



## Colterra property purchased by Palmos Development



Photo by Vicky Dorvee

Workers moved belongings out from the Bader House at 210 Franklin Street following the sale of the property that was formerly Colterra restaurant.

By VICKY DORVEE  
Editorial@lhvc.com

It's official — the property formerly known as Colterra's restaurant has been sold for the asking price of \$625,000. As of Friday, Sept. 6, the new owner of 210 Franklin Street is Palmos Development Corporation of Boulder. The family-run real estate development business is planning to build a mixed use project with the historic Bader House being the commercial property and the larger restaurant building most likely being replaced by residential property.

"It's just a great piece of property," Terry Palmos said "and it has tremendous character, and a great feel. It's a really important part of downtown Niwot."

Palmos said plans for the corner are not set and the only thing he could say with a high degree of certainty is that the Bader House will be preserved along with the outdoor space, including the flagstone patio that surrounds it.

"I'd like to really explore potentially adding on to the Bader House or transforming the

*Continued on Page 4*

## Medicine Man Technologies acquiring Niwot dispensary

By VICKY DORVEE  
Editorial@lhvc.com

Colorado House Bill 1090, which takes effect on Nov. 1, allows for outside investors, including publicly traded companies, to jump into the state's billion dollar marijuana industry. In anticipation, Colorado-based Medicine Man Technologies (MMT) has signed binding agreements to purchase a multitude of

dispensaries statewide, including Niwot's Starbuds outlet, along with four other stores in the chain.

Medicine Man Technologies co-founder and CEO Andy Williams testified to the Senate Finance Committee on behalf of passage of HB1090 and is part of the team of stakeholders involved in developing the framework for

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## Homecoming parade brings crowd to downtown Niwot



Photos by Jocelyn Rowley

Sunny skies and smiling faces were the order of the day at Niwot High's 2019 Homecoming Parade, held Thursday, Sept. 12. A number of Niwot clubs and teams joined the throng marching down 2nd Avenue, and each class' royalty candidates waved to the crowd from the back of a vintage ride. Clockwise from top left: Niwot Best Buddies Club, the Niwot Cheerleaders, senior royalty candidates Anna Clayborn, Amber Nusser and Chase Spurbeck with principal Eric Rauschkolb, and Environmental Club, featuring parade organizer Natalia Storz (far right).

## LEFT HAND LAUREL Kellie Beran

By VICKY DORVEE  
Editorial@lhvc.com

In the scheme of a community with a two block downtown, Left Hand Valley Grange No. 9 is almost a super structure. The austere corner building with a single third-story window at the peak makes for a big cream colored wall wrapping around the corner. A simple sign sits above the front door. The door is disproportionately small not just in comparison to the building's bulk, but because of all that has passed through it and what that entryway symbolizes.

A 35-year resident of Niwot, Kellie Beran loves the building that is the oldest active Colorado Grange and she loves what it stands for. Beran, this

month's recipient of the Left Hand Laurel, was elected president of the Grange last year, but has been an active member and on the board for what she estimates to be 20-plus years.

"It's got a soul and a personality," Beran said. "We need to keep it as a viable community center for the town."

Her entrée into community involvement was attending a Niwot Historical Society (NHS) meeting, just to see what it was all about. She came out of that meeting as the new vice president of the organization. Two months later the president of NHS moved away and Beran rose to that position and remained there for many years. Overlap

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Photo by Vicky Dorvee

Kellie Beran, president of the Left Hand Valley Grange No. 9 and former president of the Niwot Historical Society is this month's Left Hand Laurel recipient.

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## Community Calendar

### SUPERINTENDENT MEETING

Superintendent of St. Vrain Valley Schools Don Haddad, Ed.D., is hosting a community discussion at Niwot High School on Tuesday, Sept. 24 from 5:30- 6:30 p.m. The meeting will focus on the educational priorities in the community. Childcare is available for children aged 4-12, with registration. Visit svvsd.org for more information.

### NIWOT TROT

The 14th annual Niwot Trot 5K Run & Walk is on tap for Sunday, Sept. 22nd at Whistle Stop Park in Niwot. Racing begins at 9 a.m. with an awards ceremony and celebration to follow. The top

three overall finishers and in each grade will be recognized, and all youth finishers will receive a medal. All proceeds will benefit the Niwot Elementary PTAC. For more information or to register in advance, visit niwotptac.com/niwot-trot-2019.html.

### PIONEER ASSOCIATION MEETING

St. Vrain Valley Pioneer Association is holding its 115th Annual Meeting on Sunday, Sept. 29 at Hygiene United Methodist Church (7452 Hygiene Road). Join Niwot resident and historian Dina Carson for a potluck lunch, followed by a short business meeting, a presentation on

the Boulder Pioneers Project, and some Terrifically Tough Territorial Trivia. For more information, please email or call Judy (Gould) Dayhoff at pansydaisy@aol.com or 303-444-1104.

### SUNSET FALL CRAWL

Sunset Middle School is holding its fourth annual Fall Crawl on Friday, Oct. 4. In Sunset's only fundraising event of the year, students walk or run laps for 25 minutes, and friends and family pledge donations per lap completed, or offer flat pledges. Please visit school website (<http://sms.svvsd.org/>) for more information.

## COMMUNITY PET SPOTLIGHT



Meet Zoey, "an 11-pound, spring-loaded min-pin mutt," who is a companion to Jane and Brad Langdon of Niwot. Writes Jane, "She was picked up as a stray and adopted by us at around 6 months. She gives hugs on demand, is a frisbee fanatic and is obsessed with her tennis balls. When she isn't playing, she is snuggling with us. We recently got her an E-bike at Niwot Wheel Works, which Fernando rigged up with a dog basket for her. Now we can go cruising Niwot together. I also must mention that our little "tom girl" has her feminine moments when she enjoys dressing up. Bless this little bundle of personality...we literally wake up laughing!"

*We look forward to seeing your pets in our spotlight. Please email your photos and captions [Editorial@lhvc.com](mailto:Editorial@lhvc.com)*

## Raised and Returned



By JEREMY JAEGER  
[Editorial@lhvc.com](mailto:Editorial@lhvc.com)

For some time now I've had a memory on my mind. It rose up into the more conscious part of my mental apparatus sometime in the last few months, and has continued to kind of float around there since. It makes me curious, as to why it re-emerged, and why it's continued to hang around. Moreso because it's not just any

memory, it's my first memory; after forty-one (and counting) trips around the sun, it's the oldest of the files my mind has retained.

We're moving. From Heatherwood to Niwot. I'm not quite three years old. My grandpa's old rust-orange Ford pickup truck, carrying a load of my family's stuff. Grandpa's driving; I'm sitting in the bed of the

*Continued on Page 12*

# BERAN

*Continued from Page 1*

in activities with the historical society and the Grange led to her becoming a member of the Grange board too.

For the last 15 years she has been the volunteer point person for those who want to rent the building which entails daily work providing information, scheduling rentals, and collecting payments. Rental fees are what keep the Grange alive, and at this point it's just breaking even.

It's easy to misconstrue what the Grange's purpose is today given that it came about in a time when the area was farm-focused and it served as "the place" to mingle, dance, and discuss important issues. But the intention of the building is still crystallized in serving the community.

There are presently less than 10 people who are actively involved with the Grange – attending meetings, coming up with ideas for its use, promoting it, and performing the upkeep.

"It's a very small group so we need more volunteers just for us to get ourselves out there," Beran said.

In addition to wanting more members, the board of the Grange is hoping to welcome more community events. "Create the town you want to live in," Beran suggested.

One great example of that is the newly formed Willowdale Live, a production company hosting top-notch entertainment each month at the Grange. It's a win-win partnership that brings music to the community and financially supports the Grange.

Given so many other options these days, over time the Grange is no longer the only hub of social activity in town, but the organization is hoping to up the ante with a recent change in policy to allow alcohol to be served.

"We are there for the community and the more we can rent, the more we can afford to do things that we don't charge for," Beran said. A meeting place for seniors, children's playgroups, and educational

events are a few ideas for free events.

The building lends itself well to parties, reunions, memorial services, art shows, performances, organizational meetings, psychic fairs, collectors of all kinds, dance, exercise and craft classes, scouting groups, and game nights. In addition to the main floor room, there's a beautiful upstairs room with hardwood floors and a stage, a kitchen, and two bathrooms.

Besides NHS and the Grange, Beran has also volunteered for events like the Jazz Festival and Nostalgia Day.

"Kellie has been an indispensable asset to the Grange over many decades," Grange treasurer Sue Wilson said. "Her contribution is substantial and consistent and is always provided with a welcome balance and sense of humor."

Beran thought she was moving from where she grew up in the Catskills to California when a stopover to visit her sister in Boulder led to putting down roots in Colorado instead. Then she met her husband of 31 years, Mark, who had a home

in Niwot and she moved to the dirt road town back when it was very sleepy.

Her day job is Vice-President of Finance and Operations for the outdoor footwear and apparel company La Sportiva North America in Boulder. She worked her way up from being their bookkeeper over 25 years ago and has been an integral part of the business as it grew thirty-fold.

Beran's spare time is spent heading to the mountains and hiking, and the couple owns a second home in Hawaii where they spend two months a year.

NHS President Kathy Koe-

hler said, "Kellie Beran is a Niwot treasure. Her energy and organizational skills showed more than 20 years ago when she was Niwot Historical Society president and she rallied a team to move the Fire House Museum to its current site. Kellie is an outstanding volunteer and generous to the Niwot community."

*For more information on the Grange and to become a member, visit [www.lefthandgrange.org](http://www.lefthandgrange.org) or write to [lefthandgrange@gmail.com](mailto:lefthandgrange@gmail.com). To suggest a recipient of the Left Hand Laurel, send an email to [editorial@lhvc.com](mailto:editorial@lhvc.com).*

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# COLTERRA

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Bader House into a restaurant which would require adding a kitchen and bathrooms in order to take advantage of the histori-

cal value of that home," Palmos said, "because when you sit in that building it has such a great feel and then I just kind of envision a food use there — whether it's a breakfast and lunch place or a lunch and dinner place or maybe all three and then take

advantage of all that outdoor seating potential because it's just really special. So we really want to explore that extensively."

"I think that there are some opportunities on the back half of the property to do some things," Palmos said pointing out that

the fire damage that closed the restaurant in October 2017 and the lack of a foundation for the building originally built as a barn means that rebuilding is not viable.

"I don't think that the way that building is built, with the issues structurally and what not, that it can stay there," Palmos said.

He said there's a possibility that residential units will be built on that space, but the process is just beginning and his company is looking at a lot of options. Formal plans need to be drawn up for the property before he could talk further about it.

The next phase is determin-

ing which ideas are best and what the county will allow. Palmos said figuring out how to make the Bader House a more usable space is a high priority in the process.

Palmos Development is a family-owned real estate company, started in the 1960s in Boulder. The company has done projects along the Front Range—everything from residential to retail to mixed use. The Willow Springs Shopping Center at 28th Street and Iris Avenue in Boulder is one example.

"I think this corner is a big part of Niwot, and we want to bring it back to life," Palmos said.



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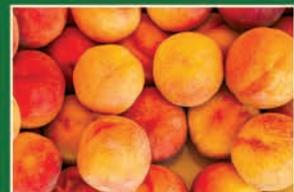
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# STARBUDS

Continued from Page 1

the bill signed by Governor Jared Polis in May of this year.

“These are exciting times as we move toward our ultimate goal of becoming a vertically integrated cannabis operator,” Williams stated in a press release.

MMT is on a binge these days,

buying cultivation, extraction, research and development companies, along with cannabis brands and dispensaries. MMT’s cannabis consulting services, technologies and supplies are publicly traded under MDCL.

In addition to the Niwot store, the \$31M MMT-Starbuds deal is for stores in Louisville, Longmont, Pueblo, and Commerce

City. The sale arrangement is for \$15 million in cash, 2.6 million of common shares at \$2.98 per share and a year down the road, a cash payment of \$7.75 million. The price paid per store is based on financial performance of each dispensary.

Starbuds Corporation has 13 Colorado locations, 8 of which are owner-operator run sites, the other five are run centrally.

Ernie Craumer, owner of the Niwot and Longmont Starbuds locations, described his stores as joint ventures with Starbuds Corporation. Operated by four members of the Craumer family, the Niwot store opened in November 2017 and the Longmont

location on Ute Hwy and 75th Street opened in May 2018.

During the MMT payoff time period, Ernie Craumer, his wife Callie, son Charles, and daughter Caitlin, will continue to work at and operate both stores. “It’s business as usual,” Craumer said for the time being, until the payment schedule is complete.

The Craumers will retain ownership of the building at 6924 N. 79th Street and will lease the property to MMT. There are no plans to change the name from Starbuds or to modify the inventory lines.

“We were extremely excited about it - it’s been in the works for a number of months,” Crau-

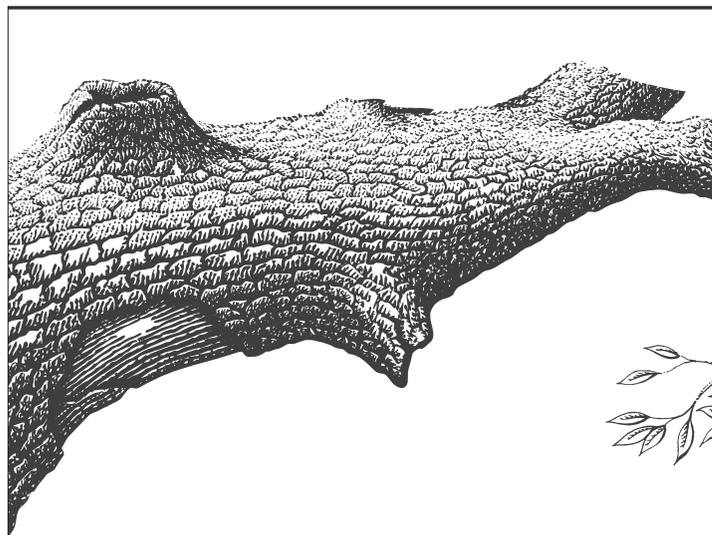
mer said. “A number of different companies looked at the Starbuds enterprise and we were comfortable with Medicine Man since they’re local and have a good understanding of the Colorado market. It was a good match for both companies.”

Although the rules around these new types of purchases are not firm yet, what is certain is that the Starbuds deal will be among the earliest to be vetted by the Marijuana Enforcement Division. Given the amount of legal legwork still to be done, the anticipated timeframe for completion of the sale is toward the end of the first quarter of 2020.



Photo by Vicky Dorvee

Denver-based Medicine Man Technologies is under contract to purchase five Starbuds Dispensaries including the store in Niwot.



You know me, I think there ought to be a big old tree right there. And let’s give him a friend. Everybody needs a friend.

Bob Ross

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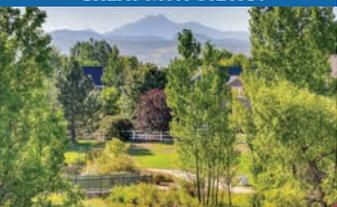
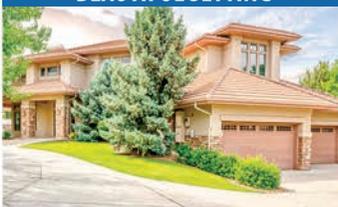
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# Classic Looks celebrates 30 years of business

By ABIGAIL SCOTT  
 Editorial@lhvc.com

Classic Looks in Cottonwood Square celebrated its 30th anniversary on Aug. 15. The salon has been a fixture in this community, fulfilling Niwot residents' hair care and beauty needs for three decades.

Now, the salon is ushering in a new era. Current owner Sheri Sutton has successfully run the business, building a faithful clientele throughout Niwot, Longmont, and Boulder. Recently, her son Chris Sutton, who has dual certifications in barbering and cosmetology, has joined the talented team.

In addition to the salon's variety of services, Classic Looks is focusing even more on its barbering services. A new barber pole and barber chair have been installed at the location and Chris is offering a September special that he calls a "facial for men." These services include a cut and



Photo by Abigail Scott

A revamped logo features each service that Classic Looks provides.

traditional, pampering shave.

Anne Goncalves, who has been with the salon for over a decade, explained additional changes at the business. "We are growing and expanding on our services. We are also making big changes in October. We are pulling our old stations out and we are ordering brand

new stations. We are going to do three of them, so they'll be a little more spaced out. We're really looking forward to that."

Classic Looks has also implemented a new logo and sign, that showcases all of its services. In celebration of the 30th anniversary, Classic Looks handed out carnations

and held three separate raffles that awarded winners with top-quality hair products.

Now a family business, this salon is taking its 30th birthday in stride with no signs of slowing down. Current patrons can be on the lookout for new updates in the coming months.



Photo by Abigail Scott

A new barber pole affixed to the exterior of this treasured salon advertises its barbering services.



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## Take a rest; a field that has rested gives a beautiful crop — Ovid

By COURIER STAFF  
Editorial@lhvc.com

The aspens are starting to turn, the kids are back in school and the holiday craziness is not yet upon us. This is the perfect time to pause and take a minute, an hour, or a day to RELAX and RECHARGE YOURSELF.

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- Take a power nap!

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- Take a hike, or a bike ride on our wonderful trails
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- Read
- Work out
- Try acupuncture or Neurofitness
- Hang out with a friend
- Get salted
- Take a long bath
- Create a flower arrangement

- Go to a yoga class
- Fly a kite
- Do something creative
- Play with your kids
- Enjoy the view and a quick bite (or cocktail) from one of the area's outdoor dining spaces
- Or, gasp, do absolutely nothing!

**With a single day you can —**

- Head out for a drive to see the amazing fall colors
- Take a picnic & a hike
- Pretend you are a tourist in your own or nearby town
- Clean your garage or closets (yep, for some it is relaxing!)
- Go to a museum, a concert, or a game
- Create your own Fall Equinox ritual

- Make space (literally and figuratively) for a new passion, you never know what might blossom
- Do whatever soothes your soul!

The articles on the following pages provide an up-close look at three more of the ways you can Fall into Relaxation with the Left Hand Valley Courier.



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# Fall into Relaxation

## Salt of the Earth Spa offers salty relaxation

By JOCELYN ROWLEY  
Editorial@lhvc.com

The health benefits of halotherapy were first observed nearly 200 years ago, but you had to be a Polish salt miner to get them. These days, all it takes to get your salty fix is a quick trip to North Boulder for a visit to Salt of the Earth spa, a "holistic relaxation and rejuvenation center" that promises relief for a variety of common ailments and illnesses.

"We get a lot of clients with allergies, sinus problems, and asthma," Salt of the Earth owner Pamela Martyna said. She opened her salting studio at 4520 Broadway in June, after being unable to find one in the area during an extended visit

from Florida. "We also get a lot of people with skin issues. It's a natural detox, so even if you're healthy, you're out there breathing pollutants, and this can help."

Halotherapy at Salt of the Earth is a tranquil experience. Clients spend up to 45 minutes relaxing in one of two climate-controlled rooms, featuring soft lighting, warm colors, and pale salt crystals on the floor, on the walls, and billowing through the air. There is also an individual booth available for those who prefer a more intense session or some additional privacy.

Salting works when aerosolized salt particles are inhaled into the airways or settle on

the skin. From there, the mineral's inherent "bactericide, mucokinetic, hydrophilic and anti-inflammatory properties" take over, according to the Salt Therapy Association, a professional organization that promotes halotherapy awareness and education.

In the lungs, this translates to less obstruction and thinner secretions, making it easier to breathe and expel excessive mucus.

No one knows this better than Martyna. By 2016, the semi-retired vocalist and realtor had just about given up on finding relief for her worsening asthma symptoms, when a friend suggested salt therapy. Martyna was skepti-

cal at first, but liked the idea of a non-pharmaceutical intervention, and decided she had "nothing to lose." Three months later, Martyna was a convert to the full-time salt life.

"At the end of week two, I was wheezing in two-part harmony instead of three, and within four weeks, I wasn't wheezing at all," she said. "When I went in to see my doctor because my meds were expiring, my lungs were completely clear, and my doctor was completely amazed."

Those same natural properties also make salt an effective agent beyond the lungs, according to Martyna. In the upper respiratory system, halotherapy can ease sinus conges-



Photo by Jocelyn Rowley

The warm and inviting main room at Salt of the Earth (4520 Broadway, Boulder) offers a relaxing atmosphere for salting therapy.

tion and allergies, which helps prevent infections. Martyna has also noted reduced pain and swelling in her joints, which she attributes to salt's anti-inflammatory action.

On the skin, crystals absorb bacterial or other foreign matter, while simultaneously drawing moisture to the derma and promoting circulation. This can help ease outbreaks of acne, psoriasis, or eczema, or even help fight the effects of aging.

"I have sensitive skin and hormonal acne and I find that when I am salting regularly, it really helps relieve that irritation," Salt of the Earth general manager Tina Tran said. Tran is also a new convert, and salts at least two times per week. She said the process also provides more than just physical benefits.

"It's only 45 minutes, but as soon as I'm in the salt room, I'm usually in a meditative state, and five minutes in, I'll knock out and sleep for the whole session. But it will feel like I got several hours of sleep. It's very restorative."

Indeed, relieving stress and anxiety is another of the therapies' benefits, Martyna said, making it a good fit for competitive athletes, first responders, new or experienced moms, or anyone looking to clear their head, both literally and figuratively.

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Continued on Page 11



# Zimmermann works with mind and body

By ABIGAIL SCOTT  
Editorial@lhvc.com

Diane Zimmermann's journey to opening her own Anat Baniel Method NeuroMovement (ABM) practice, Pathways NeuroFitness LLC, was equal parts serendipitous, self-driven, and destiny. Zimmermann, who has been a Niwot resident for around 20 years, began taking initial steps towards her journey almost two decades ago, when her children entered Niwot Elementary. Zimmermann began working with children by volunteering at the school and she eventually became a para-

During this time, she transitioned into a behavior coach and had specific children under her care, specifically one with cerebral palsy. Zimmermann would perform his care throughout the day, which entailed suctioning, tube feeding, and attending to his hygiene. "That wasn't my first introduction to kids with special needs but it was an introduction in a pretty big way," Diane explained.

After that meaningful work, Zimmerman worked as an office manager for a naturopathic doctor, who at the time, was based in Niwot. She found herself working alongside

a practitioner of a growing form of healing through movement, called the Anat Baniel Method NeuroMovement. The head practitioner offered to send Zimmerman to a one-day workshop hosted by Baniel and immediately after, she decided to become a practitioner.

She began classes in January 2017 and recently graduated from an 18-month program, earning her certification as an Anat Baniel Method NeuroMovement practitioner. Since then, Zimmermann has started to grow her practice and spread the world about this form of movement lesson from her home studio.

The physicality of a lesson is not unlike massage or physical therapy, except this practice specifically focuses on affecting the mind, through the body. AMB relies on subtle movement, made with intention and direction, throughout the entire body, to create more neurological pathways in the brain. This work has helped those with Alzheimers and Dementia as well as children with special needs. AMB can also heal sports injuries while fostering the ideal movement, which is key to having a higher quality of life by eliminating stress and reducing pain.

Zimmermann elaborated

on the intention behind these lessons, "This practice focuses on using movement to inform your brain and help create new neural connections.

*Continued on Page 11*



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**Diane Zimmermann - Owner Pathways NeuroFitness  
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# Fall into Relaxation

## Unwind naturally with CBD

By VICKY DORVEE  
Editorial@lhvc.com

Three letters you're likely seeing everywhere these days – CBD. You can't miss CBD in healthcare offices, coffee shops, pharmacies, marijuana dispen-

saries, and there it is again on the shelves at your favorite food store. Your pet can get its own version of CBD in drops and treats.

Why all the buzz about CBD? It's because the natural substance Cannabidiol (CBD's

proper name) is making life a whole lot more pleasant for many people. Most evidence thus far is anecdotal, with testing lagging behind but it's believed that CBD eases mental health issues such as anxiety and post-traumatic stress dis-

order, improves moods, and offers pain relief for migraines and arthritis. Other positive effects include calming skin afflictions, relief from opioid addiction, reducing Multiple Sclerosis symptoms, and alleviating insomnia.

The most solid testing has been done in the field of epilepsy and results have been excellent when it comes to reducing and even eliminating certain types of seizures in young children.

### How does CBD work?

It's a complicated explanation revolving around the body's endocannabinoid system (ECS), which is responsible for maintaining balance in the presence of stressors. Basically our bodies already work with cannabinoids and introducing them externally through CBD products can help to maintain vital immune and central nervous systems functions.

### Is CBD weed?

Nope, it's a derivative of hemp, which is in the same genus of plants as marijuana – the cannabis family. Marijuana contains CBD, but CBD has no psychoactive effects and should not be confused with THC (Tetrahydrocannabinol), the active ingredient in marijuana which gives users a high.

Hemp-derived CBD contains less than .3% THC (as opposed to marijuana which contains 5% or more) making it so miniscule that there's no altering effect.

Laws controlling CBD still make up a tangled web at the federal level, but Colorado statutes allow the sale of CBD products over the counter.

A report put out by the Food and Drug Administration in July stated, "The FDA is working to learn more about the safety of CBD and CBD products." Because, aside from epilepsy medication, cannabinoid products don't go through

FDA approval, the agency also warns that assertions made about each product's level of CBD and effectiveness may fall short of the manufacturers' claims.

### Will it work?

How each person metabolizes CBD makes outcomes something of a wildcard. Some brains are more receptive to the chemical; others feel little or no difference. If you haven't felt anything after using CBD, there are a few things that may be playing into it: it's possible you're using an inferior product, you may need to switch to a different type of product (like from a cream to an edible) or you may need to give it time to build up in your system.

### Want to give it a try?

- Do some research before purchasing a product, especially to be sure it has been lab tested by a third party. It should state that on the product label or on the website.
- Be aware that if your employer requires drug testing, consumption of higher doses of CBD can lead to a test failure.
- Vaping CBD puts it directly into your lungs and can be the quickest method. However, current warnings surrounding the safety of vaping should be heeded.

### CBD in the hood

Niwot Natural Medicine - Dr. Janine Malcolm, ND said, "I love CBD oil, it can be very beneficial for certain people. The issue is the quality. A lot of the products on the market are not clean or they're toxic." Malcolm's practice carries two lines of products in its apothecary (bath salts, oils/creams, and tinctures) which meet her standards: Moon Mother

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Continued on Page 16

# ZIMMERMANN

Continued from Page 9

AMB relies on subtle movement, made with intention and direction, throughout the entire body, to create more neurological pathways in the brain. This work has helped those with Alzheimers and Dementia as well as children with special needs. AMB can also heal sports injuries while fostering the ideal movement, which is key to having a higher quality of life by eliminating stress and reducing pain.

Zimmermann elaborated on the intention behind these lessons, "This practice focuses on using movement to inform your brain and help create new neural connections. It used to be thought that we were born with

only a certain set of neurological connections. Over time, there's been a lot of research done in the neurological world, and they are finding that people can form new connections throughout their lives. You can change things, you can improve situations if you can create new connections."

There are nine key factors Zimmerman adopted from the ABM, which include some interesting, unexpected notes. Enthusiasm and variation are two that immediately jump out. Zimmerman explained that with these types of lessons, small changes are actually big victories. "Celebrate everything," she says. "Parents that have children with special needs have gone to every possibility modality that they can. When there's a change, a child that couldn't roll over, that

may be three years old and has CP... is finally able to roll over because of the work that's done, that's remarkable." Special needs children often achieve a physical change after a session, but this could look as subtle as rolling over. However, for a disabled child, this is a huge leap and deserves to be celebrated and cherished.

Zimmermann also works with the elderly, athletes, musicians, and more. This author had the chance to receive a Functional Synthesis Lesson with Zimmerman. It was a one-on-one session in her welcoming home studio. Her warm energy saturated the room and made me feel instantly comfortable, even though I had no idea what to expect. We discussed my current mental and physical states. I had some lower

back stiffness from grouting tile all morning and expressed this, to which Zimmermann replied, "No problem, we'll focus on that and get it taken care of."

Clients easily relax in the comfortable studio, filtered with moderate natural lighting and scented with lavender essential oils. Zimmermann begins to subtly push and pull on various areas of the body, holding slight tilts of the shoulder or gingerly pulling on bent elbows. It's not like any bodywork that I've ever had done. Within the first few minutes, I was releasing deep breaths, with ease. It's as if the movements prompted my lungs to expand and contract as much as possible, without my noticing.

After the hour-long session, and one instance of drifting off to sleep, Zimmerman was en-

couraging me upwards through a cradled embrace that helped me move from the prone to seated in a gentle, easy movement that didn't strain any part of my body. I felt taller immediately, body supported by bones instead of muscles and joints.

In addition to these one-on-one sessions, Zimmerman offers a verbally-guided, 35-45 minute group class that takes participants through the intentional movements. She is also earning an additional certification called The Children's Mastery Program, that is teaching her how to better work with special needs children, which she will graduate from in November. She is also hosting an open house on Sept. 27, from 6:00 - 8:00 pm. Visit her website for more details, <https://pathwaysneurofitness.com>.

# SALT

Continued from Page 8

from Denmark, and when you sit in them, you totally relax the body, and it goes into a sleep position," Martyna said. "When you sit in the main room in those stressless chairs, and just chill, you come out of there feeling totally relaxed. It's amazing."

Salting is safe for all ages,

and Martyna encourages parents to bring even their youngest kids to the Beach room at the studio. Sessions start at \$45, and 100% of all gratuities are donated to a local charitable organization, chosen by a randomly chosen client. Since opening four months ago, Salt of the Earth has donated \$100 to the Mountain Flower Goat Charity, the Treasure House of Hope, and SPAN Boulder.

To date, halotherapy has not gotten much attention from the mainstream medical or scientific community. It is largely regarded as an "alternative" treatment, and none of Martyna or the STA's claims have been evaluated by the FDA. Most medical references to the practice suggests its results are largely temporary or due to the placebo effect. However, Martyna thinks the tide may be changing.

"The Salt Therapy Association is studying it, and there's a lot of good information getting out because of them. Which is good because sometimes even a doctor may be able to help a patient with an alternative treatment if the traditional one isn't working for them. Like it wasn't for

me. Now, I've found my way, fortunately."

To learn more about salting, visit the Salt Therapy Association at [salttherapy-association.org](http://salttherapy-association.org). To find out more about Salt of the Earth or to book a session, visit their website [saltoftheearththerapy.com](http://saltoftheearththerapy.com).



Photo by Vicky Dorvee

Calming CBD products are on many nearby shelves including Niwot Natural Medicine on 2nd Avenue.

# CBD

Continued from Page 10

Hemp Company and Quick Silver Scientific.

Niwot Market - In the cooler section and on shelves near checkout stands you'll find Sparkling Beverages CBD infused drinks, One Love Teas, and snacks including Moksha Chocolates, Numb Nuts, and a

variety of lotions and body care.

Starbuds Niwot Dispensary - Dispensaries sell products with the blend of CBD and THC. That combo is touted as being the best for pain relief, both inflammatory and neuropathic, and best for cancer patients. An advantage to buying from a dispensary is that the products are all tested by a regulatory agency. Starbuds' staff is knowledgeable about their patches, bath bombs,

creams, and tinctures. Owner Ernie Craumer said, "Our store in Niwot sells a lot of CBD products primarily due to the age breakdown - a higher age group. Sleep ailments and pain management are the two major reasons our customers buy it."

Gunbarrel Liquor Store - Owner Lauren Touch said they've just started to carry CBD beverages and they're all delicious. Otto's non-alcoholic CBD infused ciders and a variety of CBD gummies are now on the shelves. Touch also mentioned that "the most amazing sodas ever" will soon be in the store - Backyard Soda Company with full spectrum CBD hemp extract.

Flatirons Family Pharmacy in Longmont - The pharmacy has a large CBD section which includes products by Restorative Botanicals, That's Natural!, Moon Mother Hemp, Exult, and Suzie's CBD Treats for pets



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# RAISED & RETURNED

Continued from Page 2

truck, with my dad. We've just turned off of Lookout, heading north on 79th towards the dairy farm. Late afternoon bending towards evening, the sun and

clouds in the western sky over the mountains, the cool, crisp air of fall rushing past...click, the shutter snaps, and forms a memory.

That's it. I don't remember anything else about the move, neither the packing-up of the old house nor the un-packing into the new. Out of all that mass of sensory information, that single snapshot is what the elves work-

ing in the memory-center of my mind chose to gather and retain.

And why? That's my question; what, exactly, about that particular single moment, was able to create such a significant impact that my mind chose to frame it and hang it on the wall, where it has remained for the thirty-eight years since. And then, why this recent re-surfacing, this currency as of late in my

conscious thoughts.

Home. It's a word that seems small at first, the walls and roof of your domicile. But take a second deeper breath of it and it expands outward, both through space and time. I was in that process of passage from one domicile to another, sitting snug in my dad's lap, in the bed of Grandpa's truck, the cool fall air rushing past, and that view from high on the ridge looking west across the valley to the mountains, rising high against the sky. It's a passage that always entails so many emotions, and so much uncertainty; and amidst all that, in that moment in the pickup my heart was full, and my mind's memory-shutter went click, and that became my home.

And now I'm back. All "grew-up", wrestling with all the things that are part of life as a

grew-up; both in general, and also as a part of the nowadays in this changing place, and this changing world. Wrestling with the questions of who am I, and what is my role to play; what are the values I want to represent, what is my home. And my mind returns this memory to me, of being in that unknown passage, in Grandpa's truck and Dad's arms; the sun low in the sky amidst the palaces of cloud, rising up to meet them the silently calling, ranging mountains.

*Jeremy Jaeger was raised to adulthood in the environs of Boulder County, then he left to discover the world. He left and came back repeatedly, to spend time gathering what only roots can give, before he would set out again. Returned again now to stay as long as he can, he feels compelled by his nativity to speak on the changing nature of this place.*

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## The Niwot Trot returns for its 14th year

By ABIGAIL SCOTT  
Editorial@lhvc.com

On Sept. 22, the highly anticipated Niwot Trot road race returns once again to the tranquil streets of Niwot. This year marks the 14th annual 5K fundraiser, hosted by Niwot Elementary School PTAC. Runners, joggers, walkers, and even trotters are invited to enjoy this race at their own pace. A fun and flat 3.1 mile course winds through town, giving participants the chance to see Niwot in its turn season.

This year, the Niwot Trot will benefit from financial support and in-kind donations from 20 local sponsors, which allows the event to be a fantastic fundraising method for Niwot Elementary's in-classroom paraprofessional support. Many students have been preparing on their own with Niwot Elementary's 100-mile club, which encourages the students to run three-times a week before class.

Not only is this event a great way to get the heart rate up, sup-



Photo courtesy of Niwot Trot

Racers line up at the start of last year's Niwot Trot.

port Niwot Elementary, and earn yourself a celebratory beer afterwards, but it also offers a relaxed way to meet the neighborhood. The area community comes out in support of top-rated Niwot Elementary School and even if you're not a runner, cheerleading is highly encouraged. Race director Gretchen Johnson said of her most treasured race moments, "My favorite part is seeing all the positive encouragement out on the course for the young runners. The out and back course allows for everyone to see each other! From seeing who is racing upfront for the win to others who are going for their first 5k finish there are tons of high fives and shoutouts! It creates a very fun inclusive vibe."

The race kick offs at Whistle Stop Park promptly at 9:00 a.m. and will be professionally timed. If you're looking to set a 5K PR, this could be your chance. The course is flat and an easy-to-navigate out and back. The trot includes a host of awards to make it possible for a good many racers to place. Last year saw 520 registrants and Johnson hopes that this year will see even more trotters.

Lace up those sneakers and hit the road with the vibrant Niwot community. Stick around afterwards for the awards ceremony, which includes sponsor activities, live music, and more. This is an event you don't want to miss. For more information or to register, visit [www.niwotptac.com](http://www.niwotptac.com)

## Niwot treats Homecoming crowd to rout



Photo by Jocelyn Rowley

Senior Jarret Noterman nearly gets his hands on a Ft. Lupton pass in the Cougars' 52-0 rout of Ft. Lupton on Sept. 13.

By JOCELYN ROWLEY  
Editorial@lhvc.com

You don't have to look back very far to find the last Niwot football game that ended with a running clock, but it's been at least a decade since the Cougars were the team ahead by more than 40 points. That's just one of the milestones head coach Jeremy Lanter and his

players are celebrating after Niwot's 52-0 drubbing of Fort Lupton in front of a raucous homecoming crowd on Sept. 13.

"It feels good to be on this side of it," Lanter said after his team's dominating performance against the Blue Devils

*Continued on Page 14*

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## FLAGSTAFF ACADEMY

# FOOTBALL

Continued from Page 13

at Everly-Montgomery Field in Longmont. "We got everybody involved in the game, and those are the types of games you really want to have, especially for homecoming. You just want everybody to feel good and happy about what happened when they walk off the field."

Niwot walked off the field

with more than just their second consecutive homecoming win. They also recorded their first shut-out in more than a decade, as well as their highest scoring (52), touchdown (7), and conversion point (6) totals, thanks to an offense that was hitting on all cylinders.

Leading that offense was junior quarterback Ayden Bartko, who went 10-for-13, with 124 yards, two touchdowns, and no interceptions, for a career-best passer rating of 145.5.

"We really came together as a team," Bartko said. "I felt my offensive line was doing good, the receivers were running crisp routes, and everybody was just working hard."

The second-year starter didn't seem to have a favorite of the six receivers he targeted against Fort Lupton. In the second quarter, he connected with Jarrett Noterman for a 30-yard touchdown, giving the Cougars a 16-0 lead, and in the third quarter, he threw a perfect strike to junior Julian Bell for his first career score.

"I think that was one of my favorite plays just because we've been expecting it," he said. "We know that he can catch, we know he's a big body, so he can do everything on the field."

On the ground, Niwot rushed for 218 yards and four touchdowns, two by senior running back Liam Flanagan. He ended the game with 81 yards, extending his league-leading total to 346, the fifth-highest in Class 3A.

The Cougars fielded a total of seven rushers, including junior Isaac Fisk, who put Niwot over the 40-point mercy rule threshold with a 21-yard scoring run in the final seconds of the third quarter. He ended with 28 yards on four carries and 20 receiving yards. Senior

Jovani Lopez, a member of the 2019 senior homecoming court, went 5-for-35 with two 2-point conversions. Also scoring for the Cougars was junior running back Brandon Dimas, in his first varsity appearance.

Even the Niwot defense got in on the scoring. In the final minutes of the first half, senior Julian Molina returned an interception for a touchdown to give the Cougars a 22-0 lead. He would go on to have 12 solo tackles on the night, as well as 38 yards rushing.

Overall, Lanter said the defense looked "aggressive and physical," particularly at the line of scrimmage. Niwot held Fort Lupton to less than 75 yards in total offense, and had two interceptions. He was also happy to see that a few of the painful lessons from Niwot's Sept. 6 loss to Greeley Central had apparently hit their mark.

"We had a large emphasis on tackling this week in practice, and they certainly seemed to do a much better job of staying low and staying at thigh-board level," Lanter said. "Hats off to the coaches for preaching that all week."

Again, Lanter couldn't find much to criticize in Niwot's performance, either on the field, on the sidelines, or in the stands.

"I was more excited about

the energy our kids came out with and that they were able to sustain that energy through the whole game," he said. "And the community support and the student support was absolutely incredible, and I hope that they felt like we were playing good football for them."

He also acknowledged that not everyone walked off the field happy.

"I've been where [Fort Lupton] is, but honestly, their kids kept playing hard, and it didn't feel like things were chippy or dirty, so we've got to give them credit for doing things the right way over there."

With the win, Niwot moved to 2-1 on the year, and currently sits in second in the North Valley league. The Cougars will be back on the field on Sept. 20 to take on Littleton, another team they beat in 2018. Their next home game is Oct. 5 at 1 p.m. against Eagle Valley.

Niwot 52, Fort Lupton 0	
Blue Devils (0-2)	0 0 0 0 - 0
Cougars (2-1)	8 16 21 7 - 52
Niwot Individuals	
Rushing—Flanagan 11-81-2, Fisk, 4-28-1, Dimas 1-3-1, Molina 5-38, Lopez 5-35, E. Letherwood 1-25, Sims 2-8	
Passing—Bartko 10-13-124-2-0	
Receiving—Fisk 2-94-2, Bair 3-50, Bell 3-27, Flanagan 4-25, Noterman 2-62-1, Bell 1-8-1, Bair 2-21, Fisk 3-20, Flanagan 1-9, Bitterman 1-0	



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## NHS SPORTS

SCHEDULE

### SEPT. 18-27

<p><b>Wednesday, Sept. 18</b> 3:30 p.m. - Softball @ Northridge</p> <p><b>Thursday, Sept. 19</b> 9 a.m. - Boys golf @ Boomerang GC 3:30 p.m. - Boys tennis @ Longmont 4 p.m. - Boys soccer @ Mtn View 6:30 p.m. - Volleyball @ Mtn View</p> <p><b>Friday, Sept. 20</b> 7 p.m. - Football @ Littleton 3:30 p.m. - Softball vs. Longmont</p> <p><b>Saturday, Sept. 21</b> 8:30 a.m. - XC @ St. Vrain Invite 9 a.m. - Gymnastics @ Overland Invite 11 a.m. - Softball vs. Thomp. Valley</p>	<p><b>Monday, Sept. 23</b> 8:30 a.m. - Boys golf regional tournament (Coyote Creek) 3:30 p.m. - Boys tennis vs. Broomfield</p> <p><b>Tuesday, Sept. 24</b> 3:30 p.m. - Softball @ Silver Creek 6 p.m. - Boys soccer @ Littleton 6:30 p.m. - Volleyball vs. Greeley Central</p> <p><b>Wednesday, Sept. 25</b> 6 p.m. - Gymnastics @ Rocky Mountain</p> <p><b>Thursday, Sept. 26</b> 3:30 p.m. - Boys tennis vs. Gr. Cent. 3:30 p.m. - Softball @ Thompson Valley 4 p.m. - Boys soccer vs. Erie</p> <p><b>Friday, Sept. 27</b> 6:30 p.m. Volleyball @ Thomp. Valley</p>
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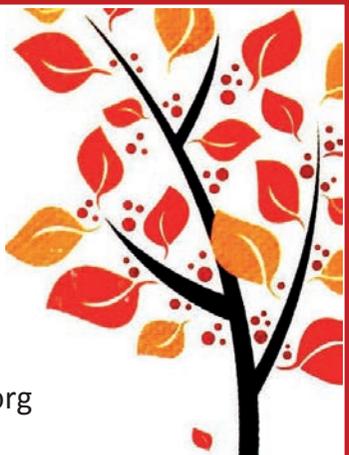
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# Niwot opens 2019 with two league wins

By JOCELYN ROWLEY  
Editorial@lhvc.com

The untested Niwot volleyball team stumbled just a bit coming out of the gate in their 2019 season opener against Centaurus, but rallied to win three straight sets and secure their first victory of the year.

“I think we were a little overwhelmed by the start of the season,” junior outside

hitter Natasha Terekhova said after the Cougars beat the Warriors 3-1 (22-25, 25-22, 25-17, 25-12) on Sept. 10. “It was our first game, so I think we were a little scattered, and we didn’t focus as much as we needed to. But we calmed down a little bit, focused back in, and it went better at the end.”

Terekhova, one of the few varsity player back with the team this year, led Niwot with

15 kills and 7 digs on the night, and, in the fourth set, served 11 straight times to help put the Warriors away for good. Her sophomore teammate Zoe Gibbs, another veteran, had 10 kills, four blocks and 12 digs for Niwot.

Also impressive for the Cougars was the freshman trio of Lola Diasabeygunawarde-na, Varshini Panuganti, and Hannah Waldron.

Niwot was back on the court on Sept. 12 to take on Northridge, winning easily in three sets 25-19, 25-16, 25-21. Unfortunately, Niwot didn’t fare so well at the Lewis-Palmer tournament on Sept. 14, and dropped matches to Centauri, Ralston Valley, Greeley West, and Platte Valley.

*(For the full version of this article and a photo gallery, visit [www.lhvc.com](http://www.lhvc.com).)*



Photo by Jocelyn Rowley

Sophomore Zoe Gibbs leaps for the ball set by freshman Varshini Panuganti against Centaurus in the Niwot season opener on Sept. 10.



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