Having lived through the COVID19 pandemic thus far, we’re looking for happy news. We will get to happy news in a bit, but it is important to remember events that remind us we NEED TO BE READY for emergencies both large and small. At work and at home a readiness mindset is a useful companion and tool. We must never forget those who perished, and their families, in these dreadful events... 

Retired FBI Agent Reflects on Tragic Day and How it Shaped the Bureau

April 15, 2020

On the morning of April 19, 1995, FBI Special Agent Barry Black was tracking a white-collar fugitive a few miles from downtown Oklahoma City when he heard a loud blast in the distance. Soon after, Black was pulled from his fugitive case to begin working the massive investigation of the deadly bombing that took the lives of 168 people, including 19 children, at the Alfred P. Murrah Federal Building.

The efforts of Black and scores of federal, state, and local investigators led to the convictions of Timothy McVeigh and his co-conspirators, Terry Nichols and Michael Fortier, in one of the worst homegrown terrorism cases in the nation’s history.

“It was a group effort. I was there doing my part just like everyone else,” said Black, who recently retired from the FBI.

The event shaped the FBI’s approach to investigating terrorism.
The bombing of the Alfred P. Murrah Federal Building in Oklahoma City on April 19, 1995 was the deadliest act of homegrown terrorism in U.S. history, resulting in the deaths of 168 people. In a matter of seconds, the blast destroyed most of the nine-story building, incinerated nearby vehicles, and damaged or destroyed more than 300 other buildings.

This excerpt from an FBI email update with our thanks to Barry Black.

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On anniversary of shooting, Columbine survivor wants others to know they are not alone

by: Kim Posey
Updated: Apr 20, 2020

JEFFERSON COUNTY, Colo. (KDVR) — On the 21st anniversary of the Columbine High School shooting, Crystal Woodman Miller says it’s hard to believe it’s been that long.

The Columbine survivor has spent this year helping to create a week-long therapeutic retreat outside of Nashville for survivors of any mass shooting.

The Onsite Foundation program is called Triumph over Tragedy.

Earlier this year, 40 survivors of different mass shootings from around the country came together for the first retreat. There were other Columbine survivors who attended.

“I just so desperately want people to know that they are not alone. I think that’s the most important thing, especially to my fellow survivors, you are not alone. There’s those of us who are out there working every single day to try and get you the help that you deserve,” Woodman Miller said.
The Onsite Foundation says it will provide tools, support, trauma-informed therapies and access to top-of-the-line trauma therapists and clinicians.

Thanks to generous donations, all of it will be free. Participants just need to get to Nashville. With the pandemic, the foundation is looking at ways to include an online format.

For more information, check out the foundation’s website.


And from KUSA 9 News: https://youtu.be/BII56X9l0v8?t=7

A ‘Thank You Proctors’ from Us All!

Hi Bob, can we include a big “THANK YOU” from Facilities Maintenance to the Campus Proctors for their support and work during this past month?

Lori Meyers

Yes we can Lori. Thanks to all the proctors who are committed to our campus, to our safety, and to ‘getting the job done’! It probably wouldn’t hurt if we all stopped in and thanked them personally after the virus threat subsides and it’s safe to do so. There are so many folks in critical/essential positions that have ‘held the fort’ for us as well – don’t forget to say Thanks!

Bob
NEW YORK -- In the NBC “Nightly News” inaugural kids edition, Sadie of Morristown, New Jersey, posed the question that everyone wishes had an answer.

"When is coronavirus going to end? she said.

After a test run last week, NBC’s Lester Holt on Tuesday is starting a twice-weekly newscast that he hopes can ease some of the mystery and worry for young people about a pandemic that's kept them out of school and many of their parents at home.

Posted Tuesday and Thursday afternoons, the program will run between six to 10 minutes and be available on NBC's YouTube channel and other digital platforms.

NBC's medical correspondent, Dr. John Torres, gamely took a whack at Sadie's question, saying experts hoped that within a couple of months, and with adherence to medical advice, she might be able to begin going outside and playing with friends again.

"It’s healthy to have someone who will talk to them in as plain a language as possible and really walk them through what we know and what the coping techniques are for all of us," Holt said.

One of the “Nightly News” producers, Bradd Jaffy, came up with the idea a couple of weeks ago and it was quickly put into motion, he said.

Besides the question-and-answer session with Torres, correspondent Kate Snow talked with an expert about tips for home schooling — yes, you should change out of your pajamas, he suggested. A filmed story featured a teenager in Virginia who didn’t have his driver's license but flew a small plane around the state distributing donated supplies to hospitals.
At the show’s end, Holt said that “we hope you found this informative, answered some of your questions and made you smile.”

Tuesday's show features a report on a virtual zoo visit by Jackson Daly, who's Carson Daly's son, and has a story about a 14-year-old volunteer from Illinois who makes face shields for doctors and nurses. Linda Ellerbee, who made a series of award-winning news programs for young people on Nickelodeon starting with the first Gulf War, applauded Holt's effort. She said it was the first time since she retired where she wished she was able to make one of her signature shows.

“I think it's hugely important because it's not a story these kids can avoid,” she said.

Children need to feel that they have a voice, and often have trouble digesting bits and pieces of information. "Kids need to know that it is OK to talk about things, it's OK to be afraid, it's OK to ask questions," she said.

Ellerbee wasn't an expert in child psychology when first asked to do a program that tries to make sense of complex and disturbing news stories for young people. She followed her instincts. Similarly, Holt is taking cues from his experience as a father and grandparent. Holt said the show won't address the grimmer aspects of the story, like the death toll.

The coronavirus causes mild or moderate symptoms for most people, but for some, especially older adults and people with existing health problems, it can cause more severe illness.

The questions that some children sent in to Torres weren’t all that different from what some adults would ask. One wanted an explanation of what “flattening the curve” meant and another wondered whether coronavirus survived in the water and whether it would be safe to swim (Torres said the most important issue would be not getting too close to fellow swimmers.) “The important thing that this program will provide is an affirmation to kids that it's OK to be a little freaked out by this, because all of us are, too,” he said. “It's really important that we convey, even if it's in a very subtle manner, that what you're feeling is completely normal."
Just to Help You Smile a Bit

Just because someone looks different or talks differently doesn’t mean that they are at a higher risk of getting the coronavirus or spreading it.

AND DON’T FORGET!

There are a lot of helpers out there who are working to protect you. It is NOT your job to worry.

But seriously, though... PLEASE wash your hands!!!
If there's anything you might be confused or worried about, don't be afraid to ask someone you trust.

Uncle! I see a lot of people wearing face masks. Does that mean they have coronavirus?

No. Maybe they're trying not to get sick, or they may be sick with some other illness!

But my friend at school told me—

Don't listen to your friend! Listen to me.

There are some things you can do to protect yourself, family and friends from getting sick.

1. **Wash your hands often**
   - Use soap and water
   - Wash for at least 20 seconds. If it helps, sing the ABC's while you do it— that's about 20 seconds.
   - Wash after using the bathroom or being in public spaces (like the bus or playground).
   - Try to get into all the nooks and crannies!
**SNEEZE INTO YOUR ELBOWS**

- Coronavirus is believed to spread through little droplets of fluid from your lungs.
- If you sneeze into your elbows, you can prevent germs from going into the air and onto your hands.

**AVOID TOUCHING YOUR FACE**

- Don't pick your nose, don't touch your mouth, don't rub your eyes.
- These are the places where germs enter our bodies.

It's very important to remember that this kind of virus can affect **anybody**.

It doesn't matter where you come from or what country your parents are from.
Toilet Paper Alternatives

A shortage of toilet paper is real, at least for the moment, in March and April 2020. What are the best alternatives for toilet paper? What are the top 10 alternatives for toilet paper? What do you use for toilet paper when you run out? Disposable? Or reusable? Or natural?

A Time for Toilet Paper Alternatives

This site is all about laughter and encouragement. A time to weep, a time to laugh. Right now, there are dedicated people all over the world, working together, to stop the health situation. And it’s a time to consider the optional toilet paper alternatives as we weather this together! What's your Plan A, Plan B, and Plan C? And is it healthy? For you, your family, and your community?

Disposable Toilet Paper Alternatives

The obvious first choice, if you have spent a lifetime, however short or long, with the standard "roll of toilet paper". It's convenient. It's disposable. It's is used once then flushed down the drain. So, what are the best alternatives to the lifetime habit of using disposable toilet paper? Since toilet paper is, well, "paper", there are other paper alternatives. Note particularly, that these ARE NOT DESIGNED TO BE Flushed in the toilet, the bowl, or the loo. They will create nasty plumbing problems. Yes, read the headlines or search the web for "clogged toilets" and you will find multiple stories. And they are ugly. . . stating the obvious. Anything used once is unsanitary. It must be disposed of with wisdom and caution, or cleaned, washed, scalded, microwaved, bathed in extremely hot water, or otherwise made safe for another use.
1) Baby Wipes are in the news.
Look at this smiling baby and you can see why. What parent or grandparent has not used baby wipes to keep their baby happy? And healthy. And clean. THEN, they throw away the used baby wipe in the trash. They do not throw it in the toilet like toilet paper, knowing it will plug up the toilet bowl. It's a great alternative to toilet paper, feels kind of nice, and can work well. If you can find them in the stores . . . .

2) Facial Tissues are also a most obvious toilet paper alternative.
Unfortunately, they have become as rare as the original toilet paper desired. If you can find them, plan to use more than for blowing your nose, they are awesome for your face. More layers are needed as an alternative to toilet paper.

3) With Paper Napkins . . . instead of toilet paper?
Now we're getting to more substantial paper thicknesses. Good for the job at hand. More important than ever, as all these alternatives, is to take them out with the trash. Toilets are not designed for this thick paper. Similarly, Paper Towels fit into this group. And, similarly, you may find them "currently unavailable."

4) Newspapers (and magazines if you are nostalgic) . . .
Newspapers are a time-honored early version of bathroom reading, and, ahem, attend to your personal hygiene. Compared to toilet paper, they are no longer a popular alternative. And there's the newsprint. And how many of us heard the stories (or lived them), with outdoor plumbing, the outhouse out back, and a catalog hanging on a hook?
Reusable Cloth Toilet Paper Alternatives

5) Cloth Diapers are a novel idea.
Why? Look at all those happy babies that wear them every day. Yes, disposables have become the norm. Yet cloth diapers are still available. And stop for just a moment, and visualize what babies put in their diapers. Phew. Moving right along. Just for the sake of discussion, imaging replacing your non-existent toilet paper with cloth diapers. And imagine, if you're really lucky, finding a local diaper service that takes away the soiled cloths and supplies you with fresh, clean, new ones twice a week. Just imagine. For some, it could work.
6) Bandanas and Handkerchiefs are arty and beautiful.
So. You have a few bandanas and handkerchiefs in your house. And you can buy more. What if you had a reasonable supply, to rinse out, maybe deposit in a diaper pail with a lid, and wash a load every couple of days. Reusable toilet paper. With a flair of color. You might even start a trend. Yes, of note, you need easy access to a washing machine and drying to stay on top with this one.

7) Tea Towels or Cheesecloth Kitchen Towels are alternatives.
Continuing the thought that Cloth is an alternative when there is no more toilet paper in your house. It's another example that starts with looking around. What do you have already? What's a reasonable size. The dimensions. What is a reasonable thickness? How many will you need to meet your family's daily needs, and keep a clean supply at the readiness?

Natural Toilet Paper Alternatives
8) Water. Yes, now it's time to go natural!
For some, a bidet in the bath is already in place, reducing the volume of toilet paper for everyone needs. For others, there are retrofit hand-held, toilet attached, and other creative appliances to modify your regular toilet. Spraying water upward while remaining seated is a helpful, hygienic alternative to little or no toilet paper. The concept has its audience, and those that prefer other methods. Due to the widespread search for toilet paper, out of stock in many stores, the popularity of bidet attachments has also skyrocketed. Be prepared to search, and possibly wait a bit for shipping. If you practice careful hand, eye, coordination, you may be able to use a small bottled water, water bottle, to "wash" by reaching down, aiming carefully, and squeezing abruptly, to send a manual waterspout upward. Good luck.

9) A Rock. What? Err, how do you use a rock for toilet paper?
Well, it's an old method. A smooth rock might be used, or a stick, or pretty much whatever was handy. It's also a simple concept. Clearly the smoother the rock, the better. Fortunately, we live -after- the industrial revolution and have developed more sophisticated solutions such as toilet paper for our daily needs. Nonetheless, an impact of the worldwide situation has found our preferred paper in short supply, while rocks are plentiful.

10) Green Leaves have been used for centuries for toilet needs.
The history of human civilization includes the history of toilet paper. Along with rocks and sticks, leaves are handy. Leaves are everywhere. And after use, can be added to your compost pile for a great spring planting garden soil additive. Caution. Know your leaves. Take the time to look them up online before touching or dragging them across your skin. Consider the outcome should you grab poison ivy, or sharp holly bush leaves, not your best choices for
such a delicate use. Leaves as an alternative for toilet paper have that long and, well, not so
glorious past. Still, if you want to preserve the forest, they are one of the most natural
alternatives to toilet paper.

Honorable Mention Toilet Paper Alternative

The pioneer tradition of using Corn Husks to take care of nature’s business and cleanup. Often in large supply at the right time of the year, and available for little or no cost in you live in the country and have obliging farmers and ranchers willing to let you gather the scraps. Green is better, softer. Dry and brown can be improved by adding water . . .

Simple Toilet Paper Use Regulator

What does that mean? In short, eat right, exercise, and maintain your physical, emotional, and spiritual health. If you binge-eat cookies, soda, and chocolates, frankly, you will need to use the bathroom more frequently. If you eat ice cream, knowing your lactose intolerance will have unwanted side effects, with the resulting need for a greater amount of toilet paper than usual, be wise for your health and your toilet paper ration!

DISCLAIMER: The information on this page is for educational and entertainment use only. No health, medical, or any other advice is stated or implied.

HOME  Thank you for visiting A Time to Laugh .org today.

From:  https://www.atimetolaugh.org/toilet-paper-alternatives.html

How Has COVID19 Effected Student Residents?

Emma Chavez, Community Resources Coordinator, has shared an article about how students have left residence halls all but abandoned. Still Resident Assistants and HDS staff are keeping an eye on things. We thank you all for your dedication during this hard time!

To save space, here’s a link to the article from MSN NEWS:  https://www.93percent-of-csu-students-living-in-dorms-have-gone-home

Emma can be contacted at:  emma.chavez@colostate.edu
Fire Damages University of Alabama Music Building

Fifty firefighters helped contain the blaze, which was declared officially extinguished the following morning.

April 23, 2020 CS Staff

The University of Alabama’s Moody Music Building sustained extensive damage from a three-alarm fire that broke out in the building on Sunday afternoon. Tuscaloosa Fire Rescue responded to the initial fire alarm around 4:15 p.m. that day. When the crews arrived, they saw heavy smoke billowing from the roof, reports WVTM13. It was determined that the blaze was located in the building’s roofing system.

In all, 50 firefighters helped contain the blaze, which was declared officially extinguished the following morning at 9:22 a.m.

When the fire broke out, the area was experiencing severe weather, which hindered firefighters’ efforts to battle the blaze. The cause of the fire is currently under investigation.

The building was unoccupied when the fire broke out, and no one was injured. Additionally, there was no fire inside the building, according to WVTM13. The sprinkler system didn’t activate.

No students were on campus during the ordeal. Due to the COVID-19 crisis, students are in the process of completing their spring semester via distance learning.

According to Tuscaloosa Mayor Walt Maddox, most of the school’s marching band uniforms and instruments were saved.

A lesson here could be, we need to be ready no matter when events occur or under what operational environment, even a ‘remote learning’ scenario. Thanks for having your interest in developing a ‘readiness mindset’ everyone! Bob

This article is from:

[Campus Safety]

My thanks to Diane Fromme of Talent Development and Jan Pierce, our Employee Assistance professional for their help in presenting our first on-line discussion via Zoom for those who have attended readiness training. From feedback, it was a hit. There will be more to come. . . stay tuned! Bob
For more resources visit the Talent Development Website and click on Emergency Readiness Training

https://training.colostate.edu/building-proctor-training-materials/

or

https://safety.colostate.edu/

Ready Colorado State Newsletter is published six times each year – January, March, May, July, September, and November and distributed to your Building Proctors and t subscribers. It includes information from Building Proctors, university staff and faculty, from businesses and professional groups and publications, government sources, and from other campuses throughout Colorado and Wyoming. These articles are put together by your Ready CSU Training Team, a university wide coalition of peers concerned about preparedness, safety, and YOU.

Check with your proctor to see what’s up in readiness here at CSU! Better yet, tell coworkers they can also subscribe to the newsletter at:

https://lists.colostate.edu/cgi-bin/mailman/listinfo/ready_csu_newsletter

This is your publication: if you have information that may be included here for the benefit of your fellow proctors, please send it to Bob Chaffee at Training and Organizational Development at this email address: bob.chaffee@colostate.edu

HOSPITAL SECURITY IN THE TIME OF COVID-19

Due to COVID-19
VISITATION RESTRICTED
ALL PATIENTS WELCOME