



DREAM BIG!

MARTIN LUTHER KING JUNIOR DAY IN NORTHERN COLORADO

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Martin Luther King, Jr. leading the march from Selma to Montgomery to protest the lack of voting rights for African Americans. Beside King are John Lewis, Reverend Jesse Douglas, James Forman and Ralph Abernathy (Photo by Steve Schapiro/Corbis via Getty Images)

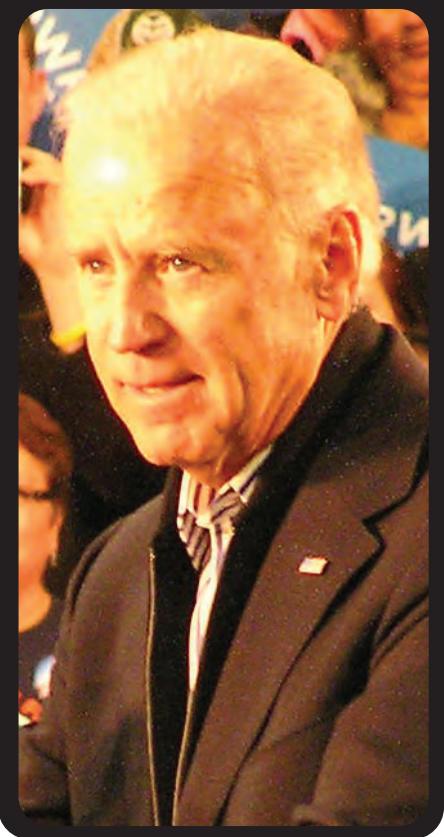


A PREVIEW OF
WHAT'S GOING ON
IN NORTHERN COLORADO

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Dear Tim: A Message from Joe Biden

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Joe Biden
(Photo by Tim Van Schmidt)

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Honoring Dr. Martin Luther King Junior

In honor of Dr. Martin Luther King Jr and the movement for Civil Rights, I am dedicating my usual space (and then some) for the Publisher's Letter to his famous speech delivered on the

steps of the Lincoln Memorial. The speech took place on August 28th, 1963.

Many of us have heard the speech, but far fewer have probably actually read it. Take a few minutes to read this famous speech, in honor of him, and for greater awareness of the need for Civil Rights in the United States (then and now).



(Photo by Steve Schapiro/Corbis via Getty Images)

Dr. MARTIN LUTHER KING JR. (Civil Rights Leader): Five score years ago, a great American, in whose symbolic shadow we stand today, signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of their captivity.

But 100 years later, the Negro still is not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later...

The Negro is still languished in the corners of American society and finds himself in exile in his own land. And so we've come here today to dramatize a shameful condition. In a sense we've come to our

nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men - yes, black men as well as white men - would be guaranteed the unalienable rights of life, liberty and the pursuit of happiness.

It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check, a check which has come back marked insufficient funds.

But we refuse to believe that the bank of justice is bankrupt.

We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. And so we've come to cash this check, a check that will give us upon demand the riches of freedom and the security of justice.

We have also come to his hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism.

Now is the time to make real the promises of democracy. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice.

Now is the time... to lift our nation from the quick sands of racial injustice to the solid rock of brotherhood. Now is the time to make justice a reality for all of God's children.

It would be fatal for the nation to overlook the urgency of the moment. This sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. 1963 is not an end, but a beginning. Those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual.

There will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of

justice emerges.

But there is something that I must say to my people who stand on the warm threshold which leads into the palace of justice. In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred.

We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again, we must rise to the majestic heights of meeting physical force with soul force. The marvelous new militancy which has engulfed the Negro community must not lead us to a distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny.

And they have come to realize that their freedom is inextricably bound to our freedom. We cannot walk alone. And as we walk, we must make the pledge that we shall always march ahead. We cannot turn back.

There are those who are asking the devotees of civil rights, when will you be satisfied? We can never be satisfied as long as the Negro is the victim of the unspeakable horrors of police brutality. We can never be satisfied as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities.

We cannot be satisfied as long as the Negro's basic mobility is from a smaller ghetto to a larger one. We can never be satisfied as long as our children are stripped of their selfhood and robbed of their dignity by signs stating: for whites only.

We cannot be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote.

No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters, and righteousness like a mighty stream.

I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow jail cells. Some of you have come from areas where your quest for freedom left you battered by the storms of persecution and

(See "Martin Luther King Junior" on page 14)

North Forty News

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

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Preparing Easter Cactus for Bloom

BRYAN FISCHER | Gardens on Spring Creek



(Photo by Gardens on Spring Creek)

Discussed previously in this column, holiday cacti are classic, if poorly-understood additions to houseplant collections in our region. Some holiday cacti can re-bloom lightly (and at odd times), so it's wise to check several features before assuming you have the correct identity of your cactus.

In addition to the previously discussed Thanksgiving and Christmas cacti, a third type of cactus, commonly referred to as Easter cactus, can be found for sale occasionally in our region, often at garden centers or in grocery stores. A late-winter-to-spring bloomer with slightly different cultural requirements set these plants (*Schlumbergera* or *Rhipsalidopsis gaertneri*, depending on who you ask) apart from their early-winter-blooming relatives (other species and hybrids in the *Schlumbergera* genus: *Schlumbergera truncata* and *Schlumbergera x*).

Distinguished most easily from winter-blooming relatives by their spring display, Easter cacti also provide a few other clues to aid in identification. Smaller in overall size when compared to their peers, these attractive plants have a more upright, arching form and blooms with radial symmetry, rather than the bilateral symmetry employed by Thanksgiving and Christmas cacti. The flowers produced by Easter cacti are also considerably flatter than other holiday cacti, which typically have a distinct, tubelike shape before the face of their blooms.

Additionally, in opposition to the pointed leaf edges of Thanksgiving cacti, Easter cacti have the smoothest, most rounded leaf edges of the commonly seen holiday cacti. Most helpful to me, the tops of leaf segments are also tipped with tufts of very short "glochids" that appear like hairs to the naked eye.

I prefer the refined, star-shaped blooms of Easter cacti to their gaudier counterparts. Whites, pinks, oranges, and reds, make excellent focal points in our homes at a time when it is so easy to appreciate the merits of a vibrant floral display. Each bloom is surprisingly long-lived, closing each night and reopening each morning, with some plants blooming for weeks or more.

Follow these steps to ensure that your holiday cacti bloom:

- Sustain the three conditions below for at least four weeks simultaneously:
 - Temperatures of 60 to 70 degrees, with 60 to 65 at night preferable
 - Uninterrupted darkness for 14 hours per day is essential to set buds
 - This naturally begins in mid-November in Northern Colorado
 - You can force this process by covering plant / excluding light overnight

Bud setting for Easter cacti occurs a couple of months later, and relies on the steps above for holiday cacti, PLUS:

- A sustained, four-week drop in temperature to 55 degrees after the above requirements are met:
 - Consider placing plants near your coolest window
 - Continued uninterrupted long nights (14+ hours) through the chilling period
 - Drier than average soil – reduce watering to just enough to prevent leaf shriveling
- Then return your plant to room temperature by mid-February, when budget should be set and long nights no longer required; return to standard watering.





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WELLINGTON

A Wild Night in Downtown Wellington

ANNIE LINDGREN | NorthFortyNews.com



Helicopter on Cleveland (Courtesy of Curtis Smelker)



Holiday decorations came down early this year. (Photo courtesy of Christine Gaiter)

January 10, 2022, was an exciting day in Wellington. Many heard reports of the officer-involved shooting that started at Family Dollar and ended on East Mulberry in Fort Collins after a vehicle pursuit. This mid-afternoon event made Denver news. However, what didn't make the news (until now) is what happened that evening...

North Forty News shares the story of "what are the chances?!" And, thank goodness everyone was ok.

The Gaiters, who live along Cleveland Ave, heard the sounds of the accident. The scene outside was a wild one, as a two-vehicle crash led to a truck hitting a power pole at the corner of 4th Street and Cleveland Ave. This power pole also held the Holiday Decorations that spanned across Cleveland Avenue on the East end of downtown. The power pole, entirely out of the ground, balanced perfectly on top of the truck, with live power lines touching the truck. The woman and dog inside the truck had to stay put as touching the outside of the truck would have caused electrocution. The rubber tires grounded it out, so they were safe inside as long as they didn't touch anything metal. Law enforcement and fire protection arrived on the scene, but they

couldn't get the person out of the truck until the power was shut off. This took about 20 minutes.

Meanwhile, a Flight for Life helicopter was called in, as is standard protocol for situations with live wires and potential for electrocution. Curtis Smelker, the owner of Wellington Auction, a business that has been in downtown Wellington since the '80s, watched a first for downtown Wellington. A helicopter landed in front of the T-Bar Inn. Curtis watched as flower planters and sidewalk furniture flew by the mighty wind set off by the helicopter blades. "It was incredible watching the pilot land without hitting the power lines along the street," shared Curtis, who backed away to avoid being hit by flying benches.

Trustee Jon Gaiter shared in the trustee meeting Tuesday night how great of a job the various organizations did in working together to address safety and prevent further catastrophe.

In the end, everyone involved walked away unharmed. So all that is left is a story of how the holiday decorations came down a little early this year, coinciding with the first, and hopefully last, time a helicopter has to land in the middle of downtown Wellington.



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WELLINGTON

Poudre School District January COVID-Protocols-Update

NORTH FORTY NEWS | NorthFortyNews.com

The Poudre School District recently sent the following letter.

Dear Parents, Guardians, and Teachers:
The Larimer County Department of Health and Environment (LCDHE) has requested that your school District forward this message to you.

In the past few weeks Colorado has seen a dramatic rise in COVID-19 cases due to the highly infectious Omicron variant. LCDHE expects cases in our community to continue to rise in the coming weeks. We anticipate that exposure to COVID-19 positive individuals in our community—including school and childcare settings— will become more routine. With a dramatic increase of cases like we are seeing, it is important to practice prevention and mitigation strategies as outlined below.

Please know that both our Larimer County and facility teams are working hard to provide quarantine and isolation guidance to affected individuals in our community. However, due to the high volume of cases and state-wide delays in reporting, you or your child may not receive a notice of quarantine for every routine classroom or school exposure, including lunchtime exposures. LCDHE will prioritize contact tracing and exposure investigation efforts for high-risk settings. Although quarantines are not anticipated

for routine classroom exposures where social distancing and masking are closely observed, LCDHE may quarantine cohorts where high spread is observed or anticipated.

LCDHE is working to notify cases with important isolation information as soon as possible. Please note that due to state-wide delays in reporting, LCDHE may learn of your child's positive test several days after you receive your results. Do not wait for public health to contact you with a notice of isolation. Begin following isolation guidelines as soon as you or your child become ill or test positive.

If you or your child have tested positive or were identified as being exposed, you may be contacted with important public health information by text (970-999-1770) or email (larimerhealthfollowup@larimer.org).

Ensure that both your testing provider and your school or childcare have an up-to-date phone number on file to facilitate receiving this information. If your phone cannot receive text messages, LCDHE may attempt to contact you by phone call, email, or mail.

LCDHE is asking parents and guardians to help keep our schools and community healthy. School districts have been asked to implement **(See "COVID Protocols" on page 6)**

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Wellington's Marshall Fire Relief Fundraiser

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Support individuals and businesses impacted by the Marshall Fire in Boulder County on December 30, 2021, by donating to the Wellington Cares: Marshall Fire Relief Fundraiser.

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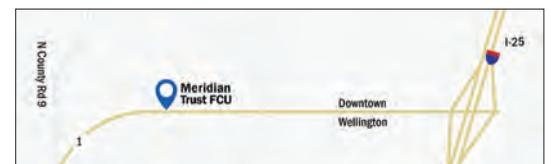


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FORT COLLINS

COVID Protocols (from page 5)

the following policies to help reduce the spread of the highly contagious Omicron variant and help maintain in-person learning.

All staff and students who have tested positive for COVID-19, regardless of vaccination status, should complete the required isolation period. If staff or students cannot reliably wear a well-fitting mask for 5 additional days (days 6-10) after completing their 5-day isolation period, they must remain home for the entire 10-day period.

- All symptomatic staff and students must remain home until existing illness policy requirements have been met. Staff and students should strongly consider testing and/or consulting with a health care provider to obtain an alternate diagnosis before returning to school/work.

- All staff or students who are unvaccinated or not up to date on vaccinations who have had contact with a positive household member must remain home and quarantine. If staff or students cannot reliably wear a well-fitting mask for 5 additional days (days 6-10) after completing their 5-day quarantine period, they must remain home for the entire 10 day period.

- LCDHE strongly recommends that students or staff who are unvaccinated or not up-to-date on vaccinations who have had contact with a presumed positive (symptomatic with no positive test or alternate diagnosis) household member remain home and quarantine.

- All staff or students who have been exposed to a positive or presumed positive individual and are up to date on COVID-19 vaccinations or have tested positive for COVID-19 on a viral test) in the 90 days before their exposure may choose to quarantine but are not required to. These individuals must wear a well-fitting mask for 10 days following the exposure and should consider testing on day 5 after exposure.

- In accordance with our local public health order, except as specifically exempted, each person ages 3+ in Larimer County must wear a face-covering whenever entering or within any Public Indoor Space, including schools and childcares. LCDHE recommends (but does not require) use of well-fitting surgical, KN95, KF94, or FFP2 type masks over cloth masks for increased protection. This is especially important for high risk or unvaccinated individuals.

We know that the increase of cases is frustrating.

Here are some steps you can take to protect yourself, your student and your household.

- Get vaccinated. Stay up to date on your COVID-19 vaccine, including getting boosters when eligible. Vaccination remains the most effective tool available to protect against severe illness.

- Reduce your risk of additional exposure. Reduce the number of exposures that you and members of your household have to others outside of school, especially if you or your loved one is unvaccinated. Avoid large gatherings when possible. Consider testing before and after large gatherings. If large gatherings cannot be avoided, do your best to meet outdoors and/or increase ventilation or filtration options, wear well-fitting face coverings, and practice social distancing.

- Protect vulnerable household members. If you live or visit with any one over the age of 65 or with underlying health conditions, consider limiting the amount of interactions you and they have with unvaccinated people and individuals who are symptomatic with no negative test or alternate diagnosis. Avoid contact with vulnerable household members when you have been exposed or are feeling sick.

- Consult with your healthcare provider. If you are concerned that you or your child may be at increased risk of severe illness from COVID-19, consult your health care provider to learn additional steps you can take to protect yourself.

In-person learning continues to be an important part of our children's well-being, and provides support to working parents. LCDHE is working closely with our local schools and childcares keep these facilities open. We thank you in taking the following actions to keep our children in school and childcares:

- Getting vaccinated and boosted
- Staying home when sick
- Reducing unnecessary exposures for the time being

We know this is a lot of information. The Larimer County Health Department's team is available to answer questions and clarify this information further. Parents may call them with questions at 970-498-5500, text us at 970-999-1770, or email larimerhealthfollowup@larimer.org.

Thank you for keeping our community safe.
Tom Gonzales, MPH, REHS
Larimer County Public Health Director

Radon Test Kits Offered At No Cost to Larimer County Residents

NORTH FORTY NEWS | NorthFortyNews.com

During National Radon Action Month in January Larimer County residents are eligible to get a radon test kit at no cost to them.

FREE radon awareness programs are scheduled virtually January 18, 10-11 am, January 27, 4-5 pm, and January 31, 6-7 pm. Space in each class is limited, so register early.

Larimer County residents who attend will receive a short-term radon test kit to test their home. Registration is required at larimer.extension.colostate.edu/radon/.

Radon is a naturally occurring gas that is dispersed in outdoor air. It is odorless, invisible, tasteless, and can reach harmful levels when trapped in buildings. Radon is the second leading cause of lung cancer, which is why Larimer County Extension Agent Karen Crumbaker is offering free educational workshops and test kits in January.

Crumbaker says, "Only individual testing can determine if your home may have a radon problem since every house is different. Measuring radon levels in your home is simple and inexpensive."

The risk of developing lung cancer comes from breathing radon gas that seeps undetected into your home from the soil through foundation cracks, dirt floors, loose-fitting pipes, slab joints or block walls. It's this risk that prompts Crumbaker to seek out grants so she can offer workshops and test kits at no cost.

Test for Radon During National Radon Action Month January is National Radon Action Month, and the City of Fort Collins is encouraging community members to protect their health by testing their homes for radon. Radon is a colorless, odorless, and naturally occurring gas that is the second leading cause of lung cancer.

To learn more about radon and its health impacts attend a Radon Awareness Webinar with Larimer County, or visit www.fcgov.com/radon.

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HEALTH

Five Ideas for Addressing Job Burnout



PRESENTED BY: SUMMITSTONE

DR. MATTHEW HUSA | UnitedHealthcare of Colorado

It's normal to feel checked out or to struggle with your job from time to time, but when it turns into a daily issue, it may be something more. Burnout is a specific type of work-related stress, and an increasing number of people say they're feeling it.

The World Health Organization defines burnout as a syndrome resulting from chronic workplace stress that has not been successfully managed, characterized by three dimensions:

1. Feelings of exhaustion
2. Increased mental distance from one's job
3. Reduced professional efficacy

To help you apply this definition to your personal situation, consider whether these statements are true:

- Your performance at work is declining
- Your efficiency at work is dropping
- You're losing confidence that you can achieve your goals
- You avoid work-related tasks or struggle to find the motivation to complete them
- You feel exhausted
- You've lost interest in your work

If some or all of these statements ring true for you, you may be experiencing burnout, and various factors may have contributed, including lack of control, unclear expectations, workplace dysfunction, or lack of social support.

The COVID-19 pandemic has contributed to our work stress, including transitioning to a work-from-home environment, adjusting to the unpredictable nature of the pandemic, and missing the camaraderie of day-to-day interactions with colleagues at the office.

Addressing burnout is important, because left

unresolved, it may lead to physical and mental health issues.

Here are a few ideas for dealing with burnout:

- **Communicate with your boss:** Discussing your concerns with a supervisor may help you find solutions to things that are causing ongoing stress.
- **Reach out to your social circle:** Co-workers, friends, and family may be able to offer the encouragement or ideas you need to help overcome feelings of burnout. Spending time with people you care about may help boost your mood and counteract the negative feelings you might be having at work.
- **Take advantage of your health benefits:** Work-related risk factors for burnout may also be predictors of depression. Consider talking to your doctor or accessing other resources available through your health plan, such as virtual behavioral therapy or on-demand emotional support via an app like Sanvello.
- **Stick to healthy routines:** Well-balanced meals, regular exercise, and quality sleep all help to reduce stress and can improve how you feel and perform at work.
- **Find ways to calm your mind:** Consider trying yoga, meditation, or breathing techniques to improve your mental health. The how-to video below demonstrates five yoga poses that may help you relax.

It may be helpful to think of burnout as a wake-up call. It's a strong sign that something in your life is not working, so it's important to take it seriously. Use it as an opportunity to reflect, rest and, perhaps, create a new plan for professional happiness.

Nonprofit Organization Shelter Matters Releases New Podcast "The Invisibles"

NORTH FORTY NEWS | NorthFortyNews.com

National Nonprofit Organization Shelter Matters has released its first podcast "The Invisibles" that explores all aspects of homelessness and discusses innovative solutions, nationally and internationally.

Committed to raising awareness, Shelter Matters started its podcast as the next step in paving the way for the implementation of programs and services that will improve the lives of those currently living on the street and help end homelessness in America once and for all.

Co-hosted by Denver non-profit marketer, David Sevick, "The Invisibles" podcast debuted

the inaugural episode in December 2021 featuring an interview with Melinda Paterson, a longtime advocate for the homeless and former Executive Director of Father's Woody's Haven of Hope.

"My goal personally is to let people know how much their kindness and compassion matter to those who are unhoused. Even a smile or, asking if they are okay, makes them feel like someone cares," says Paterson.

You can access the first episode of the podcast at ShelterMatters.org/the-invisibles.

"The Invisibles" is also available on Apple, Spotify, Stitcher, Audible, Amazon Music, and iHeart.



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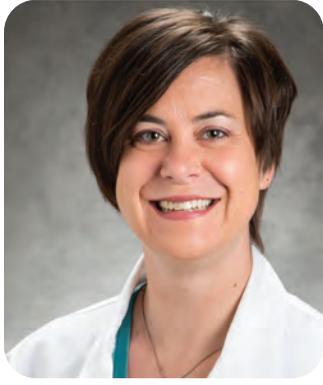
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NOCO

Being Aware of Cervical Cancer Awareness Month (an interview with Dr. Jennifer Rubatt)

JONSON KUHN | NorthFortyNews.com



It's Cervical Cancer Awareness Month, people! Local Banner provider, Dr. Jennifer Rubatt, MD of gynecology and oncology at McKee Medical Center in Loveland is extremely aware and knowledgeable about this topic, in fact, it's her freaking profession, okay? So, that's why I talked to her about it so that you

and I could both be more aware of this very serious issue that unfortunately doesn't receive near the attention it demands.

According to the American Cancer Society, cervical cancer was once one of the most common causes of cancer death for American women with more than 14,000 new cases and over 4,000 deaths in 2021. Furthermore, another troubling statistic is that over the last roughly two years, women's health care providers have seen a decrease in annual cervical cancer screenings due to fears of going to the doctor during the pandemic.

I feel like it puts women in a difficult spot because according to all of that information it seems like if COVID doesn't get you then maybe cervical cancer will, but regardless, Dr. Rubatt stresses that while recommendations for a pap smear have moved from every three years to every five, this does not negate the need for annual pelvic exams and cervical cancer screenings.

"The best way to prevent cervical cancer is to get annual well-woman exams, pelvic screenings, and HPV tests," said Dr. Rubatt. "The HPV vaccine is also one of

the best defenses and is recommended for children as early as age nine."

For those like me who thought HPV was the thing at the beginning of a website before www, it actually stands for Human papillomavirus, which is transmitted sexually, and it's the leading cause of cervical cancer. It usually doesn't have any early signs or symptoms which means an annual exam and screening is critical.

But, look, you don't need to hear this from me; Dr. Rubatt was nice enough to provide a little of her time for an in-depth interview to further answer questions on this topic, so, I think we'd all be best suited to just get to that interview now so you can get the information from an actual professional.

JONSON: Can you elaborate on the consequences of prolonging these exams or avoiding them altogether? Though I would imagine to some extent the consequences are obvious, I think specifics could be nice here if possible.

DR. RUBATT: The longer in-between exams might allow cancer to grow unchecked. This area of the body is difficult for self-exam at home and early dysplasia or pre-cancer can be very subtle in appearance and completely asymptomatic. Without definitive symptoms early on, people have no trigger to alert themselves to schedule an appointment for an exam. Missing early dysplasia or even early cancer can lead to a higher stage of cancer at the time of diagnosis, increased severity of treatment, and decreased cure rates.

JONSON: Also, why is it as early as age 9 being recommended? (Unless this one is extremely obvious and I'm just dumb or naive, which is entirely possible.) I guess I just would have assumed these tests would take place later in the teenage years and as a father of an 8-year-old girl, that part particularly grabbed my attention. I think about having my daughter undergo these exams as early as next year and she can barely sit through a visit to the dentist. It just seems really early,

but I understand I'm not a doctor, just a dad, so that's why I'm asking for more specifics on that particular question...in case it seemed strange.

DR. RUBATT: To clarify, no tests or exams are recommended at age 9. The first pelvic exam shouldn't be until age 21 or if there is a reason to do one early based on reported symptoms. Age 9-12 is recommended for the HPV vaccination. This age group has the most robust immune response to the vaccine itself which increases protection from the HPV virus. Also, it is best to get vaccinated prior to any exposure to HPV.

JONSON: Oh. Okay, so, I apparently just misunderstood, that's both reassuring and humiliating simultaneously. The American Cancer Society article also mentioned health providers seeing a decrease in screenings during the pandemic, so can you talk a little bit about what you would say to those who are concerned about making an appointment while COVID is still a concern?

DR. RUBATT: All health care facilities have adopted protocols/procedures for in-person patient care to assure safe patient care. Local health departments are also involved in developing these strategies. All health care facilities in Northern Colorado have masking requirements, symptom screening upon entry to the building, and social distancing.

JONSON: And lastly, I'd like to just open it up to anything else you might like to include or expand upon?

DR. RUBATT: We have evidence in areas with high vaccine uptake in the population we are already reporting reduced rates of genital warts and precancerous lesions. This is also decreasing the amount of anxiety-provoking, painful work-up procedures such as biopsies.

My many thanks to Dr. Rubatt for her time and information.

To learn more during Cervical Cancer Awareness Month, visit bannerhealth.com.

Volunteer Steps Up to Support Students, Knits Hearing-Aid Covers with Love

POUDRE SCHOOL DISTRICT | PSDSchools.org

Fran Grassman, Poudre School District volunteer, sets a good example. As one who avoids the spotlight and attention, she impacts volunteers, staff, and students in small ways as she serves.

Jennifer Wright, a PSD nurse, and Grassman's daughter convinced her mother to start serving in PSD about eight years ago. Wright figured this would be a fun way for her mom to get out of the house to meet more people.

Grassman serves at all school levels and volunteers at multiple schools as a hearing screener. The screenings typically take place in the fall and into early spring.

Grassman also assists with both hearing and vision screenings of PSD's Early Childhood Education students. Grassman helps students to feel comfortable during the screening, guides students to sit down, and assists with putting the headset on the student, which tests their level of hearing.

In PSD, students are screened from kindergarten through ninth grade. This year includes fourth graders because screenings did not occur last year, due to the pandemic. In a typical year, kindergarten through third grade, fifth, seventh, and ninth graders may be screened. Grassman finds joy in helping people.

"I appreciate getting to meet the young people," said the retiree, who likes being a part of the school system as a volunteer.

Things that make Grassman stand out are her knitting prowess and crafts, which she makes for family and friends. During breaks during volunteering, she works on her latest creation. Grassman has knitted special hearing aid covers

for students' masks during the pandemic. She also shares her recipes with other volunteers. Grassman has a servant's heart. She was only able to volunteer one week during the last school year, but she showed up nonetheless.

"I missed being in the schools and around the students," she said. She was overjoyed when volunteers were able to go back into schools. "Even though the school activities do not look the same, it was good to get back this year."

As an older volunteer, Grassman has had a major influence on the newbies.

"She is so friendly and engaging," said Kathryn Rudd, PSD's assistant audiologist. "She is our best recruiter for the hearing screening process."

Grassman has made friends and connections by volunteering. Because of this, and with others who enjoy the process, Rudd is fortunate to have several volunteers who follow her to schools as their schedules allow because they have built friendships.

"She is kind and reliable," Rudd said of one of her absolute favorite volunteers. Grassman is an advocate for volunteerism. She encourages anyone who is involved with

students to try volunteering because it is important for the student's health and well-being. It is also important to get enough volunteers to help with the screening process. The screening process gives each student every chance to thrive and improve and catch early signs of hearing or vision loss.

Rudd shared that on average 30-50 students are confirmed annually to have permanent hearing loss. And another 100 are flagged for middle-ear issues; this could include ear or wax infections, which are also considered an educational hearing loss.

As the assistant audiologist, Rudd rechecks all students who are referred. For vision screenings, nurses check students who do not pass the vision screening. Upward of 10-12 volunteers are needed at each school site for vision and hearing screenings.

"It would be reassuring to have the full capacity," said Rudd. "We can always use more volunteers, even if vision and hearing

stations are full, we could use someone to man the door, show students where to turn in papers, and walk them to areas."

"We will never turn volunteers away," said Mary Beth Bramel, education audiologist at PSD. "We have never had too many volunteers."

As a screener, you are trained on-site. There is no experience needed. "If you show up, we will train you," said Bramel.

Visit the Volunteer web page at psdschools.org to learn more.



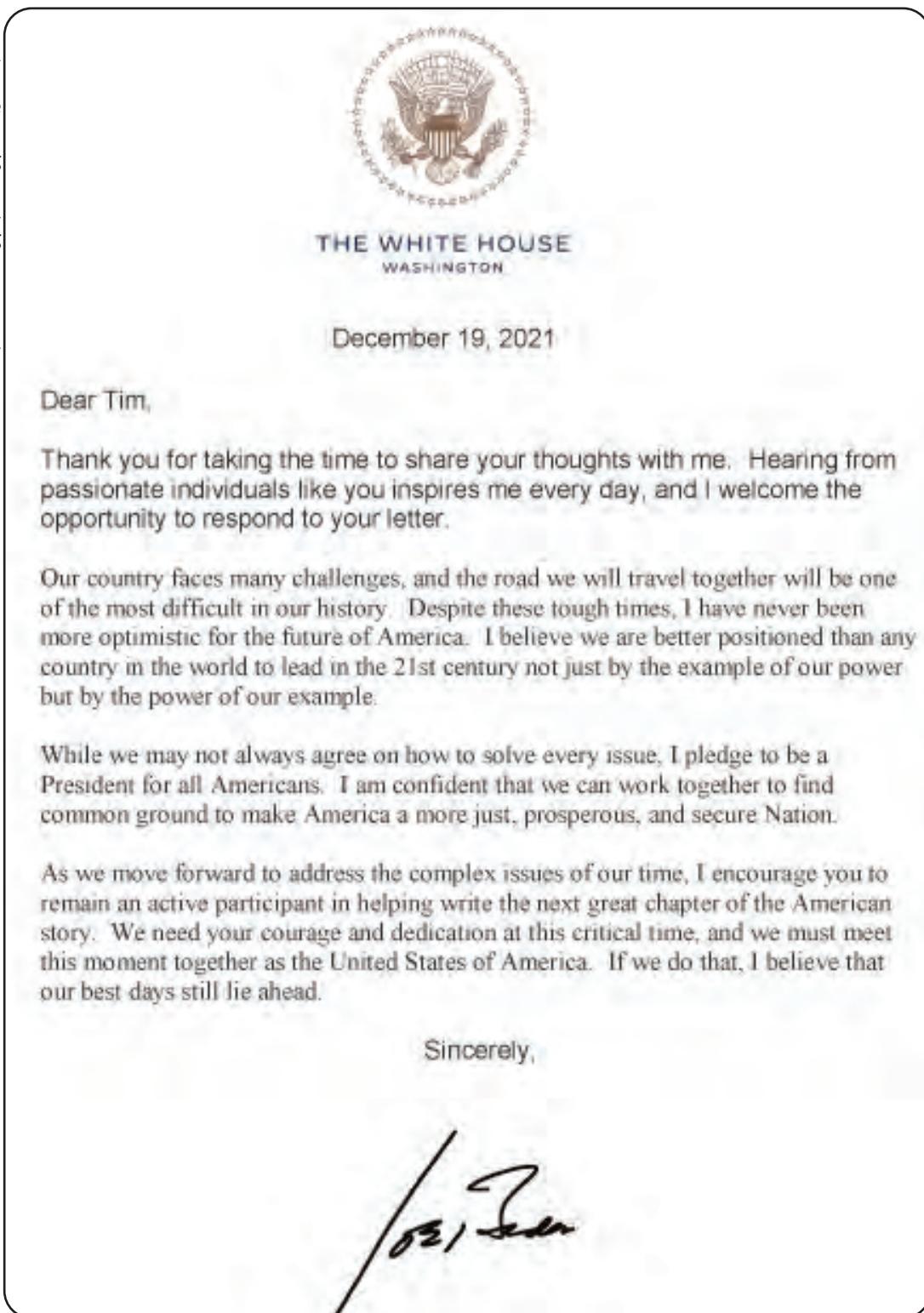
Fran Grassman
(Photo by Poudre School District)

the new scene weekly

Dear Tim: A Message from Joe Biden

TIM VAN SCHMIDT | SceneNOCO.com

This is a follow-up to a previous column.
Way back in the June 28, 2021 issue of North Forty News, I wrote about sending a letter to the White House with a question for President Biden.
My question was: "Everything seems so confused and conflicted in the United States today. Where do we find hope for our country?"
I also promised to deliver his response to readers in Northern Colorado, if I should get one.
I sent the actual letter -- yes, ink on a real piece of paper -- on May 8 via snail mail and waited. By June 28, I went ahead and reported on the project ending with the determination that word from the White House wasn't as important as thinking about the subject.
Then, on July 4, I sent an e-mail to the White House with a link to my story. At that time, I did receive an immediate response from the White House that my message had been received.
Well, on December 19, I received an e-mail from Joe Biden.
Here's what it said:



Now, I wasn't born yesterday and I'm well aware that this is probably a form letter of some sort. But, I am still impressed.

First of all, even though it seems like it took a very long time to get some kind of response, it's good to know that the system of communication between citizens and the White House actually does work.

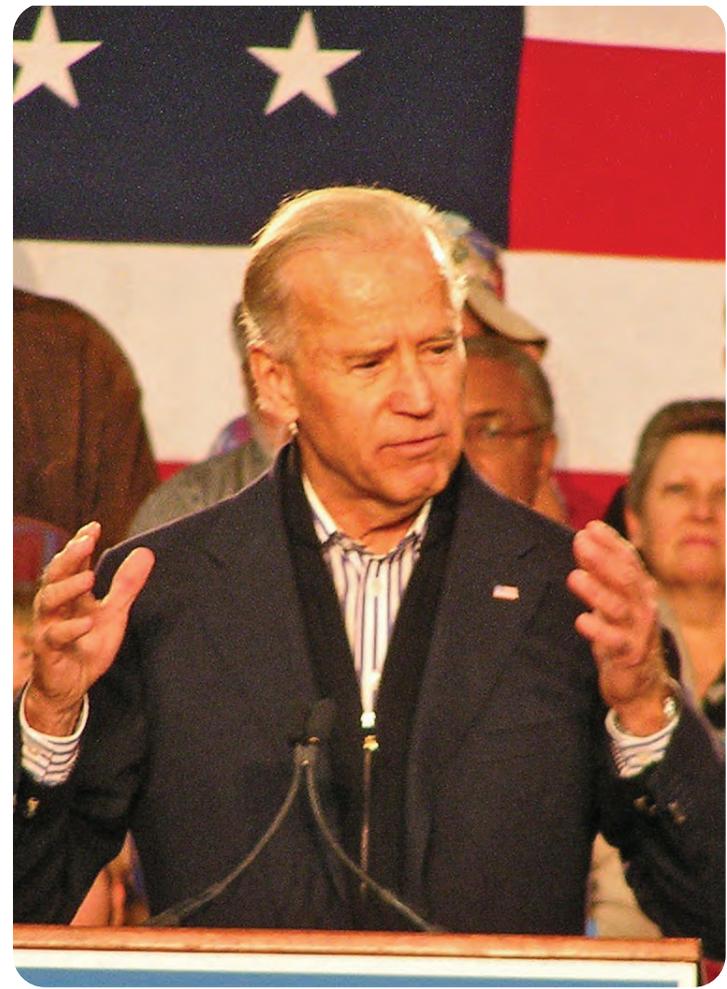
Secondly, thanks to years of covering election events as a photographer, both Red and Blue, I have received e-mails from many of the top politicians of our time -- from Barack Obama to Donald Trump -- and 100% of them have always asked for money at the end.

That is not the case with this message. I appreciate it that this is a standalone piece of work -- beyond fundraising -- that says things I want to hear from a leader.

And, in a general way, it speaks to my original question.

It's now 2022 and we need to keep talking about where we go from here. Make up your own mind about what is said in the above message. I am delivering it for you to ponder in your own way.

But the thing that resonates for me is this line: "...I encourage you to remain an active participant



Joe Biden (Photo by Tim Van Schmidt)

in helping write the next great chapter of the American story".

Yes, as a writer I want to do so. I'm not sure this line was even intended to inspire writers specifically -- it more likely is just a way of saying let's look forward to what's ahead -- but it works for me.

Thanks for getting in touch, Joe -- message delivered. Whatever it means to other NOCO readers is up to them, but this e-mail meant something to me. I remain a willing volunteer, a writer helping to "write the next great chapter" -- one article at a time.

Tim Van Schmidt is a writer and photographer based in Fort Collins. Check out his YouTube channel at "Time Capsules by Tim Van Schmidt". See his "Rockin' 2022 Window Show" at Cups Community Coffee, located at 1033 S Taft Hill in Fort Collins, thru January 31.



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CITY BUZZ

ACCLAIMED DUO JAMESTOWN REVIVAL AT OGDEN AND AGGIE AT END OF THE MONTH

JONSON KUHN | SceneNOCO.com



Jamestown Revival 'Young Man' Album Cover (Photo by Jamestown Revival)

Extra, Extra! Read all about it! Jamestown Revival will be at the Ogden Theatre in Denver on January 27 AND THEN at Aggie Theatre in Fort Collins on the 29! Bandmates Jonathan Clay and Zach Chance are currently touring in support of their upcoming album release *Young Man*. Recorded in their home state of Texas and produced by fellow Texan and acclaimed musician Robert Ellis, who is accompanying them on their tour as well as North Carolina-based Mipso.

Remember when Bob Dylan went electric? Well, Jamestown Revival did the opposite and they went acoustic for this latest album, and while it's their first project without the use of electric guitars,

it's also the first album in where the emphasis has been placed on a polishing of details: skillful songwriting, flawless harmony, and intricate fingerpicking.

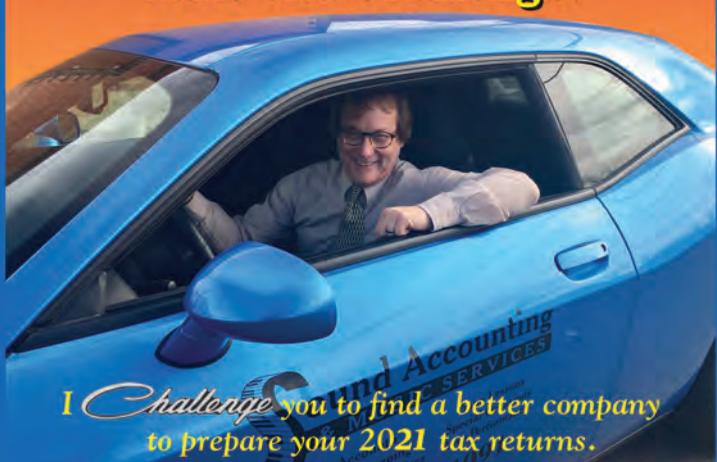
"I really think this is an album about coming of age and settling into an identity," Clay says. "It's about losing your identity and searching for it. It's feeling like you found it and then realizing that's not it. And it's about our experiences over the last 15 years of making music – the successes and failures and all of those things mixed up together."

All throughout *Young Man* you clearly hear the boys drawing inspiration from the likes of Crosby, Stills, Nash & Young, and The Doobie Brothers (particularly "Black Water"), as well as maintaining a dusty Western feel similar to Guy Clark or Townes Van Zandt.

"This is our first excursion with fiddle and we didn't hold back," Chance says. "We wrote a lot of these songs about the questions and the perspectives now that we're a lot older and have been doing this longer. It's almost like having a conversation with ourselves at times. We wanted it to feel earthy and rootsy, so the fiddle was a big part of that identity."

This album has been described as representing a distilled and pure Jamestown Revival at their finest, but don't just take my word for it; you can stream *Young Man* on soundcloud.com and/or you can watch a video on youtube.com of them performing live to get a better idea of what you're in for!

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MAGIC THREAD OF GIRL SCOUTING AT GLOBAL VILLAGE MUSEUM

NEW SCENE | SceneNOCO.com

Girl Scouts Impact the World debuts February 4 at the Global Village Museum of Arts and Cultures, with free admission from 5–8 pm as part of First Friday Art Walk.

The exhibit is curated by members of the Girl Scouts of Colorado History Committee.

"Girl Scouts have been making a difference in their communities and around the world for over 100 years," said Committee Member Jo Anne Busch.

"The exhibit – through history, uniforms, artifacts, and special programs – will highlight how Girl Scouts have made the world a better place through courage, confidence, and character."

Juliette Gordon Low established the Girl Scouts in 1912. She imagined a world where all girls could come together and embrace their unique strengths and interests.

The first troop – in Low's hometown of Savannah, Georgia – consisted of 18 girls. Today, the World Association of Girl Guides and Girl Scouts represents 10 million Girl Scouts and Guides in

over 150 countries.

In conjunction with the Main Gallery exhibition, Juliette Gordon Low: Stories from the Life of the Founder of Girl Scouts will be presented virtually from 6–7:30 pm Thursday, February 10.

Margot Iwanchuk, the great-great niece of "Daisy" Low, will explore the Founder's history, tell family stories, and share some of her great-great aunt's personal belongings.

Admission to the program is free, but registration is required on the Museum website at globalvillagemuseum.org.

All registrants and Museum members will receive the Zoom invitation on the day before the program.

The exhibit runs through May 21, 2022.

The Global Village Museum is located at 200 W. Mountain Avenue, and Museum hours are 11 am to 5 pm Tuesday through Saturday. For more information, visit globalvillagemuseum.org or call 970-221-4600.

PIANOS ABOUT TOWN PROJECT DEADLINE FEBRUARY 1

NEW SCENE | SceneNOCO.com

The City of Fort Collins Art in Public Places (APP) Program, in cooperation with community partners Bohemian Foundation and Downtown Development Authority, seek to involve local artists/teams by commissioning them to work with the Pianos About Town Project team to paint murals or otherwise artistically decorate working pianos.

The artists will be required to work on the piano in Old Town or other APP determined location in Fort Collins.

The intent of this project is to create a downtown attraction of an artist working on site and to place decorated pianos around the Fort Collins area. The artists/teams are required to develop and submit a visual concept for the mural to be painted and/



Artist Chris Bates is shown above before beginning his 2021 piano mural. (Photo by Bohemian Foundation)

or decoration to be added to a functioning piano.

Selected artists will receive a \$1,000 honorarium. Deadline: February 1, 2022.

Apply Today at fcgov.com

Los materiales están disponibles en español.

CITY BUZZ

PHOTO OF THE WEEK: BOARDWALK PARK IN WINDSOR



The photo of the week comes from David Thoms. It was taken Boardwalk Park in Windsor after the recent storm. Nice shot David! Thanks for submitting the Photo of the Week.

ALL NEW! Sanderosa Art Gallery in Laporte is our new sponsor. Each Week North Forty News features a photo submitted by one lucky reader.

The chosen submitter will receive a \$25 gift certificate to be used for merchandise at the gallery.

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COLORADO PARKS AND WILDLIFE PURCHASES THE COLORADO CLAYS SHOOTING PARK IN ADAMS COUNTY

NEW SCENE | SceneNOCO.com

Colorado Parks and Wildlife (CPW) has closed on a real estate transaction for the purchase of the Colorado Clays Shooting Park in Adams County.

CPW will take over ownership of the shooting park and will manage it as a state recreation area. The agency entered into a concessionaire agreement with its previous Vice President of Marketing, Cory Kraft, who will continue to run the facility under CPW ownership.

“This ties directly into our mission to provide safe, responsible, and accessible recreational sport shooting opportunities and education,” said CPW Northeast Region Manager Mark Leslie. “We look forward to a seamless transition out there, as the public will continue to enjoy the offerings they previously had available to them at Colorado Clays.”

Located just 30 minutes northeast of Denver, Colorado Clays Shooting Park offers the region’s most complete shooting range experience.

“We have high demand for safe places the public can go to shoot along the Front Range and the purchase of this established range helps with safety concerns,” Leslie said. “It will continue to provide a safe and professional shooting experience and we felt it was important to continue to offer the public those opportunities at this first-class facility.”

Situated along a cottonwood creek bottom, overlooking Colorado’s snow-covered peaks to the west, Colorado Clays is open to the public and specializes in accommodating both competitive and recreational shooters of all ages and abilities. It hosts the region’s widest variety of clay target shooting, including sporting clays, skeet, and trap, as well as both rifle and pistol shooting.

This past year, Colorado Clays hosted over 30,000 visitors and threw over four million clay targets.

“We are excited to partner with the state to continue to offer a safe, convenient and affordable recreational shooting range for local Coloradans,” Kraft said. “We look forward to collaborating with Colorado Parks and Wildlife on expanding educational and program opportunities while continuing to ensure that the facility is available for our state’s outdoor enthusiasts for the next 26 years and beyond. We are thankful for all of our past and future patrons and we look forward to seeing you at Colorado Clays.”



Colorado Clays (Photo by Colorado Parks and Wildlife)

Colorado Clays is open to the public and memberships are not required. All staff is CPR/First Aid certified and are NRA Trained Range Safety Officers.

Colorado Clays is named as a nod clay target shooting. Clay pigeon shooting is the art of shooting at special flying targets, known as clay pigeons or clay targets, with a shotgun. Clay target shooting has at least 20 different forms of regulated competition called disciplines. These can be roughly divided into three main groups: trap, skeet, and sporting clays.

This property also boasts a state-of-the-art rifle and pistol range that includes a comfortable, heated, semi-enclosed, shooting canopy with 10, 100-yard rifle lanes and 10, 25-yard handgun lanes. The shooting canopy has natural ventilation and individual illuminated shooting stalls. The range is fully baffled, with no blue sky, allowing the shooter to enjoy natural light and ventilation.

Colorado Parks and Wildlife’s northeast region is a member of the Northern Front Range Recreational Sport Shooting Partnership (NFRSSP) with the U.S. Forest Service, Arapaho & Roosevelt National Forests and Pawnee National Grassland and Boulder, Clear Creek, Gilpin, and Larimer counties. Its purpose is to develop a landscape-level, multi-jurisdictional strategy to provide safe, responsible, and accessible recreational sport shooting opportunities.

The purchase of Colorado Clays Shooting Park was made entirely with grant funds awarded to CPW by the U.S. Fish and Wildlife Service through its Office of Wildlife and Sport Fish Restoration Programs (90 percent) along with Great Outdoors Colorado and the Colorado Lottery (10 percent).
CPW closed on the purchase on Tuesday, Dec. 21.

ARTIST OF THE WEEK
Karen Bailey
Notecards, Special Messages and Thoughts for the Day

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3101 Kintzley Court, Laporte, CO
sanderosaartgallery@gmail.com

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Just take your best shot and you could be our next weekly winner to receive a \$25.00 Certificate from Sanderosa Art Gallery in LaPorte.

No purchase necessary and multiple submissions are permitted, one photo per email please.

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new scene weekly

WEEKLY SNEAK PEEK



Cleveland Crawl, Wellington Colorado Main Street, 11 am -4 pm, January 22
This winter-themed event is the perfect way to shake off those post-holiday blues. Dress up in your best cold-weather gear and enjoy activities like "snow golf" and a hot cocoa station hosted by your favorite downtown businesses. All activities will be OUTDOORS!

Wednesday, January 19

Creative Insight Journey: 8 week class (Wednesdays) This course is filled with practical tools and powerful techniques that will ignite self-discovery, awaken personal insight, and empower you to step fully into the life you desire!, Blue Moose Art Gallery, 5:30 pm -7:30 pm
****FREE** Electronic Wenzdaze at 830 North ft. BRIXX, Trip Drop, Hotel Alone:** Presented by Mishawaka, 830 North, 8 pm
[Webinar] Sell Online with E-Commerce Tools, Online, 12 pm -1 pm

Thursday, January 20

Bad Bad Hats w/ The Ophelias "Live on the Lanes" at 830 North: Presented by Mishawaka, 830 North, 8 pm
Develop a Business Plan with Purpose and Durability – 2-part session, Harmony Library, 9 am -12 pm
Lady Denim with Co-Stanza, Danno Simpson - Presented by 94.3 The X, Aggie Theatre, 8 pm
Years Down and Revenge of the Scene w/ Stray the Course "Live on the Lanes" at 2454 West: Presented by Mishawaka, 2454 West, 8 pm

Friday, January 21

6-Pack Laughs Comedy Night, High Hops Brewery, 7 pm -9 pm

Dirtwire with Gone Gone Beyond and Blossom - Presented by 98.7 KGNU, Aggie Theatre, 9 pm
House with a Yard w/ Billy the Poet "Live on the Lanes" at 2454 West (Greeley): Presented by Mishawaka, 2454 West, 8 pm
Sense and Sensibility Presented by OpenStage Theatre, Lincoln Center Magnolia Theatre, 7:30 pm
Spiff Tank & The Nova Kicks "Live on the Lanes" at 830 North: Presented by KCSU and Mishawaka, 830 North, 8 pm
Stories on Stage and Buntport Theater Company - "High School Confidential", Su Teatro Cultural and Performing Arts Center, 2 pm

Saturday, January 22

Cleveland Crawl, Wellington Colorado Main Street, 11 am -4 pm
Noche Latina w/ Manabi Latin Band (Tiny Ensemble) "Live on the Lanes" at 2454 West (Greeley): Presented by Mishawaka, 2454 West, 8 pm
Sense and Sensibility Presented by OpenStage Theatre, Lincoln Center Magnolia Theatre, 7:30 pm
Sipping with Succulents, The Windsor Gardener, 10:30 am -12 pm

Sunday, January 23

Sunday Morning Toast and Jams, Soul Squared Tap house, 11 am -2 pm

Monday, January 24

AFFECTIVE TONE BY ADÁN DE LA GARZA, Hatton Gallery, 12 am -11:59 pm

Wednesday, January 26

Creative Insight Journey: 8 week class (Wednesdays) This course is filled with practical tools and powerful techniques that will ignite self-discovery, awaken personal insight, and empower you to step fully into the life you desire!, Blue Moose Art Gallery, 5:30 pm -7:30 pm
Kingdom Collapse w/ Silent Theory "Live on the Lanes" at 2454 West (Greeley): Presented by Mishawaka, 2454 West, 8 pm
Mellowpunk & The Appropriate Show - "Indie Night" at 830 North: Presented by HearHere Concerts & Mishawaka, 830 North, 8 pm
Sparge Veteran and First Responders Beer Club, Sparge Brewing, 6 pm
STRFKR W/ SPECIAL GUESTS, Aggie Theatre, 8 pm

Thursday, January 27

TAXES - Get Informed and Organized Now!, Larimer SBDC, 8:30 am -12 pm

Friday, January 28

Aquiles "Live on the Lanes" at 830 North: Presented by Mishawaka, 830 North, 8 pm
Sense and Sensibility Presented by OpenStage Theatre, Lincoln Center Magnolia Theatre, 7:30 pm
The Good Morning Guys Habajeeba Show Featuring a Performance by George Birge, Union Colony Civic Center, 7:30 pm

Saturday, January 29

How to Nurture the Prairie in Town and Country, Laramie County Community College, 8 am -4:30 pm
Kings of Prussia "Live on the Lanes" at 830 North: Presented by Mishawaka, 830 North, 8 pm
Sense and Sensibility Presented by OpenStage Theatre, Lincoln Center Magnolia Theatre, 7:30 pm

Sunday, January 30

Sense and Sensibility Presented by OpenStage Theatre, Lincoln Center Magnolia Theatre, 2 pm
Sunday Morning Toast and Jams, Soul Squared Tap house, 11 am -2 pm

Tuesday, February 1

Shen Yun, Cheyenne, Wyoming, 7:30 pm -10:30 pm

Wednesday, February 2

Creative Insight Journey: 8 week class (Wednesdays) This course is filled with practical tools and powerful techniques that will ignite self-discovery, awaken personal insight, and empower you to step fully into the life you desire!, Blue Moose Art Gallery, 5:30 pm -7:30 pm
Improve Your Local SEO – a 6-Step Blueprint to Boost Your Local Search Rankings, Larimer SBDC, 8:30 am -10:30 am
Songwriters' Workshop - Fort Collins, The Purple Cup Café, 5:45 pm

Thursday, February 3

QuickBooks Online: 3 Part Series, Front Range Community College - Challenger Point 225 (upstairs), 1 pm -5 pm

Friday, February 4

3420 w/ Dreamspace Database, Czek, and Floating Sea "Live on the Lanes" at 830 North: Presented by Mishawaka, 830 North, 8 pm
Girl Scouts Impact the World, Global Village Museum of Arts and Culture, 12 am -11:59 pm
Opening of "Girl Scouts Impact the World", Global Village Museum of Arts and Cultures, 5 pm -8 pm
Sense and Sensibility Presented by OpenStage Theatre, Lincoln Center Magnolia Theatre, 7:30 pm
The Little Dog Laughed, Bas Bleu Theater: 401 Pine St, Fort Collins, CO 80524, 7:30 pm
We Are Messengers, Union Colony Civic Center, 7:30 pm

Saturday, February 5

Fort Collins Symphony February 5 Concert: Igor Stravinsky & Samuel Barber, Lincoln Center, 7:30 pm
Sense and Sensibility Presented by OpenStage Theatre, Lincoln Center Magnolia Theatre, 7:30 pm
The Little Dog Laughed, Bas Bleu Theater: 401 Pine St, Fort Collins, CO 80524, 7:30 pm

Sunday, February 6

All Them Witches w/ Blackwater Holylight - Presented by 98.7 KGNU, Aggie Theatre, 8 pm
Chamber Music Mixer with Silent Auction, Blendings Winery, 3 pm -6:30 pm
Comedy Brewers Improv, Bas Bleu Theatre, 7 pm
Sense and Sensibility Presented by OpenStage Theatre, Lincoln Center Magnolia Theatre, 2 pm
Sunday Morning Toast and Jams, Soul Squared Tap house, 11 am -2 pm
The Little Dog Laughed, Bas Bleu Theater: 401 Pine St, Fort Collins, CO 80524, 2:30 pm

Monday, February 7

Bard's Confession, Innosphere Ventures, 7 pm -9 pm

Tuesday, February 8

Metta Musical Journey with Michael Kimball, Fort Collins Museum of Discovery, 7 pm -9 pm

Wednesday, February 9

Colin Davin House Concert, Home of Jim Kelly and Betsy Markey, 7 pm -8 pm
Creative Insight Journey: 8 week class (Wednesdays) This course is filled with practical tools and powerful techniques that will ignite self-discovery, awaken personal insight, and empower you to step fully into the life you desire!, Blue Moose Art Gallery, 5:30 pm -7:30 pm

Thursday, February 10

Juliette Gordon Low: Stories from the Life of the Founder of Girl Scouts, Online, 6 pm -7:30 pm
QuickBooks Online: 3 Part Series, Front Range Community College - Challenger Point 225 (upstairs), 1 pm -5 pm
Shai Wosner Solo Recital - Beethoven's "Diabelli"

SODOKU SOLUTION

CHECK OUT THE PUZZLE ON PAGE 15

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

CROSSWORD SOLUTION

CHECK OUT THE CROSSWORD PUZZLE ON PAGE 15

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AROUND OUR AREA

Greeley

Realtor to Discuss Local Trends and Home Selling Tips for Seniors

The Lodge at Greeley Senior Living, located at 4430 24th Street Road, will host an educational talk by realtor Cathy Goza on Wednesday, January 19 at 11:30 am. Designed to inform seniors about local market trends and how to prepare their homes for sale, this free talk is open to the public, but an RSVP is required. A light lunch will be served, and tours of the community will be available. To RSVP, attendees may contact Jennifer Richards at 970-939-5700.

A certified Senior Real Estate Specialist, Goza is the owner/broker of Goza Realty Group in Greeley and has more than 20 years of experience in Northern Colorado real estate. Goza has a degree in interior design from the University of Nebraska, which she applies when working with seniors and clients on staging their homes for sale.

Goza will also discuss the considerations of downsizing from a family residence to a retirement community, which shifts the emphasis to being part of a vibrant community with common areas, events and activities, and supportive services.

The Lodge at Greeley Senior Living is a 55+ community that was designed to meet the growing need for senior living and care in Northern Colorado.

NOCO

Colorado Health Care Veteran Joins Banner Health

Banner Health has announced that Alan Qualls will join the health care organization as Chief Executive Officer of the Northern Colorado region.

"I am excited to have Alan Qualls join our team in Northern Colorado," said Banner Health Western Region President Margo Karsten. "He brings the experience needed plus an understanding of the Colorado market to move us forward in the health care industry."

In this position, Qualls will have overall accountability for service excellence, quality clinical outcomes, market share maintenance, and expansion as well as financial integrity of operations at Banner's three hospitals - Banner North Colorado Medical Center, Banner McKee Medical Center, and Banner Fort Collins Medical Center.

Qualls joins Banner with 25 years of experience in adult and pediatric health care services. He has held a variety of health care leadership roles.

"I am thrilled to join Banner Health and lead the expansion of services in the community," Qualls said. "My family is also very excited to relocate to the Northern Colorado region, said Qualls."

For more information visit www.BannerHealth.com.

How to Use Your Health Plan to Help Achieve New Year's Resolutions

DR. DONNA O'SHEA | UnitedHealthcare

Every year, scores of Coloradans make New Year's resolutions, especially to improve their health and wealth. In fact, 55% of Americans plan to make health-related New Year's resolutions this year, while 53% have vowed to improve their financial well-being, according to a recent UnitedHealthcare survey.

What are the most common resolutions for 2022? Among people making health resolutions, the survey found that 26% hope to lose weight, 24% are planning to exercise more and 21% intend to eat a healthier diet. When it comes to financial health, the most common resolutions include saving more money (26%), increasing income (25%), and paying off debt (19%).

Achieving any of these goals will likely require willpower and dedication, but additional support from your health plan may be helpful too. Whether you have coverage through an employer, an individual or family policy, or a government-sponsored plan such as Medicare Advantage, here are five ways to potentially use your health plan to help encourage a healthier lifestyle in 2022:

Get a Digital Fitness App. The COVID-19 pandemic has prompted some people to avoid public gyms due to potential exposure risks to the coronavirus, contributing to a surge in the popularity of at-home fitness routines. In fact, 30% of Americans surveyed said they had used a digital fitness app as part of their fitness regimen since COVID-19 emerged. Some health plans now include subsidized subscriptions to digital fitness apps with thousands of live and on-demand workouts, in some cases giving access at no additional cost.

Find a Fitness Tracker. Wearable devices are becoming increasingly popular and sophisticated, enabling people to track their daily steps, monitor their heart rate, and analyze sleep patterns (among other measures). With that in mind, some employers and health plans are including fitness trackers as part of wellness programs, in some cases enabling people to earn over \$1,000 per year

in incentives by meeting certain daily activity goals.

Enroll in an Online Weight Loss Program. Given that shedding unwanted weight is a priority for many people after the holidays and year-round, it can be helpful to check with your employer or health plan for online programs that focus on helping users build healthier habits, such as increasing daily activity and eating more fruits and vegetables. Maintaining healthy body weight is more than just cosmetic: Research shows that when overweight people lose just 5% of their initial weight, it can reduce the risk of developing type 2 diabetes by more than 50%, amid COVID-19, diabetes is among the most common risk factors linked to an increased chance of COVID-19 complications.

Take a Pass on Tobacco. While smoking rates have declined over the last few decades, 14% of Americans are still consistent smokers, with cigarette use ranking as the leading cause of preventable death nationwide. Kicking the habit can help support your health - both in the short and long term - while avoiding an estimated \$1 million or more in lifetime costs associated with cigarette use. For support, many health plans include smoking cessation programs, which may offer - at no additional cost - nicotine gum or patches, online tools, and one-on-one coaching.

Support Your Smile. With growing evidence of a link between oral health and overall health, it is important to take care of your teeth. That means consistently brushing, flossing, and using mouthwash. Even if you are doing all that, regular dental cleanings are also crucial. Many dental plans include up to two annual cleanings with no cost-sharing.

The new year is a great time to reflect on your personal and financial health, and it's never too late to rededicate yourself to health. By taking advantage of available resources, it may be possible to improve both your waistline and wallet.

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COVER STORY

Interested in Learning About Civil Rights History in Fort Collins?

NORTH FORTY NEWS

Historic Larimer County is a not-for-profit organization devoted to preserving the historical and archaeological integrity of Larimer County, Colorado. In addition, they are engaged in education and advocacy throughout Larimer County. Various historical talks and tours share fascinating history about our region. The latest one is about Civil Rights and Social Justice activities.

Civil Rights History in Fort Collins – Preserving Places that Matter to All is scheduled for January 25, 2022, at 7 PM via Zoom.

Maren Bzdek and Jim Bertolini from the City of Fort Collins's Historic Preservation Office will present information about a new project to document the history of civil rights and social justice activities in our community, as well as the effort to identify and preserve places that help tell those stories.

The City of Fort Collins has received a grant award from the State Historical Fund to produce a report on civil rights history and a preliminary assessment of associated historic properties that reflect people and events associated with community groups currently underrepresented in our list of Fort Collins landmarks.

These include Chicano/Hispanic, indigenous, Asian American, African American, and LGBTQIA+ residents, people with disabilities, women, and others. The City will work with a consultant and a group of community ambassadors and research advisors to produce the report, which will include an emphasis on the personal lived experiences and memories of these partners as well as more traditional research methods.

Learn more about why this project is essential for the future of preservation in Fort Collins, some of the stories uncovered so far, and how you can get involved!

For more information on Historic Larimer County:
historicalarimercounty.org/tours-talks/

MLK Day Celebration Echoes Throughout Northern Colorado

JONSON KUHN | NorthFortyNews.com



The MLK Day march on January 21, 2019, started at CSU and moved through the streets of Old Town Fort Collins. Thousands of people participated. (Photo by Blaine Howerton)

Every time January 1 rolls around, I make a bunch of new year's resolutions that I never end up keeping, and every time January 17ish rolls around, I make a bunch of promises about doing more to celebrate the life of Martin Luther King Jr. that I never end up keeping. But this year, it's different! Not about the new year's resolutions, I've totally already bailed on all of them and there's no looking back at this point, but doing more to celebrate the life of Martin Luther King Jr? This year I "have it in the bag" because this year I (and you) have two exciting different options to choose from, in-person or virtually.

We'll start with the in-person event: for this year's MLK Day celebration, Colorado State University is partnering with the City of Fort Collins, Poudre School District, and Front Range Community College to sponsor a community-building event. Also, something to keep in mind is that last year the only option was virtual due to the pandemic, so that's all the more reason this year promises to be a particularly powerful in-person experience.

I haven't even mentioned the best part yet! The keynote speaker this year is going to be Carlotta Lanier of the "Little

Rock Nine." In addition to the exciting news about Ms. Lanier, there's also plans this year for an all-new route for the march.

Another detail worth mentioning is that this year King's family will be urging lawmakers and President Joe Biden to pass federal voting rights bills before MLK Day and they're encouraging all supporters to do the same. Specifically, King's family is hoping to shed light on the fact that The Freedom to Vote Act and the John Lewis Voting Rights Advancement Act have stalled in Congress, and they're calling for measures to receive the same urgent attention that the recent \$1.2 trillion infrastructure bill received.

Organizers make a good point by stating that though there's still quite a long way to go in continuing Dr. King's work, opportunities such as this event both bring communities together to celebrate King's impact while also reminding folks that his dream, after all this time, still isn't quite yet a reality.

"We are looking forward to having a great turnout for this important event, which not only celebrates our achievements but emphasizes the need for much more progress in the areas of diversity, equity, inclusion, and justice,"

said Bridgette Johnson, CSU assistant vice president for inclusive excellence. "CSU and our partners are truly invested in making our community more socially just and inclusive."

The celebration is set to start at 11 am at Washington Park with opening remarks by Claudia Menéndez, Chief Diversity, Equity and Inclusion Officer for the City of Fort Collins. The idea with the new march route is that it will take participants past homes where some of the community's first African Americans lived, and the march will end at CSU's Lory Student Center ballrooms with a special program.

If you're interested in volunteering, even the day of, there are multiple opportunities for the celebration and march that will be needed in several locations:

- MLK Day of Service- Assemble care packages in the Lory Student Center from 8 am – 10 am
- MLK March- Help block street intersections along the march route starting at 10 am – ~12:30 pm
- MLK Program & Keynote- Event assistance prior to the march at Washington Park and keynote in the LSC, both starting at 10 am
- MLK March- Trash collection following the march starting at Washington Park no later than 11 am

For more information and to sign up, please visit their website at lsc.colostate.edu.

Lastly, for my folks in Greeley or for folks just feeling a bit hesitant about attending a large event while the pandemic still lingers,

I wanted to mention one other option on how to celebrate this MLK Day. Going back as far as 2009, Union Colony Civic Center has always been the end location for Greeley's community MLK day march, as well as hosted a keynote speaker for the event.

This year they'll be partnering with the Greeley Human Rights Commission and the University of Northern Colorado to make this year's event especially inspiring.

If you're interested in attending, this event will be held virtually, and those details can be found at their website at unco.edu.

Martin Luther King Junior (from page 2)

staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive. Go back to Mississippi, go back to Alabama, go back to South Carolina, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our Northern cities, knowing that somehow this situation can and will be changed.

Let us not wallow in the valley of despair, I say to you today, my friends.

So even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this nation will rise up and live out the true meaning of its creed: We hold these truths to be self-evident, that all men are created equal.

I have a dream that one day on the red hills of Georgia, the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where they will not be judged

by the color of their skin but by the content of their character. I have a dream today.

I have a dream that one day down in Alabama with its vicious racists, with its governor having his lips dripping with the words of interposition and nullification, one day right down in Alabama little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers. I have a dream today.

I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.

This is our hope. This is the faith that I go back to the South with. With this faith, we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

This will be the day when all of God's children will be able to sing with new meaning: My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where

my fathers died, land of the pilgrims' pride, from every mountainside, let freedom ring.

And if America is to be a great nation, this must become true. And so let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania. Let freedom ring from the snowcapped Rockies of Colorado. Let freedom ring from the curvaceous slopes of California. But not only that, let freedom ring from Stone Mountain of Georgia. Let freedom ring from Lookout Mountain of Tennessee. Let freedom ring from every hill and molehill of Mississippi. From every mountainside, let freedom ring.

And when this happens, and when we allow freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: Free at last. Free at last. Thank God almighty, we are free at last.

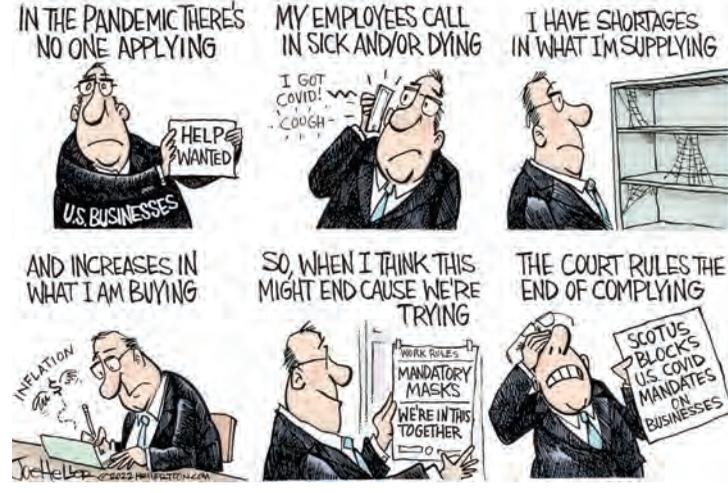
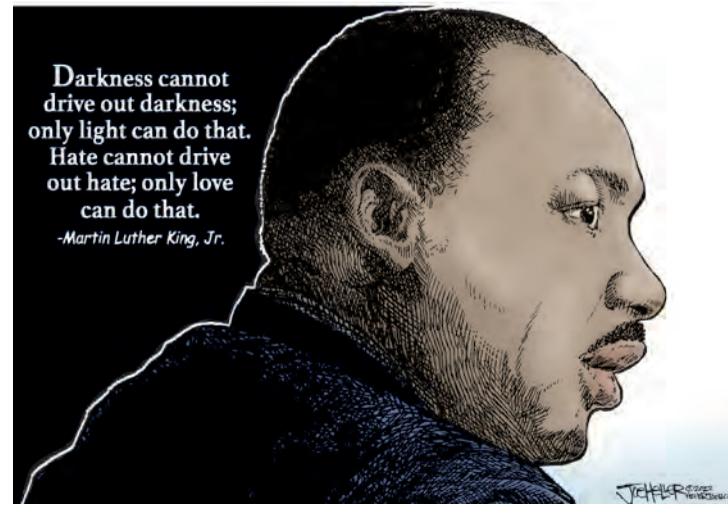
THE BACK PAGE

WINTER OLYMPICS

SEE THE SOLUTION ON PAGE 12

This Weeks' Cartoons

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| <p>ACROSS</p> <ol style="list-style-type: none"> 1. Sleeps in a tent 6. Horror movie franchise 9. Varieties 13. Mozart's "Die Zauberflote" 14. Road crew supply 15. Moron 16. Workman's cotton, once 17. Exclamation of surprise 18. Monte Cristo's title, in French 19. *Olympic Athletes from _____, 2018 hockey winners 21. *Figure skating jump (2 words) 23. Capone's ilk, e.g. 24. Attention-getting sound 25. Eminem's genre 28. Cashier's call 30. Hit-or-miss 35. It will 37. *Triple one in figure skating 39. Hustle and bustle 40. German Mrs. 41. A mile racer 43. a.k.a. horse mackerel 44. Jargon 46. Workbench holding device 47. Health club offering 48. Diner, e.g. 50. Latin for "and others" 52. _____ Aviv 53. Ill-mannered one 55. Curiosity's victim? 57. *2022 Winter Olympics location 61. *Torch Relay starting point 64. "_____ the Family" TV series 65. Refrigerator sound 67. Poppy seed derivative 69. Bitterly regretting 70. Egyptian cobra 71. Part of a stair 72. Seedy source of Omega-3s 73. More, in Madrid 74. Changes to a manuscript | <p>DOWN</p> <ol style="list-style-type: none"> 1. Cape _____, MA 2. Copycat 3. Carte du jour 4. Spectrum maker 5. Delilah's lover 6. Roofed colonnade 7. Expression of satisfaction 8. Angry 9. Revered one 10. Fancy ride 11. Japanese zither 12. Pas in ballet 15. "Freezing" Marvel character 20. Letter-shaped girder 22. "_____ the land of the free..." 24. Designer's studio 25. *Biathlon gear 26. Skylit lobbies 27. Manufacturing site 29. *2022 Winter Olympics number 31. Like Curious George 32. Monocot's alternative 33. "Killers of the Flower Moon" Oklahoma location 34. *Olympic award 36. *Olympic sled 38. For fear that 42. Respond 45. Circling 49. Far, old-fashioned 51. Capital of Punjab 54. Early Irish alphabet 56. Sort of warm 57. Vomit 58. Twelfth month of Jewish year 59. Pelvic bones 60. Put a hex on 61. Concert units 62. Not yet final 63. Edible fat 66. *Miracle on Ice winner 68. Not Miss or Ms. |
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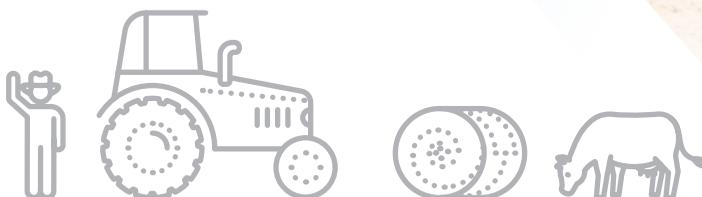
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