

# BERTHOUD WEEKLY SURVEYOR



Thursday, Nov. 13, 2025 © Berthoud, Colorado

“Covering all the angles in the Garden Spot”

Volume 22, Number 46 — \$1



**War Mothers Club originated in WWI**



**New sign for the Berthoud Library**



**State-bound Berthoud volleyball cruises through regionals**



**“The Outer Worlds 2” is flawed (in a good way)**

## Berthoud Girl Scouts are collecting food

**By Joan Cullen**  
The Surveyor

For the third straight year, a Berthoud Juniors Girl Scout troop is collecting food to help House of Neighborly Service (HNS) provide Thanksgiving meal baskets to Berthoud families in need.

Amanda Mason co-leads Troop 76046, which includes her own daughter, Adelaide, and five other fourth and fifth-grade girls from a mix of local schools. Ms. Mason said it’s the girls themselves who decide which badges to work towards, and this year they’ve once again chosen to support HNS. “We really wanted to try and give back, and we love House of Neighborly Service. They’re a really good organization.”

The scouts have distributed flyers in one Berthoud neighborhood, asking for food donations for the Thanksgiving meal baskets. They’ll make another trip out to collect the donations over the weekend. For residents who don’t live in the neighborhood where the Girl Scouts are collecting, there are other ways to participate. “We’re just (collecting) in one neighborhood,” Mason said, “but if they want to donate directly to the House of Neighborly Service, that would be amazing too.”

Diane Frick, the program manager at Berthoud House of Neighborly Service, is very appreciative of the support HNS receives from local Girl Scouts and Scouts of America. “We are donor-based and donor-run, so anytime somebody has the courage to do a food drive for us, it’s what we run off of.”

Ms. Frick said the scouts assist HNS in various ways. “The Girl Scouts and Boy Scouts ... combined forces here in Berthoud not just for the holidays, but during the year.” She says the scouts’ drives provide a significant portion of HNS’s general food stock. She added that they also help with specialized needs, such as Birthday Bags, which “... have a party in a bag that has cake and frosting, candles and everything you ... need to create that little party.” She said when HNS runs low on those, she contacts the scouts, who will do a service project to make more.

For this year’s Thanksgiving, Frick says the need in Berthoud is greater than last year. “We are looking for Thanksgiving alone to serve between 110 and 150 households, which is actually an increase. We served about 97 last year.”

“With the SNAP benefits being paused and on hold, we have a lot more need,” she said, while noting, “...we’re also having a lot more response with people who want to give food and people who want to give cash donations. It’s a good overwhelming.”

For those who would like to donate food for the Thanksgiving drive, including frozen turkeys, HNS is flexible with the collection. “We can set up times for me to go pick them up, but then we can also set up a time for them to come here to Grace Place to drop them off when we’re open on Tuesdays and Thursdays,” Frick said.

The deadline to make donations to HNS for this drive is by the 13<sup>th</sup> or 14<sup>th</sup> of November. “We will start giving our

**HNS cont. on page A2**



Photo by Heather Van Benthem  
Berthoud TPUSA board members Isabelle Byers, Cory Riddle, Xander Burkholder-Scofield, Sofia Collins-Rocha, Elli Killcreas and Adalyn Kelly.

## New Berthoud Turning Point USA chapter holds first meeting

**By Heather Van Benthem**  
The Surveyor

Berthoud High School student Xander Burkholder-Scofield was drawn to Turning Point USA (TPUSA) after the September assassination of the group’s founder, Charlie Kirk. His interest turned into action, and Berthoud now has a brand-new local chapter. Burkholder-Scofield recruited several friends to join him. The chapter has a six-member board of two boys and four girls.

Fellow Berthoud High student Cory Riddle is the president, and homeschooler Adalyn Kelly is the vice president. Burkholder-Scofield is the treasurer, and homeschooler Isabelle Byers serves as secretary. Sofia Collins-Rocha of New Vision Charter School is the social media director and outreach coordinator, and another homeschooled student, Elli Killcreas rounds out the bunch as historian.

Calvary Chapel Berthoud has opened its doors for meetings, which the group plans to have weekly. The first evening was Nov. 10 and had 25 attendees, including the board.

Riddle acknowledged that this was “obviously the first meeting, so nothing big can be planned right now.” That said, the students have hit the ground running by working on a food drive for Loveland’s Community Kitchen, getting ready to build a float for Berthoud’s Dec. 6 Parade of Lights, and planning to meet with other chapters to share

suggestions.

Although there was none offered for the first meeting, the audience had no objections to Riddle’s desire to start with a Bible quote. Instead, he asked whether anyone knew what had happened in New York City on Nov. 4, leading to a discussion of its Democrat Socialist mayor-elect, Zohran Mamdani. Riddle contended that socialist nations have a history of failure. As an example, he said, “When government controls the food, they control who gets it.”

Next, the attendees broke into two groups, one group to argue for and the other against a position Riddle assigned. The topics started on a light note with pineapple as a pizza topping before moving to serious issues of border security and gun laws. While it was quickly apparent that—with the exception of the pineapple—all of the attendees were pretty much on the same page, the group arguing from the other side was familiar with the counter-arguments and able to express them and engage in back-and-forth debate.

It was a lively bunch, with much laughter, friendly ribbing, and holding ground without being defensive. At the end, Riddle explained that the purpose of the exercise had been to demonstrate that everyone has opinions and beliefs, “and that’s why we get freedom here in America.” Burkholder-Scofield added, “We have to know what we’re gonna preach about.”

## What’s the real estate market like in Berthoud?

**By Heather Van Benthem**  
The Surveyor

With financial topics dominating the national conversation, such as the government shutdown, interest rates, what the Fed might or might not do, whether consumers are seeing impacts from tariffs, etc. the Surveyor thought it was a good time to take a look at Berthoud’s real estate market.

Gary Maggi is the owner of RE/MAX Town & Country in the heart of downtown Berthoud. He started the company with his mother, Marian Maggi, in 1993 and so has a good sense of where things stand.

As of the middle of October, the least expensive listing within town limits, at \$370K, was a 1,000 square foot half duplex in Prairie Star. The most expensive, at \$3.675M, was an 8,000 square foot new build in TPC. There were 140 active listings in Berthoud and 29 homes under contract. September 2025 saw 27 sales, with an average days on market of 76 days, slightly down from 85 in September 2024. In some respects, “last year feel like this year to me,” said Maggi.

What has changed recently is prices and inventory. The current list versus sold price ratio is 94.8%, meaning that homes are selling for approximately 5% less than asking. That represents a drop in the ratio from 105%, or about 10%, from May 2022, the most recent timeframe Maggi could suss

out the data for a comparison.

Inventory is higher than it has been. “The pace has certainly slowed,” stated Maggi. There is a four-month supply on the market right now, whereas three years ago, it was less than one month. “It’s definitely a slower market than it’s been for some time,” he continued, then mused, “Or perhaps maybe a more balanced market.”

He feels the market was hot for too long. For a time, he said people were moving because they wanted something better, or even just something different. That has changed. “People are moving out of necessity,” he explained. “Nobody’s moving unless they absolutely have to.” From a buyer’s perspective, there is “much less of a sense of urgency.” The intense pressure buyers were under a short while ago has eased. “That doesn’t exist anymore.”

Maggi said new constructions almost always include incentives for buyers. That has extended to the secondary market, as well. About half of closed sales over the last six months have included seller concessions, averaging \$5K per transaction. In addition, he said that buyers are “more cautious when it comes to inspection items and things like that.”

His advice to sellers is to be aware of the market and trends. He asserted that buyers

**REAL ESTATE cont. on page A3**

## Land deals, HNS update and 2026 budget

**By Will Cornelius**  
The Surveyor

Berthoud’s trustees kept themselves busy to start the month with a Nov. 4 special meeting and study session, followed by a rare Monday regular meeting on Nov. 10 to avoid a meeting on Veterans Day.

### More land, same price

At the Nov. 4 meeting, Town Administrator Chris Kirk told trustees that the appraisal for Wilson Farm came in below the agreed-upon price. In June, the board approved a \$1,248,000 purchase of the 52-acre property.

However, the town’s appraisal came in at \$1,095,000. In response, the seller offered to increase the size of the property sale to 68 acres, for the original \$1,248,000 price. Trustees unanimously approved the updated open space purchase.

### Update from HNS

House of Neighborly Service (HNS) Executive Director Cherri Houle opened the Nov. 10 meeting by providing an update on the Berthoud Life Center during public comment. In April, the town purchased the former Sonoco building at 270 Mountain Ave. with the intention of providing it to the HNS at a discounted rate for the creation of a Berthoud Life Center.

Houle detailed two major changes HNS was making in response to community concerns. First, she said HNS planned to reduce its physical footprint in the building by 2,400 square feet. The proposed lease agreement from September anticipated the Berthoud Life Center occupying 19,000 square feet. The entire building is about 30,000 square feet.

Secondly, Houle said that the HNS is exploring eliminating the possible future purchase option. A purchase option, at a discounted price, became a sticking point due to uncertainty around U.S. Department of the Treasury directives for using American Rescue Plan Act (ARPA) funds. Berthoud may be prohibited from offering the HNS a discounted option to buy their portion of the property in the future. Compounding the uncertainty is the ongoing federal government shutdown.

At the end of the meeting, Kirk confirmed that they will likely remove the purchase agreement. “I think that the purchase option idea is basically gone at this point,” he said.

Houle stressed that the HNS plans to invest \$3 to \$4 million in the building, calling it a shared investment for a shared resource.

She also said that if a referendum over the future of the Sonoco building and HNS’s possible occupancy is put on the April 2026 Berthoud municipal ballot, the HNS would step away from the entire project. Houle said it is important for HNS to stay committed to its mission of helping the community and wants to unify the town and not divide it.

### Land use and building codes

Trustees approved changes to existing land use and building codes and introduced another set of building code updates.

Three ordinances passed with unanimous support to update and streamline the town’s land use codes and processes.

Two other ordinances to update the town’s existing building code with the 2024 International Building Code and 2024 International Fire Code were also introduced.

### 2026 budget

Kirk presented the second draft of the town’s proposed 2026 budget. Overall, the budget plans for revenues to remain flat next year, while the town also embarks on major capital projects.

One of the biggest changes in the budget is the fall in single-family building permits. In 2020, there were 505 single-family building permits. Kirk said the estimate for 2025 was for only 150. In 2024, the number was 238. Higher interest rates and market forces are the major causes for the decline, Kirk said.

Property and sales taxes account for 71% of projected general fund revenue in

**BOARD cont. on page A2**



Fire/Police.....A2  
Then & Now .....A4



Sports .....B1  
Opinion .....B2



Play .....B3  
Health & Fitness .....B4



**BOARD** from page A1

2026. The town also plans to add 4.5 full-time equivalent employees in 2026 as the town government grows to meet the needs of the community. He also added that one of the biggest expenses related to staffing was large increases in health insurance premiums.

In 2026, the town will change how it handles developments and planning in its fee schedule. The planning department will move to a flat fee structure for the first two rounds of consultation, then bill by the hour.

Mayor pro tem Sean Murphy asked if trustees would consider

removing a \$5 million placeholder expense for a possible Richardson Park expansion from the 2026 budget. Trustee May Albrecht said that it is only a placeholder line item and exists so that trustees can decide in the future whether the expense is feasible. Kirk also reiterated this point, saying "The budget is a policy and planning tool," as opposed to a financial commitment.

The board will hold a final budget hearing on Dec. 9 to approve the 2026 budget. They will also finalize the 2026 mill levy and fee schedule.

**Other business**

Town Attorney Erin Smith

announced her retirement from practicing law at the end of the meeting. She anticipated Jan. 1, 2026, as her last day, but wanted to ensure a replacement was ready before stepping away.

Berthoud Main Street, a community-led downtown revitalization group, recently created a nine-member board, Trustee Tim Hardy confirmed. The Main Street America organization is affiliated with the group.

The meeting ended with the trustees moving into executive session to discuss two issues: potential litigation and a request for reconsideration of prior land use approvals.

**HNS** from page A1

baskets on the 18<sup>th</sup>, 20<sup>th</sup>, and 25<sup>th</sup>, Frick said. "We're not open on the 14<sup>th</sup>, but I work on the 14<sup>th</sup>, so I can meet with people to process it and take in the food." Donors may contact Frick by phone or email: 970-532-0161; dfrick@honservice.org.

More information about the House of Neighborly Service can be found on their website: www.honservice.org.

*The Berthoud Weekly Surveyor is also collecting food and warm clothing at its office, 440 Mountain Ave.*

**STAY INFORMED!**

**SUBSCRIBE TO THE BERTHOUD WEEKLY SURVEYOR!**

**970-532-2252**

**COMMUNITYCALENDAR**

Send your events and announcements for community and non-profit organizations to editor@berthoudsurveyor.com

**Thursday, Dec. 4**

**St. John the Evangelist's** CCW Christmas luncheon and meeting is Thursday, Dec. 4, at 12 p.m., in the Bread of Life Hall. The catered luncheon will cost members and guests only \$10. This celebration/meeting begins with the Rosary recitation, followed by lunch, a brief business meeting and gift exchange. Contact Ann Foley at 970-231-3075 if you'd like to attend. All Catholic women are welcome to attend.

**Saturday, Dec. 6**

**A Very Merry Berthoud**— Get ready for a full day of holiday cheer in downtown Berthoud at A Very Merry Berthoud, Saturday, Dec. 6, 2025! Celebrate the season with a full day of holiday magic across downtown Berthoud, from 10 a.m. to 7 p.m.

- Winter Craft Fair at the Recreation Center
- Cowboy Christmas with Outdoor Market
- Parade of Lights at 5 p.m. with Tree Lighting on Mountain Ave.

Enjoy a flurry of festivities including ice skating, free books at the library, carolers, tree sales, shopping, food and toy drives and more!

Find the activity schedule, map, and event info at: <https://berthoud.org/A-Very-Merry-Berthoud>

**Announcements**

**St. John the Evangelist's** Council of Catholic Women's (CCW) Sharing is Caring initiative, this month they are collecting canned goods and nonperishable foods for St. Vincent de Paul Society. Please no clothing. Items can be dropped off at St. John's Church (the Bread of Life hall entrance) at 1730 W. 12th St., Loveland, the weekend of Nov. 29-30.

**Stargazing with the Historic Bunyan Telescope** in Pioneer Courtyard. A sign will be placed on the sidewalk in front of the museum to announce that the observatory is open to the pub-

lic. The weather decides dates. Follow the Facebook page "Berthoud Historical Society" for more information.

**Berthoud Community Library** events. The library is located at 236 Welch Ave.

*Weekly youth events:*

Mondays, **Musical Moments**, 4 p.m. — Let's play at the library! Stop by every other Monday at 4 p.m. to learn, play and sing at the Berthoud Community Library. No registration required.

Tuesdays, **Bouncing Baby Storytime**, 10:30 a.m. — Join us for Bouncing Baby Storytime on Tuesdays at 10:30 a.m. This story time is tailored to babies under two.

Wednesdays, **Terrific Toddler Storytime**, 10:30 a.m. — Join us on Wednesdays at 10:30 a.m. for Terrific Toddler Storytime. Let your toddler move and wiggle at this fast-paced story time.

Fridays, **Perky Pre-K Storytime**, 10:30 a.m. — Join us on Fridays at 10:30 a.m. for Perky Pre-K Storytime. We will be reading and interacting with longer stories in this group.

*Weekly adult events:*

Mondays, **Writers Group**, 10:30 to 11:45 a.m. — Join us as we free-write, critique and hone our craft together. No registration required.

Saturdays, **Sketch Hour**, 11 a.m. to 12 p.m. — This is an hour for artists of any age and skill level to come and practice, and to learn from each other. Paper and pencils will be provided.

For more information, go to [berthoudcommunitylibrary.org](http://berthoudcommunitylibrary.org), email [berthoudcommunitylibrary@gmail.com](mailto:berthoudcommunitylibrary@gmail.com), or call 970-532-2757.

**House of Neighborly Service** in Berthoud is available to help with food baskets, utilities, prescriptions and resources. Donations of cereal, canned

goods (soup and fruit), paper towels and toilet paper are needed, and financial contributions are always welcome. For more information, go to [www.honservice.org](http://www.honservice.org) or call 970-532-0161. Open in Berthoud on Tuesdays and Thursdays from 9 a.m. to 5 p.m. at 375 Meadowlark Dr.

**Scheduled meetings**

**AA Berthoud Hump Day** is a recurring meeting every Wednesday evening from 7 to 8 p.m., 375 Meadowlark Dr., Berthoud. For more information, contact Joe at 303-775-6495.

**AA meeting** every Monday and Friday at 8 p.m. in the Lions Club train depot. Contact 720-453-8308 for more information.

**Al-Anon Family Groups:** A 12-step program to provide help with experience, strength and hope for friends and families of problem drinkers. Meetings are in person in Loveland and Berthoud. Call 970-617-8456 or visit [al-anon.org/al-anon-meeting](http://al-anon.org/al-anon-meeting) for a complete Colorado meeting list.

**American Legion Post 67** meets on the second Wednesday of every month at 7 p.m. at 310 Mountain Ave., Suite D, Berthoud.

**Berthoud Fire Museum** is open every Saturday from 9 a.m. to 12 p.m. For museum visits by appointment, call John Beck (970-532-2654), Pete Cowdin (970-443-4950), Jerry Ward (970-290-1468) or Paul Rimsky (970-290-2317).

**Berthoud/Johnstown Dance Group** is hosting dances at the Johnstown Community Center, located at 101 W. Charlotte St., Johnstown. Dances are held every first and third Friday from 6:30 to 9 p.m. Cover charge is \$8. Please bring a potluck dish to share. Questions contact Thomas, 970-215-6855, or Shirley, 970-405-8043.

**Berthoud Lions Club** meets on the third Thursday of each month at 6 p.m. in the Lions Depot. The depot is available

for rental. Contact Ken Schwols at 970-218-7582 for more information.

**Berthoud Meditation Group** meets on the first Tuesday of each month at 7:15 p.m., at Yoga Adobe, 1217 Elm Dr., call 970-498-0490 for details.

**Rotary Satellite Club of Berthoud**, second Fridays, 12 p.m., Cornerstone Café, third Wednesdays. Rotary Social, fourth Wednesday of the month at 5:30 pm at Benny's Tacos, 535 Third St.

**Coffee with the Chiefs**, third Thursday of each month from 2 p.m. at Cornerstone Cafe.

**Homestead Fine Art Gallery** First Friday Open House, 4 to 7 p.m., 344 Mountain Ave. Join us every first Friday of the month.

**Tops Club #0355** (Take off Pounds Sensibly) TOPS is a low-cost weight loss group that meets Wednesdays at 8 a.m. for weigh-in and 8:30 a.m. for a program at the Lions Club, 600 Third St. If interested, stop by for a meeting or email [topsco0355@gmail.com](mailto:topsco0355@gmail.com)

The Town of **Berthoud Board of Trustees** meets on the second and fourth Tuesday of each month at the town hall, 807 Mountain Ave. Check the agendas at <https://www.berthoud.org/AgendaCenter> or call 970-532-2643.

The Town of **Berthoud Planning Commission** meets on the second and fourth Thursdays of each month at 6:30 p.m. at the town hall, 807 Mountain Ave. Check the agendas at <https://www.berthoud.org/AgendaCenter> or call 970-532-2643.

**Veterans of Foreign Wars (VFW) Post 12189** meets on the second Thursday of every month at 7 p.m. at 310 Mountain Ave., Suite D, Berthoud.

**Veterans of Foreign Wars (VFW) Auxiliary** meets on the second Monday of each month at 6:30 p.m. at 310 Mountain Ave., Suite D, Berthoud.

**POLICEBLOTTER**

**Monday, Nov. 3**

**Vehicle Theft:** Barela Drive—A male used his father's pickup truck without permission and has not returned the vehicle. Law enforcement and the family have been unable to contact the male. The truck was entered as stolen into law enforcement databases.

**Tuesday, Nov. 4**

**Suspicious Circumstances:** Holmes Place—An adult male reported that he was staying at this address, and that a man who resided at the home menaced him with a knife during an argument. Charges could not be substantiated. Deputies provided a civil standby for the male to collect his items, and he was provided with a courtesy ride to the Murphy Center.

**Theft:** Holmes Place—A male

reported a bottle of prescription medication had gone missing from his backpack while he was staying at this address.

**Warrant Arrest:** Highway 287/ County Road (CR) 8—A vehicle associated with one felony warrant, and three misdemeanor warrants was contacted and the female driver was booked on all her outstanding warrants at the Larimer County Jail.

**Fraud/Theft:** East Colorado Avenue—A male reported he purchased fraudulent tickets on Facebook Marketplace and is out \$750.

**Wednesday, Nov. 5**

**Non-Injury Motor Vehicle Accident:** East Highway 56—A two-vehicle motor vehicle accident occurred in the parking lot of a business, resulting in minor damage to both vehicles.

**Harassment/Domestic Violence:** CR 14—A female reported

her ex-boyfriend repeatedly called her and threatened her and her family while she was at her friend's address in Berthoud. Investigation is ongoing.

**Suspicious Circumstances:** East Highway 56—Employees at a gas station reported that a male had used counterfeit 100-dollar bills at the location. Investigation is ongoing.

**Thursday, Nov. 6**

**Cold Theft:** East Highway 56—A local business reported three underage males stole several cases of beer.

**Friday, Nov. 7**

**Third-Degree Assault/Domestic Violence/Child Abuse x2:** Gateway Park Drive—A female reported that her husband assaulted her while she was holding their ten-month-old child. The female had injuries to her right arm consistent with a grab mark. The male also threw a phone inside the resi-

dence, which shattered a vase and landed beside a sleeping two-year-old child. The male was booked at the Larimer County Jail.

**Possession of Schedule II Substance/Possession of Drug Paraphernalia:** 14th Street Southeast—A male driver was stopped for traffic infractions. During an interview, reasonable suspicion of narcotics activity was developed. The male admitted to drug paraphernalia being present in the vehicle, along with the paraphernalia found, a baggie of crack cocaine was located. The male was booked into the Larimer County Jail.

**Saturday, Nov. 8**

*Nothing of significance to note.*

**Sunday, Nov. 9**

**Mental Health Hold:** Berthoud—A juvenile male texted a friend stating he wanted to kill himself. The juvenile was contacted by law enforcement and admitted

that he held a knife to his throat and was still suicidal. The juvenile requested help and was taken to the hospital voluntarily.

**Disorderly Conduct/Harassment:** Holmes Place—A male was woken up by an adult male playing loud music and yelling outside his residence. Deputies heard the loud music and took the male into custody. The male began yelling at deputies at an unreasonable volume. The male was booked uncooperative into the Larimer County Jail.

**RECEIVE EMERGENCY NOTIFICATIONS ON YOUR CELL PHONE.**

Please visit <https://NOCOAlert.org> and register to get emergency notifications on your cell phone. Reverse 911 does not work on cell phones, only on landlines. Berthoud has the lowest registered numbers in Larimer County.

*Words of Wisdom*

"I hope I can be the autumn leaf, who looked at the sky and lived. And when it was time to leave, gracefully it knew life was a gift."

—Dodinsky

**WEATHER**

Thursday  
75/39  
Sunny

Friday  
74/45  
Partly cloudy

Saturday  
70/35  
Partly cloudy

Sunday  
62/37  
Mostly sunny

Monday  
57/31  
Partly cloudy

Source: Weather.com

 <b>229 E. 4th Street BERTHOUD • \$475,000</b> No Metro District! 3 bdrm, 3 bath, full bsmt two car rear loader garage, granite countertops, luxury vinyl floors, 2,029 sq ft. <b>Gary • 970-692-2002</b>	 <b>732 N. Madison Ave. LOVELAND • \$340,000</b> 2 bdrm, 1 bath, updated with new siding, windows, kitchen, fresh interior paint. No Metro. No HOA. Alley access for off street parking. <b>Renea • 970-290-8709</b>	 <b>730 6th Street BERTHOUD • \$625,000</b> Custom built home (843 sq ft) and Church of Christ. Simple yet elegant throughout. Partially fin bsmt. Church is 1403 sq ft. Sale includes both house and church. <b>Amber • 970-691-2596</b>
 <b>1107 Navajo Place BERTHOUD • \$675,000</b> NO HOA or METRO—RV parking, 4 Bed/3 Bath, Wood Shop, Outside Kitchen, Putting Greens/Garden, Potting Shed, Theatre <b>Marian • 970-290-0908</b>	 <b>TBD Bartram Park Road LOVELAND • \$84,900</b> Mountain get away up the Big Thompson Canyon. Lots 10, 11, & 12 at MONT-ROSE subdivision is .23 of an acre. Includes Parcels #0508405010 & #0508405011. Property access & showings only w/licensed agent present. Property being sold "AS IS". <b>Renea 970-290-8709</b>	 <b>1331 Fountain Lane ERIE • \$839,900</b> Grand Juliet balcony w/two-story foyer, turned staircase & remarkable two-story great room w/stone fireplace, fabulous chef's kitchen, covered patio, unfinished bsmt. <b>Tiffany • 970-818-0203</b>
<b>970-532-5096</b> 340 Mountain Ave., Berthoud <a href="http://BerthoudRealEstate.com">BerthoudRealEstate.com</a> <b>RE/MAX</b> Town & Country		
<b>NEW LISTING</b>  <b>1314 Harter Place LOVELAND • \$349,000</b> NO METRO TAX & NO HOA. 2 bdrm, 1 bath, nice-sized kitchen & living areas with one car garage, fenced front & back yards, mature landscape, fresh paint inside and a little work outside you could have a gem. "AS IS". <b>Renea 970-290-8709</b>		



"You don't think it'll happen to you, and you surely don't think it will happen twice. Both times, my agent and Auto-Owners took care of me like someone takes care of family."

- Beverly B. Tuscaloosa, AL




LOVELAND • 970.667.2145  
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The Berthoud Weekly Surveyor welcomes contributions to the editorial page in the form of letters to the editor. Diverse and varied opinions are welcome. We make an effort to only publish truthful and accurate information, with no spin, for our readers.

Letters to the editor: Due to space constraints, we may at times withhold letters of excessive length. Writers are asked to limit letters to 400 words and will be limited to one letter every four weeks.

We will print as many letters as possible, and letters from Surveyor subscribers and residents of Berthoud will have first priority. We welcome opinion letters but when inaccurate information is presented as fact, letters will be sent back to the writer for revisions.

The publisher and editor reserve the right to edit or reject any letter. Reasons a letter might be rejected include being self-serving, confusing or unclear points, crude language or inflammatory remarks.

All letters to the editor must be signed and include the writer's hometown and daytime phone number.

Letters may be mailed to the Berthoud Weekly Surveyor, Attn: Letters to the Editor, 440 Mountain Ave., Berthoud, CO 80513. Letters also may be e-mailed to [editor@berthoudsurveyor.com](mailto:editor@berthoudsurveyor.com), faxed to 970-532-5424 or dropped by the office, located at 440 Mountain Ave., between the hours of 9 a.m. and 4 p.m., Monday - Thursday. Closed on Friday.

The deadline for letters is noon, Monday for that Thursday's edition.

**REAL ESTATE** from page A1

usually do their research and that there can be a tendency for sellers to overestimate their home values. He urged, "Meet the buyers where they are." His advice to buyers is always to understand their budget and be pre-approved with their lender. "Always," he emphasized.

Maggi is active in the town. "I grew up in Berthoud, and so did my kids," he stated proudly. "Berthoud's been very good to us for sure." He smiled as he shared that his mother still sells homes for the firm, and that he currently has 10 agents working for him.

He receives lots of referrals and repeat business. "We're grateful for this community," he acknowledged. "Especially in a tougher market."

Additionally, he serves on the fire district board. "It's a fun position," he enthused. "I enjoy it a lot."

He has ties to this newspaper under its current owner, too. "I ran the first ad in the Berthoud Weekly Surveyor," he grinned.

*Editor's note: RE/MAX has run an ad every week in the Surveyor since we started the paper in June, 2004. Thank you, Gary. We appreciate your business!*

**NOTICE OF DEMAND FOR ISSUANCE OF DUPLICATE SHARE CERTIFICATES**

Public notice is hereby given that the Culver Lateral Ditch Company (the "Company") has received a demand, in accordance with C.R.S. § 7-42-114 through 7-42-117, which demand was made by Susan and Donald Williams for the issuance of a replacement certificates representing ownership of 1 share in the Culver Lateral and 1 share in the Culver Irrigation Company, which shares were represented by Certificate Numbers 281 and 241, and which certificates have been lost, mislaid, or destroyed. Notice

is hereby given that a replacement certificates will be issued to Donald Williams on or after December 29, 2025, unless a contrary claim is filed with the Company prior to that date.

Notice is given under my hand and seal as Secretary of the Culver Lateral Ditch Company.

Angie Swanson, Secretary  
Culver Lateral Ditch Company  
P.O. Box 119  
Longmont, CO 80502

Berthoud Weekly Surveyor  
Publish: Nov. 6, 13, 20, 27, Dec. 4, 2025

**NOTICE CONCERNING PROPOSED 2026 BUDGET OF ROSE FARM ACRES METROPOLITAN DISTRICT**

NOTICE is hereby given that a proposed budget has been submitted to the Board of Directors (the "Board") of Rose Farm Acres Metropolitan District (the "District") for the ensuing year of 2026; that a copy of such proposed budget has been filed in the office of the District's accountant, Fromm & Company, 9227 East Lincoln Avenue, #200, Lone Tree, Colorado 80124, where the same is open for public inspection, by appointment

only; and that such proposed budget will be considered at a public hearing of the Board to be held on December 2, 2025, at 10:00 a.m. via Zoom: <https://us02web.zoom.us/j/86165778822>; Meeting ID: 861 6577 8822. Any elector within the District may, at any time prior to the final adoption of the budget, inspect the budget and file or register any objections thereto. ROSE FARM ACRES METROPOLITAN DISTRICT

By: /s/ Jeffery Hoskin  
President

Berthoud Weekly Surveyor  
Publish: November 13, 2025

**TOWN OF BERTHOUD ORDINANCE NUMBER 1369 AN ORDINANCE AMENDING THE TOWN OF BERTHOUD MOUNTAIN AVENUE CORRIDOR DESIGN AND SIGNAGE PLAN**

WHEREAS, the Town of Berthoud is a municipal corporation possessing all powers granted to a statutory town by Title 31 of the Colorado Revised Statutes; and  
WHEREAS, the Town replaced Chapter 30 of the Municipal Code through Ordinance 1363 which necessitates an amendment to the Town of Berthoud Mountain Avenue Corridor Design and Signage Plan first adopted in 2020 through Ordinance 1280 to clarify the development and design expectations of development within the Mountain Avenue Overlay District; and  
WHEREAS, the Planning Commission, after proper notice, has held a public hearing on October 9, 2025 on this Ordinance providing for a recommendation of approval from the Town Board of Trustees; and  
WHEREAS, the Board of Trustees, after proper notice has held a public hearing on this Ordinance providing for the adoption of said code amendments pursuant to C.R.S. Section 31-16-203; and

WHEREAS, the proposed amendments to the Town of Berthoud Mountain Avenue Corridor Design and Signage Plan thereto have been submitted to the Board of Trustees in writing and the Board of Trustees has determined that such amendments thereto should be adopted as herein set forth;  
NOW, THEREFORE, BE IT ORDAINED BY THE TOWN BOARD OF TRUSTEES OF THE TOWN OF BERTHOUD, COLORADO:  
Section 1. That the Town of Berthoud Mountain Avenue Corridor Design and Signage Plan have been amended in its entirety and replaced as set forth in Exhibit A, attached is hereby adopted;  
Section 2. If any section, paragraph, sentence, clause, or phrase of this Ordinance is held to be unconstitutional or invalid for any reason, such decision shall not affect the validity or constitutionality of the remaining portions of this Ordinance.  
Section 3. All other Ordinances or portions thereof inconsistent or conflicting with this Ordinance or any portion hereof are hereby repealed to the extent of such inconsistency or conflict.  
Section 4. The repeal or modification of any provision of the Municipal Code of the Town of Berthoud by this Ordinance shall not release, extinguish, alter, modify, or change in whole or in part any pen-

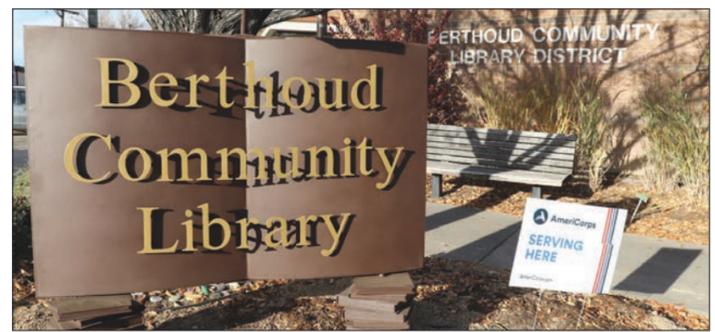


Photo by Terry Georgia

A new public art sculpture-sign makes it easier for passers-by to find the Berthoud Library, especially at night and when the trees are in bloom. The sign was designed and created by Otto Engel and his team at Innovation Forge in Berthoud.

**New sign for the Berthoud Library**

By Terry Georgia  
The Surveyor

A new sign has appeared on Welch Avenue in front of the Berthoud Community Library District building. As much a work of public art as an identifier for the building, the "open book" design was commissioned by the library and created by Otto Engel and his team at Innovation Forge on First Street.

According to Aime Pilla, the librarian and CEO of the Berthoud Library District, the library needed the sign to comply with Colorado state library standards. The most recent version of the standards said that all Colorado libraries should have clear, lighted signs to identify the library and where the front door is located. "Unfortunately," said Pilla, "the sign on our building is hidden behind a large tree during half the year when the leaves are out, and is only visible to eastbound traffic on Welch during the rest of the year." She also said that quite often, people who were new in town and some who had lived in town for a long time would come in and say, "I had no idea we

had a library here." To come into compliance with state regulations, she decided it was time to improve the library's signage. She also wanted to add to the public art and sculpture displayed in town. Proposals from several local artists were secured and the design from Innovation Forge was chosen.

Otto Engel, owner of Innovation Forge, and his partner, artist Holly Flechsig, created the design. "We wanted to incorporate reading into the design and an open book seemed like the best way to do that, and it gave us the real estate we needed for the words." Adding stacks of books below added extra texture and dimension to the sculpture.

"The whole process took about two years," said Engel, "there were delays with permits and approvals from the town, but once we worked through all that, the sculpture took about four months to complete at the forge." The whole team at the forge worked on it. Engel and his crew of metal workers, Akiva Meola, Dillon Kremer and Colin Kelly, each worked on different pieces of the sculpture, which was hand-forged from mild steel and finished with powder-coated colors.

The texturing on the book's pages and other dimensional details are a specialty of Innovation Forge.

"We're excited to be doing some more public art projects in Berthoud," said Engel, "because most of our projects are hidden in or around private homes. The whole team enjoyed working on this project, and we've been taking the liberty of driving by whenever possible to check it out!"

The new sculpture faces Welch Avenue so it can be clearly seen by people passing in either direction, and a reading light was incorporated into the design so it's clearly visible at night too.

**NOTICE CONCERNING PROPOSED 2025 BUDGET AMENDMENT AND PROPOSED 2026 BUDGET OF HERITAGE RIDGE METROPOLITAN DISTRICT**

NOTICE is hereby given to all interested parties (1) that a proposed 2026 budget and a proposed 2025 amended Budget have been submitted to the Board of Directors (the "Board") of the Heritage Ridge Metropolitan District (the "District"); (2) the necessity has arisen to amend the District's 2025 Budget; (3) that copies of such proposed 2026 Budget and 2025 amended Budget have been filed in the office of the District's Manager at 2619 Canton Court, Suite A, Fort Collins, Colorado, where the same are open for public inspection; and (4) that approval of a Resolution to Adopt the Budget, Appropriate Funds and Set Mill Levy for 2026 and approval of a Resolution to Amend the 2025 Budget will be considered at a public hearing of the Board of Directors of the District to be held at the Berthoud Recreation Center at Waggener Farm Park, 1000 Berthoud Pkwy, Berthoud, CO 80513, on Wednesday, November 19, 2025, at 5:45 p.m. Any interested elector within the District may, at any time prior to the final approval of the Resolution to Adopt the 2026 Budget and approval of the Resolution to Amend the 2025 Budget, inspect the budgets and file or register any objections thereto. HERITAGE RIDGE METROPOLITAN DISTRICT  
By: /s/ Hailey Pavey  
District Manager

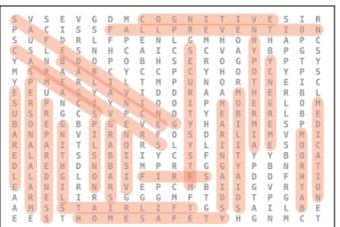
Published and posted on District's website at least ten (10) days prior to budget hearing.

Berthoud Weekly Surveyor  
Publish: November 13, 2025

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incurred under such provision, and each provision shall be treated and held as still remaining in force for the purpose of sustaining any and all property actions, suits, proceedings, and prosecutions for the enforcement of the penalty, forfeiture, or liability, as well as for the purpose of sustaining any judgment, decree, or order which can or may be rendered, entered, or made in such actions, suits, proceedings, or prosecutions.

Section 5. The provisions of this ordinance shall take effect thirty days after publication as required by law, and shall apply to all development and construction permitted after such date. INTRODUCED, READ, AND APPROVED on this 28th day of October, 2025.  
TOWN OF BERTHOUD  
By: William Karspeck, Mayor  
ATTEST: By: Christian Samora, Town Clerk  
READ, ADOPTED, AND APPROVED on this 10th day of November, 2025.  
TOWN OF BERTHOUD  
By: William Karspeck, Mayor  
ATTEST: By: Christian Samora, Town Clerk

Berthoud Weekly Surveyor  
Publish: November 13, 2025

**TOWN OF BERTHOUD ORDINANCE NUMBER 1368 AN ORDINANCE AMENDING THE TOWN OF BERTHOUD CHARACTER DISTRICT GUIDE AND DESIGN GUIDELINES**

WHEREAS, the Town of Berthoud is a municipal corporation possessing all powers granted to a statutory town by Title 31 of the Colorado Revised Statutes; and  
WHEREAS, the Town replaced Chapter 30 of the Municipal Code through Ordinance 1363 which necessitates an amendment to the Berthoud Character District Guide and Design Guidelines first adopted in 2021 through Resolution 28 to clarify the intent of application requirements and development standards; and  
WHEREAS, the Planning Commission, after proper notice, has held a public hearing on October 9, 2025 on this Ordinance providing for a recommendation of approval from the Town Board of Trustees; and  
WHEREAS, the Board of Trustees, after proper notice has held a public hearing on this Ordinance providing for the adoption of said code amendments pursuant to C.R.S. Section 31-16-203; and  
WHEREAS, the proposed amendments

to the Town of Berthoud Character District Guide and Design Guidelines thereto have been submitted to the Board of Trustees in writing and the Board of Trustees has determined that such amendments thereto should be adopted as herein set forth;  
NOW, THEREFORE, BE IT ORDAINED BY THE TOWN BOARD OF TRUSTEES OF THE TOWN OF BERTHOUD, COLORADO:  
Section 1. That the Berthoud Character District Guide and Design Guidelines have been amended in its entirety and replaced as set forth in Exhibit A, attached is hereby adopted;  
Section 2. If any section, paragraph, sentence, clause, or phrase of this Ordinance is held to be unconstitutional or invalid for any reason, such decision shall not affect the validity or constitutionality of the remaining portions of this Ordinance.  
Section 3. All other Ordinances or portions thereof inconsistent or conflicting with this Ordinance or any portion hereof are hereby repealed to the extent of such inconsistency or conflict.  
Section 4. The repeal or modification of any provision of the Municipal Code of the Town of Berthoud by this Ordinance shall not release, extinguish, alter, modify, or change in whole or in part any penalty, forfeiture, or liability, either civil or criminal, which shall have been

incurred under such provision, and each provision shall be treated and held as still remaining in force for the purpose of sustaining any and all property actions, suits, proceedings, and prosecutions for the enforcement of the penalty, forfeiture, or liability, as well as for the purpose of sustaining any judgment, decree, or order which can or may be rendered, entered, or made in such actions, suits, proceedings, or prosecutions.

Section 5. The provisions of this ordinance shall take effect thirty days after publication as required by law, and shall apply to all development and construction permitted after such date. INTRODUCED, READ, AND APPROVED on this 28th day of October, 2025.  
TOWN OF BERTHOUD  
By: William Karspeck, Mayor  
ATTEST: By: Christian Samora, Town Clerk  
READ, ADOPTED, AND APPROVED on this 10th day of November, 2025.  
TOWN OF BERTHOUD  
By: William Karspeck, Mayor  
ATTEST: By: Christian Samora, Town Clerk

Berthoud Weekly Surveyor  
Publish: November 13, 2025

**TOWN OF BERTHOUD ORDINANCE NUMBER 1367 AN ORDINANCE ADOPTING CHAPTER 30 OF THE BERTHOUD MUNICIPAL CODE**

WHEREAS, the Town of Berthoud is a municipal corporation possessing all powers granted to a statutory town by Title 31 of the Colorado Revised Statutes; and  
WHEREAS, the Town wishes to amend sections of the Municipal Code to remain consistent with the intent of the 2021 Comprehensive Plan update, to maintain consistency with State and Federal regulations, and to clarify the intent of application requirements and development standards; and  
WHEREAS, the Planning Commission, after proper notice, has held a public hearing on October 9, 2025 on this Ordinance providing for a recommendation of approval from the Town Board of Trustees; and  
WHEREAS, the Board of Trustees, after proper notice has held a public hearing on this Ordinance providing for the adoption of said code amendments pursuant to C.R.S. Section 31-16-203; and  
WHEREAS, the Development Code and

amendments thereto have been submitted to the Board of Trustees in writing and the Board of Trustees has determined that such code and amendments thereto should be adopted in their entirety as Chapter 30 to the Municipal Code as herein set forth;  
NOW, THEREFORE, BE IT ORDAINED BY THE TOWN BOARD OF TRUSTEES OF THE TOWN OF BERTHOUD, COLORADO:  
Section 1. That the Berthoud Development Code, Chapter 30 of the Municipal Code has been amended in its entirety and replaced as set forth in Exhibit A, attached is hereby adopted;  
Section 2. If any section, paragraph, sentence, clause, or phrase of this Ordinance is held to be unconstitutional or invalid for any reason, such decision shall not affect the validity or constitutionality of the remaining portions of this Ordinance.  
Section 3. All other Ordinances or portions thereof inconsistent or conflicting with this Ordinance or any portion hereof are hereby repealed to the extent of such inconsistency or conflict.  
Section 4. The repeal or modification of any provision of the Municipal Code of the Town of Berthoud by this Ordinance shall not release, extinguish, alter, modify, or change in whole or in part any penalty,

forfeiture, or liability, either civil or criminal, which shall have been incurred under such provision, and each provision shall be treated and held as still remaining in force for the purpose of sustaining any and all property actions, suits, proceedings, and prosecutions for the enforcement of the penalty, forfeiture, or liability, as well as for the purpose of sustaining any judgment, decree, or order which can or may be rendered, entered, or made in such actions, suits, proceedings, or prosecutions.

Section 5. The provisions of this ordinance shall take effect thirty days after publication as required by law, and shall apply to all development and construction permitted after such date. INTRODUCED, READ, AND APPROVED on this 28th day of October, 2025.  
TOWN OF BERTHOUD  
By: William Karspeck, Mayor  
ATTEST: By: Christian Samora, Town Clerk  
READ, ADOPTED, AND APPROVED on this 10th day of November, 2025.  
TOWN OF BERTHOUD  
By: William Karspeck, Mayor  
ATTEST: By: Christian Samora, Town Clerk

Berthoud Weekly Surveyor  
Publish: November 13, 2025

# THEN & NOW

## HISTORY AND MORE

### War Mothers Club originated in WWI

During World War I a group of Berthoud women organized a War Mothers club. Recruiting members posed little difficulty because well over 100 young men and women from the Berthoud area served in the Army, Navy and Marines. During the war Berthoud's population ranged from 800 to 850 citizens with nearly as many people living in the surrounding rural districts. Almost every community member had a relative or friend who was a member of the Armed Forces so it was not difficult to garner support for them on the Home Front.

On Nov. 11, 1918, Germany agreed to the armistice that ended World War I. The following spring when Berthoud's soldiers began to return home the "War Mothers" club put plans into motion for a "returned soldiers reception" that celebrated their part in the victory.

On April 11, 1919, The War Mothers club identified the returned soldiers in the Berthoud Bulletin when they announced, "The following men have returned. If you know of others that have come home, please let Miss Doris Van Galder, the secretary, know at once: C.A. Berry, De Ette Berry, Eddie Boatman, Bob Boatman, Earl Boatman, Willard Brinkley, Ernest Bradley, Elmer Carlson, Ferdie Cole, D.W. Cole, William Christenson, Frank Curtis, Claude Donovan, Lawrence Doggett, Mae Everitt, Howard Everitt, Vern Fettis, Dirk Habbinga, Henrikus Habbinga,

Lieutenant Allen Hinkle, Roscoe Haworth, Captain J.C. Hazlett, Percy Howell, Richard Howell, Harlan Hankins, Ross Jacobs, Vernon Johnson, Richard Keirnes, Ernest King, Elmer King, Henry Lockhart, Henry Lebsack, Loren Mead, Earl Morgan, Clarence Morford, Henry Mundt, Harold Niven, Peter Ostermiller, Fred Roeder, James Roosa, Albert Salomonson, Otto Schmutzler, Jay Sampson, Gerald Turner, Frank Waggener, Oliver Waggener, Leonard Whalen, Hiram Wogan, Louie Dreith and John Gillmore."

Within two weeks a date was set for the event. On April 25, 1919, the Berthoud newspaper reported: "Arrangements for the War Mothers Club reception to be given to returned soldiers on next Wednesday evening are almost completed, and the event promises to be one of the happiest in the community's social life. The banquet will be served at 6:30 o'clock. This is for the specially invited guests.

"From 8 to 9:30 a reception will be held, with a program of music and readings. The general public is invited to this. Following the reception there will be dancing at Mintener

Hall [no longer standing], with music furnished by a well-known jazz band of Denver.

"Soldiers will not be called upon for speeches or drills. They are to be entertained; not asked to entertain others."

On May 2, 1919, The Berthoud Bulletin posted a headline on its front page that proclaimed: "Reception to Soldiers Most Happy Affair."

The subsequent article read: "The War Mothers' club reception for returned soldiers Wednesday evening was THE event, and the affair was so successfully happy that the good women who have labored so diligently in preparation feel more than repaid.

"The halls were decorated in the national colors most artistically, and the three long tables spread in the banquet hall were visions of beauty—to be burdened with a feast of good things to eat. P.D. Nelson presided as toastmaster, and tactfully put all at ease, giving good cheer free rein.

The banquet that was held at Berthoud's Masonic Hall at the corner of Fourth Street and Massachusetts Avenue, boasted a menu that included fruit cocktail, roast chicken, mashed spuds, gravy, jelly, macaroni and cheese, creamed peas, hot rolls, fruit salad, pie, ice cream, coffee, cake, mints and nuts.

The newspaper article continued: "Thirty-nine returned soldiers, two

Civil War veterans—Frank W. Ricks and J.C. Shull—and three Spanish-American War veterans—Angus Mattheson, (who served as an officer in the volunteer army in that way), A.C. McIntosh and J.W. Dawson; the soldiers' fathers and adopted fathers, and a few men and women who had been especially active in war work were banquet guests.

"Mr. Shull made a neat little talk for the boys in blue, 1861-'65. After full enjoyment of this dinner all went into the main hall where the following program was given: Song—"America;" Duet—Selected by Miss Adela Duckworth and Mrs. Andrew Rose; Song—"Welcome Home, Laddie Boy" by Betty Bashor; Reading—"A Woman in a Shoe Shop" by Miss Ada Turner; Flag Drill—Miss Ivy Stockwell and Girls; Violin Solo—"Adoration" by Violet Finley; Song—"The End of a Perfect Day" by Mrs. Ernest Edmondson

"Then came the dancing hour, and Mintener Hall was the scene. Mayor and Mrs. Williams led the grand march and the hall was opened. A jazz band made the toe-ticklingest music you ever heard, and fair women and brave men danced and made merry until the small hours.

"The general committee who was in charge, and whose labor was so happily rewarded were: Mesdames U.S. Hankins, E.E. Bashor, F.A. Matthews, W.H. McNeil, Morford and Brinkley, and Miss Doris Van



Photo courtesy of Berthoud Historical Society

Roscoe "Ross" Haworth was among the World War I soldiers honored at the Berthoud War Mothers reception in April 1919.

Galder. Other mothers, wives, sisters, and sweethearts helped much, and the businessmen of the town did their little bit of helping.

"The War Mothers' club thanks the Berthoud Lodge of Masons for the use of the hall, those on the program, and all who helped in any way to make the reception so near as to what they hoped it would be."

While about 50 of Berthoud's "returned soldiers" enjoyed the reception, many of the 123 local men and women who served in the war were not yet home for the event. Three of them—Louie Dreith, Milton Salomonson and Adam Schleiger—died in service.

### OBITUARY

Rolland Fletcher Jr. "Fletch" died Nov. 6, 2025 in Salinas, Calif.

Our loving grandfather, father, brother, husband and dear friend Rolland Fletcher Jr. "Fletch," age 82, passed peacefully, surrounded by family on Nov. 6, 2025.

He was a peace advocate, funny and kind, couldn't meet a person who wouldn't become a friend and lived to serve and make people's lives better.

Born in Illinois, he was the second of a set of twins. He and his twin sister Ruth were one of the earliest premies to benefit from the medical miracle of incubators.

Fletch moved to Berthoud with his family in the 1950s where he apprenticed under his father at the family-owned weekly newspaper The Berthoud Bulletin. His favorite job was hand-setting the type for headlines.

Fletch graduated from Berthoud High School, class of '61. He attended the University of Colorado before enlisting in the army due to the Vietnam war.

His time in the U.S. Army started at Officer Candidate School (OCS), Fort Sill in Oklahoma. He went to jungle school in Panama before being assigned to Vietnam where he served as a Lieutenant with the 3rd Squadron, 4th U.S. Cavalry, 25th Infantry Division, CuChi, Vietnam. Fletch was involved in the Tet Offensive.

Following his discharge from the military, Fletch graduated from California Baptist College, Riverside, Calif. It was there he met and married his wife Jennifer (Otmars). They moved to Salinas, Calif. to be closer to Jennifer's family. Their only daughter Sabrina was born in 1983.

After witnessing the horrors of war, upon returning state-side he joined Veterans Against War. He devoted the rest of his life to the pursuit of peace and co-founded Veterans for Peace, Monterey Chapter 46.

His career was in loans and finance, and was most well-known as the owner of Gabilan Mortgage in Salinas.

Fletch volunteered in prison ministry, with many veteran's organizations, and for countless other causes.

Fletch is survived by wife of 54 years Jennifer (Otmars) Fletcher, daughter Sabrina (Hector Atenco) Fletcher, granddaughters Lila and Aya, and twin sister Ruth Fletcher-Carter. He was preceded in death by his parents, Rolland, Sr. and Vera Fletcher and his sister Rolene (Fletcher) Payne.

He died from heart failure, but that is the last thing his heart ever did: his love never failed anyone. He was loved as a brother, husband, father, grandpa and a friend.

In lieu of flowers, donations can be made to the Veterans for Peace organization.

A funeral service will be held at Queen of Heaven Cemetery on Friday, Nov. 14 at 9:30 a.m. Arrangements are being made through Struve and LaPorte Mortuary, Salinas, Calif.

For more information please visit [www.StruveandLaporteTributes.com/](http://www.StruveandLaporteTributes.com/).

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# SPORTS

## AND RECREATION

### State-bound Berthoud volleyball cruises through regionals



Photos by Will Cornelius

The Berthoud High School volleyball team rushes the court to celebrate moments after sweeping Falcon High School to earn a spot in the state tournament.

**By Dan Karpel**  
The Surveyor

It was not easy. But they sure made it look easy.

The Berthoud High School volleyball team made mincemeat of their competition last Friday, Nov. 7, as they hosted regionals. The Lady Spartans claimed the regional crown with a pair of 3-0 sweeps against Pueblo Central High School (25-18, 25-14, 25-19) and Falcon High School (25-22, 25-20, 25-19) to achieve their season-long goal of earning a spot in the state championship tournament.

"We've been practicing for this day, we've been practicing for regionals, we wanted to go to state," said senior Kyndall Viegut. "It's honestly amazing. I'm so proud of this team. I'm so proud of everything we've accomplished. We've pushed through everything. This team is amazing."

As the host team, Berthoud was afforded not just home court advantage but a much-needed break in between matches. After being swept by Berthoud in the first match that tipped off at 3 p.m., Pueblo Central was swept

again by Falcon in the next match, beginning just 15 minutes after the first wrapped. Falcon had to immediately turn around and face off with Berthoud, who took the opportunity to watch the second match.

The break and the opportunity to do some in-person scouting against Falcon paid off. As Viegut explained, "We watched a bunch of film on them. We sat out here and watched them play Pueblo Central, and we knew what their strengths were, we knew what their weaknesses were, and we knew what to do."

In the final match of the day that would decide the state berth, Berthoud and Falcon traded points in one-for-one fashion to open the first set. The cautious play on each side of the net was akin to a pair of prizefighters feeling each other out before exchanging any serious blows.

With the set tied at 13, the Lady Spartans began to pounce. A kill from Viegut after a long rally that saw the ball stay in the air thrice on each side of the net gave Berthoud a 14-13 lead they

would not relinquish. An ace from junior Sasha Carter followed, forcing Falcon to take a timeout in a vain attempt to staunch the bleeding. Another kill from Viegut followed after the timeout, and by the time Falcon scored to end the run, Berthoud had rattled off seven straight points with Carter serving, going from a 12-10 deficit to a 17-13 lead.

Berthoud did not let up. The Lady Spartans finished with Avery Tyachsen, Addison Jones, Carter and Viegut all recording kills to take the first set 25-22.

Head volleyball coach Hayden Sweet explained after the match that her team prepared, both in film study during the week and then in watching Falcon play Pueblo Central that evening, and entered with a game plan they were ready to execute. "I told my outsiders I wanted them to hit that line as much as possible. In



Team captain, junior Libby Wilson, prepares to serve against Falcon in the final match of regionals on Nov. 7.

film, we had seen that was open. I knew they were tall. I knew they could block well, so our hitters also had to play it smart," Sweet said. "When they got the opportunity, they slammed that ball down the line, which is exactly what we wanted."

Throughout the subsequent two sets, Berthoud's preparation was evident. Front row stalwarts Carter, Jones, Tyachsen, Viegut and middle blocker Emma Hill all played a step ahead of Falcon, both on the attack and defense. The Lady Spartans jumped ahead in the second set, building an 8-4 lead with two of the Falcons' four points coming on Berthoud serving errors. Three straight serving aces got Falcon back in the game, but a tandem block by Tyachsen and Hill shifted the momentum right back

to Berthoud's favor as they built a 13-8 lead.

Team captain Libby Wilson scored an ace to put Berthoud up 15-9, forcing a Falcon timeout. The junior setter displayed her savvy and stellar court awareness, dropping setter dumps for points to put the Lady Spartans ahead 21-17. An ace from senior Morgan Brown and a pair of kills from Tyachsen bracketed Falcon errors as Berthoud took the second set 25-20.

The game plan was sound, the preparation exemplary, but it was Berthoud's nearly flawless execution that proved to be the silver bullet. It was a long time coming, as Tyachsen explained, "All of our communication and all of our dedication just built up all season to this moment, and this was our chance to go to state. It just clicked for us. We focused on what the other teams had, what they did, we adjusted to that to try to adapt. It means we have a big opportunity, we can grow as a team, grow as people, this opportunity is eye-opening for us."

Falcon, to their credit, gave it their all and refused to go quietly in the third set. The teams battled to a 14-14 draw before Berthoud rattled off eight straight to take command. An ace from sophomore Kylee Bunch gave the Lady Spartans their 24th point before the team clinched the set and match with a textbook kill from Hill.

"Our goal was to make it to state, and we never really talked about what that looks like once we make it to state. So we get to write that story at this point, we say what we want that to look like, so it's only up from here," Sweet said. Wilson echoed her coach's comments, saying, "Berthoud hasn't gone to state in a hot minute, and this group of girls really deserves it. Each one of us really wanted it. Our first goal was to host regionals and go to state, and now we're there. So, yeah, I'd say let's make it to the championship!"

Berthoud was awarded the No. 7 seed in the Class 4A state bracket and will open against No. 10 seed Green Mountain High School at 12:30 p.m. on Nov. 13 at the Denver Coliseum.



Sophomore Addison Jones goes vertical to send the ball into the Falcons' side of the court during the opening set.



Avery Tyachsen makes a kill against Falcon in the third set.

### ATHLETE OF THE WEEK Addison Jones



Addison Jones is the Berthoud Weekly Surveyor Athlete of the Week. After breaking into the varsity volleyball team as a freshman, Jones has elevated her game even further as a sophomore, delivering a series of clutch performances during the season. "I think our season is going great overall," she said. Despite a few rough patches as a team, she said, "Being able to work through those challenges is a blast." Jones is tied for second on the team in serving aces with 37 and third on the team for kills with 147. In addition to volleyball, Jones also competes in track and field as a high jumper. Outside of sports, her favorite high school subject is math.

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OPINION

FIRST AMENDMENT TO THE U.S. CONSTITUTION

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.

AND COMMENTARY

Ask DR. UNIVERSE

Dear Dr. Universe:

Why do some humans like to do bad things? Is it the thrill or were they always born bad?

—Leonel, 14, Texas

Dear Leonel,

I've met some naughty cats. I've also known some misunderstood ones.

I asked my friend Chris Barry why humans are sometimes like that, too. He's a psychologist at Washington State University.



He told me we're talking about behaviors that don't align with social norms. They give most people bad feelings. That's like feeling uncomfortable when someone does something violent or mean.

Sometimes those behaviors come from the person's nature, or temperament. Sometimes they happen because the person enjoys taking risks. Or maybe they struggle to think before they act.

It could be all those things, even within the same person. Plus, temperament, thrill-seeking and impulse control all have to do with how someone's brain works.

One big factor is how old the person is when the behavior starts. If they're super young, that's a clue it might be related to temperament. It may continue when they grow up.

If the behavior starts during adolescence, it might be temporary. People sometimes take more risks during those years. They usually stop as they mature.

Sometimes "bad" behaviors tell us something else. Maybe the person is unhappy, afraid or hurt. Maybe they don't know how to say that. So, it comes out in their behavior.

It's complicated because humans are complex animals.

The public television celebrity Fred Rogers taught empathy in his tv show—for other people and for the kids watching. That's a form of social-emotional learning. Rogers worked with child psychologist Margaret McFarland to make sure each episode connected with kids and did that job. Rogers even convinced the U.S. Senate to protect public television when it was being cut in 1969. That's how we got PBS, the free television nonprofit that provides the most educational programming for kids in the nation.

Barry told me empathy is a big part of human behavior. That's the ability to understand and share someone else's feelings.

"We start to demonstrate empathy from a very young age, even within the first two years of life," he said. "It doesn't have to be full-blown empathy, like how adults empathize with friends who are going through a tough time. It's just being responsive to the distress of other people."

Empathy is seeing someone cry and feeling bad for them. Or watching someone get hurt and understanding how bad they feel.

How much empathy a person feels is a spectrum. Some people respond strongly to other people's feelings. Some people have a hard time connecting with other people's emotions. Most people are somewhere in between.

People with low empathy may not connect their behavior with how it makes other people feel.

But feeling empathy isn't the only option. People can also think empathetically. They can learn to imagine another person's perspective—even if they don't connect with their emotions.

People can also learn to maximize their executive function. That's how we manage our time and goals. It's also how we check our impulses and think through decisions. That's easy for some people and harder for others. But everyone can get better at it with practice.

That's why we need caregivers and experts to teach us those empathy and social-emotional skills. It works best if that learning starts when we're small. That gives us a long time to practice being thoughtful humans—or cats.

Sincerely, Dr. Universe



Human trafficking in Larimer County

In the movies, human trafficking is usually displayed in dramatic fashion: a stranger kidnaps a young girl from an idyllic life, whisks her across a foreign border and conceals her in isolation. In reality, trafficking is far less theatrical, though every bit as dangerous.

Trafficking occurs when services are performed through force, fraud or coercion. Minors under the age of 18 are considered to be victims of sexual trafficking if there is any commercial element to the act, regardless of the use of force, fraud, or coercion.

Human trafficking—a broader category which encompasses other criminal activity like sexual trafficking and labor trafficking—often begins with criminal actors preying on vulnerable victims. Human trafficking is a crime against a person, not a border. This means it can occur entirely within our communities and doesn't require the victims to move. It impacts individuals from a range of diverse backgrounds and identities, including minors who have run away from home, those experiencing homelessness, those experiencing substance addiction, and increasingly those in undocumented and immigrant communities.

According to the National Human Trafficking Hotline, they identified 185 cases of human trafficking in Colorado in 2024, involving 318 total victims. Among the main venues for the activity they found were sex trafficking occurring in residences, illegal massage businesses, and hotels, as well as labor trafficking at agricultural operations and in domestic work. While the majority of the victims they identified were women or girls, men and boys are also victims of trafficking. The statistics also showed that adults accounted for more identified victims than minors did. However, as an underreported crime, given the obstacles for victims to report, we know trafficking is unfortunately more prevalent than statistics reveal.

Human trafficking is not exclusively a "big city problem." While major metropolitan areas do report the greatest incidences of trafficking, suburban and rural areas are not immune. Of the nearly 3,000 tips



Gordon McLaughlin District Attorney

the Colorado Human Trafficking Hotline received between 2019 and 2024, 115 were from Larimer County. As a region with several growing cities, located on a major Interstate Highway, trafficking does occur here as well.

The good news in Larimer County is that the District Attorney's Office is facilitating a new, multi-disciplinary team working to identify victims of potential trafficking, offer victim support and resources, and hold offenders accountable. Included in our group are the Department of Human Services, the Crawford Child Advocacy Center, the Sexual Assault Victim Advocate Center (SAVA), Police and Sheriff Departments, Poudre School District, UC and Banner

Health and other stakeholders. The team works to address high-risk juveniles who may need further support to prevent human trafficking and to stop the victimization if it is already occurring.

There is also a big role for our community to play. While our multidisciplinary team is now identifying more individuals vulnerable to trafficking, all those tips to the state hotline come from people like you. Often, human trafficking occurs behind closed doors and at private businesses. If you see red flags, you should report them to help protect victims. Among many potential signs to be on the lookout for are minors who are living alone or with adults engaged in criminal activity, sexually explicit social networking activity, bruises or poor physical health, unexplained possession of expensive items, lack of control of their own finances, and someone else communicating for them.

If you'd like to learn more about human trafficking and the efforts to combat it in Larimer County, it will be the topic of this month's Coffee Conversation, taking place on November 13th at 9 a.m. at Bindle Roastery & Bakehouse, 1833 East Harmony Road, Unit 20 in Fort Collins. We will share information about what human trafficking looks like locally, the collaboration taking place to assist victims, signs you can watch out for, and take your questions. I hope you can join.

Gordon McLaughlin is the district attorney for Larimer County.

YOURVOICE

To the editor:

A message about facts, fear and community in Berthoud. Lately, a statement has been making its way around town—based largely on false information and selfish motivation. It's tied to the dramatic cry: "The Homeless Are Coming!"

Let's be honest. In the 137 years Berthoud has been here, no one has ever been able to say the town was "overrun with homeless people." Yet, some are spreading rumors that if the House of Neighborly Services (HNS) opens its new facility here, the town will somehow be flooded with homelessness, business decline and disorder. Some claim that "the homeless will ruin downtown" or "sleep in the streets—but none of this holds up to reality. In fact, many of the loudest voices fueling these fears aren't even residents of Berthoud.

Let's talk about facts. HNS has already been part of Berthoud for more than 20 years. In that time, not once have they caused the kinds of problems some are now imagining. HNS has long served our community quietly and effectively—helping families stay afloat, offering food assistance and supporting those going through tough times.

And let's be clear: the new HNS facility will not provide homeless services.

Those services—such as shelters, meal programs, or emergency housing—are offered in Fort Collins, Loveland and Longmont. That's where people in need of those specific services go. Berthoud has neither invited nor equipped itself for such programs and HNS has no plans to change that.

What HNS does do is help our own neighbors: Families facing utility shutoffs. Parents are choosing between buying groceries and paying the water bill.

Children who don't get enough to eat. Seniors who have no place to gather with friends. Kids who need a safe space after school or help with homework. Adults who've lost jobs and need clothes, coaching, and encouragement to start again.

People—including kids—that need mental health support to get through trauma or change. These are not "outsiders." These are our neighbors, our friends, and often people we already know—trying to make it through a rough patch. Berthoud is already a safe, well-governed community, supported by strong local law enforcement and reasonable ordinances. HNS will not change that. What it will do is strengthen the safety net that keeps

our neighbors from falling into crisis, the same safety net that makes a community worth living in.

The answer to hardship isn't to turn our backs, shame those who struggle, or push them away. It's to support the organizations that keep Berthoud humane and connected.

Maybe you'll never face a personal crisis—but if you do, you'd want your town to stand with you, not against you. Many people in our community already feel scared, embarrassed, or uncertain about how to ask for help. By supporting House of Neighborly Services, you're supporting a stronger, more compassionate Berthoud—one that doesn't fall for fear-mongering, but chooses facts, empathy and common sense.

Together, we can make Berthoud not just a beautiful town, but a truly neighborly one

Steve Mulvihill Berthoud



# PLAY

& MAKE IT A GREAT DAY

## “The Outer Worlds 2” is flawed (in a good way)



David Tissue

The Outer Worlds, a fun but flawed RPG (Role Playing Game), came out in 2019. The game centered on space colonies, featuring a distinctive steampunk political satire about capitalism, and focused on choices through both actions, flaws, and dialogue that affected gameplay. This was a fantastic game, even with its flaws (Pun intended). It hit all the boxes of a fun, weird, and quirky aesthetic that I love. You can play wearing a giant Moon Man for a helmet if you want. I played the heck out of it and always hoped for a sequel. Obsidian, which has experienced some notable missteps recently, has finally announced a sequel. I have been eagerly anticipating its release. I have been playing it

they can vary significantly. If you choose the negative dumb trait, for instance, characters react to you differently than if you choose professor, both of which have some great reasons to choose each direction.

The game isn't perfect; sometimes your companions seem to get in your way when you need to see what is happening. I had a companion standing in front of me during an entire conversation where all I could see was their butt! And sometimes creatures either attack out of nowhere when there is no way to see where they are, and other times they don't react at all, with you able to shoot them point-blank. Some of the dialogue also seems to lack clarity, making it confusing to determine what the outcome might be. But for the most part, the gameplay is excellent.

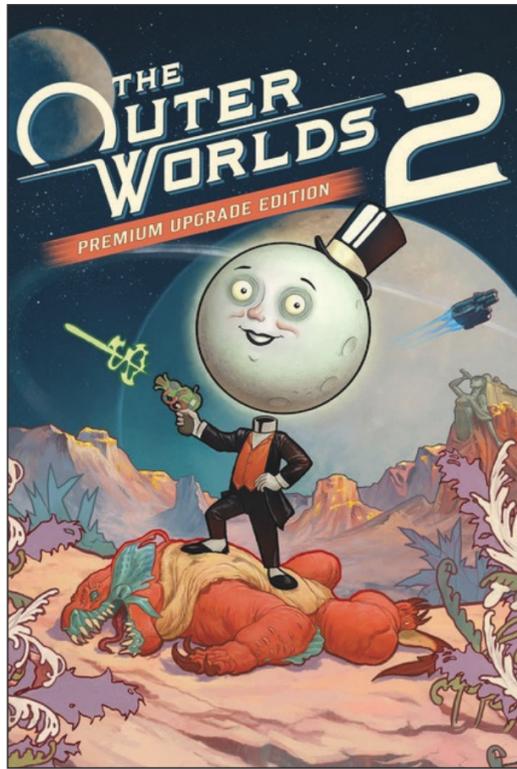
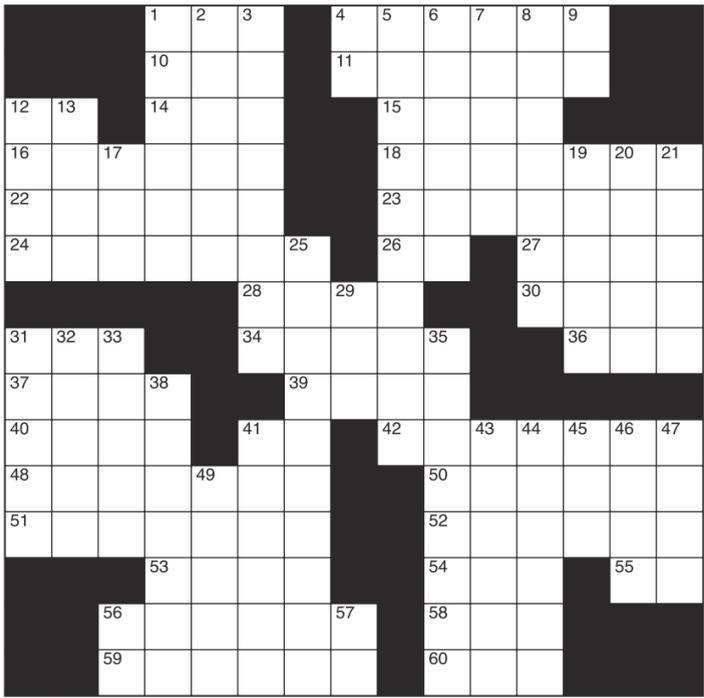


Image courtesy of Obsidian Entertainment

And some of the weapons are incredible fun to use. There are plasma rays that melt people and ones that cause them to get electrocuted. Looting everything and searching everywhere is part of the fun. One of my favorites is a hidden gun that shrinks enemies down to a tiny doll-like size that you can then stop on to eliminate them. “Outer Worlds 2” is full of hidden areas and secrets.

I have a good grasp of the game, although I haven't finished it. I am 20 hours in and excited that I have many more hours of fun ahead. The

game is designed to take approximately 25 to 30 hours to complete, with 50 hours if you opt for a completionist approach, uncovering all the hidden secrets. It usually takes me much longer than the posted amount. I take my time, explore, and find some of the hidden areas and quests that Outer Worlds is full of. “The Outer Worlds 2” is a great game for those who enjoy dialogue and humorous outcomes. This is not a game for those seeking a straightforward shoot-'em-up type of experience. The role-playing aspect here is deep and varied, making for a complex game worthy of playing even with its “Flaws.” “Outer Worlds 2” is available on PC, Xbox, and PS5. I know I will be playing wearing the Moonman helmet for many more fun hours to come.

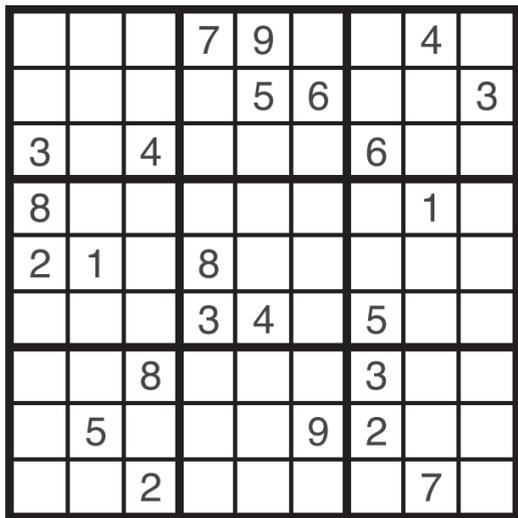


CLUES ACROSS

- 1. Popular broadcast network
- 4. Train line
- 10. Go quickly
- 11. Straightforward
- 12. Canadian province
- 14. Swiss river
- 15. It can be straight or curved
- 16. Edit
- 18. Utter repeatedly
- 22. Gotten up
- 23. Sea vessel
- 24. Agents of one's demise
- 26. Not out
- 27. Something to scratch
- 28. A round water pot
- 30. Slang for cylindrical green fruit
- 31. Promotions
- 34. Masses of matter
- 36. Soviet Socialist Republic
- 37. Nightstand item
- 39. The content of cognition
- 40. Arab ruler
- 41. Northern U.S. state
- 42. Chewed in small bites
- 48. Hawaiian island
- 50. More thin
- 51. Of one
- 52. Rigid bracelet or anklet
- 53. Barbary sheep
- 54. Not even
- 55. Atomic #106
- 56. Haggle
- 58. Boxing's GOAT
- 59. Division of a group into opposing factions
- 60. Vietnamese offensive

CLUES DOWN

- 1. Horse-drawn carriage
- 2. Prejudices
- 3. Peacefully
- 4. University athletic official
- 5. Soldiers
- 6. Large mollusk
- 7. Take out again
- 8. Sour or bitter in taste
- 9. Songwriter Tunstall
- 12. Husk of wheat
- 13. Flexible covering in some birds
- 17. Energy
- 19. Night monkey genus
- 20. Small nails
- 21. Colorless volatile liquid
- 25. In a way, changes integrity
- 29. Mark Wahlberg's stuffed animal
- 31. Remember it
- 32. “Good Will Hunting” lead man
- 33. Pleasant facial expression
- 35. Sea vessel
- 38. Lacking poetic beauty
- 41. Tall, swift and slender dog
- 43. Sports personality Michelle
- 44. Robber
- 45. Liquefied natural gas
- 46. Snakelike fish
- 47. Sediment at bottom of a liquid
- 49. Crimean seaport
- 56. Bad grades
- 57. Popular S. Korean rapper



Sudoku is a number placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

Level: Intermediate

The flaw and choice system has been completely overhauled, with flaws and dialog making even deeper importance. The gameplay takes place in the same universe as the original, but in a completely different part of the galaxy. There are four worlds and several sub-areas to explore, with many side quests. As with the original, there are different factions and rebels you can decide to side with or not, and your choices matter in reactions (sometimes with violent results if you piss off the right characters), which makes your choices important depending on how you want to play. You could try to be nice to everyone or be more of a bad guy, shooting your way through different areas with abandon, though that may make later areas also remember that and try to take you out.

The game also features a comprehensive flaw system, allowing you to choose from a variety of interesting flaws that have both positive and negative effects, which cannot be undone once chosen. That also applies to your character creation. After the prologue, you cannot change your attributes, so you have to choose wisely. This approach makes for a more careful play-through, making your choices more critical and not just a straightforward RPG. “The Outer Worlds 2” has some fantastic and often quite humorous dialogue options that you can choose. And depending on which specs you have chosen,

### HOROSCOPES

**ARIES - March 21/April 20**

Aries, you understand that when you're working hard toward a goal, the process isn't always straightforward. You may tolerate a fair amount of challenges along the path this week.

**TAURUS - April 21/May 21**

Taurus, it may seem like others around you do not get your sense of humor. While you're confident at telling stories, it takes others a bit of time to appreciate your funny side.

**GEMINI - May 22/June 21**

Gemini, you may be tempted to look past a recent challenge. But reflecting on that adversity and your ability to overcome it will soon pay dividends.

**CANCER - June 22/July 22**

Keeping an open mind is one of your strong suits, Cancer. Your willingness to see all sides has benefited your in numerous ways, and that outlook will continue to bear fruit.

**LEO - July 23/Aug. 23**

Dramatic occasions and grand gestures draw your attention this week, Leo. But don't forget to focus on some of the little things that make up most of your days.

**VIRGO - Aug. 24/Sept. 22**

Virgo, you notice everything that goes on around you, and you're aware of your own moods, too. That self-awareness serves you well in your relationships.

**LIBRA - Sept. 23/Oct. 23**

Libra, even though you generally do not like dealing with uncertainty, this week you're stuck operating without a lot of advanced information. Trust your instincts.

**SCORPIO - Oct. 24/Nov. 22**

Sometimes you are hesitant to share your opinions until you feel certain that they are correct, Scor-

pio. But this week you may miss out if you're being too cautious.

**SAGITTARIUS - Nov. 23/Dec. 21**

You're impressed when others carry themselves with confidence, Sagittarius. Learn from their behavior and emulate what you see. You will like the results.

**CAPRICORN - Dec. 22/Jan. 20**

Real life requires compromise, Capricorn. Lately it's been your way or the highway, and those around you are taking notice. Don't risk alienating them for good.

**AQUARIUS - Jan. 21/Feb. 18**

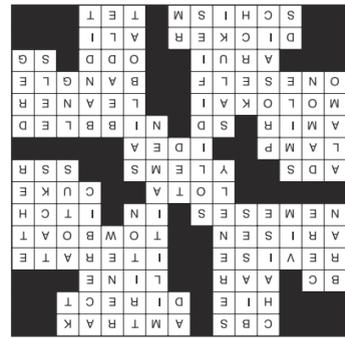
Aquarius, try not to linger on others' innocent mistakes. People make little missteps all the time. Be gracious in letting those close to you get another shot at your good graces.

**PISCES - Feb. 19/March 20**

Pisces, when you've already made up your mind about something, it can be hard to dissuade you. Do not overlook other people's concerns. There is value in seeing things through others' eyes.

**SUDOKU SOLUTION**

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



WORD SEARCH SOLUTION PAGE 3A

SENIOR SAFETY WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

- BALANCE
- BATHROOM
- CAREGIVERS
- COGNITIVE
- ELDER ABUSE
- EMERGENCY
- FALL PREVENTION
- FIRES
- GRAB BARS
- HEARING AIDS
- HOME SAFETY
- HYPOTHERMIA
- LIGHTING
- MEDICATION
- MOBILITY AIDS
- NON-SLIP
- PERSONAL ALARM
- PREPAREDNESS
- SAFE DRIVING
- SCAMS
- SECURITY SYSTEM
- STAIRLIFT
- VISION

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## What supplements should you take?

### Local experts recommend a few

By Shelley Widhalm  
The Surveyor

Nearly three-quarters of Americans take some form of a dietary supplement, yet vitamin deficiencies remain a concern for getting that right balance of nutrients from those sources, as well as food and sunlight.

Diet is the primary factor leading to the deficiencies from a heavy reliance on energy-rich and nutrient-poor processed foods—supplements are helping fill in the gap but at a cost of \$35 billion a year.

“The real question is: why are these deficiencies so widespread?” said Dr. Brett Wisniewski, clinic director and clinical consultant at Gateway Natural Medicine in Berthoud. “The current understanding points to carbohydrate-heavy, ultra-processed food. While nutrition labels may list an impressive array of vitamins and minerals, they are often added back in through fortification with poorly absorbed forms, more for marketing than true nutrition. On top of that, the highly processed nature of these foods can disrupt gut bacteria, making absorption even less efficient.”

Thirteen essential vitamins are important for a healthy diet, including household names like vitamins B, C and D. Online research shows that the most common vitamin deficiencies are vitamins D, C, B-12 and A, with Vitamin D the most prevalent, but not all vitamins are routinely tested, so the data may be skewed.

Dr. Wisniewski, who regularly tests for vitamin deficiencies, frequently sees low levels of vitamins D, E and B-12, folate B9 and thiamine B1 in his practice.

“From our perspective, every patient has at least one nutritional deficiency at the core of their chronic symptoms or underlying disease,” Dr. Wisniewski said. “That’s why we emphasize getting nutrients from whole foods whenever possible. Whole foods provide not only the vitamins

themselves but also the natural co-factors needed for proper absorption, something supplements alone can’t always replicate.”

Targeted supplementation can be useful, particularly in the early stages of care, to quickly restore nutrient levels while transitioning toward a healthier diet, Dr. Wisniewski said. However, food sources like animal products provide a more complete array of micronutrients, and fruits and vegetables offer antioxidants, fiber and phytonutrients, he said.

“In reality, most of us benefit from a blend of both animal and plant foods, tailored to our individual needs,” Dr. Wisniewski said. “Ultimately, the best nutrition plan is not one-size-fits-all, but a personalized approach that respects both the science of nutrients and the individuality of each patient.”

Natural Grocers recommends five foundational supplements for health, including a multivitamin, magnesium, Vitamin D and omega-3 EPA and DHA.

“The multivitamin is a bit of an insurance policy, since we may not be getting the nutrients we think we are, even if we are eating the best diet,” said Bobbie Covert, nutritional health coach at Natural Grocers in Loveland. “A multivitamin usually has a little bit of almost everything.”

A multivitamin typically includes vitamins A, B-complex, C, D and E and sometimes Vitamin K, as well as minerals like iodine, zinc, calcium and magnesium,



Photo by Shelley Widhalm  
The need for a supplement regimen varies, but here’s what Shelley Widhalm takes for her optimal health.

and sometimes iron. “The minerals are large and take up a lot of space, so you usually don’t have 100% of what you need,” Covert said.

Magnesium, if consumed through a food source, can be found in dark green, leafy vegetables, whole grains, beans, nuts, seeds and chocolate.

“Magnesium is so important because it’s a co-factor for enzymatic reactions in the body,” Covert said. “It’s important for blood pressure regulation and energy production in each and every one of our cells, and it’s important for our bones.”

Vitamin D is produced from cholesterol in the skin upon sunlight exposure and travels through the bloodstream and into cells to turn genes on or off. A supplement can be taken as a substitute to sunlight, and it can come from Vitamin D-rich foods like fish, egg yolks and fortified milk.

“It’s critical for our immune systems ... and it regulates genes in our body,” Covert said. “Our DNA has the ability to repair itself, but if we’re not getting enough Vitamin D, it’s not as able to do so.”

Omega-3 EPA and DHA help modulate inflammation levels in the body and are good for brain, heart and eye health—they help lower blood pressure, improve cognitive function and memory, and enhance mood. Omega-3 is found in fatty fish, fish oil supplements and certain types of marine algae.

“Every cell membrane in our body needs these omega-3s in them for optimal health,” Covert said. “We’re all inflamed a

little bit at this point. ... To some degree, unless we’re eating perfectly, we all may be experiencing a little bit of inflammation.”

There may not be a need for supplements for those who are generally healthy and eat a varied, healthy diet, said Emmy Ingham, registered dietician, nutrition counselor and owner of Choose Well Nutrition LLC in Berthoud.

“Supplementation is not a shortcut, and there’s a lot of money in that industry,” Ingham said. “Just because it’s out there, touted by your favorite social media influencer, doesn’t mean you need it. There is so much more value from eating whole foods in the long run.”

For those who may not be feeling well, Ingham recommends seeking guidance from a medical provider and having blood tests drawn to identify the causes.

“From there, developing a plan that best suits you and your situation is important,” Ingham said. “Food should also be a first choice to tackle deficiencies. If that doesn’t work or isn’t an option, supplementation is a great second bet to get deficiency under control, but always with the guidance of a medical professional.”

Taking supplements may not produce observable results, except internally, but that also depends on the person, Covert said, adding that Vitamin D and omega-3 may noticeably improve mood and joint health.

“In all honesty, you may not notice anything at all,” Covert said. “If somebody thinks they eat a good diet, they could take (a multivitamin) every other day.”

Food quality isn’t what it used to be either, with studies showing food isn’t as nutritious as it was 50 years ago, caused in part by depleted soils, Covert said.

“Knowing about the quality of food at this point, I think it’s a best practice to take (supplements),” Covert said. “I regularly will do supplement reviews with people in a coaching session. Let’s see what’s missing and what we want to add. It’s free to anyone who wants to take advantage of that.”

## See you in the funny papers, “Life In Hell” Part II

This is Part II of the Life In Hell article that was to appear in the Aug. 28, 2025, Surveyor. This Part II should have run on Sept. 25, 2025. The cause for this deviation from normal can best be described as,

“If one really wants to mess things up in a hurry simply add a computer to the mix ...”

The following is a list of the characters found in “Life In Hell” by Matt Groening.

Binky is a stressed and thus “normal” rabbit and star of the cartoon. He usually embodies dread and alienation. Binky is usually stuck in a dead-end job, has a bad apartment and regularly sees a therapist. Binky is usually full of wise old sayings.

Sheba is Binky’s estranged girlfriend. Her character design is “basically Binky in drag.” Binky and Sheba met at a coffee shop in a 1981 storyline and are often used as a generic couple whenever Groening needs one.

Bongo is Binky’s illegitimate son, the product of a drunken night of “jungle passion.” He was introduced in a 1983 storyline in which his mother, Hulga, left him with Binky so she could seek her fortune in New York. Bongo’s defining physical attribute is his one ear, which Groening admits is solely so that the casual viewer can tell him apart from Binky. Bongo made an appearance in the Futurama episode «Xmas Story,” where

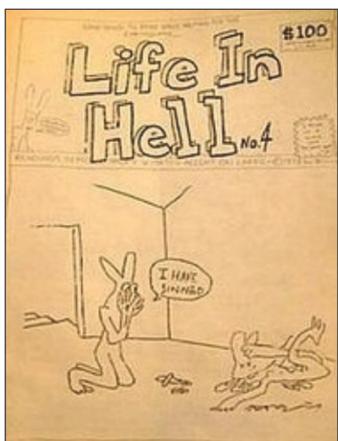


Photo from Wikipedia

he is seen being sold in a pet shop. He also appeared in The Simpsons episode “Treehouse of Horror XII” as one of the rabbits that Homer catches in the trap. He appears in The Simpsons again in another episode as a plush toy in Lisa’s room, though he is called Madam Bunny. He is shown as a plush toy in “The Fool Monty,” where Mr. Burns is eating it in Bart’s closet. He has a cameo in “Simpsonarama” as one of the rabbit-like creatures rampaging New York, where he writes on a wall, “Crossovers are hell.”

Akbar & Jeff are described in various strips and interviews as “either brothers or lovers—or both. Whatever offends you most, that’s what they are.” In one interview, Groening says they are gay. They have large noses and wear fezzes and Charlie Brown-like striped shirts. They have run numerous businesses over the years, including Akbar

& Jeff’s Tofu Hut, Akbar & Jeff’s Earthquake T-shirt Hut, and Akbar & Jeff’s Bootleg “Akbar & Jeff” T-shirt Hut. Like Binky and Sheba, Akbar and Jeff are often used as a generic couple when needed. According to Groening, “the reason why I draw a strip with Akbar and Jeff instead of Binky and Sheba is that I figure that no one can accuse me of trying to score points against men or women if the characters are identical.” They have been given cameo appearances in “The Simpsons,” such as during “Homer’s Triple Bypass, where Homer uses

finger puppets resembling the characters to describe his surgery to Bart and Lisa.

Matt Groening appears in the strip as a bearded, bespectacled rabbit. He is also sometimes represented as Binky.

Will and Abe are Matt Groening’s two sons, represented in rabbit form. They usually talk about vampires, zombies, and other child-fantasy topics.

Snarla, a cat, is Bongo’s classmate and love interest. She bears a resemblance to Lisa Simpson.

Bart Simpson has never spoken—except when he uttered

his former catch phrase “Don’t have a cow, man!” in a “forbidden words” strip—but is seen in the background of a number of strips.

Mr. Simpson is Binky’s anthropomorphic dog boss at his job. His name predates The Simpsons.

Goopy, Screwie and Ratatouille are Akbar and/or Jeff’s triplet nephews. The names are an obvious spoof of the Disney characters Huey, Dewey and Louie (Donald Duck’s nephews).

I will be looking forward to catching up with you sometime soon in the funny papers.

