



NHS Key Club helps with Enchanted Evening



Courtesy photo

Key Club Members decorating the Grange on Friday Nov 29th, from left: Gage Gruidel, Sam Dutlein, Micah Sheets, MacKenzie Demmel, Grace Demmel, Ryan Gray, Fiona Nugent, Jack Booth, Jasmine Kilpatrick, Dara Ouellette, Emma Bovaird, Lily Roberts, Ismael Dominguez. Not pictured: Nefeli Hadjiyiannis and Lily Mastrangelo.

By LINDA KLUEBER
Special to the Courier

Niwot High School Key Club members assisted the Niwot Business Association with the preparation for Niwot's annual Enchanted Evening on Friday, Nov. 29, and members are also assisting with the Holiday Parade the following weekend.

Key Club president Adam Rose will be the emcee at Niwot's annual Holiday Parade, which will be held Saturday, Dec. 7, beginning at 11 a.m. Rose said that the club has

reached out to the NHS Boys and Girls Volleyball Club, NHS cheerleaders, NHS Environmental Club and other groups to march. The Key Club members have been a tremendous help in decorating the Grange for both events.

The Key Club is known for its volunteering and fundraising at Niwot High School. Rose stated that the club is an international service club and is open to any student at NHS. The Key Club also works with other school organizations such as National Honor Society.

He's a poet and he knows it

By VICKY DORVEE
Editorial@lhvc.com

Edison was chided
"It really is berserk,
You had so many failures,
Before you made it work."

Edison responded:
"Failures I had none.
From my wrong assumptions,
I learned to get it done."

- By Ian Hayes, based on words from Thomas Edison

From his hilltop home, 88 year old Ian Hayes has a front row seat to a long stretch of the Front Range. Hayes and his wife Jackie moved to their home on the edge of Niwot two years ago, along with Monte the dog and Carlo the cat. Yes, that's Monte Carlo when you put their names together.

Putting words together is Ian's passion or as he says, "a requirement." The origin of Hayes' works is what makes them particularly rare - they're more often than not, a rephrasing of other people's words. Speeches and stories, quotes



Photo by Vicky Dorvee

Poet Ian Hayes sits in his den, shelves containing decades of Reader's Digest Magazines in front of him.

and songs, and online reads can launch Hayes into his poetry-writing mode.

Hayes adapts and expands on others' words because, "It's something that would otherwise be lost, refreshed into rhyme."

London was Hayes' birthplace and he remembers World War II bombs raining down on the city. He went directly into the army after high school

where he was trained to be a radar mechanic. He earned his engineering degree at Imperial College in London in 1954 and apprenticed for two years, then successfully worked his way up the corporate ladder.

In 1976, an unsolicited phone call from a California company

Continued on Page 4

Local farmers pioneer future of food



Photo courtesy of Aspen Moon Farm

Aspen Moon farmer's market stand

By AMY SCANES-WOLFE
Editorial@lhvc.com

Marcus McCauley is the owner of a 40 acre diversified organic farm in Longmont. If you take a farm tour, McCauley will start by asking you an important question: what modern food crops are native to this region?

The answer is none. "Per-

haps raspberries," McCauley added.

But McCauley noticed that there is one plant that is abundant in Colorado--grass. "How do you feed people from grass?" he asked. The answer is to use a ruminant. Or a pig or a chicken. Which is why McCauley raises all three.

Continued on Page 8

Niwot's Holiday Parade
Saturday, Dec 7
11:00 AM - PARADE
Santa at the Grange
11:30 am - 1:00 pm



Sponsored by:
 Niwot Business Association
 Local Improvement District




Community Calendar

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.

FIRST FRIDAY ART WALK

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

NIWOT HOLIDAY PARADE

The annual Niwot Holiday Parade will be held on Saturday, Dec. 7 at 11 a.m. Santa is once again this year's Grand Marshal, and will visit with children at the Grange following the parade until 1 p.m.

WINC FAYRE

The Women's International Niwot Club is holding their annual Holiday Fayre at the Left Hand Grange (195 Second Ave., Niwot) on Saturday, Dec. 14 from 9 a.m. to 4 p.m. For more information, go to niwot.com/events/winc-holiday-craft-fayre.

RAPTOR VOLUNTEERS NEEDED

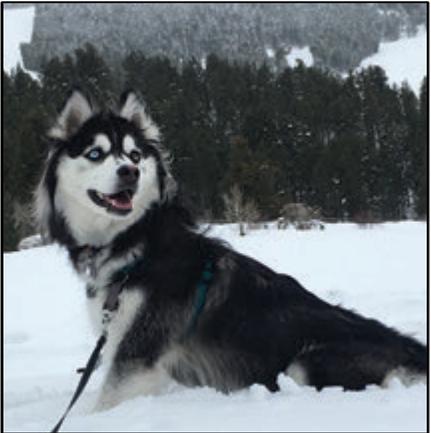
The City of Boulder's Open Space and Mountain Parks (OSMP) Department is recruiting volunteers to help the department monitor raptor nesting on the Flatirons, along Boulder's mountain backdrop and other open space areas. OSMP raptor monitor volunteers provide weekly information to OSMP staff about the status of nests. Volunteers must submit an application and attend required training. Volunteers must commit to a minimum of four hours per week during the raptor breeding season, February through July. For more information, please visit <http://bit.ly/raptor-volunteers> or call 303-441-3440.

Niwot Rental & Feed
 Premium Feed & Supplies
 for your
 Horses, Dogs, Cats, Birds & more!

**Holiday Treats
 for Pets & their Humans!**

291 2nd Ave. Niwot 303.652.2900

COMMUNITY PET SPOTLIGHT
 Sponsored by Niwot Rental & Feed



Kayuh is a 2 year old energetic husky who loves snowboarding and playing in the snow. She also enjoys running around her Oma's house and tearing the leaves off plants. She rarely has any down time, but when she does she loves snuggles with her owners, Kirsten Maurer and Mat Tocko.

We look forward to seeing your pets in our spotlight. Please email your photos and captions Editorial@lhvc.com



EDITORIAL/CIRCULATION: 303-845-3077
 P.O. Box 652 • Niwot, CO 80544

ADVERTISING: advertising@lhvc.com
 EMAIL: editorial@lhvc.com
 WEB SITE: www.lhvc.com



EDITOR: Jocelyn Rowley
 PRODUCTION: Nesscel Calara
 MANAGING EDITOR: Bruce Warren
 SENIOR EDITOR: Mary Wolbach Lopert
 BUSINESS MANAGER/NEWS OF RECORD: Vicki Maurer
 ADVERTISING DIRECTOR: Selene Luna
 Advertising Representative: Ann Whitehill
 NIWOT NEWS/EDITOR: Karen Copperberg
 REPORTERS: Kim Glasscock, Vicky Dorvee, Abby Scott, Hannah Stewart, Amy Scanes-Wolfe
 SPORTS REPORTERS: Jocelyn Rowley, Bruce Warren, Jack Carlough

Published weekly in Niwot, Colorado by LEFT HAND VALLEY PUBLISHING, L.L.C. Member Colorado Press Association.

FOR THE LOVE of SPORT

Try Archery - \$20



highaltitudearchery.com
 Longmont, Colorado
 720-491-3309

▶ FAMILIAR FACES Bill and Jill Whitener



Photo by Gary Northrup

Niwot residents since 1987 and frequent volunteers around town, Jill and Bill Whitener are this month's Familiar Faces.

By VICKY DORVEE
Editorial@lhvc.com

Their first names rhyme, so it is easy to see them as a matched set and their last name is emblematic of the brightening effect they have on the community. It's Jill and Bill Whitener - the vivacious, capable, and caring duo who have become very familiar faces in Niwot. We posed a few questions to find out what makes this generous couple tick and here is what we've learned.

Left Hand Valley Courier (LHVC): Tell us a bit about your backgrounds.

Jill & Bill (J&B): Jill grew up in Aspen. Her parents moved there in 1953. Her father was with the 10th Mountain Division and helped start the ski industry in Aspen. Her background is in special education. She taught special needs kids at all grade levels for 30 years. She taught one year in Mountain View, Wyoming, 4 years in Arizona, and 25 years in Boulder, most of which were at Heatherwood Elementary. She earned her master's degree in special education and has been retired for 15 years, but is busier than ever. She also worked at Nic Nats, managed Curves, distributed the Left Hand Valley Courier, was a nanny for 7 years and is now a caregiver.

Bill grew up in Hemet, California, a small agricultural

town in southern California where his parents owned a chicken ranch. His background is in engineering as a mechanical designer and manufacturing engineer. He worked for NeoMed, Ball Aerospace, StorageTek, and EM Solutions. He started his handyman business in 2006 called Some Assembly Required. He's very busy and helps with many Niwot projects.

LHVC: How did you meet?

J&B: Bill and Jill met in 1981 in Boulder. Jill was married and Bill was living in California. Bill and his family had come to

Bill's brother's graduation from CU. Jill and her husband were close friends with Bill's brother and joined in on the celebration. Bill returned to California with the intention of Jill and her husband visiting him that summer. Unfortunately, the weekend after Bill returned to California, Jill and her husband were in a head-on collision as the result of a drunk driver and her husband was killed. Bill finally found a reason to move to Colorado. Jill and Bill's lives came together and they were married in 1983. Their son Mason was born in 1986. In 1987, they moved to Niwot and have been in the same home for the last 32 years.

Mason attended Niwot schools and was involved in sports. He has worked in broadcasting, promotions and the music industry. He was married in Sept. 2018 and now works for Zillow.

LHVC: Where can we spot you in the community?

J&B: You will see Jill and Bill anywhere and everywhere. Maybe First Friday Art Walks, Wine about Winter, Rock and Rails, hanging banners in town, selling tickets for pancake breakfasts, music events, coffee shops, and on and on. They support and are advocates for the Niwot community. They believe you don't just build

a community through giving money, but through time and commitment. Their favorite part about Niwot is that they both came from small towns and really appreciate and enjoy the connections in this small community.

LHVC: What are your hobbies and pastimes?

J&B: They enjoy snow skiing. Bill has been a volunteer for Copper Mountain safety patrol for 10 years. They have a passion for traveling and

have done some amazing trips internationally. Jill makes jewelry and participates in art and gift shows around Colorado. They are both very active and involved in many different activities.

LHVC: What has been the most challenging and what has been the most gratifying experience of your life?

J&B: Over the years Jill and

Continued on Page 7

NIWOT'S FIRST FRIDAY ART WALK!
Friday, December 6th
along 2nd Avenue and in Cottonwood Square
Sponsored by the Niwot Cultural Arts Association
in conjunction with osmosis gallery

first friday at osmosis!
featured artists ■ food ■ drinks ■ music ■ sculpture garden
friday, December 6th 5pm—9pm

affordable art!
unique gifts
whimsical and practical
290 2nd Ave. in Niwot 303.652.2668 www.osmosisartgallery.com

KAMLA CHOPRA GRI, ABR
Broker Associate | REALTOR
136 2nd Ave, PO Box 814
Niwot, CO 80544

COLORADO LANDMARK REALTORS | LUXURY PORTFOLIO INTERNATIONAL | LEADING REAL ESTATE COMPANIES IN THE WORLD

"I take commitments to clients very seriously, and that is why many Boulder County families have trusted me to find them the perfect environment for them to call home."

Happy Holidays to One and All
Buying OR Selling, Call me for ALL your Real Estate Needs
303 641 5428

POET

Continued from Page 1

let him know that his engineering skills were in demand in the electric railway industry. So at 45 years old, he moved to San Francisco along with his two daughters and the first of his four wives. It was Hayes' home for 16 years, followed by 10 years living in Boston.

His career took him to trav-

els, and at times, living in South Africa, Australia, Canada, and Pakistan. He formally retired in 2018.

After two divorces (from his British wife and then an American wife) and the passing of his third wife, a Canadian, 73-year-old Hayes was waiting at a bus stop in Denver early one morning when he met Jackie.

"There was nobody else on the bus. I sat this side, she sat

that side....we hobnobbed and then I stayed on until she got off," Hayes said. "And I asked for her phone number." They married 10 weeks later.

Their home is filled with collections of items they love. One of those collections is a neatly packed wall of 2,600 Reader's Digest Magazines in sequential order. Hayes often randomly selects an issue to spark an idea for a new poem.

These days Hayes finds getting up, standing and walking very difficult, so he uses a cane and gets around his yard with a golf cart. His quick wit, warmth, and conversational skills counterbalance the slowness of his mobility.

"Wisdom is not knowledge. Wisdom is to know what to do with your knowledge. How to use it, not when to use it and to shut up if it's the right thing

to do," Hayes said. "Of course, that's the subject of all of this clutter here," Hayes says as he points to the fanned out books on the table.

Three years ago, Hayes' stepson David Byrd edited, organized, printed, and bound the poems Hayes began writing more than four decades ago into 10 books titled "In Other Words." The 1,000 pieces of work encompass love, divorce, anger, and grief all in a sweet, feisty, and uplifting style.

"They just shake out," he said, but sometimes that process takes hours. "I get a lot of pleasure out of it."

Taking the germ of what crosses his path, often from such famous people as Winston Churchill, Marianne Williamson, and Dolly Parton, Hayes finds the beat and appropriate rhyming verses to share the feelings he experienced from the originals - always acknowledging the source.

From entering the army which started his engineering path, to the call that led him to work in America, Hayes said, "I've never been a person to create my life. It's always been created for me. I've always done as I've been required." His writing is a requirement too he said, referring to his belief that "the man above" runs his life.

"When I read these poems, sometimes I can't finish it because tears come to my eyes," Hayes said. "How do you explain that one?"

Some luck is not in getting the things you think you want. The luck is having what you have and calling it your own. One day you might be smart enough to see that what you have is what you would have wanted if earlier you'd known.

- By Ian Hayes, based on words from Garrison Keillor
To reach Ian Hayes and learn more about his poetry and his books, write to IHayes@ltk.com.

Note: Ian came to the attention of the Courier when he submitted a rewriting of reporter Abigail Scott's article *Sprouting wings leads to growing unexpected roots* - <https://www.lhvc.com/story/2019/10/23/news/sprouting-wings-leads-to-growing-unexpected-roots/5045.html>.



MICHAEL SHURTZ
PAINTING
RESIDENTIAL AND COMMERCIAL
INTERIORS AND EXTERIORS
YEAR ROUND CUSTOM PAINTING
303-910-1674
Great Local References • Fully Insured
mwshurtz@yahoo.com



SALT of the earth
4520 N. Broadway Unit D - Boulder - Colorado
303-435-1039
GET SALTED - GLOW - RELAX - BREATHE EASIER
Visit: SaltOfTheEarthTherapy.com
To check out our Special Deals
and book your Dry Salt Therapy Session online.
Follow Us On Instagram & Facebook: @SaltOfTheEarthBoulder
Get Salted!



NIWOT TAVERN
MEET FRIENDS • LAUGH • EAT • CELEBRATE
TIME TO BOOK
Holiday parties
GIFT CARDS AVAILABLE
7960 Niwot Road
Reservations
303.652.0200
Like us on  for event information
order online www.niwottavern.com



WIMC
Annual Holiday Fayre
Saturday, December 14, 2019
8:30 AM to 4PM
The Left Hand Grange
195 Second Avenue in Niwot, Colorado
Santé Day Spa • Charities Within Reach • Sogno Toscano Olive Oils
Adorn Gift / Adornables • Rowan Studios • Gardena Designs
Ann Whitehill Fine Leather Goods • Porceland Kids • Heidi Pate Art
Waxing Poetic Jewelry • Woodturning by George Epp • Bolder Felt
Fly Away Home • Osborne Books • British Bash • 23rd Day
Young Living Essential Oils • Leslie Brown Arts • Bella Salt and Sauce
Coopers Small Batch Hot Sauce • Meadow Lake Honey
Adventure Gizmo Dog Products • Magic Fairy Candles • Rizzo Designs
Enjoy your HOLIDAY SHOPPING in a warm, relaxing atmosphere
Proceeds Benefit Niwot Local Charities
Christmas Fayre with a British Flair
Santa & Mrs. Claus will be there to hear wishes 1:00 - 3:00 PM
Charities within Reach, **Thailand Sale** upstairs at the Grange same day, same time!
FAMOUS BAKE SALE - Gluten Free Goodies Too!

Waco Curves II



Photo by Dani Hemmat

"Waco Curves II" by artist Rollin Karg

BY CAITLYN STUART
Editorial@lhvc.com

This article continues a monthly series about the artworks and artists chosen for Community Corner at Sculpture Park at the corner of 79th Street and Niwot Road.

This month's feature is "Waco Curves II" by artist Rollin Karg. This tall steel and blown glass structure is the most colorful sculpture currently on display, and the only one in the park which features glass. The sculpture is now a permanent resident at the park - after it was bought by the Burrell Family Foundation and generously donated back to Niwot through the Niwot Cultural Arts Association.

Rollin Karg grew up with men who worked with their hands. His father was a car-

penter. One grandfather was in construction, the other a tool-and-die man who could make things out of junk. His family wanted him to work more with his brain. Karg studied business for a time at Wichita State University and then launched an industrial engineering and sales career working with aircraft and other manufacturers. All the while, he liked being creative, dabbling in wood, metal and other craft work.

Although Karg spent the first part of his career as an industrial engineer, after exploring woodworking, pottery and photography, he began to focus his artistic efforts on what he had decided to be his true artistic purpose - glassblowing. He became a full-time glass artist in 1983 and has quickly gained fame for his contribution to the world of glass art. He has received a slew of awards in competitions and exhibitions across the United States.

Karg prefers to use traditional techniques of glassmaking that are thousands of years old. That said, he also adds his own inventive techniques to each project. He creates massive works of art, sometimes taller than 14 feet, through the use of a five-foot blowpipe.

He is especially well known for his creative use of dichroic colors - colors which convey one color while reflecting another - in his glass art. Over

the years he honed his skills and soon became well known within the art glass world for deftly mixing traditional glass making techniques with his own, more modern touches.

In the same year he became enamored with glass work, he opened his studio and gallery, Karg Art Glass, in Kechi, Kan.

His works started as paperweights, sculptures, bowls and perfume bottles, and have since expanded skyward. "Waco Curves II" is a prime example of Karg's expansive quality and unconventional mixing of media and technique.

Karg's works can be seen in galleries and exhibitions across

the United States, and at his studio in Kechi, a small community just north of Wichita. His sculpture, "Waco Curves II," is on permanent display at Niwot Community Corner at Sculpture Park. For more information visit www.niwot.com/sculpture and www.rollinkarg.com.

NIWOT REAL ESTATES' SMOKE SIGNALS!

Tis the Season for random acts of kindness!

Time to remember all the special people in your life including family, friends, care givers, first responders, mail persons, delivery drivers, shop owners and clerks, business people and countless others.

**Barb Ponesse,
Pat Murphy,
Charlotte Woodward,
Tara Littell,
Ann Mills,
Todd Goad,**

New Listing! Old Town Longmont!

\$765,000
913 3rd Avenue
Longmont
Tara Littell
303-819-2761

Wonderful home in Old Town Longmont. Walk to everything, then gather your fresh eggs and vegetables from your professionally built chicken coop and raised beds. Functional floor plan with large spaces & bedrooms. Wonderful back room with vaulted ceilings & large windows that open up to a large back deck overlooking the gardens & chickens. New kitchen appliances, furnace, A/C and roof. The best of both worlds, walk to town and have your chickens and gardens.

Totally Updated!

\$1,150,000
6940 Monarch Park Court
Pat Murphy 303-589-7025
Town close, country lot
4 bdrm, 3 bath. Totally updated with views.
Spaces for many activities in the finished lower level.
1+ acre lot with no HOA.

Back on Market!

\$675,000
7183 Dry Creek Court
Todd Goad 303-506-7357
Beautiful main level master suite w/walkout patio. Great natural light. Updated kitchen.
2nd floor bedroom & loft.
Right in the middle of Niwot.

Lock & Leave!

\$575,000
1033 Champion - Longmont
Pat Murphy 303-589-7025
Classically updated home. Private lot with mature landscaping. Room for guests in professionally finished lower level. The ease of low maintenance, but quality

NIWOT
Real Estate Inc.
7915 Niwot Road
Niwot, Colorado
niwotrealty.com
303-652-2626

SOLD!

\$767,000
7664 Estate Circle
Ann Mills -
303-875-7071
Listed & SOLD by Niwot Real Estate.

SOLD!

\$320,000
8033 Countryside Park #204
Pat Murphy
303-589-7025
Welcome the Wertz family.

SOLD!

\$369,000
6866 Countryside Ln. #248
Pat Murphy
303-589-7025
Listed & SOLD by Niwot Real Estate

Coming Soon!

Stable Lane

LIVE GREEN IN NIWOT. Walk to schools, town events and trails.

Massage Special

**90 MINUTE SESSIONS
\$65 FOR 1 - \$180 FOR 3
FOR YOURSELF, FAMILY OR FRIENDS**

TALITHA BUTTERFIELD, CNMT - 26 YEARS EXPERIENCE
303-652-0511 BFIELDTHERAPY@COMCAST.NET

Gym No. 5 – the place to do your heavy lifting



Photo by Vicky Dorvee

Power couple Gabrielle and Russell Chagolla recently opened Gym No. 5 in Gunbarrel offering a variety of high-caliber weight lifting and workout equipment. The gym is welcoming members of every experience and ability level.

By VICKY DORVEE
Editorial@lhvc.com

Russell and Gabrielle Chagolla, owners of Gym No. 5, added the tagline “Level the F*** up” to declare they’re fiercely serious about being the best lifting gym in the area. They should know... they’ve tried them all and when they didn’t find one

that worked well for them, they decided to invent it.

It took two years of planning, months of hands-on work, and a \$150,000 investment to bring the facility up to their standards. They quietly swung the doors open in mid-October. The 5,000 square-foot center is a short distance from their home in Gunbarrel. Recognizing that

some of their neighbors in the growing area are likely also looking for a bodybuilding, sports training, Strongman, Powerlifting and Olympic lifting training gym, they signed a five-year lease.

The married couple/business partners weren’t going to settle for one line of machines just to get a good price. They cherry-picked equipment from manufacturers in the lifting industry to totally trick out the gym with the most effective machines and equipment.

Members can zoom in on every muscle from head to toe with machines and calibrated plates from Precor, Rogue, Oly, EliteFTS, Hammer, and Arsenal Strength. There are yolks, stones, and logs to drag, push, and lift along with Monster racks, leg press machines, bars of every kind, plate-loaded machines, competition level equipment, and something called a GHD/Reverse Hyper.

“A lot of it is equipment we’d seen being used by some of the best in the business on social media or on TV with Strongmen events,” Gabrielle said, “but we’ve never had a place where we could go to

have access to it. So we did a lot of research finding each piece of equipment that was the best of the best.”

Some other differentiators: platforms with sound- vibration dampening capabilities, a Run Rocket machine and thirty yards of turf to accelerate on, and no finger shaking when it comes to using chalk or grunting loudly.

The couple met in college while taking classes toward their integrative physiology degrees at CU-Boulder and coincidentally also working at the recreation center. Russell worked in the weight room and Gabrielle was in the facilities management area. They’re both native Coloradans, not surprisingly avid athletes, and well entrenched in the local workout scene.

Gabrielle’s sport of choice has been swimming, both as a participant and a coach at

youth and masters levels. Lifting to train and stay in shape is part of her repertoire. For 15 years, Gabrielle has also been a bartender for Pasta Jay’s Restaurant in Boulder.

Russell’s first job was in a fitness center. “I really took to the gym atmosphere and then I got an apprenticeship fixing equipment. It’s always been a dream to open a gym, ever since I was a kid.” He’s a powerlifter and Strongman participant and has been a coach, mentor, and personal trainer in those realms. For the last 11 years he’s worked in the digital marketing industry.

Thanks to their backgrounds, they’re customer service experts. “We love building an atmosphere where people are having a

Continued on Page 7

Come enjoy our home sweet home
Join us for an open house
December
11th & 12th From 9:00 AM to 7:00 PM
Take in our brand new look with
Food, Drinks, and great company

6964 N 79th St.
Niwot, CO. 80505

Classic Looks
FROM HEAD TO TOE

503-652-3501

FISKE
PLANETARIUM

Season of Light

SEASON OF LIGHT created by LUCKYNESS PRODUCTIONS
DIRECTED BY NEAR ADAMS WRITTEN BY JAMES C. MANNING PRODUCED BY MARK C. PETERSEN MUSIC BY GEMINIUM
ARTWORK BY TONY KISHOR MICHAEL W. CARROLL COSTUME DESIGNER JENNIFER TUMAKA JACOB TALLEY
EXECUTIVE PRODUCERS DOORSEKIM PHILIP HERMAN SCOTT CONRADIAN CAREN WILSON LINDA PETERSEN

Tickets at colorado.edu/fiske or 303.492.5002

WHITENERS

Continued from Page 3

Bill have had many challenges - health, caregiving, and losses - but have made those challenges learning experiences and opportunities to grow. They have taken in many exchange students over the years from Germany, France, the Children of Chernobyl from Belarus, and some of Jill's students.

LHVC: What would we be surprised to learn about each of you?

J&B: Bill was a league champion pole vaulter in high school. He also raced dirt bikes and was in the Baja 500 and 1000. Jill rode and jumped horses and was in many horse shows. She was also a ski racer in Aspen and skied in a Walt Disney movie.

In closing, they want the community to know that their life in Niwot is filled with meaning and purpose because of their challenges in life. It has allowed them to be helpful to others and to be of service to their community.

GYM NO. 5

Continued from Page 6

good time and feel comfortable," Gabrielle said. "We like to host a community of people who enjoy fitness, are serious about training and who want to have a good gym to come to and get in a good workout while having a community around them that can build them up and support them in whatever their fitness endeavors are."

The two of them plus their three kids - Julian, Lola, and Gia - equals five and that's one of the reasons for the No. 5 part of their business name.

Russell said, "We built the gym so anybody from beginner to an elite athlete can come in and have the equipment they need. We have Olympic weight trainers, powerlifters, and we also just had a 70 year-old lady walk through the door who wants her upper body to be stronger."

Down the road they plan to host meets and organize

friendly competitions preceded by teaching clinics in bench press and squats for instance. They're also getting established as a USA Powerlifting-friendly gym.

The club also has cardio machines to warm up on or mix into a workout. Other features of the gym are lockers, a dining, lounge and television area, a sink and microwave to help with pre-workout meals and refueling, and two full bathrooms. Personal training is available as well. Members have 24-hour access to the facilities.

They are offering a seven day free trial membership and a three month introductory membership at \$59.95 per month. Rates are normally \$79.95, but students, military, first responders, and 55+ members can pay at a discounted rate of \$69.95.

For more information on Gym No. 5, visit www.gym-five.com or call 303-815-3934. The facility is located at 6420 Gunpark Drive, Ste. B Gunbarrel.

Restore
your investment in luxury.

Free Evaluation
Owned & Operated
for 16 Years.

Before

After

LEATHERMAN RESTORATIONS

970.390.8595
www.leathermanrestorations.com
dennislowrie@gmail.com

NOURISH & Charm
HEALTHY ENTERTAINING MADE EASY & ELEGANT

My healthy entertaining website is my gift to you!

WWW.NOURISHANDCHARM.COM @NOURISHANDCHARM

Sign up for weekly newsletters & follow on Instagram!

Commercial & HOA Fully Insured Professionals

All-Pro Lawns Inc

Landscape Construction & Design • Grounds Maintenance • Aeration & Fertilization • Spring & Fall Cleanup • Full Landscaping Services • Rock • Mulch • Flagstone Work • Tree & Shrub Planting • Shrub Trimming/Shaping • Tree Removal • Boulder Placement • Retaining Walls • Cement Work

303-776-7632
www.allprolawninc.com

Happy Holidays from
Southwest Acupuncture College

Low-cost Acupuncture & Herbal Treatments

Appointments from \$19.25 - \$31.25. Call today!
303-581-9933 6630 Gunpark Drive Boulder, CO

LOCAL FARMS

Continued from Page 1

"It's obvious that they need grass," said McCauley, "but it's not as obvious that grass needs them." The cornerstone of McCauley's operation is using animals to regenerate depleted pasture, including a denuded parcel that the City of Boulder has placed in his care.

McCauley also is experimenting with perennial food crops. "It's asking a lot of the land to give us annuals year after year," he said. Annuals are relatively rare in nature and

require more resources than perennial plant systems. McCauley is experimenting with drought resistant perennials, including mulberries, siberian pea shrubs and a perennial wheat called Kernza.

And yet, most all of our food crops are annuals. How do our local farmers manage?

For Aspen Moon Farm, it's all about fertility. This farm is certified organic, but also biodynamic. "It's another layer of regenerative agriculture," explained co-owner Erin Dreistadt. "One big aspect is we work really hard to create all our own fertility on the farm."

Fertile soil produces nutrient dense vegetables, which is an important part of Dreistadt's mission. But another piece is helping customers eat with the seasons. At this time of year, Dreistadt's advice is, "Stock up on root vegetables." Trim off the greens and excess roots, store them in a plastic bag in the fridge, and get used to vegetables that "look a little different."

But vegetables aren't the only crop you'll find there. "There is quite a movement now in heritage grains in the area, and it's because there is a lot of belief around digestibility

of wheat, and that heirloom heritage grains are more digestible," said Dreistadt. Heirloom popcorn, cornmeal, and heritage wheats make excellent holiday gifts.

But no matter how prepared farmers are, every year is different. "This past growing season was not a fantastic one for warm summer crops," said Anne Cure, owner of Cure Organic Farm. A late summer and an early freeze meant smaller root crops and lower yields of heat-loving crops like peppers, tomatoes, and melons. Cure is adapting by growing more greens than usual in her hoop houses.

Her newest experiment is growing micro-greens year round. And though the farm store will close in mid-December, Cure supplies local restaurants year-round. You can enjoy Cure Farm produce at Rosetta Hall, The Kitchen, Frasca, Flagstaff House, Pizzeria Locale, Acreage, and several restaurants in Denver.

Cure has also diversified by bringing an educational component to her farm, helping visitors understand "how and why local farms are important and what ecosystems look like." Cure encourages people to think of her farm for group tours, volunteer opportunities, and team building exercises, especially come spring.

The work of farming is seasonal, but the work doesn't end when the farmer's market closes down. "Farming is also running a business," Dreistadt said, "so winter is for hiring, creating positions, doing all our organic certification paperwork, and planning the whole farm for the next season."

So how can we support

our local farms over winter? For some, including McCauley Family Farms, the Winter Farmer's Market will be the last opportunity to sell goods for the year. Look for their ferments and pickles at the market; these non-perishable goods make excellent holiday gifts.

The Cure Farm farmstand will remain open through mid-December as long as the temperature is above 40 degrees. If you are looking for some alternative holiday gifts, Cure Farm is selling Rambouillet sheep skins as well as bundles of pasture raised pork and beef. It also offers a farm stand card that is essentially a gift card; it entitles the owner to a 10% discount on all products, March through December. Products include vegetables, chicken eggs, duck eggs, honey, meat, and fruit from the Western slope.

Aspen Moon will also continue to open its farm stand as weather permits. Getting on their email list is a wonderful way to keep track of open hours.

And finally, think about investing in a CSA--Community Supported Agriculture. Buying a share entitles you to a portion of farm products weekly or bi-weekly through the growing season. The up-front income helps farmers prepare for the year. Most local farm CSA registrations will open too late to give them as a holiday gift, but look for them come mid-January.

And in the meantime, pay our local farmers a visit at the Winter Market. The market will run from 9 a.m. - 3 p.m. at the Boulder County Fairgrounds on Dec. 7 and 8.

Local Love for Lily collection box



Courtesy Photo
Deborah Fowler, Gillian Marie, and Bonnie Beam (L-R) of Colorado Landmark Realtors on 2nd Avenue in Niwot are collecting items to be donated to Love for Lily, a charity

By VICKY DORVEE
Editorial@lhvc.com

Deb Fowler understands how scary and difficult it can be with a newborn in the Neonatal Intensive Care Unit (NICU) of a hospital. So when she learned about the organization Love for Lily, whose mission it is to help families with children in a NICU to thrive while in the hospital and when they go home, she was moved to support them.

"It's a charity we chose because myself and Bonnie [Beam], who's on the team, were both NICU moms and we would have loved something like this." Fowler's son Oliver was born 10 weeks early weighing one and a half pounds.

Some suggested items for donation are colored pencils, children's books, gift cards of any denomination to Target, Starbucks, Amazon, chocolate, novels and poetry books for

parents, hand lotions, baby care essentials such as wipes, diapers, and onesies.

Love for Lily assists parents by helping families navigate NICU challenges, providing comforting and essential items, and offering supportive resources including grants and group meeting. Over the holiday season, Love for Lily provides gift packages to hundreds of families in NICUs.

Drop offs are being accepted

at Deborah Fowler's Colorado Landmark office inside the Niwot Emporium building located at 136 2nd Ave C, Niwot, CO 80503. Office hours are Monday through Friday, between 9 a.m. and 5 p.m., but there will be a collection box outside where items may be left outside of office hours.

To learn more about Love for Lily, visit <https://www.lfnicu.org/>.

State Farm™
Joe Chrisman
 Agent
303-449-7900
 LOCAL NIWOT RESIDENT
www.agentjoechrisman.com
 Convenient Downtown Boulder Office Location

RCN
Tasting Trail
 Niwot/Longmont, CO
 Supporting Our Community

The Holiday Gift that KEEPS GIVING!
 The \$20 Tasting Trail app fits your phone and is good for FREE food and drink at many Niwot & Longmont area establishments.

Buy a \$20 card to stuff stockings, or holiday cards, for others via:
www.RCNTastingTrail.com
 All net proceeds go to charity!

GET IT ON Google Play
 Download on the App Store

Rotary
 Club of 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

we trees

TADDIKEN TREE co
taddikentree.com 303.554.7035

Chilling at Enchanted Evening

The conditions were decidedly seasonal at Niwot's annual Enchanted Evening celebration, held Nov. 29

from 6 to 9 p.m. Hearty locals braved frigid temperatures and snowy sidewalks to enjoy musical performances, the

holiday tree lighting, shopping deals, and a visit from the big man himself.



Photo by Karen Copperberg

The holiday tree cast a purplish glow on attendees at this year's Enchanted Evening celebration, held annually in Niwot on the Friday after Thanksgiving.



Photo by Karen Copperberg

Thomas Studholme works on the window for Porchfront Homes on 2nd Avenue, as part of Enchanted



Photo by Karen Copperberg

Local business Fly Away Home donned a gnome theme for Enchanted Evening.



Photo by Karen Copperberg

The Niwot Community Semi-Marching Free Grange Band played for the holiday crowd on Enchanted Evening. Behind the band is the town's community tree which was lit up that night to welcome the holiday season.



Photo by Karen Copperberg

Santa arrived in a horse-drawn carriage, then headed over to the Left Hand Grange, where he visited with children and heard many a holiday wish.

Niwot alum opens apothecary to help locals' health

By HANNAH STEWART
Editorial@lhvc.com

According to IQVIA, a health information and technology company, 3.79 billion prescriptions were filled by pharmacies across the country in 2018. That's 11 times the population of the United States. While Western medicine has certainly developed over time, we still hear near-constant reports of prescription drug abuse. But what if there was an alternative?

Natural medicine has been around as long as ailments have been, and many of our modern medicines still draw from plants. This struggle between ancient and modern remedies inspired Niwot alum Bobby Vu to look into natural medicine, first working in an apothecary, before ultimately opening his own in 2017.

"I do believe that you should be able to take both," said Vu. "Growing up in Niwot, I think it was an open community to looking at natural medicine, it gave me more ease to step into this world as an adult and I'm glad it did."

He explained that after seeing his community taking prescriptions that didn't seem to truly fix their health issues, he was interested in finding an alternative path. This path led him and a few friends to work at an apothecary together, but with time, they took classes that taught them how to make herbal blends for treatment. With these lessons in mind, they

established Terra Apothecary.

"We sell bulk herbs so that you can find what works for you," Vu explained. With pre-made herbal blends such as those found in treatment teas, the ratios of herbs aren't one-size fits all. At Terra Apothecary, Vu and his team seek to provide insight and help to their customers. "They're really in the driver's seat. We'll guide them to making a stand for their own health."

Because the Terra team guides their customers, they end up developing relationships and ultimately a community among the two groups. Vu described how at the opening of their Denver Broadway location, there were numerous people supporting their business. "It's hard not to feel the love!"

When asked about their products and services, Vu was excited to talk about their variety of herbal remedies, essential oils, natural skincare, and their new CBD product line. He said that since CBD products are getting a lot of publicity lately, they have been very popular with customers. However, he does wish that people gave the herbal remedies more of a chance. "I think when people think of herbs, they don't think of taking a tea as being helpful for their overall health. When you start incorporating that, it can be really effective."

He explained that even taking a moment to prepare a tea and

reflect on the fact of taking time for one's self, can help improve one's health as well. Vu acknowledges that it can take courage to take the step and take charge of your own health. That's why he believes so much in Terra's method of show-

ing customers products, and then giving guidance on their alternative medicine journey. He's also hopeful that they may offer classes in the future and encourages people to follow Terra Apothecary on Facebook at @TerraDenver and

Instagram @TerraApothecary to receive updates.

"Doing these little things can be very helpful," said Vu. "It's nice to see people finding relief through different alternatives."

LUXURY PORTFOLIO INTERNATIONAL
COLORADO LANDMARK REALTORS
— est. 1977 —

| | | | | | |
|--------------------|----------------|--------------|-----------------|----------------------|-------------|
| | | | | | |
| KAMLA CHOPRA | DEBORAH FOWLER | ED SPREDER | KARLYNN SPREDER | KATHLEEN SPANO | BONNIE BEAM |
| | | | | | |
| MAYOURA PHANNADETH | MARA YEHL | DONNA JENSEN | BETSY FOLSOM | SHANNON ANDREWS PALO | ED WEAVER |

| | | |
|---|---|---|
| <p>JUST LISTED</p> <p>6936 PAWNEE WAY, NIWOT \$1,171,000 Deborah Read Fowler 720.378.1217</p> | <p>UNDER CONTRACT</p> <p>1445 BOWEN ST., LONGMONT \$519,900 Ed Weaver 303.717.4304</p> | <p>FOR SALE</p> <p>1031 PORTLAND PLACE, #2, BOULDER \$539,000 Deborah Read Fowler 720.378.1217</p> |
| <p>UNDER CONTRACT</p> <p>5624 RIM ROCK CT. BOULDER \$599,900 Kathleen Spano 303.885.0876</p> | <p>JUST LISTED</p> <p>6933 SPRINGHILL DR., NIWOT \$964,000 Deborah Read Fowler 720.378.1217</p> | <p>JUST LISTED</p> <p>1590 SAGRIMORE CIR., LAFAYETTE \$399,000 Betsy Folsom 626.590.8037</p> |
| <p>FOR SALE</p> <p>3460 23RD ST, BOULDER \$1,139,000 Betsy Folsom, 626.590.8037</p> | <p>BEAUTIFUL SETTING</p> <p>8955 LITTLE RAVEN TR. NIWOT \$1,599,000 Deborah Read Fowler 720.378.1217</p> | <p>JUST SOLD-REPRESENTED THE BUYER</p> <p>5135 FOXGLOVE TR, BROOMFIELD \$1,050,000 Shannon Andrews Palo 720.530.5289</p> |
| <p>UNDER CONTRACT</p> <p>4655 ASHFIELD DR., GUNBARREL \$565,000 Karlynn Spreder 303.517.0026</p> | <p>FOR SALE</p> <p>694 FOSSIL BED CIR, ERIE \$599,000 Ed Weaver 303.717.4304</p> | <p>UNDER CONTRACT</p> <p>7180 LONGVIEW DR. \$979,000 Deborah Read Fowler 720.378.1217</p> |



Courtesy Photo

TerraApothecary in Denver (1452 S. Broadway) offers a variety of natural remedies including herbal teas/supplements, CBD products, essential oils, and even natural skincare.



SCHOOL NEWS

Rotary Club of Niwot donates dictionaries to local students

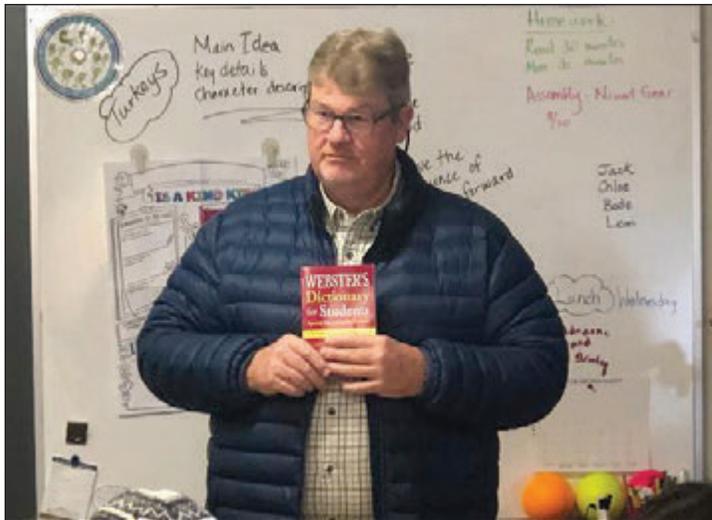


Photo by Jocelyn Rowley

On Nov. 21, third graders at Niwot Elementary School received personal dictionaries donated by the Rotary Club of Niwot. Rotary members Eli Buzas, Kevin Parrot, and Dennis Daly, retired principal of Niwot High School, visited each of the three classes and distributed the dictionaries to each student. "It was a breath of fresh air and sort of invigorating to me," said Daly (pictured) after the visit. "I just wish everyone could experience the positive environment that Principal Nancy Pitz continues to foster in our little neighborhood."

Dawson student works with veterans to launch teen mental health program



Courtesy Photo

Dawson senior Spencer Sampliner developed a teen mental health program after working with veterans.

Special to the Courier
Editorial@lhvc.com

During a recent summer job, Dawson senior Spencer Sampliner encountered and was moved by the stories of veterans and mental health issues brought on by high-stress battle situations. He then made an important connection: Extensive research has been conducted on how best to treat the troubling symptoms created by extreme stress, anxiety, and depression -- the very same symptoms which lie at the heart of the current teenage mental health crisis.

Sampliner also recognized that, in the same way the veterans' stories had an impact on him, that this might be an avenue to open up conversations about men-

tal health with his peers and other teens. These veteran speakers, with their compelling life stories and experience, can command the attention of teens in a way others might not, and lead them to invest in self care.

He applied for a Wolf Scholarship grant available to Dawson students and used the funds to develop a program that is rolling out at Dawson School and other schools in the region. Veterans and other community leaders such as emergency first responders have presented to Dawson students and families, and now Sampliner is successfully scaling this program to other schools in the region, such as St. Elizabeth's in Denver, Watershed School in Boulder, and Vail Mountain School.



Wheel of Color
FULL SERVICE PAINTING

Mention this ad for 5% discount

Specializing in
FINE INTERIOR FINISHES



Fast, Courteous, Quality Work at Affordable Rates

Tom Baldwin
720-552-1204
tom@wheelofcolor.biz
www.wheelofcolor.biz
7960 Niwot Rd. #C10

Porchfront
HOMES





Custom Homes and remodels
as unique as the people who live in them

www.porchfronthomes.com
102 2nd Avenue Niwot
303-44BUILD

LEFT HAND VALLEY
COURIER





SPORTS

Niwot boys basketball preview

New coach looks to seniors for leadership

By JOCELYN ROWLEY
Editorial@lhvc.com

Clayton Wittrock isn't sure that the Niwot boys basketball team is ready to contend for a Northern League title, but the first-year head coach does have an undeniably sunny outlook for the upcoming 2019-20 season. With a talented core of seniors, plus some future stars, the former Grand Junction assistant said the new-look Cougars are just a few tweaks away from a run in the Class 4A playoffs.

"I think the team is going to look much different than last year. We are a motion-based offense. My hope is that you're going to see a team that shares the ball a lot more, utilizes the



Courtesy Photo

Seniors Jarrett Noterman, Kyle Reeves, Cooper Sheldon, Milo Ostwald, Austin Rathburn and Noah Pena return to the varsity lineup for Niwot this season.

strengths of all of the guys on the floor, and one of our goals is to be a much tougher and much more aggressive defensive team."

Fueling much of Wittrock's optimism for this season are the returning starters, a close-knit group headed by three-year varsity veterans Milo Ostwald

and Cooper Sheldon. Last season, Sheldon averaged six points per game for Niwot at point guard, and was a team leader in rebounds and assists. This year, Wittrock expects the pair to assume an instructional role in the program, and not just for the younger players.

"Their varsity experience makes them the guys that I go to right away with the expectation that they be able to educate... some of the other seniors who haven't seen as much time, about the speed of the game and the decision-making," he said.

In all, the Cougars' varsity

lineup features six experienced seniors who are all eager to see their high school careers end on a positive note. Joining Ostwald and Sheldon are Jarrett Noterman, Noah Pena. Kyle Reeves, and Austin Rathburn, who impressed Wittrock with hard work and leadership during the pre-season. Other varsity players include sophomore Rowan Granat, who swung up from junior varsity last season, sophomore Dev Mudukutore, and juniors Gage Gruidel and Brennan Noterman.

"We have a group of seniors that have played together for a long time, that like playing together, and are motivated," the coach said. "From an in-game standpoint, there's a group of guys that understand we're not going to lean on one or two, we're

Continued on Page 16

FLAGSTAFF ACADEMY

We've Got

DRAGON PRIDE



Perseverance Respect Integrity Dependability Empathy

Come visit us and learn why we're a National "School to Watch"!

Taking reservations for 2020-2021 School Year Tours and Open Houses now!

www.flagstaffacademy.org

- 2019 Colorado Trailblazer and National School to Watch
- Colorado Shines Quality Rating Level 5 Preschool
- Small Class Size and Dedicated Staff
- Greenhouse Classroom and Garden
- Robotics, SmartLab, Elementary Science Lab



Niwot students compete in NYC cybersecurity event

By JOCELYN ROWLEY
Editorial@lhvc.com

The honors just keep coming for Niwot students and budding infosec experts Davita Bird, Julia Curd, and Caitlyn Fong. Last month, the trio was one of two all-girls teams invited to compete in the 16th annual Cyber Security Awareness Week competition, the largest student-run contest of its kind.

"It was awesome to be one of the two girls teams," Curd said of the three-day event, which was held at the NYU Tandon School of Engineering in Brooklyn, from Nov. 6-9. "We actually ended up making friends with the other team, and they were super awesome."

The competition featured 180 teams from around the world, competing for more than \$1 million in scholarships. The all-girls

teams were invited as part of CSAW's efforts "to employ the games as a gateway to a field in which women represent only 24 percent of the global workforce," according to the competition website. Earlier this year, Bird, Curd, and Fong competed Girls Go CyberStart security challenge, a similar venture sponsored by the SANS Institute in Bethesda, Md., and were the top finishers in Colorado. For Curd, these initiatives are sorely needed for girls considering their future careers.

"I think it is so important that

CSAW provided the opportunity for some all-girls teams to go because out of all the STEM fields cybersecurity is one of the least diverse," she said.

Unfortunately, the Niwot girls didn't finish among the top teams in Brooklyn, but Curd said the challenging puzzles made the event a valuable learning experience.

"Friday was the actual competition, and the premise was we were given a couple of websites and tasked with finding the vulnerabilities of them. We used lots

of SQL injection, source code, directory traversal, and some cross site scripting in our investigation. It turns out the mayor was corrupt and using the towns traffic lights to mine bitcoin."

The team also made some valuable connections.

"We had the opportunity to meet lots of people in the industry and learn a lot about working in cybersecurity," she said. "We had tons of fun in New York and were so thrilled to be invited and experience this amazing opportunity."



BANK OF ESTES PARK
NIWOT BRANCH

Our Customers Are Our First Priority

7980 Niwot Road - Niwot, CO 80503
(303) 652-8082
www.bankofestespark.com



Courtesy Photo

All-girls teams from Niwot (Caitlyn Fong, Davita Bird, and Julia Curd) and Poolesville, MD were invited to participate in the 16th annual Cyber Security Awareness Week competition, held Nov. 6-9 in New York City.

NHS SPORTS

SCHEDULE

DEC. 4 THROUGH DEC. 13

| | |
|--|--|
| <p>Wednesday, Dec. 4 5:30 p.m. - Girls basketball @ Frederick 7 p.m. - Boys basketball @ Frederick</p> | <p>Wednesday, Dec. 11 7:30 p.m. - Girls basketball @ Ft. Lupton tournament</p> |
| <p>Friday, Dec. 6 Niwot cheer @ Class 4A state championships 5 p.m. - Girls swim & dive Viking Invitational (Valley HS)</p> | <p>Thursday, Dec. 12 4 p.m. - Girls swim & dive vs. Centaurus 6 p.m. - Wrestling vs. Greeley Central</p> |
| <p>Saturday, Dec. 7 8 a.m. - Wrestling @ Mike Stanley Invite (Fairview HS)</p> | <p>Friday, Dec. 13 Boys basketball @ Ft. Lupton tournament (TBA) Girls basketball @ Ft. Lupton tournament (TBA)</p> |
| <p>Tuesday, Dec. 10 3 p.m. - Boys basketball @ Ft. Lupton tournament</p> | |



FRONT RANGE ORTHOPEDICS & SPINE

1610 Dry Creek Dr. Longmont
"Within 10 minutes of Niwot and Gunbarrel"

303.772.1600
FrontRangeOrthopedics.com



Courtesy Photo

Caitlyn Fong, Davita Bird, and Julia Curd worked through a series of difficult cyber security challenges at the 16th annual Cyber Security Awareness Week competition, held Nov. 6-9 in New York City.

ROUTE & SUBSTITUTE CARRIERS

The Left Hand Valley Courier is in need of a carrier for a Niwot route as well as substitute carriers. Candidates must be self-starters with transportation, available on a moment's notice and pay attention to No Delivery details. If you are interested, please email editorial@lhvc.com.

PAINTING

MICHAEL SHURTZ
PAINTING
Residential & Commercial
 Interiors & Exteriors
 GREAT Local References
 Fully Insured
mwshurtz@yahoo.com
303-910-1674

HOUSEKEEPING

Marilyn's House Cleaning
 14 years' experience, excellent references available.
 I currently clean for 10 Niwot, Boulder and Gunbarrel homes.
 One person cleaner.
 Detailing is my specialty.
720-810-2036

CARPET CLEANING

ALL-PRO STEAM CLEAN
 Locally Owned and Operated
 Steam Cleaner. We've been Making carpet healthy and Beautiful for 18 years!
 Ask for the Niwot Special
Call: 303-596-3106
www.allprosteamclean.com

GUITAR LESSONS

EASY GUITAR TAUGHT EXPERTLY
 Learn your favorite songs, quickly, at home! 4 one-hour lessons for \$150 locally. All ages/styles. 303-349-2763
soyouwannaplayguitar.com

LANDSCAPING

GARDEN RENOVATIONS LANDSCAPING
 A full-service design and build company in Boulder County for 28 years doing plantings, irrigation, patios, walls, walkways, etc.
 We Do FALL CLEANUPS and PRUNING!
 Call/text Joe @ 720.243.1510;
 Email: joe.reichert@jimtown.org;
 Website: gardenrenovations.pro

Local references

COUNSELING

"MANAGING GRIEF THROUGH THE HOLIDAYS" SEMINAR
at the NIWOT COUNSELING CENTER
 Holidays are painful when you've lost a loved one. Join therapist Christine Ruth, M.S. LMFT for an informative seminar.
 Thursday, December 12th from 6:30-8:30pm OR
 Friday, December 13th from 12:30-2:30pm \$10/person.
 RSVP at christineruth@niwotcounseling.com

Left Hand Valley Courier Classifieds
\$21 flat rate, 8 lines (6 words per line).

Send a check with your ad, name and phone number to P.O. Box 652, Niwot, CO 80544.

Contact advertising@lhvc.com with questions.
The deadline for the ad is the Thursday prior to next week's publication.

Boulder County's Finest European Auto Specialists for 35 Years!

Quality Sales, Service & Parts Since 1984

MERCEDES BENZ • AUDI • BMW • PORSCHE • VOLVO
 MINI COOPER • VW • LAND ROVER • JAGUAR



GUNBARREL IMPORT MOTORS

283 2nd Ave., Niwot
 Off the Boulder / Longmont Diagonal

Locally owned and operated!

303.652.3040
www.gunbarrelmotors.com

Injured in an auto accident that was not your fault? Here are some helpful tips!

1. Call the police to the scene
2. Take photos of all vehicles involved
3. Seek medical attention
4. Take photos of any visible injuries

Free case evaluation!



FUICELLI & LEE, P.C.
 EXPERIENCE MATTERS

www.ColoradoInjuryLaw.com

Longmont Office
 720-494-0444
Denver Office
 303-355-7202



Jessica "Jess" Cash, Partner
 Lead attorney in Longmont and resident of Boulder County

Whiskers & Tails
Pet Sitting



Promise to keep them purrin' & waggin' while you're away.

KATHY KESTER
owner

303.581.9990
303.579.6807 (cell)



The Niwot Law Bunch

joyful
HOLIDAYS

WARREN, CARLSON & MOORE, LLP
www.niwotlaw.com

BBB

Continued from Page 13

going to be five, six, seven deep, ready to share the ball.”

Wittrock will be relying on those seniors as the program transitions to a new style on both sides of the ball. His goal is to build a “defense-first” team, supplemented by a “smart, yet aggressive” offense that creates and makes high-percentage shots. Last season, Niwot averaged 54 points per game and shot 46% from field goal range.

“I’m a strong believer that the more guys you see in the score book generally points towards a team that’s hard to beat,” he said. “I think we have the potential to be a decent shooting and a decent scoring team, if we’re taking the shots within the offense and not gambling.”

Unfortunately, the defensive transformation has proved a bit more challenging, and Wittrock said that could be a liability against conference rivals Longmont and Silver Creek, who outscored the Cougars by an average of 30 points in their games last season.

“We’ve got to embrace that identity as a defensive team...If

we are defensively holding teams to single shots that’s going to be a big thing for us. We need to force teams into bad shots and tough shots, and we need to limit them to one. We can live with a tough one that goes in, but we can’t live with giving them two or three attempts.”

His sunny outlook notwithstanding, Wittrock knows a lot will have to go right for Niwot to earn its first postseason berth since 2016-17. With emerging programs like Frederick and Erie on their non-conference schedule, the Cougars might not have many wins before league play begins in January. For Wittrock, however, wins are only one measure of progress.

“We need the ability to roll with the punches. We’re going to face some adversity, and we’re going to play some really good teams, and we have to fight through when things don’t go right, and we can’t get too up when things do go right. The more we develop that, it’s going to get us through, and we’re going to see some successes.”

The Clayton Wittrock era of Niwot boys basketball kicks off on Wednesday, Dec. 4 on the road against Frederick. Tip-off is at 7 p.m.



The place WHERE IT'S COOL TO LIKE SCHOOL.

A PLACE TO BE YOURSELF.

PRESCHOOL

- Social-Emotional Focus
- Developmentally Appropriate Academics
- World Languages, Music, Science, Library
- Field Trips
- Dynamic Outdoor Space
- Cultivating Joy, Curiosity & Wonder

ELEMENTARY

- Early Education, Balance-Literacy Program
- World Languages
- Innovation & Science Labs
- Performing & Visual Arts
- Character Education
- Engaging & Joyful Project-Based Learning

MIDDLE SCHOOL

- International Baccalaureate Program
- Competitive Athletics
- Leadership & Character Education
- 50+ Electives
- Executive Function & High School Prep
- Engaged & Curious Students

Open House February 4th

