

## Planning Commission chimes in on NRCD code updates

By VICKY DORVEE & JOCELYN ROWLEY  
Editorial@lhvc.com

At a public hearing on Wednesday, Feb. 20, the Boulder County Planning Commission gave its blessing to land use staff's proposed code updates for the Niwot Rural Community District (NRCD) with two alterations. The first was the removal of a sentence reading "Where alley access is available, curb cuts should not be permitted." Curb cuts are what the county is defining as access to off-street parking spots from 2nd Avenue. The second change was the addition of wording encouraging the exploration of offering incentives to "legacy" businesses with the hopes that more retail businesses will open in town.

Removing the single line

that would have condoned use of the alley that neighboring residents on 3rd Avenue want to secure as off-limits to any newly developed property on the 2nd Avenue properties officially resulted in the most contentious topic being unresolved much to the frustration of all parties.

The planning commission's recommendation will be presented to Boulder County Commissioners on March 12, a week shy of the expiration of the six-month moratorium placed on development in Niwot's downtown. If the proposed regulations are approved by the county commissioners, more stringent rules limiting building size and scale, property setbacks, and allowable bulk and lot coverage will be imposed on future developments within the two-and-a-half block span of

2nd Avenue that comprises the downtown commercial zone.

Land Use Department Director Dale Case made the staff's recommendation before the seven-member planning commission, informing them that the goal of the updated language is to provide a buffer between residential and commercial areas, to reduce the "looming feeling" on the alley, and to "limit the number of non-conforming buildings" in existence.

He then outlined the potential changes, which were largely the same as those discussed at the community meeting at Niwot High on Jan. 24 and touch on density, mix of uses, parking and the public engagement and review process.

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## Hundreds gather in Niwot to Wine About Winter



Photo by Mary Wolbach Lopert

Jim Whitney, Janet Gates, Dennis Knowlden and Minetta Knowlden from the Niwot United Methodist Church serve up some soup at the 2019 Wine About Winter event. Besides being a welcome treat on a cold, blustery February day, the soup is a reminder that the church is holding its 23rd annual Soup, Soup & More! fundraiser on Saturday, March 2 to benefit Boulder Attention Homes.



Photo by Mary Wolbach Lopert

Participants in Wine About Winter grab their gear for the annual event. Earlier in the day, the line for tickets was out the door and around the parking lot of Niwot Real Estate. Everyone seemed to appreciate the Wine About Winter bags, which were a new addition this year.



Photo by Vicki Maurer

Chris Davis, Dave Henzel, Lori Shrader, Lulu Davis and Dan Hawk at the Let's Wine About Winter festivities on Feb. 23 at Chico's Grooming in Cottonwood Square.

## LEFT HAND LAUREL Melinda Coburn



Courtesy photo

Melinda Coburn, this month's Left Hand Laurel recipient, with daughters Phoenix and Adaira and husband Sean.

By VICKY DORVEE  
Editorial@lhvc.com

Flagstaff Academy parent Melinda Coburn became a Dragon Volunteer when her oldest child entered preschool four years ago. Each week Coburn helps kindergarten students with their math and first-graders with reading. Those interactions lead to students learning and feeling cared for. But those are just a couple of examples of how Coburn's energy, dedication, and kindness are bringing a ripple effect of positivity to the world.

Coburn and her husband Sean met in junior high school while growing up in Wichita, KS. Melinda went to college at

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## Community Calendar

### FIRST FRIDAY ART WALK

Niwot's March First Friday Art Walk takes place on 2nd Avenue and in Cottonwood Square Shopping Center on Friday, March 1, from 6 to 9 p.m. with live music on the streets.

### SOUP FUNDRAISER

Niwot United Methodist Church (7405 Lookout Road) is holding the 23rd annual Soup, Soup and More fundraiser on Saturday, March 2, from 4 to 7 p.m. Come enjoy your fill of homemade soup, stew, chili, or chowder and make a donation for a good cause. Proceeds will benefit Boulder Attention Homes, an organization for youth experiencing homelessness.

### NIWOT BUS STOP QUESTIONNAIRE

The Niwot Community Association (NCA), in conjunction with the Niwot Business Association and Boulder County

transportation department, has developed a survey that details three possible designs for a potential bus stop/station at Niwot Road and Hwy 119. This survey will work to both gather information from the community, but also make local commuters and residents aware of what options are being considered. To take the survey, visit [surveymonkey.com/r/NiwotBRT](http://surveymonkey.com/r/NiwotBRT).

### JAZZ CONCERT FUNDRAISER

The Niwot High band department invites all local music lovers to a fun-filled night of jazz, funk, and rock at the inaugural Spectacle 2019 on March 19 at 7 p.m. Talented student groups Left Hand Jazz Ensemble and Niwot All-Stars will be joined by local recording artists Jackson Cloud Odyssey and Mojomama at the inaugural event which is raising money for new instruments. There is no charge for admission, but donations will

gladly be accepted. For more information, visit [www.niwotbands.com](http://www.niwotbands.com).

### ALZHEIMER'S SUPPORT GROUP

Alzheimer's Association Dementia Caregiver Support Group meets on the first Wednesday of each month from 6 to 7:30 p.m. at the Niwot United Methodist Church (7405 Lookout Road). This free service is for family members and friends who care for and care about people with Alzheimer's Disease and other forms of dementia.

### SPRING PLAY

Niwot High is staging The Diary of Anne Frank on Friday, March 8 and Saturday, March 9 at 7 p.m. General admission tickets may be purchased for \$10 at the door or online at <https://stvrain.revtrak.net/High-Schools-1143/niwot-hs/Niwot-High-School-Drama-Tickets/#/list>

## Talk to the Hand

*This is an opportunity to tell the community what's on your mind in 50 words or less. Send your insights, inquiries, and observations to Editorial@LHVC.com. Please remember we bring local news to everyone in the community, so only appropriately worded and well-intended comments are welcome. Comments may be edited and are not guaranteed publication.*

"The full moon this week was tremendous! Hoping every-

one had a chance to see it either rising or setting."

"Being an avid walk-around town person, I thank Niwot's downtown businesses for being so kind and shoveling the sidewalks each time it snows."

"Loving the new crossing on Niwot Road that leads into Cottonwood Shopping Center."

"Gunbarrel really needs a bagel shop and a decadent bakery shop."

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# LAUREL

Continued from Page 1

Oklahoma City University, earning her degree in art and vocal performance. They married the summer after they graduated from and within a couple of days they moved to Longmont for Sean to complete his doctorate in chemistry at CU.

For six years Melinda's work revolved around helping companies mitigate their tax liability. After their daughter Phoenix was born, Coburn became a stay at home mom.

"I'm super lucky my husband is able to take care of us financially, but I would go a little crazy if I was just at home all the time. So, I keep busy," Coburn said. Her busy-ness revolves around children, family, and giving to the community.

In addition to working with students on math and reading two days a week, she's also the room mom for Phoenix's first grade class and for her younger daughter Adaira's kindergarten class. She organizes their classroom parties and helps out with extracurricular activities.

"Last semester I was able to jump in the greenhouse to help with kindergarten biology class," Coburn said. "Over Halloween I hosted a traveling

spooky science lab to get our elementary kids jazzed about chemistry. The puking pumpkin was a total hit!"

Kindergarten teacher Kristina Beaudoin-Gudmundson said, "She has a creative, fun, kind, and gentle nature about her. She is amazing with not only my class, but any class she volunteers in. She loves to share her love of science with any class - the messier, the better. Flagstaff is very fortunate to have her as part of our dragon family."

Supporting children is a theme in Coburn's life. She's a volunteer child advocate through the CASA (Court Appointed Special Advocate) program.

"I provide a voice for children 'in the system' because of abuse and/or neglect. I help families navigate big issues like substance abuse, domestic violence, teen suicide attempts, connecting families with services to overcome resource needs (food, clothing, housing), and help families break down barriers that are at the root of educational truancy issues, etc.," Coburn said.

"There are so many complicated issues," Coburn said. "You know how you get really overwhelmed with life's circumstances and you just

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need somebody who has an objective view of the situation. Sometimes these families are so worried about getting food on the table that it's hard to see beyond that to address other issues. If someone can step in and say here's a program that addresses this, it helps them tremendously."

Coburn and her husband's nurturing spirits led them to take in their first foster child 10 years ago. Some of the foster children were with them temporarily, but a couple have led to more permanent situations.

The couple now has four children in their home. Phoenix is the couple's biological child and five-year-old Adaira was adopted after being their foster child from the beginning of her life. They also have an almost two-year-old foster son, Baby B (for privacy purposes, foster children's names and

photos cannot be publicized) and there's Baby S, their two-month-old foster son. They are hoping to complete Baby B's adoption in a couple of months.

"We didn't really picture having so many children," she said "but it's a really beautiful thing the way it's worked out."

Coburn is also Soup Angel for HOPE for Longmont, a homeless outreach program. Her daughters love to help out by preparing the meals that feed those in need.

"It's important to my husband and I that we have socially aware children and this is a great way for them to be involved," Coburn said.

Flagstaff volunteer coordinator Jeannie Torres said, "Melinda exhibits exemplary creativity, cooperation, and hard work in her service to Flagstaff Academy. She can be counted on to help with a special project

or ongoing activities and she usually has a baby attached to her while she is doing it."

She said she used to have lots of hobbies, but life is now very "kid-centered." She and her daughters enjoy aerial arts, the sense of community at the girls' soccer games, and doing arts projects together.

"She is an amazing human being who loves children and children are drawn to her because of her kind and giving heart," first-grade teacher Shellaine Keeslar said.

"If I can show up as a good mom for my kids, and bring extra hugs for their classmate, that's a good thing," Coburn said. "Also the whole charter school concept works because parents show up to help. There are a lot of the unique programs that wouldn't exist if it weren't for parents and community members."

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# The community speaks out about the future of downtown Niwot

By VICKY DORVEE  
Editorial@lhvc.com

At a public hearing on Feb. 20, more than two dozen interested Niwot community members spoke out about proposed changes to the Land Use Code that will affect development in the 2nd Avenue commercial district.

## Here are some comments presented to the Planning Commission:

Dr. David Meisner explained that the mixed use development he and Von's Colorado Concepts want to build on the corner of 2nd Avenue and Niwot Road was curtailed because of the moratorium. Meisner said, "The benefit to the thousands of visitors and residents to Niwot should outweigh the concern of the few neighbors on 3rd Avenue. They knew they were purchasing property adjacent to downtown. It's like a homeowner on a golf course complaining when a golf ball hits their home."

Second Avenue business owner Euvaldo Valdez said initially he was in favor of the revamping of codes because he wasn't happy with the "lack of aesthetics" of new developments. But he has changed his position because the property

on the south side of the street has been ignored throughout the public process. He didn't have enough time to finish his statements and was told he could submit written comments. "Everything I was going to tell you tonight, I have submitted in writing and I've been met with a very dismissive attitude by the staff."

Steve Rollman, owner of Niwot Feed on 2nd Avenue, the oldest business in town, said, "I don't know of a single business in Niwot that supports these restrictions."

Niwot resident and employee at Osmosis Art Gallery, Michelle Henzel said, "Most of the Niwot residents I know do not want unreasonable limits placed on our commercial district. The current checks and balances are significant enough to ensure that the charm of Niwot will remain and get better every year."

Niwot resident Jill Whitener read a letter from Liz Gould, a 3rd Avenue resident and the owner of the 2nd Avenue boutique Little Bird where Gould is speaking directly to her neighbors. "Our business at Little Bird is down for the first time in seven years. I hope you can all put aside your grievances about the alley and some of the other

development plans and look at the bigger picture."

Gould wrote that what her neighbors fear will be a result of changes on 2nd Avenue won't be as difficult to deal with as they are predicting, their backyards are large enough to provide a buffer and new developments would add value to their property.

Attorney Robyn Kube, representing several business owners in Niwot, stated that the FAR was "problematic" because the more you limit what can be built on a property, the less economically feasible it becomes given the cost of the land, building costs, and the revenue a business can generate from a small space.

Third Avenue resident, Jim Kalinski said, "There was a comment regarding well, you live next to a commercial district you should have been aware and you should expect this and I would say to the commercial property owners, you live next to a residential area and you should expect some mitigations to your activities to not impact the residences too adversely."

The subsequent decision from the Planning Commission garnered quite a reaction as well. Here are a few comments

following the meeting:

Mary Coonce, Niwot resident and owner of Porchfront Homes on 2nd Avenue said, "The goal of Boulder County is to keep us a rural community, yet the comprehensive plan says they want Niwot's commercial district to serve greater Niwot. Well, greater Niwot residentially has grown quite a bit, but not the commercial district, so it's a mixed message."

Coonce said business environments change over time and we have to adapt to retail store fronts not being as prevalent as they once were. She pointed out that Porchfront's office staff of more than a dozen employees also adds to the vibrancy of the town by eating and shopping in town.

Niwot Economic Development Director Catherine McHale expressed her disap-

pointment in the recommendation. "These types of rules mean that people are less likely to invest in opening the restaurants and stores that we value and need in our downtown area."

Kim Kalinski, a resident of 3rd Avenue said, "The Planning Commission's insightful suggestion to offer incentives for retail space is exemplary. Niwot can thrive when shops and restaurants are encouraged to occupy attractively designed spaces that fit in with the character of Old Town."

"We are cautiously optimistic after hearing some of the Planning Commission's opinions on alley access and curb cuts. We all benefit from planning decisions based on facts," 3rd Avenue homeowners, Mike Selak and Victoria Keen wrote in an email.

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# Ancient Japanese tea ceremony coming to Longmont

By DANI HEMMAT  
Editorial@lhvc.com

Chado—the 500 year old traditional tea ceremony that cultivates peace of mind and aesthetic appreciation of art and nature through the harmonious interaction between host and guest—is coming to Longmont.

On Saturday, March 2, the Meditation Place in Longmont will be offering a rare glimpse into this precise and meaningful ceremony, along with a short meditation instruction. Guests will experience an authentic ceremony and learn about the aesthetic, social and spiritual components of this fascinating art form.

Saturday's tea ceremony will be performed by Mike Ricci, a former recording engineer and producer who moved to Japan in 2001 to study Chado—the way of tea—and its related arts, such as spoon carving, pottery and Japanese culture. Ricci lived in a Zen monastery, apprenticed with one of the most well-known pottery families in Japan and devoted himself to learning the art. Along with being an accomplished potter and artist, Ricci is a certified instructor in the Urasenke lineage of Chado. He teaches Chado at Naropa University and often presents and lectures on the tea ceremony at venues and universities throughout Colorado.

Prior to the Chado presenta-

tion, there will be a short guided meditation led by Reverend Jodo Cliff Clusin of the Prairie Mountain Zen Center. Clusin is a Soto Zen priest, who has studied Buddhist meditation practice for forty years.

"As a Zen Teacher, trained in a Japanese tradition, I look

forward to presenting the traditional Tea Ceremony at the Meditation Place. The tea ceremony embodies the qualities of simplicity and appreciating just this moment, which is also the essence of zen meditation practice," said Clusin.

The Meditation and Japa-

nese Tea Ceremony will be on Saturday, March 2nd from 2-4 p.m. at the Meditation Place at 324 Main Street in Longmont. There is a suggested donation of \$10-20 and anyone wishing to attend this unique event should arrive early as there is limited space.



Photo by Mike Ricci

Chado—the way of tea—is composed of social, spiritual and aesthetic components.

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# New Colorado Sleep Institute to be awakened soon

By VICKY DORVEE  
Editorial@lhvc.com

Getting a healthy amount of sleep is a challenge for up to 70 million people a year the American Sleep Association reports. Some of us suffer from the inability to fall asleep or can't sustain a good night's rest. Others have apnea leading to interrupted breathing and waking up throughout the night. There are a variety of reasons why getting the proper amount of quality slumber becomes an agonizing quest.

Fortunately, expert help for the exhausted is easily accessible. Colorado Sleep Institute (CSI) is on the verge of completing a new location just off Highway 119 at 1630 Dry Creek Drive, Longmont.

Sleep isn't a passive state CSI co-founder Dr. Mark Hickey explained. "Research has shown recently that one of the reasons we sleep is to remove waste from the brain. It's a very carefully orchestrated, necessary process. It's not a turning off of the body."

Without the seven hours of sleep adults are typically recommended to have each day, deprived individuals may experience serious physical health risks, daytime sleepiness and fatigue, weight gain, irritability, lack of coordination, brain fog, and accidents often result. Diabetes, high blood pressure, heart conditions, and strokes



Courtesy photo

Colorado Sleep Institute's new location as seen from Highway 119, will be opening soon.

are all associated with chronic poor sleep.

Started in 2010 by Dr. Hickey and Dr. Adam Wertz, CSI now has three locations - in Boulder, Longmont and Broomfield, and employs 60 people. The present Longmont clinical location on Professional Lane and the existing administrative location will be combined in CSI's new offices which will occupy over 13,000 of the newly constructed 20,000 square-foot building.

Hickey said the site was chosen not only for its proximity to

patients from areas surrounding Longmont, but also because the region has a plentiful pool of qualified employees to support the growing business.

Hickey and Wertz opened CSI because the old mode of helping patients with sleep disorders was a less effective, disjointed process of diagnosis, treatment, and follow up, involving medical professionals from separate organizations.

Hickey said, "What we decided to do was a completely comprehensive care model. It means that we actually see the patient in clinic, do a complete history and examination and then, if they need diagnostic testing we can do that. We do the interpretation of the study and if therapy is needed, we will provide that to them in house, all under one roof. We do the follow up as well and continue to monitor them in several ways including high tech ways such as remote wireless transmission to be sure their breathing is normal and they're not having any issues."

With a background in neuroscience, Hickey felt sleep was a fascinating subject and the lack of research in the field piqued his interest to delve into

it further. He did his training in neurology at the Mayo Clinic and went on to do a fellowship in sleep medicine at Louisiana State University.

In fact, all of the doctors in CSI's practice are fellowship-trained sleep medicine physicians, meaning they have spent an additional 12 months of intensive training focused specifically on sleep.

The practice will be expanding, but currently has six sleep physicians and five physician assistants on staff. Two Ph.D. researchers are also on the team breaking ground on pharmaceutical fronts, as well as clinical trials and designing research protocols.

Patient testing is done in CSI's on-site sleep lab where they observe brain waves, breathing, and oxygen levels and there are home sleep test options. For patients who have a circadian rhythm disorder, where their internal sleep clock is off-kilter, there's a test called actigraphy, which determines which treatment is best.

Hickey said the two most frequently detected disorders are sleep apnea and insomnia. Other conditions such as snoring, narcolepsy and restless leg

syndrome also are addressed.

Once diagnosed, there are many approaches to treatment. CSI offers a unique alternative treatment for sleep apnea patients who would traditionally be using CPAPs (continuous positive airway pressure machines.) It's an oral appliance therapy customized by CSI's dental sleep medicine specialist. The appliance physically brings the lower jaw forward to keep the airway from collapsing.

For patients with the wakefulness of insomnia, the institute likes to initially utilize cognitive behavioral therapy which they have found to be the most effective long-term treatment.

Hickey said sleep apnea patients under treatment will see results immediately, and those with insomnia can realize significant improvement in four to six weeks.

Colorado Sleep Institute's new location is expected to open by mid-March. Medical insurance covers the services provided by the center.

To learn more about CSI and to schedule an appointment, visit [www.ColoradoSleep.org](http://www.ColoradoSleep.org) or call 720-279-9098.

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# Slow Food Boulder County to celebrate Spring with seed exchange

By DANI HEMMAT  
Editorial@lhvc.com

Gardeners and lovers of the slow food movement are invited to an event that will help jump start their spring planting and offer the chance to meet with local farmers and food producers.

Slow Food Boulder County and Mountain Fountain are hosting their 2nd annual Colorado Producers Open House & Seed Exchange on Thursday, March 21 at the Mountain Fountain Market in Hygiene.

Seed exchanges are growing in popularity, due to both an increased interest in organic

gardening and the increased awareness of the importance of maintaining heirloom varieties of plants.

Slow Food Boulder County, one of the first U.S. chapters in the international slow food movement, has a mission to support local farms and food businesses, educate the community about accessing, preparing, and enjoying local, seasonal food, and to create events and programs that bring pleasure, and build community and food traditions.

The slow food movement was started to create cultural shifts around food. Efforts include creating and supporting school

gardens; improving animal welfare to reduce the environmental impact of eating meat; and promoting sustainable agriculture, preserving traditional foods and knowledge, and supporting small-scale food producers.

The upcoming open house and seed exchange will feature

local farmers and Community Supported Agriculture (CSAs), along with a sampling of local food products. Garden leaders from local schools are also encouraged to attend and pick up seeds for their school gardens. Mountain Fountain Market will also be sampling products they

sell in their store, and Slow Food Boulder County will be holding a raffle.

The Open House will be on Thursday, March 21 from 5:30 - 8:00 pm at the Mountain Fountain Market at 11809 North 75th Street in Hygiene. Please bring seeds if you have them to share.



Photo by Dani Hemmat

Gardeners interested in organic gardening and heirloom varieties can find treasures at seed exchanges.

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# Niwot Business Association holds officer elections

By Jocelyn Rowley  
Editorial@lhvc.com

The Niwot Business Association (NBA) welcomed two new members to its executive board following officer elections on Feb. 12.

President Tony Santelli and vice president Deborah Reed Fowler received new terms. Joining them are Nancy Bureau of Left Hand Animal Hospital, who replaces Linda Klueber as secretary, and Mary Coonce of Porchfront Homes, who is set to become the new treasurer.

"I want to thank Linda for having served five years as secretary and Dayna [Roane] for serving three years as treasurer," Santelli wrote in an email interview. "We are very fortunate that we are able to continue to attract leadership talent like Nancy and Mary. I'm

delighted that we continue to have terrific executive talent to help lead us during these turbulent times."

Santelli has 12 years as NBA president under his belt, but any notions of retiring were "crushed" by the development moratorium imposed by the Boulder County Commissioners in September 2018. He added that he feels duty-bound to help his fellow business owners navigate the Land Use department's proposed regulatory scheme in the NRC. He is also concerned about the pace of business closures along 2nd Avenue.

"Although Niwot Old Town looks pretty bleak, I am convinced that this moratorium will be the catalyst to make us stronger, as a business community. I have come to appreciate more the challenges we have communicating that growth is the oxygen of any business community. Any well-intended

action to prevent growth is suffocating, and destructive. It's grow or die. There is no middle ground."

Santelli wrote that the new board's "overriding priority" will be to "have this moratorium lifted, to enable us to reconstitute a thriving business district, protect the safe-

ty of our pedestrians on 2nd Avenue, while maintaining Niwot's charm and character, that makes us so special." He is confident the new team has the right tools to make that happen.

"Mary, as the brains of Porchfront Homes, according to her husband and business partner Tim Coonce, has been in the

middle of the moratorium and brings commercial property owner perspective to the board as our new treasurer. Nancy Bureau has become the model of working with Boulder County and old town residents on how to deal with the complexities of moving her Left Hand Animal Hospital to a new location."

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# COMMISSION

Continued from Page 1

Among the most significant of the proposed updates are to the lot, building, and structures requirements, which Case characterized as a new way to address “bulk and massing.” In the district as a whole, staff proposes reducing the maximum building height to 30 feet, and 15 feet within 25 feet of the rear property line.

On the “non-historic” 2nd Avenue blocks west of Murray Street (1 and 2) and east of Franklin (5 and 6), staff proposes limiting lot coverage to 50 or 55 percent, and the floor area ratio or FAR (the percentage of above ground building footage to the lot size) to 0.6. This is up from the 0.55 limit proposed in the county’s first draft, but still a sizable restriction compared with the 1.25 FAR proposed by the property owners and the unlimited FAR for the historic blocks.

“It’s a very common tool around the country,” Case said of the new FAR and lot coverage limits, which are used sparingly in Boulder County because of a lack of uniformity in most zoning districts. “In this area, we have very common size parcel sizes, so it should work well.”

Case said that the new proposed regulations would make four existing properties non-compliant--198 2nd Ave., 137 2nd Ave., 210 Franklin Ave., and 240 2nd Ave.. Owners won’t be required to bring these properties into compliance, but it could trigger additional regulatory steps in the event of any future construction.

As for the alley between 2nd and 3rd Avenues, due to overlap with county transportation and other departments, its use and regulation of the falls mostly outside of the scope of the code update. However, in the Design Review section, Case and his staff recommend allowing access to the alley in order to reduce or eliminate curb-cuts on 2nd Avenue, which will in turn enhance aesthetics and pedestrian safety. They also suggest that encouraging alley use and rear parking will “encourage less structural development in the rear of lots”.

This is in conflict with the Alley Study, conducted nearly 25 years ago, which stated, “Where physically possible, Second Avenue or another primary road, should be used to access a property instead of an alley. The roads are better designed to handle traffic flow and are maintained by Boulder County.” Since that statement alley use has been limited to garbage pick-up and deliveries.

The hearing opened to public feedback after Case fielded some questions from panel members. About two dozen speakers gave comments, lasting close to 90 minutes. Of those speakers, the sentiment was two to one that the code updates being suggested were unreasonably restrictive and would hinder the business en-

decline that may take years to recover,” Klueber said.

Third Avenue residents reiterated their wishes to maintain the precedent that the alley not be utilized by commercial or newly added residences on 2nd Avenue. A few expressed their support of the building size and scale limitations being suggested.

Third Avenue resident Frank Goodnight said, “Today 2nd Avenue is still better designed to handle traffic, yet there is a push to move the traffic over to the alley. The reality is that alley would become a defacto driveway for the new developments.”


During deliberations, members of the Planning Commission expressed their support of the intent to place limitations

mission wanting to support and bring in more retail businesses, the idea of incentivizing “legacy” businesses was introduced. The model was defined as giving benefits to enterprises that have been successful within the community for “an extended period of time.” It was decided to add a line in the commission’s recommendation to examine how other cities are executing on this concept.

Following the decision by the planning commission, Cotton Burden, owner of Burden Incorporated and the Niwot Emporium said, “The staff actually misrepresented much of what they were presenting to the commission because they showed it in pieces and not how the pieces go together. It’s so difficult to understand the

mathematics of how big something can be built. The planning staff presented it as all these compromises. It wasn’t compromise. Everything they did was a further restriction on the development of lots downtown.”

On Tuesday, March 12, Boulder County Commissioners will hold a hearing and make a decision regarding the proposed code. The time will be announced at a later date. The community is encouraged to learn more and participate by visiting: [www.bouldercountry.org/property-and-land/land-use/planning/land-use-code-update/dc-18-0004/Public opinion may be submitted online at https://bouldercountry.wufoo.com/forms/x1kqeo1e0qxw2k5/](http://www.bouldercountry.org/property-and-land/land-use/planning/land-use-code-update/dc-18-0004/Public%20opinion%20may%20be%20submitted%20online%20at%20https://bouldercountry.wufoo.com/forms/x1kqeo1e0qxw2k5/).



### Next Steps for Block 5 Alley

- Blocks 5 has 5 access points onto 2nd Avenue.
- Providing access from the alley and requiring parking to occur behind or on the sides of development encourages less development in the rear of lots.
- Neighbors prefer to see primary access from 2nd Avenue remain, consistent with the results of the Alley Study conducted in 1995-1996.
- Multiple access points off 2nd Avenue detract from the walkability and pedestrian experience, and create safety concerns.
- Mitigation measures needed to help address the impact on residential neighbors.
- Implementation of some aspects will be further developed through an on-going process that will take additional time.

vironment in Niwot.

Remarks spoke to the building restrictions as being “short-sighted,” unfair to the non-historic area because of contrasting limitations, and that it would cause development to be financially unfeasible. Business owners expressed that they felt their feedback was being ignored in favor of a small number of residents who were angered by the manner in which only one development – Southpaw Commons at 240 2nd Ave. - came about.

Chuck Klueber, Niwot resident and business owner said throughout Niwot there have been significant downturns in business, because of the uncertain business climate since the moratorium was enacted making businesses hesitant to invest in the town.

“Unfortunately, Land Use in an attempt to figure out what and how to fix what was not broken, has turned a once vibrant commercial area into a

on building scale and mass to preserve the heritage of the downtown area. The pressure to make a decision at the meeting without belaboring the details was of high importance to the panel.

However, commission member Sam Fitch said, “Changing the alley seems to raise more and more problems than it solves so I wouldn’t go there. Maybe that’s something you might want to reconsider as you take this to the county commissioners.”

The discomfort of making a decision about the alley in the planning commissions’ recommendation was echoed by other members.

Despite Case saying that “interplay between all of the pieces” of the proposal such as suggested setbacks and alley access work best when kept together, the planning commission decided to peel off the reference.

In the context of the com-



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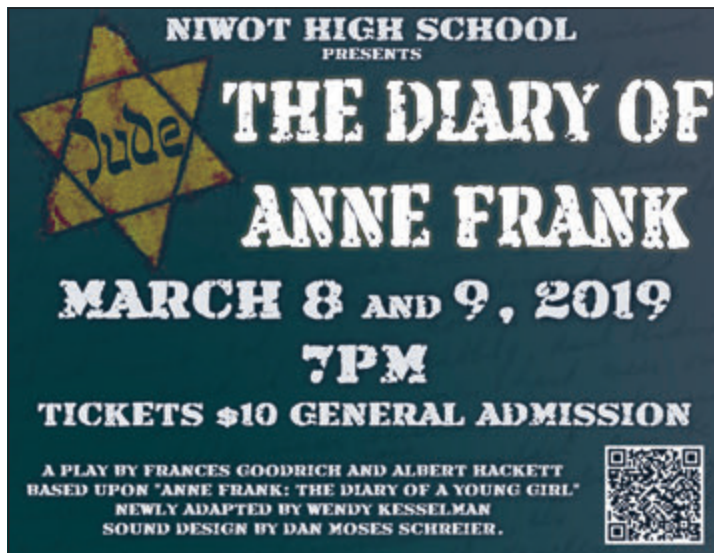
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# SCHOOL NEWS

## Niwot High presents *The Diary of Anne Frank*



By VICKY DORVEE  
Editorial@lhvc.com

For fear that they would be taken away by the Nazi forces that had invaded the Netherlands, the Frank family went into hiding in 1942 in cramped rooms concealed behind bookcases. The Jewish family lived a life of isolation for two years before they were discovered and arrested. Over that time, teenage Anne Frank passed the time by documenting her thoughts and the happenings in the secret annex in a diary recovered after the war.

This poignant and important story is the subject of Niwot High School's upcoming production, at 7 p.m., Friday, March 8 and Saturday, March 9.

Kendra Schneider, adjunct professor at the University of Northern Colorado's School of Theater Arts and Dance, was invited to be the guest director of the school's show. Having recently earned her master's degree in theater education, she was excited to work with NHS's students and staff to bring the story to the stage.

Rehearsals began at the end of January and students have taken on the many challenges of the story with "heart and soul" Schneider said.

Schneider was told she could select a show she was passionate about. "I chose the Diary of Anne Frank because I think it's a story that is so relevant right now," Schneider said. "Even though it happened back in World War II in the 1940s, I think a lot of the issues in the story can be related to our climate now. Also, we see Anne's journey of being an adolescent while being put under such harsh circumstances and how she grows into a teenager through that. This is a show that made me fall in love with theater to begin with and so I promised myself that this would be one of the first shows that I would direct."

The production is an adaptation of the original book. Jason Watkins, technical director for NHS's theater productions, did some wonderful lighting, and "created an intricate, beautiful set," Schneider said.

With a tight schedule for pulling the show together, Schneider said, "I had to ask a lot of the kids and they really stepped up."

The biggest challenges were the time in history, the cultural and the language differences the students needed to learn.

"There's some Hebrew and German that are spoken.

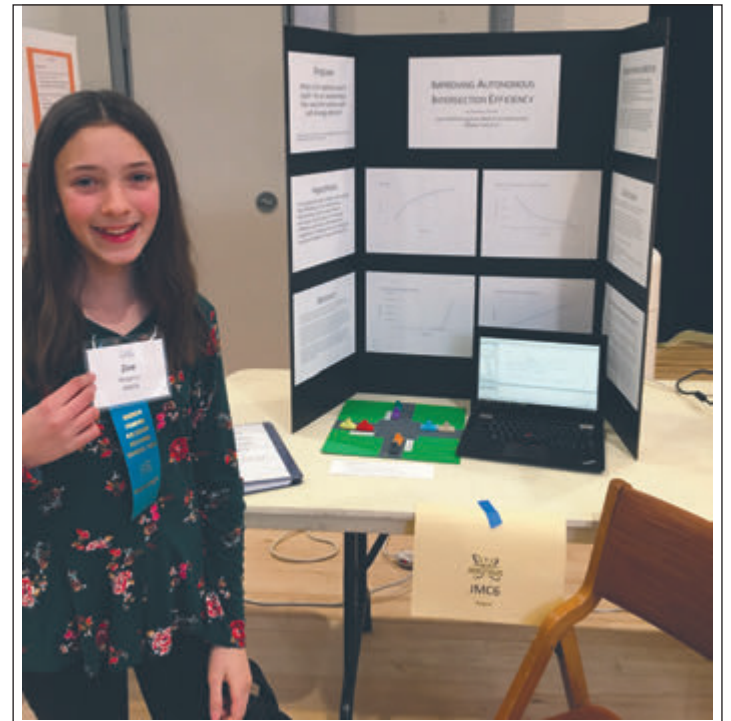
Some of the Jewish culture and heritage is portrayed. Exposing the students to the traditions and languages when they're not their own was a beautiful thing and we had a lot of fun learning all of this," Schneider said.

Given the subject matter and that it occurred during Anne Frank's adolescence, the production is appropriate for middle school age students and older.

"All of our actors are so attached to this project," Schneider said. "I think they're going to portray a beautiful story and really do the book and Anne Frank herself justice by telling her story and knowing that how many years later after her death, her words still do go on living and they still have an impact."

Shows are Friday, March 8 and Saturday, March 9 at 7 p.m. General admission tickets may be purchased for \$10 at the door or online at <https://storain.revttrak.net/High-Schools-1143/niwot-hs/Niwot-High-School-Drama-Tickets/#/list>

## Boulder Country Day seventh grader places at regional science fair



Courtesy Photo

Congratulations to Boulder Country Day School seventh-grader, Zoë Wagner, on winning third place in the Junior Division of Math and Computer Sciences at the Regional Science Fair held at the University of Colorado on Feb. 13. Zoë's project on Improving Autonomous Intersection Efficiency also garnered her the Naval Science Award from the Office of Naval Research.

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# Niwot forensics shines at state speech festival

## Senior AJ Metlay wins Maggie Long Award

By JOCELYN ROWLEY  
Editorial@lhvc.com

It's been a highly successful season for the Niwot forensics team and now they have some state hardware to show for it. At the CHSAA Speech & Debate State Festival held last month at Heritage High in Littleton, Cougars brought home six medals, including first place in Creative Storytelling and a co-championship in Public Forum Debate.

"This is the best we've even done at the state tournament," co-captain AJ Metlay said of the team's performance. "We've had a lot of placements, and that hasn't happened as long as I've been here. We had the first ever in speech and debate history co-champions for PF, because they were both so



Courtesy Photo

Members of the Niwot forensics team won six medals at the 2019 CHSAA Speech & Debate Festival at Heritage High in Littleton on Jan. 26.

good. It really shows how good our team is."

Senior Laura Guentchev was responsible for two of those medals, including the first place in Creative Storytelling. She also finished fourth in Impromptu Speaking, just ahead of teammate Subhangi Bhatt in fifth place.

Debate partners Braden

Wade and Benjamin Goff shared the championship with junior teammates Jayden Johnson and Nicholas Valin. Another junior, Luke Hair, took second in Lincoln Douglas Debate.

Metlay rounded out the medalists with a third-place finish in Poetry Interpretation. The senior was also the recip-

ient of the festival's inaugural Maggie Long Award for the student who best embodies the "spirit" of speech and debate in the state of Colorado.

"I feel like she has the highest amount of energy and passion about forensics," fourth-year Niwot forensics coach William Pankonin said. Pankonin submitted Metlay's

name for the award, which was voted on by tournament participants. "She talks to people about speech and forensics and they appreciate that. She's always willing to make new friends at tournaments, and that's been ongoing all year for AJ, so I think at state people realized that, and it's a fantastic compliment for her."

Metlay said she was not expecting the honor, but was very touched by the recognition from her peers.

"When my name got called, I had one of those Oscar moments," she said. "I couldn't believe it for a little bit. I started crying and messed up my eyeliner. It was definitely the highlight of my life so far. It's really nice because my personal values really align with that. It's what I value most in my life and what I consider to be living a good life—connecting with other people and making things better for them....So it was really nice to know that I

Continued on Page 12



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## FORENSICS

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was succeeding in that.”

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This year marked Niwot's first time in the annual festival, which serves as the statewide speech and debate tournament for schools with enrollment of less than 1,300 students. Neigh-

boring schools Silver Creek and Longmont also sent teams for the first time, bringing the total field to about 40 schools. A larger statewide CHSAA tournament is held annually in March.

“It's a 4A tournament and we're a 4A school, and we get to then compete against other schools our size, and it allows for more opportunities for

our students,” Pankonin said. “Many schools made the decision to go to state at the Festival level and I think it was the right decision to make.”

The festival wins capped off what both Metlay and her coach characterized as “the best season in years.”

“My main goal from sophomore year on was to leave the team better than I found it,”

Metlay said. “My freshman year seemed like Hogwarts—everything was so magical—but by my sophomore year, stuff started going downhill with the team, the leadership wasn't as strong, there was a lot less of the fun aspect and also competitive wins. So my main goal was to get back up to the level of freshman year, and I think I've surpassed that a lot so I'm definitely happy with where the team is right now.”

They also agreed that much of that success is due to the efforts of this year's leadership team, composed of Metlay, who captains the interpretive events; Hanna Alexander, debate captain; Evan Roberts, speech captain, and Jon Lee, head captain.

“Every year, the captains bring their own set of ingredients or tools to the school year,” Pankonin said. “This group I've coached now since they were freshman, and maybe because of that, maybe we've just had really good activities, and our communication has been really good because of the history we have together.”

A modest Lee acknowledged the team's success and said this year's seniors had taken a “different” approach to preparing for competition, and it seemed to be paying off in wins.

“Not to brag about our captainships, but we've been doing our best to engage ourselves in teaching novices and trying to do as many activities and practices in order for them to improve and do their best,” he said. “Our previous members—members of the class last



Courtesy Photo

Senior AJ Metlay won the inaugural Maggie Long Award at the CHSAA Speech & Debate Festival at Heritage High in Littleton on Jan. 26.

year — they've been improving so much that they've been placing at every tournament. It's been great for me to have the opportunity to see them improving so much.”

Lee and Metlay were also both excited about the future of the team and feel they will be leaving it with a good balance between the debate and interp specialists and the tools to build on this year's success.

“I trust the people who are in this class to be able to run the team next year,” Metlay said. “I feel like with the group we have now on the team, it's a really strong dynamic, probably the best I've seen with any team.”



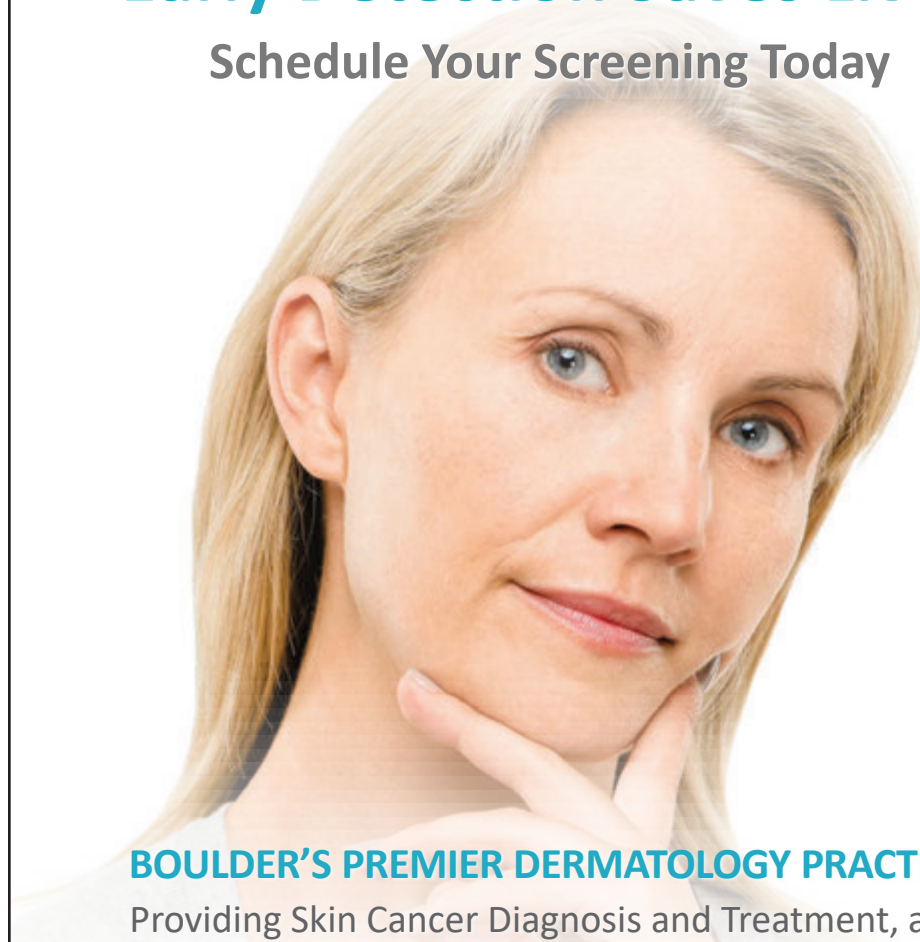
Courtesy Photo

Two teams of Niwot debaters shared the Public Forum Debate championship at the CHSAA Speech & Debate Festival at Heritage High in Littleton on Jan. 26. From left, Jayden Johnson, Nick Valin, Ben Goff, and Braden Wade.

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# SPORTS

## Niwot wrestlers make exit early at state



Photo by Jocelyn Rowley

Niwot junior Jovani Lopez (285) battled Pueblo West senior Jacob Sabus in the consolation round at the Class 4A State Wrestling Championships at the Pepsi Center on Feb. 23.

By JOCELYN ROWLEY  
Sports@lhvc.com

Neither Niwot wrestler made it very far into his bracket at this year's Class 4A Colorado Wrestling Championships, but first-time state qualifiers Daniel Torres and Jovani Lopez didn't walk away from the Pepsi Center empty handed, according to head coach Bobby Matthews.

"They both fought," he said after Torres and Lopez were eliminated on day two of the tournament, held Feb. 21-23. "They never gave up in any match, and that's huge....These guys now know what it takes to win here. As coaches, we've said it, we've told them, but now as leaders, not only do they know for themselves, but

now they know for everyone else."

Matthews said a combination of nerves and inexperience hampered the juniors, who seemed to be overwhelmed by the scope of the event. About 900 wrestlers from four classes participated in at least two matches, attracting tens of thousands of spectators to the 18,000-seat arena.

"Of all the state championships, this is the one that's different," Matthews said. "Even though the sport is the same, and we've been to big tournaments, it's different. You don't wrestle an hour after weigh-ins, it's hours. Its three days long, it's a different atmosphere."

Then there was the talent on the other side of the mat,

which proved formidable. Lopez lasted just over a minute in the opening round of the 4A

heavyweight division, then fell in a 6-3 decision in the consolation round the next day, even though he was able to get his heavier senior opponent at a disadvantage for a time in the third period.

"I wasn't satisfied about the ending," the junior said of his elimination match against Pueblo West's Jacob Sabus, who finished third overall in the class. During the off-season, Lopez said he plans to spend time in the weight room to gain strength, which he feels is the key to coming back and taking on the best wrestlers in his division.

"My goal next year is to wrestle and beat the three-time champion, the Pueblo East kid [three-time champion Andy Garcia]. I want to get at least a takedown on him."

Meanwhile, in the 195-pound class, Torres was pinned in his first match by Cheyenne Mountain freshman Nico Gagliardi, who also ended the tournament on the podium, as the runner-up. In the first consolation round, Torres earned Niwot's sole team point of the weekend, with an 8-7 decision over Jay McCoy of Standley Lake. Later, in round two, he was pinned by Windsor's Tyler Grasmick, after a bid to force a takedown failed. Matthews said that's where a more experienced wrestler might have been able to pull off the win.

"You can't really fault him for going out there and trying to score," he said. "It shows me that he wanted to win. But,

*Continued on Page 14*



Photo by Jocelyn Rowley

Niwot's Daniel Torres (195) won an 8-7 decision in the first consolation round against Jay McCoy of Standley Lake at the Class 4A State Wrestling Championships at the Pepsi Center on Feb. 23.



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## WRESTLING

Continued from Page 13

when he grabbed the kid's leg, it actually put him in a worse position. As tantalizing as that leg out there is, you have to avoid it. It's kind of the forbidden fruit. Experience will get you there."

Afterwards, Torres agreed with his coach's assessment of the championship tournament's atmosphere.

"There's just an intense amount of pressure here," he said. "You're going against the best in the state and sometimes you don't know how to handle all that. And there's stuff you've never seen; some of the ways people wrestle I'm not used to, so it's a different experience."

Torres said he learned a lot about his sport during the weekend, but was surprised by how much he already knew.

"A lot of the way that people wrestle here is just the fundamentals, nothing fancy. What surprised me was that a lot of simple techniques that you learn in the beginning really help you out here."

Like Lopez, Torres has committed to putting more time in

at the weight room during the off-season, a plan his coach said was crucial in his quest for the Class 4A podium in February 2020.

"Right now he is relying on his technique, and he doesn't have the strength to get out of a few situations. For example, in the last match, he couldn't get off bottom, he couldn't get up to his base, and that's a strength thing."

With two state qualifiers, Matthews considers the 2018-19 season a success. However, he also acknowledged the team suffered from a "lack of consistency," which he hopes to correct with the help of those state-experienced veterans. He also hopes they will help attract more athletes and even guys "who want to prove they're tough."

"When we're in the practice room or doing off-season training, Jovani and Daniel are going to be the ones pushing, saying 'guys, follow us, we know what it takes to get to state and we know what it takes to compete when we get there'. That's a huge positive for the program, it's huge for the future and kids coming in."



Photo by Jocelyn Rowley

Niwot's Daniel Torres (195) won an 8-7 decision in the first consolation round against Jay McCoy of Standley Lake at the Class 4A State Wrestling Championships at the Pepsi Center on Feb. 23.

## STUDENT-ATHLETE OF THE WEEK

### Misha Barrett

By JOCELYN ROWLEY  
Sports@lhvc.com

Niwot sophomore Misha Barrett loves two things: basketball and "making the fans happy." As shooting guard for the Silver Creek unified basketball team, Barrett gets a chance to do both.

"I love going out there and showing people what I've got," Barrett said, his enthusiasm for the sport evident.

Barrett is one of a handful of Niwot special needs students who play for the Raptors unified team, which competes weekly throughout the district. In their final game of the season on Feb. 27, the team will face-off against the Longmont Police in what has become an annual tradition.

"I like the coach and the players," Barrett said when asked what he likes most about playing basketball. The team is coached by Kelsey Hale and includes Barrett's Niwot classmates Donnie and Maddie Schwartz and Mac Fostveit.

"You like scoring points, too," Niwot High principal Eric Rauschkolb added. "He's a prolific scorer. He's probably the best player on the whole team."

Rauschkolb is definitely in a position to know, as Barrett's frequent opponent in pick-up games such as HORSE and knock-out after school.

"He's good," Barrett said of his principal. "If I had a basketball team, I'd pick him. He'd be a great



Courtesy Photo

Niwot sophomore Misha Barrett (number 3, right) plays shooting guard for the Silver Creek unified basketball team.

shooting guard for our team."

Rauschkolb would likely be joined on that team by Kevin Durant, whom Barrett named as his favorite NBA player. His favorite team is the Golden State Warriors, but he also enjoys watching the hometown Denver Nuggets.

Barrett is in his second year in the special education program at Niwot. His favorite class is PE, which he enjoys for the exercise. He also grudgingly admitted to liking math, "but some days it's just hard."

Barrett also enjoys periodic community outings with his classmates, such as their recent trip to the St. Vrain Career Development Center where he got matching lightning bolts shaved into his hair during a visit to the cosmetology department. They've also visited the library, Five Guys restaurant, and a grocery store.

Outside the classroom, Barrett serves as the camera

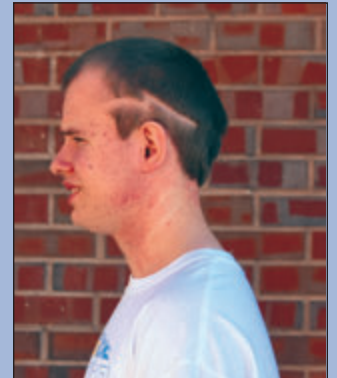


Photo by Jocelyn Rowley

Barrett came back from a recent trip to the CDC cosmetology department with a sweet new 'do.

manager for the Niwot football team and is also involved with the track team. He is also a member of Best Buddies, a club that promotes friendship between students with and without disabilities. The group meets twice a month for field trips or other activities.

Barrett is also a frequent companion to the Niwot campus supervisors.

"At lunch, I walk around and help Andrew [Hart] with the doors and say hi to people."

Rauschkolb said that Barrett's engaging manner and positive attitude make him a welcome face at those doors.

"Misha is just a great young man," he said. "He brings a smile to the face of everyone he talks to. He doesn't hesitate to go up and ask people how they're doing and how they're day is going. He just brightens the mood of everyone at school."



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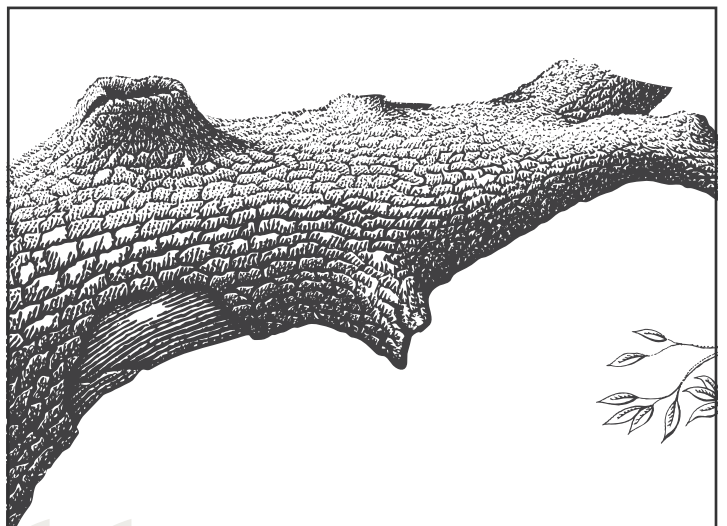
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