



## Changes to come for Niwot building



Photo by Vicky Dorvee

Harrington Stanko Construction, the new owner of the Excel Electric building at 2nd Avenue and Murray Street in Niwot, is looking forward to making several changes to the property's use.

By VICKY DORVEE  
Editorial@lhvc.com

Excel Electric's office has been located in Niwot for 35

years, so the sale of the building it's in and subsequent move to a newly constructed larger property in Longmont will be momentous. On Jan. 10, 2020,

Harrington Stanko Construction closed on the purchase of the property owned by Related Investments Partners LLP, and occupied by Excel Electric (EE).

"We're pretty excited to bring something really nice there for the town and the people to enjoy," Tim Harrington, partner at Harrington Stanko (HS) said. HS, owned by Harrington and Tom Stanko, is best known for its high-end residential construction, and the company also builds a variety of specialty commercial projects such as Movement Climbing in Boulder.

"We normally build for other people," Harrington said. "This is our first go at buying a building and turning it into

something that's ours."

Stanko lives in Niwot, Harrington is a Gunbarrel resident, and the two have been partners since 2007. HS relocated its offices to the EE building a couple of months ago, sharing space with EE for now.

EE co-owners Shane Heil and his brother Corey Heil started the company with their father John Heil in Longmont, and shortly after, moved their facilities to Niwot. They have 22 employees, including several family members. EE has been generous in working on community projects in Niwot over the years, including the facilities at Whistle Stop Park.

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## Western novelist comes to Inkberry



Photo by Povy Kendal Atchison

"I really like this book... It isn't really a love story, it's about women with few options trying to make lives for themselves." Dallas' new book "Westerning Women" is the focus of Inkberry Book's book reading Friday, Jan. 24.

By HANNAH STEWART  
Editorial@lhvc.com

"The West" can mean a lot of different things to people--everything from "Gunsmoke" with its crime-fighting marshal, or the TV series "Dallas" and its oil-baron family. For author Sandra Dallas, the West is simply part of her life.

"I consider myself part of that Western experience," Dallas said. "I was really only about a generation removed from the old West. There were still old men around who knew the early days of Colorado."

As a child, Dallas was fascinated by history. Some of her interest she credits to her mother, who would take her to historic places in and around Denver. An avid reader, her love of reading transformed into an interest in writing, which led her to work as a reporter, and eventually as "Business Week's" first female bureau chief in Denver.

During her tenure there, she covered the mountain state,

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## What do revised flood maps mean to you?

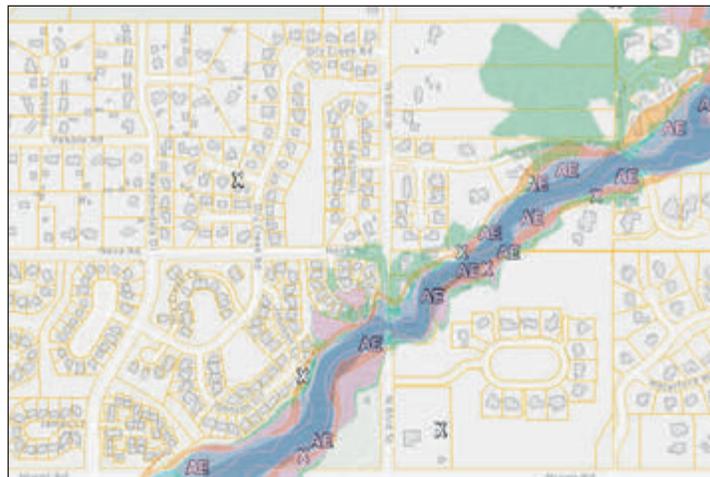


Photo Courtesy of Boulder County

Official regulatory floodplain in Niwot

By AMY SCANES-WOLFE  
Editorial@lhvc.com

Readers of last week's Courier won't be surprised to learn that FEMA will soon be implementing new floodplain maps for Boulder County.

But what does that actually mean for the average homeowner?

Some Niwot residents along Dry Creek have lived in a floodplain for years. They attended the county's Jan. 16 information session with one question--would they be

required to make changes to their property in response to the new maps?

The simple answer is "no." But Boulder County has received a federal grant to conduct the Floodplain Partners pilot program. This program will help homeowners evaluate if one of three options would reduce their flood damage risk--elevation, relocation or buy-out. Eligible property owners could then apply for federal funding to facilitate one of these solutions.

Residents reviewing the flood maps will notice two major demarcations--blue (1% annual chance of flooding) and yellow (0.2% chance of annual flooding). People often think of these likelihoods in terms of "100 year flood" and "500 year flood," but floodplain intern Casey

Bangs encourages them not to. "This lets us think, oh, we just had a big flood, we won't have another one for 100 years... Mother Nature doesn't work that way."

Homeowners residing in the high risk flood zone (all A zones, or blue zones) are required to have flood insurance. And the new maps will change that situation for some people. At this time, there are 1510 Boulder County homes situated in the floodplain. Four hundred and twenty of those are new since the last time the maps were drawn, but 396 homes were also removed from the floodplain area.

Those not living in a high risk area can still purchase flood insurance, and can usually do so at a significantly

Continued on Page 7

## Community Calendar

### BASEBALL REGISTRATION

Early bird registration for the 51st season of Niwot Youth Sports baseball opens on Jan-

uary 21. The program is open to players from ages 4-14 of all abilities. Practices start in early April and games run from early May through June. NYS is also

looking for umpires, volunteer coaches, team parents and team sponsors. For more information, visit [niwotyouthsports.com](http://niwotyouthsports.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.



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## Death Notices

Retired Niwot Elementary School front office clerk, Judy Lee Gould, died January 18, 2019 at age 74. A funeral service will be held at 11 a.m. Saturday,

January 25 at Howe Mortuary, 439 Coffman St. in Longmont, with a reception immediately following the service. In lieu of flowers, contributions may

be made to the Judy Gould Memorial Fund in care of Howe Mortuary to benefit the TLC Learning Center in Longmont.

## Colterra developer to hold neighborhood meeting

Niwot residents are invited to attend a neighborhood meeting hosted by Terry Palmos to review and provide feedback on a preliminary plan for a project in the Niwot Rural Community District I on property formerly occupied by Colterra restaurant.

**Docket SPR-20-TBD:** 210 Franklin, LLC

**Request:** Residential/Commercial mixed-use

**Location:** 210 Franklin, Niwot

**Owner/Applicant:** 210 Franklin, LLC

The neighborhood meeting will be held at 5 p.m. on Wednesday, January 29, 2020 at the Left Hand Grange #9 (195 2nd Avenue, Niwot).

Boulder County requires applicants to schedule and hold a meeting with the local community, residents, and other stakeholders prior to submitting an application to the Land Use

Department for development, which triggers Site Plan Review, Special Review, or other planning review process. The purpose of this engagement is to provide sufficient opportunity for public comment on development plans, and for the applicant to listen to and address, as reasonable, the community's concerns and recommendations related to the proposed development.



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

# Fear not at Left Hand Animal Hospital

By VICKY DORVEE  
 Editorial@lhvc.com

Doctors' offices as a rule are less fun than say...a walk in the park. It can oftentimes be worse for pets, for whom a confusing visit to the veterinarian's office may be an onslaught of scents, close quarters shared with bewildering beings, possible unpleasant associations, and the scary anticipation of what's going to happen next.

Niwot's Left Hand Animal Hospital (LHAH) wanted to alleviate the stress pets go through, so they sought out expert advice on the subject and the entire practice subsequently earned the first Fear Free certification for a veterinary clinic in Boulder County.

LHAH joins just four other Colorado veterinary practices that have completed the eight-part educational course and exam through Fear Free and has earned the distinction



Photo by Vicky Dorvee

Left Hand Animal Hospital in Niwot is now the first Fear Free certified veterinary practice in Boulder County.

that lets the public know they and their pets will be privy to stress-reducing, fear-relieving methods, before and during a visit.

Started in 2016, Fear Free was founded by Dr. Marty Becker, who along with pet experts from a broad spectrum of fields (technicians, anesthetists,

behaviorists, and practitioners) created the initiative they like to say will "take the pet out of petrified" by creating a calming environment, removing and reducing anxiety triggers, and creating an experience that's safer and more enjoyable for pets, owners, and health care teams.

Dr. Becker is best known as "America's Veterinarian" owing to the 17 years he was featured on Good Morning America. Using the Fear Free protocols LHAH learned, the practice has modified its facilities, and procedures including creating separate feline and canine waiting rooms, shorter waiting times and exam rooms that allow the pet to be where they are most comfortable, whether it's on the floor, on a lap or on a soft pet bed as opposed to a metal exam table. Offering toys, snacks, and lots of praise are all part of the process.

The staff at LHAH has an arsenal of pre-visit suggestions to set patients up for a soothing experience such as not feeding your pet the usual amount before they arrive, making treats and their positive distraction during the visit more compelling, recommending supplements and medications

that will calm your cat or dog before arriving, bringing along familiar items, using Thundershirts or pheromones, and best practices for the ride to the clinic.

"Our team here at Left Hand Animal Hospital is dedicated to treating our pet patients and our pet parents with kindness and compassion," said Dr. Nancy Bureau who with co-owner Dr. Katie Thomas led the LHAH team to certification. "Our entire team is committed to preventing and alleviating fear, anxiety, and stress in pets. Becoming a Fear Free Certified Practice helps us to help our patients and pet parents even more".

"The most common thing pet parents tell us is that their dog or cat loves coming to see us here at Left Hand Animal Hospital," Dr. Bureau said. "Their pets get snacks, toys, and are treated compassionately."

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## EXCEL BUILDING

Continued from Page 1

When asked what prompted the move, Shane Heil said, "The demographic of the city has changed a lot since we first moved here. It's trending more towards shopping and office space. And as a company, we're kind of condensed to a point where we're out of space."

The new EE building in Longmont will have a storage yard to accommodate all of its equipment, some of which is now stored at off-site locations.

If all goes according to plan, EE will relocate to its new building, already under construction in the industrial

area just north of Nelson Road on Disc Drive, in August 2020. EE and HS have a history of working together. HS is the builder for the new EE building in Longmont and EE supplies electrical services for HS's projects.

Plans for the over 8,000 square foot EE building on .57 acres at 2nd Avenue and Murray Street will not alter the footprint of the structure, according to Harrington. He didn't think they could add to the building, because of the new floor area ratio provision in the land use code updated in 2019.

HS plans to keep the hand-painted mural spanning the entire west facing exterior wall. Left Hand Ditch

Company, which occupies the downstairs northeast unit, will continue to lease for at least two more years, and Muay Thai, a martial arts studio that took over tenancy from My Mom's Pies on the north end of the building, will also continue its lease.

A chain-link and barbed wire fence enclosing the east side of the building will be removed, Harrington said, and there will be some work done on the façade of the building, particularly the brick facing 2nd Ave.

Harrington said they hope to add a rooftop restaurant on the north end of the building which would allow patrons to enjoy unobstructed panoramic mountain views.

Shared office space on the south end of the building is likely part of the plan, along with a number of ideas being mulled over for the center section of the building, presently a warehouse. That large space may be converted to retail, workout or recreational businesses.

"We've kind of started the process, but just aren't sure on everything," Harrington said. "As we meet with our architect more, we'll get things figured out."

The Heils and HS have been working on EE's move to Longmont for more than two years. After the initial steps of securing financing and designing the building, approval of building permits from the City

of Longmont took significantly longer than anticipated.

"We really appreciate the town of Niwot and will miss it," Heil said. "It's been a long time coming, but it's kind of one of those deals where you're sad to leave Niwot because we've been here for so long it's like a community to us, but I think it's a better move for us and the guys who are taking over the building will be a better fit for Niwot."

Harrington said, "We really want to make it a special building for the town of Niwot and we think we can do that." He added, a yet to be decided historic name is likely to accompany the property as its destiny unfolds.



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# Burns night supper brings Scottish traditions to Niwot



Courtesy Image

Celebrate Scottish cheer (and Scotch) at Burns night supper at Niwot Tavern on Jan. 25.

By EMILY LONG  
Editorial@lhvc.com

Even if you're not sure who Robert Burns is, you've almost certainly heard one of his most famous poems.

*Should auld acquaintance  
be forgot,  
and never brought to mind?  
Should auld acquaintance  
be forgot,  
and auld lang syne?  
For auld lang syne, my jo,  
for auld lang syne,  
we'll tak' a cup o' kindness  
yet,  
for auld lang syne.*

The famous Scottish poet

wrote Auld lang syne in 1788 based on "an old man's singing" and set it to a traditional Scottish song, creating what is now a classic and standard tune for New Year's celebrations, graduation ceremonies, and other milestone events here in the United States.

If you've always wondered what exactly "auld lang syne" means, it literally translates to "old long since" and it is meant to conjure times gone by.

So it is no surprise that the person who wrote that famous, celebratory, and nostalgic tune is now celebrated himself, in a nostalgic manner, on his birthday every year, Jan. 25. Burns, born in the 18th century, would be 261 years old in 2020.

Robert Burns supper "is a popular night in Scotland" according to Niwot Tavern's new owner Stacy Szydle, and last year, it became a popular night in Niwot, as well. Their first Burns Supper event in 2019 "ended up being one of the busiest nights of the year at Niwot Tavern" said Szydle.

Szydle said, "We have a big

English community here, and they were actually the ones who said, 'Oh you should do this.'"

The event was the brainchild of Niwot local Catherine McHale. She and the owners of the Tavern "were looking for new ideas that were community-driven and a way to bring people together" during the post-holiday cold winter season in January. "Coming from the UK," said McHale, "I was pretty aware of Robert Burns night, which I think is just a really nice kind of cozy celebration, based on the poet."

McHale said last year, "there was a bagpiper, there definitely were a few people in kilts." The Tavern served up haggis with the traditional side dish, neeps and tatties (turnips and potatoes), and of course, plenty of Scotch.

In fact, Szydle said, "We sold out of all of our Scotch."

This year, the Tavern found a recipe for homemade haggis layered with traditional sides and topped with whiskey gravy. Bubba Love from Lefthand Brewery will be providing poetry and entertainment. There will be

plenty of Scotch to go around.

"We're all familiar with St. Patrick's Day celebrations, but this is a little different, but still really wonderful," according to McHale. "What I like about it is that it is so connected to the arts. Where do you find a day where people are celebrating poetry around here? It's kind of unusual, kind of old fashioned, but I love it."

Those interested in attending the supper at Niwot Tavern on Saturday, Jan. 25, starting at 5 p.m., are encouraged to make reservations or come early.

McHale said it is bound to be "a nice, warm, friendly evening, in a pretty cold time of year." It is expected to be a rousing good time, as well.



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# NCA board hears passenger rail proposal

By KIM GLASSCOCK  
Editorial@lhvc.com

Passenger rail service from Fort Collins to Pueblo in Colorado could be a reality in seven to 10 years if the Southwest Chief and Front Range Passenger Rail Commission is successful.

Cue the skepticism.

But Randy Grauberger, project director for the rail commission, told Niwot Community Association Board members at their Jan. 8 meeting that this group has the potential to be successful. "This group has the legislative mandate behind it," he said. "We are charged to build, not just study. And we have strong interest in making this happen from Governor Polis, along with vision and connections from Colorado Department of

Transportation (CDOT) Director Shoshana Lew."

While a private group has put forward a proposal for rail lines, Grauberger said having the state behind this commission's work gives it more strength.

"We know that we can't rely on I-25 to be the solution to our Colorado transportation needs. With our population growth, I-25 will soon come to a screeching halt," Grauberger said.

The commission was created by legislation in 2017 with \$2.5 million to study proposals. It is housed under CDOT. Membership includes one representative each from five area councils of government including North Front Range metropolitan area, Denver, Pikes Peak area, Pueblo, and South Central; a representative from RTD;

two citizen advocates for public rail; one representative each from Burlington Northern and Union Pacific railroads; and one representative from the Southeast Colorado counties served by Amtrak's Southwest Chief rail line. Non-voting members include an Amtrak rep, a CDOT rep and a rep from the Cheyenne Chamber of Commerce.

In October 2019, the commission submitted a planning grant application to the US Department of Transportation to evaluate the feasibility of extending Amtrak's Southwest Chief line from La Junta to Pueblo and Colorado Springs. "We are using that as a start to the larger project," Grauberger said.

The group is using an integrated planning process with the federal agencies that must approve the project, Grauberger said. "We expect that to speed the approval process," he said.

If all goes well, the commission plans that in 2021 it will be far enough along to work with the state legislature to draw up the governance structure for the rail project. The group also plans to apply for "significant" fed-

eral funding, but knows that some sort of taxing structure -- sales tax or a special taxing authority -- will be necessary. They will also explore public-private ventures. Rough costs are estimated at about \$5.2 billion for the 173-mile project.

Early public polling shows about 80 percent support for the rail line, which drops to 61 percent when the estimated costs are added to the question, Grauberger said.

"You will have a bigger problem with getting support in the northern metro areas since RTD has not followed through on its promise for Fast Tracks rail in this area," pointed out NCA member Jeff Knight.

"We know the RTD bias will be a big hurdle for us," Grauberger acknowledged. "We definitely need to talk about it frankly with everyone up here. But we think we can show that this project is on sound financial footing and will happen."

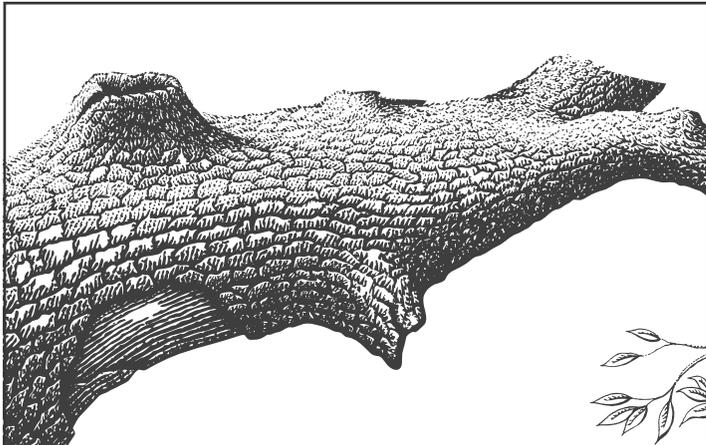
NCA President David Limbach said the NCA would be willing to disseminate information and survey its members about the project as needed.

More information can be

found at [www.frontrangepassengerrail.com](http://www.frontrangepassengerrail.com).

In other business, NCA members unanimously approved using excess funds from the Niwot Veterans Banner project to make a \$500 grant to the Niwot Cookie Moms. According to NCA board member Kathy Koehler, that amount will pay for one mailing of boxes to service members. The group also approved an Eagle Scout project request for \$200 from Thomas Horn. Horn is rebuilding the secure storage area for band and orchestra instruments at Niwot High School.

Board member Liz Marr reported that Boulder County Commissioners are asking the subdivision roads groups and county transportation officials to find a permanent solution for funding subdivision roads rehabilitation. "The commissioners would like to have this situation resolved by the end of 2020," Marr said. "They seem to be leaning toward a countywide tax solution of no more than 1 mill of property tax increase." Marr will continue to report any progress to the NCA.



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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# FLOODPLAIN

Continued from Page 1

reduced price. This might be a good idea. In the 2013 flood, 35% of those affected were in a low to moderate risk zone. Certain factors contributing to flooding, such as debris from forest fires and clogged ditches, cannot be factored into the flood models.

The good news is, insurance requirements won't kick in until the maps go live in 2021. This presents some opportunities for homeowners now designated as living in the floodplain. If the maps go live in March 2021, homeowners can still buy a year's worth of insurance in February at a reduced premium. FEMA is also offering "newly

mapped rates," which start low and gradually increase, to help homeowners make the transition.

National Flood Insurance Program regional manager Erin May mentioned that private flood insurance agencies sometimes offer better packages than FEMA, but she warned people to pay careful attention to their definition of a flood, which can be narrow.

Homeowners insuring through FEMA can reduce their rates by acquiring an elevation certificate. If this certificate proves that the lowest elevation of a structure is one foot above the flood risk line, insurance rates drop dramatically.

Though the new flood map won't be official until 2021, Boulder County is al-

ready regulating to the new data. Parts of the old flood maps date back to the 1970s or earlier, so the new maps are much more accurate. Until the new maps go live, Boulder County will regulate to the most conservative version.

But there is still time to amend the maps. During the formal appeal period, property owners can submit scientific or technical data that changes map results or proves mistakes. When this time arrives, there will be a form on the appeals page of county and city websites. Property owners can also submit a Letter of Map Amendment, which compares the lowest adjacent grade that hits a particular structure with the elevation

of the 100-year floodplain.

There may also be changes to the maps when ongoing flood recovery projects are completed.

For those with more questions, the Boulder County website has detailed informa-

tion, including dates for the remaining public informational meetings: <https://www.bouldercounty.org/transportation/floodplain-mapping/stay-informed/>.

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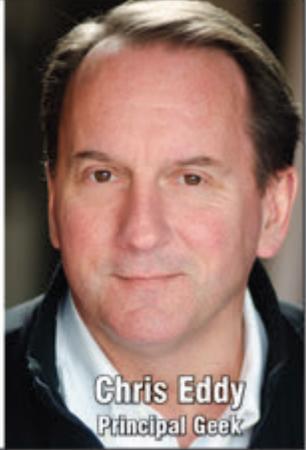
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# Niwot alum's musical talents get professional



Courtesy Photo

Bella Musser says that there's nothing like performing live with her band Redamancy. It has become her second family and loves connecting with their fans through performances

By HANNAH STEWART  
Editorial@lhvc.com

At some point in many children's lives, they want to be famous athletes, actors or rockstars. Most children don't fulfill those dreams, but 2015 Niwot graduate Bella Musser has done just that.

"In high school, I was performing [solo] at open mics or coffee shops, and then on stage in musical theater," explained Musser.

By the time she graduated high school, Musser had been performing for a number of

years, so when it came to choosing a college and field of study, she knew what she wanted to do. Ultimately, she had to decide between three universities, but settled on the University of Colorado-Denver and finished with a degree in music business.

During her time at CU Denver, she worked in event management. Drawing on that experience and combined with her studies in music business, Musser has been able to develop her skills of event planning and organization, especially when it comes to the music industry. Eventually, it was in her third year at university where she met her fellow bandmates, Adrian Garary and Andreas Landeck.

"We were in a songwriting class together," Musser said. "I had them on my radar and we had hung out in mutual friend groups...[After an in-class performance] I got so excited and immediately texted them, 'do you want to be in a band with me?' and miraculously, they said 'yes.'"

Since then, the band has been working on music essentially nonstop. In the beginning, while figuring out their chemistry, much of their work was inspired by musical greats such as Nirvana, Radiohead, Adele and more. They also did some experimentation, recording songs the individual band members wrote, eventually releasing an EP, (which stands for "extended play," meaning that it has multiple songs, but is not a full album).

With an inkling of their own personal vibe--that is still very much influenced by artists who came before--they realized it was necessary to name themselves. Their name, Redamancy, was the brainchild of Musser; it means "a love returned in full," and had been in the back of Musser's mind for years. "I had forgotten about it until we were pitching band names. Immediately we were like, 'Yep, that's the one.'"

Continued on Page 9

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# MUSSER

Continued from Page 8

Since their initial EP, they have been working on an album, which has been completely collaborative between the three musicians, and they have been touring locally. They can be seen at Longmont's Winter Walkabout in February and Boulder's Fox Theater in March. "We always say we're doing life together, and I'm just excited to keep doing that," said Musser. "The goal is to do as much as we can and get to a point where we feel comfortable with our art and our audience."

Comfort with her art is important to Musser. Both in discussing her solo work and her group work, it was a theme she referenced often. In fact, she explained that one of the primary reasons she moved away from solo work was because she was feeling lonely. "I've been performing professionally since I was 13, 14, and it just got really lonely, it wasn't what I really wanted." So finding camaraderie with Garay and Landeck in the band was a major change in her musical journey.

As she describes her personal journey as a musician, it's clear that music is her passion, especially when talking about performing live. She says that there isn't anything comparable to it, especially now in this age of music streaming, which can make it difficult--in a time where it is so easy to upload new music, it's also easy for music to get overlooked. That is why Musser believes it's important to connect with her audiences and show them that Redamancy is a family and the three members hold themselves to a standard of genuineness.

Some of that genuineness is found by reflecting on her roots: "Every time I think about the girl who would sit in her room with her guitar and write songs, if she knew that in five years this is what she'd be doing, I don't know if she'd necessarily believe it."

To interact with Musser and her band, you can follow them at Redamancy\_Band on all social media sights or visit their website, Redamancy.Band.



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## Ian Hayes charmed audience at poetry reading



Photo by Vicky Dorvee

Niwot poet Ian Hayes (left) spoke about his life and the way in which he garners inspiration for his poetry to an audience at Inkberry Books in Cottonwood Square Shopping Center on Sunday, Jan. 19. Hayes read aloud from a few of his 10 books titled, "In Other Words," and presented listeners with full sets of his work. Hayes will be adding three more books to his collection of poetry which comes to him from having read other authors' writings.

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## DALLAS

Continued from Page 1

writing about mining, insurance scams, the penny stock market, and more. "I could write about virtually anything," said Dallas, who reported that she loved working there, largely due to the fact that she had the ability to cover so many different topics. She explained that being a journalist allowed her to ask people all sorts of questions and it gave her the ability to have a breadth of knowledge about a variety of topics. "I was a whiz at cocktail parties."

About a year and a half after starting at "Business Week" and after getting married, Dallas left the magazine for four years. During that time, she began writing nonfiction books on western history, often writing about old houses or old hotels. But, "I wanted to write really serious books about the West," she said.

Eventually, along with a few friends, they decided to write a "bodice buster," a subgenre of historical fiction that tends to be cheesily romantic and dramatic. After assigning characters and writing part of it, she realized that she loved fiction.

"With fiction, you don't know what you're doing. You don't know what's going to happen, and I finally reached a point where I guess I could deal with that. It's wonderful, sitting at your computer and having things occur to you. It's a process I don't really understand, but it seems to work."

Since turning to fiction in 1990, she has published 15 novels and four young adult/children's books. She has won a number of awards including, perhaps most notably, the National Cowboy Museum's Wrangler Award. Despite her accomplishments, she remains humble and focused on writing for the sake of writing and sharing her work.

Her most recent work is called "Westerning Women" and takes place in 1852. The story primarily focuses on Maggie, a seamstress, who decides to leave behind her mysterious and painful past in Chicago. She, along with her daughter, 43 other women, and two reverends, embark toward Goostown, a

mining town out west. However, the story is arguably bigger than Maggie. Along the way, she realizes she is not the only person looking for a brighter future; it's a story of humanity, of sisterhood, and of survival.

To prepare for writing the book, Dallas drew upon her skills as a journalist and much research went into the novel as well. She often finds resources online or at bookstores; she uses a lot of personal knowledge of the west and collaborates with historians for accuracy. One of her most-used resources was a collection of journals from women who made the journey westward.

However, one thing she particularly likes to do is to go to places where her characters inhabit to absorb it. For "Westerning Women," Dallas visited Independence Rock in Wyoming. She said, "I walked around it and I thought, 'What did these women think when they carved their name into it?' ... It's very moving to walk in the footsteps of some of these people."

Dallas said her books tend to be character driven, saying that when she gets an idea for a story, she usually has a sense of the beginning and the end, and writes toward that conclusion. She acknowledged that often times the ending gets changed along the way. When discussing the process of "Westerning Women", she admitted that it was a little harder than her other books as it took her a longer time to really figure out the best way to tell the story.

"I grew up in the 50s, when women were portrayed in movies and books as idiots... I always resented that and I think that's the basis of "Westerning Women." I wanted to portray women as they really were, and the more I read the journals, I realized that the women did everything the men did, and they worked very, very hard, often without getting credit for it."

Dallas will be at Niwot's own Inkberry Books Friday, Jan. 24 for a meet and greet/book reading. "It's always very nice, interactions with readers, even big groups," she said. "What I really like to do is answer questions, that's so much more interesting.

To keep up with Dallas' work, visit SandraDallas.com.

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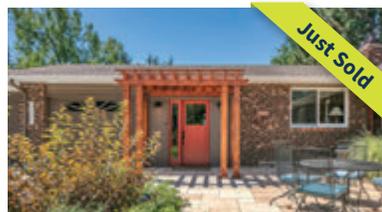
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# Boulder Country Day students challenged in seminar

Special to the Courier  
Editorial@lhvc.com

From Jan. 7 – 10, all Boulder Country Day middle school students participated in the BCD Seminar. The seminar is modeled after the Aspen Institute Seminar and is intended as an opportunity for BCD students to stretch their intellectual thinking. With over 60 years of experience, the Aspen Institute Seminar is designed to help people of all ages and walks of life to reflect upon the most important questions facing us as human beings and as leaders.

Each night, BCD students were assigned texts by various authors, both ancient (including Aristotle) and current (including J.K. Rowling). The texts were used to prompt

students to think about complex human issues such as: Is goodness something that is in humans or is it something that needs to be taught and learned? Is it something we as humans are born with or must choose to act on? In-school discussions were then led by guest moderators, Todd Breyfogle, Director of Seminars for the Aspen Institute, and Allyson Sudbrough, Teacher Effectiveness Coach for Denver Public Schools.

The texts present some really big concepts. Students were advised that while the texts are difficult, to not be discouraged because Seminar is intended to be a laboratory in which — together — they will try to figure out what the texts say and mean, both on their own terms and for us as humans today. They were

also reminded that seminar discussions thrive on questions. So, very often it is the seemingly simplest questions that can provoke the most meaningful discussions.

Students began the seminar by examining the painting of “Icarus” who is seen plunging into the water after his wings have melted. The bystanders seem unfazed by Icarus’ fall and do not appear to be making any effort to rescue him. An open discussion of human nature then began on whether or not Icarus should be saved. The conversations remained lively from there on out.

Moderator Todd Breyfogle shared that his discussion of Aristotle’s Nicomachean Ethics (on friendship) with the BCD seventh-grade students was one of the best he had ever had, with students or

adults. This is quite a compliment coming from the Director of Seminars at the Aspen Institute. There seemed to be a sense of pride in the students as they realized they could read, understand, and discuss Aristotle. Another thing the moderators and Mr. Welch noticed was how BCD students appreciated the opportunity to discuss big topics that do not necessarily have a right or wrong answer, are not designed to lead to any particular conclusion, but rather serve to stretch them intellectually and personally.

*“BCD students are remarkably capable. They devoured a dense selection from Aristotle’s Nicomachean Ethics and were ready to engage in conversation, armed with questions and opinions.*

*It was one of the best conversations I’ve had on Aristotle’s understanding of friendship, whether with adults or younger people.”*

**–Todd Breyfogle, PhD, Managing Director, Seminars, The Aspen Institute**

At the end of the week, students created personal mission statements or wrote letters to their future selves about some of the important things they had learned about themselves from the process.

The school extended special thanks to alumni parent and former board member, Jay Orris of Peak to Peak Management, for bringing this opportunity to BCD many years ago and for his ongoing support of the program.

## NHS SPORTS

SCHEDULE

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<p><b>Thursday, Jan. 23</b> 4 p.m. - Girls swim vs. Windsor 6:30 p.m. - Wrestling @ T. Valley</p> <p><b>Friday, Jan. 24</b> 5:30 p.m. - GBB vs. Centaurus 7 p.m. - BBB vs. Centaurus</p> <p><b>Saturday, Jan. 25</b> 8 a.m. - Wrestling @ Berthoud Invitational</p> <p><b>Tuesday, Jan. 28</b> 4 p.m. - Girls swim @ Mtn. View 5:30 p.m. - Girls bb @ Mtn. View 7 p.m. - Boys bb @ Mtn. View</p>	<p><b>Wednesday, Jan. 29</b> 5 p.m. - Wrestling triangular</p> <p><b>Thursday, Jan. 30</b> 5 p.m. - Wrestling @ Northridge</p> <p><b>Friday, Jan. 31</b> 5:30 p.m. - Girls bb @ Northridge 7 p.m. - Boys bb @ Northridge</p>
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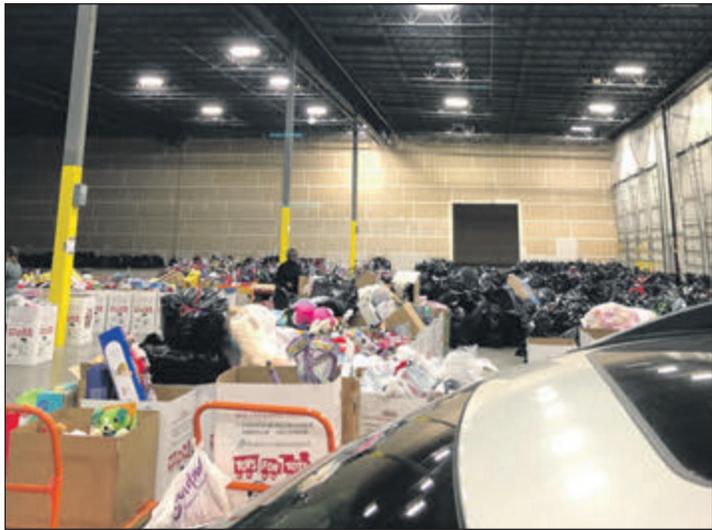
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BCD students studied a variety of texts during Seminar week. Among the titles: “An Unlucky Man?” A Tale from Nigeria (6th grade); Luther Standing Bear, “Indian Wisdom” (7th grade); and Chimamanda Adichie, “Danger of a Single Story” (8th grade)

# Niwot High works with 'rivals' to give kids a Christmas



Courtesy Photo

Toys collected from all three high schools amounted to over 300.

By SYDNEY ROTHSTEIN  
Special to the Courier

Three rival high schools came together this past holiday season to bring Christmas to their community. Representatives from Niwot, Longmont, and Silver Creek High Schools met to start a collaborative community project that was modeled after the Marine Corps' Toys for Tots program.

NHS typically runs a food drive during the holidays, but it hasn't reached the level of impact that it was intended to. Needing a new idea, the student council revamped an old concept. Niwot Student Council's Ben Goff was at the center of this fundraiser's creation.

His inspiration came from his fourth-grade toy drive at Niwot Elementary School. While the drive was successful, Goff imagined bringing their efforts to a larger platform. He and representatives from Longmont and Silver Creek considered ways in which they could make their community better, so they moved forward on a collaborative toy drive. They decided to make it a friendly competition that would motivate students of each school to participate.

The toy drive lasted around a week and a half, ending before students left for winter break. Since it was the first time NHS had done a drive like this,

many aspects were based on trial and error. Its creators went in with low expectations for the project's first year. Fifty toys would be counted as a success and would allow the project to catch on in preparation for the following year.

When the project came was finished, the students were surprised to find that their initial estimate was vastly different from reality. Niwot alone brought in 105 toys, and when the three schools compiled their donations they had just over 300 toys.

The success of the toy drive was so well received that its creators are already planning future versions. It has the potential to go from district-wide to state-wide as the project gains momentum. Without the collaboration of Niwot, Longmont, and Silver Creek the drive would not have been as successful as it was.

Goff said that what is most important is that, "In the end, we did more together than we could do alone." He hopes this project's success will launch future collaborations between the three schools.

This project wasn't meant for the students of Niwot, but to benefit the community at large. Members involved think it is important to give back to the people that have done so much for the benefit and

## STUDENT-ATHLETE OF THE WEEK Emiley Yie

By JOCELYN ROWLEY  
Editorial@lhvc.com

The Niwot girls swim team lost nearly 20 swimmers to last year's graduation, so heading into the 2019-20 season, head coach Sarah Stamp had some holes to fill in the lineup. Much to her delight, junior Emiley Yie has been willing and able to help fill more than a few of them. So far this season, the talented swimmer has qualified to compete for Niwot in all but one individual event at the upcoming Class 4A state championships, and she is hitting her fastest times as the post-season approaches.

"She's a fighter," Stamp said of the third-year varsity veteran, who posted top-10 finishes in the 100- and 200-yard freestyle at state last year. "Anytime you put her in something, you know she'll give it 110 percent, and do her best to try to win for the team. Nine times out of 10, she'll get that done, so that's an awesome card to have in your back pocket."

It's a card Stamp has used to her advantage more than once this season, and it was particularly effective at the St. Vrain All-District meet on Jan. 18. There, Yie took first for Niwot in the 200-yard individual medley, second in the 500-yard freestyle, and then powered the Cougars to a commanding lead in the final relay of the day, a feat



Photo by Jocelyn Rowley

Senior guard Kyle Reeves is averaging 13 ppg and shooting 54% from the floor in his last three games for Niwot.

the fly, but now I'm getting better at it."

Encouraged by her father, Yie's love of swimming blossomed at an early age. She joined a competitive club at age six, and it was a setback there that helped forge her competitive drive. She now trains up to six days per week, and competes in state and national meets year round.

"I was rejected at first, so I went back and trained harder, and finally joined the team. I've been swimming ever since."

When she's not in the pool, Yie is a busy student in Niwot's demanding IB program, where she has focused on math and science. However, the junior has also been expanding her academic horizons this year, thanks Mrs. Feiran's class.

"I used to not like English that much, but we've been reading so many books that I've actually found super interesting," Yie said. "Right now we're reading the Handmaid's Tale, and it's one I've really enjoyed."

Yie is also a member of the school's Interact Club, and had a brief stint last fall with the Niwot cross country team before an injury cut her season short. After high school, she plans to pursue an engineering degree and also hopes to extend her swimming career.

that impressed her coach.

"She's a very versatile swimmer," Stamp said. "It's exciting to have her be able to go out early, bounce back and have a full second-half of a meet, and then do that in the 400 free."

As for Yie, she's been happy to expand her repertoire for the team this season, both in an out of the pool. As a freshman and sophomore, she competed mostly in freestyle events for the Cougars, and has been enjoying the chance to test her abilities and mentor the incoming freshman.

"I can definitely swim all the events, but I've been trying different things to see which I'm best at," she said. "Right now, I really like the IM. I didn't used to like



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# Newcomers boost Niwot at St. Vrain All District Meet



Photo by Jocelyn Rowley

Members of Niwot's 400 freestyle team make their way to the blocks for the final heat. From left Mary Codevilla, Emiley Yie, Lexy Bullen, and Steph Mow.



Photo by Jocelyn Rowley

Freshman Steph Mow (green cap) at the start of the 100-yard freestyle at the SVVSD All District Meet on Jan. 18.

By JOCELYN ROWLEY  
Editorial@lhvc.com

The annual St. Vrain All-District meet marks the midway point of the girls swim season, and after an energetic performance by her top swimmers at this year's event, Niwot head coach Sarah Stamp is renewing her hopes for another top finish at the upcoming Class 4A state championships.

"We've been building

steadily every week," she said after the friendly but competitive meet, held Jan. 18 at Mountain View Aquatic Center. "Today, there were lots of time drops, and best times across the board. By no means was it an easy week, so it's an exciting thing to have some really great swims today and not be anywhere near taper time."

Formerly known as the "All-City" meet, the event comprises teams from Longmont,

Niwot, Silver Creek, Skyline, and—as of 2019—Erie. Niwot swimmers took first or second place in nine of the meet's 12 races, ending the day in second place with 540 team points. For the sixth straight year, Silver Creek took the crown, with 699 team points, while Erie, led by former Niwot swimmer Payten Irwin, was third (426).

The "great swims" came early and often for the youthful Cougars, starting with

sophomore Mary Codevilla's domination of the 200-yard freestyle, where she bested the runner-up by 12 seconds. The All-American then went on to take first in the 100 backstroke with a season-best time of 1 minute, 0.27 seconds, and anchored the winning 400 freestyle relay for the Cougars (3:46.94) in the day's final event.

Third-year veteran Emiley Yie picked up a first place medal for Niwot in the 200 individual medley (2:12.34), then later powered the Cougars to a commanding lead in the 400 freestyle relay. As the team's most "versatile" swimmer according to Stamp, the junior also took second in the 500-yard freestyle (5:23.70), and swam the freestyle leg on the 2nd-place 200 medley relay team (1:54.13).

Niwot also saw top swims on the day from juniors Sophia Gaspar, who was third in the 200IM and sixth in the 100 butterfly, and Lucca Fulkerson, who posted top-10 finishes in

the butterfly and backstroke.

Meanwhile, a pair of freshmen—Steph Mow and Lexy Bullen—also put up points for Niwot on the day, another development Stamp deemed "exciting." Mow finished second overall in the 100-yard freestyle, with a season-best time of 56.67, and third in the 100-yard backstroke with another season-best (1:04.04). Bullen was second overall in the 100-yard breaststroke with a state qualifying time of 1:12.00, and fifth overall in the 50-yard freestyle (26.79). Both also swam on Niwot's winning 400 freestyle relay.

"She just transferred to Niwot, so this was her first meet with us," Stamp said of Bullen. "It was a nice jumping off point for her...and Steph has just been a great addition to the team. She's also a very sweet girl, so it's been nice to have her personality and times."

But it was the performance of her divers that elicited the

*Continued on Page 15*

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## TOY DRIVE

Continued from Page 13

growth of Niwot High School. Without the dedication of those in charge of this project, it wouldn't have been nearly as successful.

Who won the toy drive race in the end? The winner was not publicly announced, and Goff confirmed that no school will be crowned the champion. While the effort began as an objective to foster friendly school rivalries, its intent goes far beyond competition.

Even though the final tally will remain a mystery, the real victory is in the number of kids that were given a Christmas through this project. Nothing under the tree is bigger or brighter than the joy these kids felt this Christmas.

## GIRLS SWIM

Continued from Page 14

most enthusiasm from Stamp following the meet. For the first time in several years, the Cougars fielded three competitors in the event—junior Hallie Ostrom and newcomers Lilia Moritz and Katy Carroll. “This was Katy’s first 11-dive meet of the season, so it’s not the easiest way to start off your career,” Stamp said. “But she’s been working really hard at practice since the beginning of the season to build and get 11 dives under her belt, and I’m so proud she was able to get that done.”

With the All-District competition under their belts, Stamp said the team will now turn its attention to finishing strong down the stretch. With just two duals left in the regular season, the coach plans to do some fine-tuning ahead of the Northern con-

ference meet on Feb. 8. She also hopes to bolster their complement of state qualifiers, which currently stands at seven.

“We need to dial some things in to win conference again,” Stamp said. “We’re continuing to figure out where to put girls, and we’re solidifying what they’re good at, and what are they are maybe not as good at.”

Niwot closes out the regular season against Mountain View on Jan. 28.

1/18 — All District Meet. Mtn View Aquatic Center, Loveland

Team scores — Silver Creek 696, Niwot 540, Erie 429, Longmont 373, Skyline 131.

200 medley relay — 1. Silver Creek, 1:50.62\*; 2. Niwot (Codevilla, Bullen, Gaspar, Yie), 1:54:13\*; 3. Longmont 1:58.81  
200 freestyle — 1. Mary Codevilla, 1:53.29; 2. Elena Moore, SCHS, 2:06.01\*; 3. Sierra Bindseil, SCHS, 2:06.22\*

200 IM — 1. 1. Emiley Yie, 2:12.34\*; 2. Kylie Dirks, SCHS, 2:15.43\*; 3. Sofia Gaspar, 2:20.54\*

50 freestyle — 1. Maddie Black, SCHS, 24.86\*; 2. Payten Irwin, Erie, 25.44\*; 5. Lexy Bullen, 26.79

One Mtr Dive — 6. Halie Ostrom, 284.80; 7. Lilia Moritz, 279.90; 11. Katy Carroll, 228.35

100 butterfly — 1. Payten Irwin, Erie, 58.66\*; 6. Sophia Gaspar, 1:03.86\*; 7. Lucca Fulkerson, 1:04.61\*

100 freestyle — 1. Maddie Black, SCHS, 54.85\*; 2. Steph Mow, 56.67\*; 3. Anna Lillie, Erie, 58.07\*

500 freestyle — 1. Emma Svendsen, Longmont, 5:15.81\*; 2. Emiley Yie, 5:23.70\*; 3. Sierra Bindseil, SCHS, 5:44.84\*

200 free relay — 1. Silver Creek, 1:43.71\*; 2. Niwot (Mow, Lavigne, Fulkerson, Gaspar), 1:48.40\*; 3. SCHS B, 1:49.12\*

100 backstroke — 1. Mary Codevilla, 1:00.27\*; 2. Emma Hermeston, SCHS, 1:03.19\*; 3. Steph Mow, 1:04.04\*

100 breaststroke — 1. Karly Pearson, SCHS, 1:11.42\*; 2. Lexy Bullen, 1:12.00\*; 3. Elena Moore, SCHS, 1:15.02\*

400 free relay — 1. Niwot (Mow, Bullen, Yie, Codevilla), 3:46.94\*; 2. Erie, 3:52.09; 3. Silver Creek, 3:53.07\*; \*State-qualifying time

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# Niwot Youth Sports opens baseball registration

By JOCELYN ROWLEY  
Editorial@lhvc.com

Spring is right around the corner, and Niwot Youth Sports is gearing up for its 51st season of fun and friendly competition on the diamond. Early-bird registration for recreational baseball is now underway at [www.niwotyouthsports.org](http://www.niwotyouthsports.org). Softball registration will open on Feb. 1.

NYS Baseball is offering six divisions again this season; Bubblegum (T-ball for ages 4-5), Rookie (coach pitch/T-ball hybrid for ages 5-6), AA (coach pitch for ages 7-8), AAA (kid pitch for ages 9-10), Majors (kid pitch for ages 10-12) and Seniors (kid pitch for ages 13-14). Practices will begin in early April, with games starting after an opening day kickoff celebration on May 3.

“Dinger, the Colorado Rockies mascot, will be back for the second straight year,”



File photo

Niwot Youth Sports is gearing up for its 51st season of recreational baseball for girls and boys ages 4-14.

Scheidenhelm said. “This is a huge event for us and a major fundraiser for the permanent building and bathrooms we are trying to build at [Hangge Fields at] Monarch.”

The organization is also expanding its offering of instructional clinics this season NYS is bringing back its

coaching and pitching clinics—the latter led by former Niwot High pitching coach and NYS alum Roger Fisher—and will be adding three skills clinics throughout the season. For Players in AAA and Majors division, there will be a week-long summer baseball camp with current Cougar

head coach Adam Strah and members of the varsity lineup. “I’m thrilled to be expanding the clinics to give our players more opportunities for skill development,” Scheidenhelm said.

The organization will also be hosting another NYS Day at the Rockies fundraiser on June

20. Participating players will get the opportunity to walk around the Coors Field warning track prior to Colorado’s game against the Pittsburgh Pirates, and could also earn a return trip.

“We are also opening up our Niwot Youth Sports Day at the Rockies ticket sales for players to sell to their friends and families,” Scheidenhelm said. “If we sell over 1000 tickets, the top two referring players will win four tickets each to a suite for a Rockies game.”

Scheidenhelm encouraged families to register before the early-bird window closes on Feb. 29, and not just because it will cost less. He said the league attempts to honor coach and teammate requests for the youngest players, but only on a first-come, first-served basis. AAA and Majors teams will be formed by draft after player evaluations in March.



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