

# HEALTH

## & FITNESS

### Large scale design strategies for biological (and Chakalaka) sustainability

By Patrick Padden  
The Surveyor

**F**unny what we used to do. We built fences around botanical gardens to keep the "city" out, cages around wild animals to keep the "wild" in, and we designated islands of wilderness to

be preserved in the form of state parks, national parks and nature preserves. We viewed nature as if it were the black spots on a Dalmatian puppy dog and human development as if it were the white.

Guest Columnist



Patrick Padden

My paradigm first shifted while camping out in Kruger National Park in South Africa. While cooking up some Chakalaka over a campfire, I was happy to see the hungry hyena on the opposite side of the game fence than I. For that matter I was happy that the lions, rhinos and buffalo were on the far side of the fence too. At least this was the arrangement while I was there — elephants had been known to break into these campsites on occasion. For the first time ever, I was in the cage. The wilderness surrounded me, and the purpose for the fence was solely to keep me and my Chakalaka safe. I became the black spot and the grand wilderness, or "bush" as they say down yonder, became the white. My paradigm shifted.

Lately there has been much attention paid to food and food production systems, particularly here along the Front Range. The local foods movement, farmers' markets and home food gardens are more popular than ever. Yet we continue to isolate these natural food production systems as if they don't depend upon the grander system. Farms are surrounded by cities and gardens are surrounded by neighborhoods and asphalt. A link between the natural systems in which we desire to grow food and the "wilderness" does not exist.

"Good." One might say. "I don't want deer and skunks in my garden eating my Sun Gold Cherry tomatoes. I grew those for my family." Perhaps not, but you do want lady bugs to chomp the aphids on your lettuce, and birds to eat the other pests. If your garden is in isolation from a large scale natural ecosystem, birds will have a difficult time finding and getting to your garden.

Mother Nature is the queen of balance and, within her pests do not exist — only predator deficiencies due to isolation of species. If adequate scale exists, a predator will quickly fill the role to enjoy the feast — and yet another predator to keep the first in check. If we want to solve a pine beetle infestation, create a biological corridor to a larger scale ecosystem. Link Rocky Mountain National Park to Yellowstone National Park in Wyoming and link that to the Northern Territories of Canada.

"Are you crazy!!!!? They don't want our pine beetle there. We must contain our "problem.""

Oh contraire, their pine trees don't want our pine beetle but their rodent, bird and reptile ecologies do. And more importantly, those ecologies would like to get here if only there was a corridor for them to safely traverse without getting hit by the car of a traveling environmentalist.

If our national parks, state parks and wildlife preserves were connected to one another, we would become integrated into Mother Nature's vastness. Then, for a food grower like myself it would become easier to tap into this grand ecosystem and invite beneficial predators like rodents, snakes and birds into my system and utilize them to create a balanced ecology in which to grow the food. Yes, I would have to do my best to keep deer, mountain lions and bears out but haven't I (speaking collectively for the human species) always had to do that?

Patrick Padden will be giving a free lecture on this topic Thursday Aug. 21, at 10 a.m. at Sunrise Ranch. Contact him through post by mailing a letter if you would like to attend. 100 Sunrise Ranch Rd. Loveland CO, 80538

# Zumba dances into Berthoud

**T**here's a lot of smiling, laughing, sweating and hip shaking happening in town. Zumba (pronounced Zoom-ba) — the latest fitness craze — has shimmied right into Berthoud.

Zumba, Spanish slang for "to move fast and have fun, is a Latin inspired exercise class, created in 1996 by Alberto Perez, a Colombian celebrity fitness trainer. Zumba combines exercise moves with a wide array of non-intimidating dance steps. Class participants exercise to a variety of rhythms including salsa, merengue, cumbia, reggaeton, and more — depending on the instructor's personal flair.

Marta Loachamin, Berthoud's newest Zumba instructor, teaches classes at the Berthoud Athletic Club. As a native of Ecuador, Marta enjoyed

### In Shape



Surveyor Columnist  
Caroline Creager

"I recently had surgery on my knee and my physical therapist recommended I take the class to further strengthen my knee," said Elaine England, who participated in her first Zumba class last week. "The class was so much fun, and my knee felt great after the class."

The low impact nature of the class, combined with upbeat music and the



Photos by Rick Padden

Marta Loachamin, Berthoud's newest Zumba instructor, leads her class at the Berthoud Athletic Club Monday night.

party like atmosphere, appeals to a wide variety of people; teens, seniors, overweight, in-shape, and both men and women. This is evident by the fact that nearly four million people are now taking Zumba classes in 40 countries, and 15,000 instructors have been trained in the United States alone.

If burning a lot of calories is your goal — no worries — Zumba can burn between 350 and 800 calories per hour. "I took the class because the time fit well into my schedule," claimed Becky Redabaugh. "It felt really good to burn so many calories in a fun-filled 60 minute class that went by so quickly."

If you're looking to remove the "work" from your "work out," and have a great time doing so, join Marta and the Zumba party at the Berthoud Athletic Club, Mondays at 7 p.m. and Thursdays at 7:30 a.m.



Sabrina Sommers (foreground) smiles as the class is taken through a dance/exercise routine in the Zumba class.



Loachamin leads the class in a stretching exercise before turning the music up.



**Berthoud**  
*County Seat-for-a-Day*  
**Community Forum**

**Thursday, August 14**  
**7:00pm**

**Berthoud Bed & Breakfast and Events Center**  
**441 1st Street, Berthoud**  
*Cookies & Beverages Provided*

The Larimer County Commissioners will be in Berthoud to visit with you about issues of importance to you.

*Information: call Deni La Rue, Community Information, 498-7150*