:30 pm

Pub Talk: Early History of Water Development in the Poudre Basin, Red Truck Beer Company, 6 pm -7 pm

QuickBooks (Desktop Version): 3 Part Series, Digital Workshop Center, 8:30 am -12:30 pm

Rosanne Cash with John Leventhal - She Remembers Everything, Boulder Theater, 7 pm

Sam Bush w/ Coral Creek at Aggie Theatre, Aggie Theatre, 8 pm -11:59 pm

Wednesday, March 11

Alma Katsu Haunts The Deep!, Old Firehouse Books, 6 pm -8 pm

Avo's Open Bluegrass Jam, Avogadro's Number and Avo's Bar, 8:30 pm

Colorado Avalanche vs. New York Rangers, Pepsi Center, 8 pm -11 pm

DimeStories (3 Min Story Open Mic) at The Forge, Fort Collins, The Forge Publick House, 6:30 pm -7:30 pm

FoCo FPV Drone Racing, Prost Brewing, 6 pm -8 pm

FREE KARAOKE w/ DREW, Surfside 7, 9 pm -10:55 pm

Generational's w/ Sarah Jaffe, Aggie Theatre, 9 pm -11:59 pm

Guest Artist Concert, Duo Steiner-Hochwartner / FREE, UCA, Organ Recital Hall, 7:30 pm -9:30 pm

Mother - Essential Cinema: South Korean Film, Lyric Cinema Cafe (Theatre), 6:45 pm -9:45 pm

Re:Turn ft Fullmetal, Flats Stanlie, Alex Knox, Hodi's Half Note, 8:30 pm -11:30 pm

Shut Up & Write!, Letterpress & Publick House Downstairs, 7 pm -8:30 pm

Singletrack Social Ride, 4791 West County Road 38 East, Fort Collins, 6 pm -8 pm

SOLD OUT - phAb 4 (Anders Beck & Paul Hoffman with William Apostol & Todd Herrington), Washington's, 9 pm -11:30 pm

Sore Eyes / No Lungs / Copper Teeth at Surfside 7, Surfside 7, 9 pm

Sorting Through Social Media - Basics and Strategy, Larimer SBDC, 9 am -11 am

The Crooked Wheel Pop-Up Bike Shop, Letterpress & Publick House Outside (weather permitting), 12 pm -5 pm

The Growlers - Natural Affair Tour 2020, Boulder Theater, 7 pm

Trivia Night, Sparge Brewing, 6:30 pm

Wednesday Open Ride (WOR), 4616 South Shields Street, 5:30 pm -7:30 pm

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Getting your Greenhouse Groove on Sustainable Greenhouses for Northern Colorado

KATHLEEN MILLER | Gaia's Farm and Gardens



The feeling a greenhouse gives you is the “greenhouse groove” or “greenhouse Zen.” It is an ideal place for growing a wide variety of fruit and vegetables throughout the year, reducing your household’s reliance on air-freighted, high carbon supermarket food and providing a quiet space for meditation, yoga or just relaxing.

A sustainable greenhouse is designed to hold large numbers of plants, including ones of considerable size. In colder parts of the United States, greenhouses are equipped with heating devices so that even tender crops such as tomatoes and peppers can be grown in the coldest months.

Your greenhouse should face south to get maximum winter sunlight and may need shade to protect the plants on hot, sunny days in the summer. If you are not able to locate your greenhouse in an area with southern exposure, the next best choice is east because plants benefit from morning sunlight. A western exposure also is acceptable, but plants do not do well in a north-facing location.

Greenhouses can be bought or built in a variety of sizes and designs, from a geodesic dome to a simple lean-to against your home. Greenhouse manufacturers sell complete kits that the homeowner can assemble, but for economic and personal reasons, many gardeners prefer to build their own from scratch.

I have a freestanding Quonset-shaped greenhouse that is simple, economical to operate, and much of the materials besides that greenhouse plastic were purchased

locally or recycled. I use this greenhouse to start seedlings in the winter months to be ready to plant outside in spring. I am in the process of designing a lean-to greenhouse that will be attached to my home and that can use the heat from my house while providing heat to my home in the colder months. If your greenhouse is attached to your home, a concrete foundation should be put in that extends below the frost line because of the freezing temperatures in Northern Colorado. Otherwise, frost heaving can distort the greenhouse form and cause glass breakage, structural damage and even damage to your home.

If it is a freestanding greenhouse it can rest directly on the ground or on a base of 2-inch-thick patio blocks or 8-inch thick concrete blocks. The sills should be of rot-resistant redwood or else treated with wood preservative, especially if the greenhouse rests on patio blocks or on the ground. In windy areas the greenhouse should be secured to a permanent foundation or else be anchored to the ground.

Greenhouses require electricity, so your design should accommodate electrical wiring and connections. Many greenhouse suppliers offer plug-and-play electrical systems to streamline the process. If you don’t feel confident that your design will adequately meet your requirements, consulting with a manufacturer may be a better option for first-time greenhouse builders.

Heating costs in greenhouses can account for 60-70% of all energy consumption. For more eco-conscious people, consider more sustainable energy solutions. If space allows, consider implementing utility-grade solar arrays as a primary energy source. Modern solar energy solutions can capture up to 2,500 terawatts of accessible power at an affordable rate. Solar fans are also available at many greenhouse supply companies allowing you to cool your greenhouse more sustainably in the summer months.

A small wind turbine connected to your sustainable greenhouse can provide the electricity to power energy efficient bulbs that can provide warmth or electricity to your crops over winter, increasing your yields and the amount of fruits, vegetables or flowers that you are able to grow.

Gaia’s Tips on Creating a Sustainable Greenhouse

Insulate Greenhouse Walls

If you have a freestanding greenhouse it is wise to insulate the north wall. If you live in a sunny area, you may also consider insulating the east and/or west walls. Start with the side receiving the winter prevailing winds. Some people retrofit an existing greenhouse for winter by using a foil backed “bubble wrap” type of material on the north, east and west walls and north portion of the roof. This material is commonly sold as “Reflectix” insulation. It is found in hardware stores and sold by greenhouse supply catalogs.

Use Thermal Storage

This is the use of rock, water or other dense thermal mass material in which to store the incoming solar heat. Water is by far the most efficient and easiest material to use. In your sustainable greenhouse, a cheap and efficient way of storing water is in black 55-gallon oil drums. Fill with water and place along the north wall to store the sun’s heat. For smaller greenhouses look for the 30-gallon metal drums. Many owners of heated greenhouses also have installed containers of water to increase heating efficiency.

Gaia (Mother Earth) Grows is a sustainable living, gardening, and farming column.

Sustainable living, gardening and farming is based on an understanding of ecosystems, the study of relationships between organisms and their environment. It has been defined as an integrated system of plant and animal production practices that will last over time. Having a harmonious relationship with Gaia (Mother Earth) provides food for people, enhances the natural environment upon which the community depends, makes efficient use of resources and integrates natural cycles that sustain economic viability as well as enhances the quality of life for the community as a whole.

Insulate the Foundation

The foundation of your greenhouse should not be a heat sink. If the ground is freezing cold outside, then it will conduct directly through your foundation, making it cold inside. The solution is to insulate your foundation's outside perimeter with Styrofoam board, usually 1 to 2 inches thick. This insulation should be placed vertically and extend down to a minimum of 1 foot. If you live in gardening zone 4 or less, consider even deeper foundation insulation. Set the foam-board insulation against the outside of your greenhouse foundation or if no foundation place the vertical insulation in a trench around your greenhouse perimeter.

Side Wall Curtain Ventilation and Solar Fans

Roll-up greenhouse sides — sometimes called side wall curtains — help to maximize natural ventilation by allowing heat within the structure to escape while also allowing fresh outside air in to the greenhouse. This passive form of ventilation is very helpful for controlling greenhouse humidity and preventing the formation of condensation which can lead to plant disease. Roll-ups curtain setups can be highly customized to suit your unique greenhouse and growing needs. Hand and crank assemblies, roll-up door assemblies, aluminum poly latches, clips, conduit and hardware is all available at greenhouse supply companies and your local hardware store.

Use Double or triple glazing

“Glazing” is the term for the greenhouse skin which the light shines through. This is a must for an energy-efficient greenhouse and essential for any sustainable greenhouse. Glazing should be tightly sealed and free of dust or dirt. Glass can be used but double or triple greenhouse glazing is the more sustainable way to go. Winterize Your Greenhouse Vents and doors must be weather-stripped, and cracks must be caulked and checked for wear every year. I usually do an inspection for any potential air leaks in fall before the cold weather comes. Plug all leaks with caulk, foam or some other form of insulation.

Build a Rocket Stove Mas Heater

A rocket mass heater is a clean-burning, high-performance burner usually put together using a majority of recycled and/or natural materials, such as cob. Rocket mass heaters, use small amounts of wood burned efficiently at high temperatures to heat up a thermal mass, which then slowly radiates the heat outward for many hours. This is a great way to extend the season, warming the greenhouse in the winter months and it is a great place to warm your seedlings because they germinate faster with bottom heat.



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- ACROSS

1. Cutlass or Delta 88, for short

5. Passports and driver's licenses

8. Bit of smoke

12. Narcotics agent, for short

13. Type of coffee maker

14. Sashay

15. Austin Powers' antagonist

16. Creole cuisine staple

17. Designer Calvin

18. *Last year's winning coach

20. Red-encased cheese

21. Prepared

22. Drunkard's sound?

23. Source of white meat

26. They are often grand

30. "Ever" to a poet

31. Mrs. Potts of "Beauty and the Beast"

34. Cough syrup balsam

35. Russians, e.g.

37. A shot could prevent it

38. Up and about

39. Lake _____caca, South America

40. Plant disease

42. *Member of University of Utah team

43. Autumnal zodiac sign

45. Rooster, e.g.

47. Rare find

48. Campus VIPs

50. Razor-_____

52. *Lowest seed

54. In good health

55. 2017 Oscar-winning animated film

56. "_____ for thought"

59. Essential oil derived from iris

60. Nasal input

61. Pre-swan state?

62. *NCAA basketball team with most titles

63. *7 seed opponent in round 1

64. Prospector's mother
- DOWN

1. *Top seed

2. Abbreviation on a bathroom door

3. Precedes drab

4. Part of an eyeball

5. Vexed

6. Eastwood's _____ Harry

7. Quarrel

8. *Lowest seeded team to win championship

9. Part of ideal

10. Fit for a skinny one

11. Mightier than sword?

13. Give to St. Vinny's

14. Yarn store unit

19. Does like Matryoshka

22. *An airball doesn't do it to either rim or net

23. Outdoes

24. Thing of the past

25. One of the Muses

26. *Final _____

27. India's sacred flower

28. *Like last eight

29. More sure

32. Like Bob Ross' hair

33. Layer

36. *Cavaliers' state

38. Make amends

40. Slow-witted

41. Demosthenes, e.g.

44. Waits for approval, e.g.

46. Being of service

48. D in LED

49. Former prisoner

50. Rigid necklace

51. Catapult

52. One from Glasgow

53. Canceled

54. Olden-day French coin

57. Goes with borrowed and blue

58. Indigo extract

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