

COURIER PRODUCTION OF THE PROPERTY OF THE PROP



SPORTS More Spring

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Wednesday, March 13, 2019

Niwot Rotary Club spreads the love of reading

BY VICKY DORVEE Editorial@lhvc.com

The National Education Association's celebration Read Across America has been an annual event since 1998. What better day to revel in reading than to honor cherished children's author Dr. Seuss? His March 2 birthday was chosen to spread the excitement of reading.

On this national celebration of the wonder and importance

of reading, Niwot Rotarians, known for bringing about positive changes in the community, read stacks of Dr. Seuss's beloved stories aloud to every grade in Niwot Elementary School.

This was the group's sixth year of reading "One fish, two fish, red fish, blue fish..." and watching smiles come over the childrens' faces and with that, their mission to spark the love of reading was accomplished.



Niwot Rotary Club celebrated Read Across America by spending the morning reading Dr. Seuss books to students at Niwot Elementary School. Before heading into classrooms, the Rotarians posed for a picture. L-R back row, Dennis Daly, Thom Lynch, Marty Wehr, Pat Engstrom, Front row, Stacey Goresko, Chris Wiorek, Deb Shumar, Ron Grunzweig



Niwot Rotary member, Marty Wehr captivated his first-grade audience as he read Dr. Seuss's book, The Butter Battle Book, to Mrs. Easley's class in honor of Read Across America.

Winter gives athletes (and the rest of us) a chance to take a break



Photo by Topher Riley

Joe Gambles is a professional triathlete who lives in Niwot.

BY DANI HEMMAT Editorial@lhvc.com

This long, cold winter has many feeling cooped up. For people who exercise and train outdoors-which is a large portion of Boulder County's population—the icy paths and sub-zero temperatures make keeping up a regular regimen challenging.

But using the weather to change up movement habits and patterns could be the best thing for more productive and safe training for the rest of the year.

Joe Gambles, an Australian transplant who lives in Niwot with his wife and toddler son, is a professional triathlete. Now 37, he did his first triathlon when he was just 12. Competing

Continued on Page 4

Family heritage workshop coming to the Left Hand Grange

BY JOCELYN ROWLEY Editorial@lhvc.com

DNA testing companies like 23&Me can tell you about your genetic origins, but they can't tell you much about the fateful encounters, harrowing escapes and happily-ever-afters that helped those genes make their way to you. For those curious about the human drama in their family's story, researching and preserving genealogical information doesn't have to be a major undertaking, according to local historian and Gunbarrel resident Dina Carson.

Carson is hosting the workshop Publishing Your Heritage and Family Research at the Left Hand Grange (195 2nd Ave., Niwot) on Sunday, March 17. Though publishing might seem like one of the final steps in a family history project, Carson's workshop is for even those in the earliests steps of their journey.

"The workshop will be good for complete beginners as well as people who are farther along in the research," she wrote in an email interview about the upcoming event, which is sponsored by the Niwot Historical Society. "I plan to start the class with a section that shows family history writers how to plan a doable project and follow it up with a section on what their publishing options are."

Carson is a seasoned local researcher and author who discovered her passion for genealogy while researching her own family's story as a high schooler. In the years since, she has been active in a number of area genealogical and historical associations and has assisted several local families uncover more about their roots in the area. She is also an avid photographer, and has photographed "almost all of the cemeteries in Boulder," including Niwot.

She currently coordinates the Boulder Genealogical Society's Boulder Pioneers Project, which "seeks to identify each of the men and women who arrived in **Boulder County before Colorado** became a state in 1876, and to gather genealogical information about the descendants of those pioneers," according to the organization's website. Carson launched her project about 10 years ago, just before Boulder's Sesquicentennial in 2009 and was surprised by the amount of source material she was able to uncover.

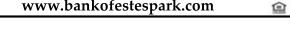


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Community Calendar

FAMILY HISTORY

The Niwot Historical Society is hosting "Publishing Your Ancestral Research" workshop on Sunday, March 17th, at 1 p.m. at the Left Hand Grange in Niwot (195 2nd Ave.) Admission is free for NHS members and \$10 for non-members. Seating is limited, so please contact info@ niwothistorical society.org for a reservation.

PANCAKE BREAKFAST

Flagstaff Academy will be holding a community pancake breakfast on Saturday, March 16 from 9-11 a.m. at Flagstaff Academy (2040 Miller Drive, Longmont) to help raise funds to send the Burgundy Dragon VEX Robotics team to the World Championships in Kentucky. The breakfast is open to the public and costs \$10 per person. Tickets can be purchased at: https:// www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=6VPKP3QR2LMAC

JAZZ CONCERT FUNDRAISER

The Niwot High band department is hosting a fun-filled night of jazz, funk, and rock at

the inaugural Spectacle 2019 on March 19 at 7 p.m. There will be performances by student bands as well as special guest bands - Jackson Cloud Odyssey and Mojomama. Everyone is welcome to attend the free concert. Donations will be gladly accepted and will be put toward supporting the high school's music program. For more information, visit www.niwotbands.com.

BIKE RACE

The biennial Boulder Roubaix bike race is returning on Saturday, April 6. The 18.7-mile circuit course starts at 41st and Oxford Road, then winds through north Boulder County to Hygiene before looping back. Racing starts at 8:30 am continues throughout the day. Local traffic will be impacted by road closures and delays. For more information or to register, visit www.dbcevents.com.

JURIED ART SHOW

Submissions for the Why Not Niwot? Juried Art Show, an annual celebration of arts and all things Niwot, are due March 20. Entries will be displayed throughout Niwot during April and May, and winners will be announced in June. Grand Prize is \$500, and the winning piece will be used to market the 2020 Niwot Art Walk. For more information and to download an application, visit www.niwot.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.

PARENT EDUCATION **EVENT**

Boulder Country Day School is hosting Protecting Children from Sexual Assault, the next presentation in their Parenting Education Series, on Tuesday, April 9th from 6:30 - 8 p.m. The event is free and open to the public, but registration is encouraged. Visit www.bouldercountryday.org for more information.



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Letter to the Editor

Dear Editor,

I am not fortunate enough to live in Niwot, but I have worked here for over ten years. Ten years ago as I walked to the post office there was one vacant building after another. A few years later things started to fill up and Niwot became this vibrant destination for places to shop, eat, enjoy entertainment and other things like get my teeth cleaned and have my pet taken care of.

If you haven't noticed Niwot is slowing dying with one vacancy after another. My co-worker and I used to joke about not wanting to leave for an appointment or lunch because we would lose our parking spot and have to park in Gunbarrel and walk. Now there is plenty of parking to go around.

When I read the Left Hand Valley Courier all I see is articles about this serious issue of the moratorium and then letters to the editor complaining about the businesses that want to be on 2nd Avenue. I am sure the very same people complaining are the ones that enjoy the many wonderful events Niwot has to offer like the Great Pumpkin Party, 4th of July Parade, Enchanted Evening, etc. These events are funded by LID funds that come from the tax revenue from "businesses". So to do the math, the more successful businesses the more taxes and that equals more money for the events and keeping Niwot heautiful

The other component to this is these events are usually championed by business owners willing to take time away from their businesses to plan and organize these wonderful events. Again, no businesses equals no volunteers or organizations to put on the events that define Niwot.

Finally, between the moratorium and the fighting amongst everyone who in their right mind would want to start a new business in Niwot? I ask everyone to take a minute and come to 2nd Avenue and see for yourself how bad it looks. Ask yourself with all the vacancies and probably more on the horizon if things don't change, how long can Little Bird, The Niwot Wheel Works, Old Oak Coffeehouse, Osmosis Art Gallery, etc. afford to stay open?

Sincerely, Stacy Roybal

Time to seek treatment for EAB and replace lost trees

BY DANI HEMMAT Editorial@lhvc.com

If you have ash trees that have been marked for removal due to the Emerald Ash Borer (EAB) quarantine in Boulder County, you still have time to schedule treatment to keep your trees from being cut down.

Boulder County removes ash trees that have been flagged with a blue "X" during the colder months between September and April. The cold-weather culling is to avoid spreading the infestation of the EAB, which is not in flight during that time.

Trees can be treated by licensed contractors, and treatment should happen in the springtime when the trees are beginning to leaf out.

It is also a good time to begin planting trees to replace those that have been, or will be,

cut down before the weather warms. Mid-March to June 15 and Sept.1 to Oct.15 are the best times in Colorado to plant new trees. Trees can even be planted next to the living ash scheduled to be cut down. Called shadow planting, it gives the young trees a head start before the older ash are removed.

For guidelines on how to find treatment providers for EAB or a list of recommended replacement trees visit www. BoulderCountyEAB.org or call 303-678-6238.



Photo by Dani Hemmat

An ash tree bud signals the time to treat trees for Emerald Ash Borer.

It's a Laughing Matter

I.R.I.T.A.T.E.

By Mary Wolbach Lopert Editorial@lhvc.com

Good morning, this is I.R.I.T.A.T.E. - International Responders Including Telemarketers and Telepathy Ecosystems. How may I help you?

Oh I see, you're finding that people are using call blockers. Just one moment and I can connect you to our anti-blocking hackers. Yes, they can hack just about any phone system. Also, we're working on all types of government systems, but that will be an upgrade and quite pricey.

Hello, I.R.I.T.A.T.E. on the line. We're so good we don't need the second "R." Wait a minute. Slow down. You're talking like a computer-generated voice. Let me see if I've got this right. You deal in fake IRS and credit card calls and you're speaking in your

real voice now? Oh, I'm so sorry. Yes, we can fix that. I can connect you to our audiology/speech pathology department. After all they're the ones that made those digital assistants so life-like.

Yes, this is I.R.I.T.A.T.E. Robo calls? Those are our bread and butter. What can we do for you? You need to know how soon before an election is the ideal time to start your system up? We just did a study on that. The answer is it's never too early. We've found that every time the government - city, state or federal - is about to pass a controversial law, it's always best to have the opposition call and tell all registered voters to alert their local alderman, representative or senator to voice their opposition. Why yes, you're right, the more you call the more the callers call.



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WINTER ATHLETES

Continued from Page I

and training full-time for the past decade, he does about 10 triathlons a year.

"Some athletes try to keep pushing through their their normal routines, and it's pretty exhausting to try and do that," said Gambles. "It's nice to vary it and keep that mental freshness."

Growing up Down Under, Gambles wasn't used to the snow. He uses Colorado's winter weather for his off-season training.

"I embrace the winter," Gambles said. "I try and use what Colorado has to offer, which is amazing opportunities to snowshoe and cross country ski." Gambles also hits the gym in winter about two times weekly and often substitutes a snowy run for something winter oriented, like Nordic skiing.

"Winter is about getting strong and addressing any weaknesses," Gambles added, "so as soon as spring hits, you'll be strong, can race injury-free and have a consistent year."

Rebecca Rice-Wilson, owner of Integrative Massage of Boulder, believes that winter offers many opportunities to keep moving in ways that will benefit the body in the warmer months.

"Building and maintaining strength in the off season is the most important way to keep yourself competitive and to prevent injuries," said Rice-Wilson, a licensed massage therapist, Rossiter coach and myofascial-release practitioner.

"Use body weight exercises, which are strength training exercises that use an individual's own weight to provide resistance against gravity," suggested Rice-Wilson. Some examples include pull-ups, push-ups, planks, squats, lunges and calf raises.

"Not only is the variety of bodyweight exercises important, but also varying the planes of movement to get more bang for your buck. Involve as many planes and varied loads to the movement that you can," she said. "Building this type of strength will assist you in being ready for your season, as well as protecting you against injury."

For those of us who aren't Ironman competitors, but still like to stay active in the warmer weather, Rice-Wilson offers suggestions on how to keep moving and stay injury-free during the more challenging winter months.

"Variety is the key. If you are stuck inside or you are beginning to get back into movement, such as gardening, or exercise, slow and steady is the way to go," Rice-Wilson said. "I have clients who like to up their game too soon and begin with too high of intensity of movements, such as bootcamps, which can often bring on an injury that keeps them from moving for quite some time.

"Always vary your movement. If you run, try swimming, if you bike, try rowing, and if you ski then maybe try a dance/ movement class. The more we vary how we move, the more we can add diversity to our entire body's abilities, such as increased strength, balance and flexibility."

Rice-Wilson suggests sitting on the floor more often, carrying a small weight along as you move through your daily household routines, and hanging from an easy-to-install pull-up bar daily, adding, "The more I sit on the floor, the more times I'm forced to lift my body weight up and down. It is the variety in our movement/exercise that can bring us into our greatest vitality."

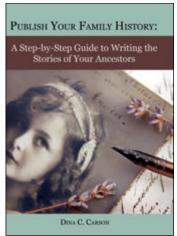
Rice-Wilson believes that every hour of every day presents opportunities for improved mobility and health, whether or not you're a hardcore athlete.

"Varying how you carry yourself and adding diverse loads to your body is a way to keep your vitality high and your risk of injury low," she said.

And that's a goal that everyone from Ironmen to gardeners can achieve.

ANCESTRY

Continued from Page I



Courtesy Imag

Dina Carson is the author of several books on Boulder County historical documents, genealogy and publishing historical research, including A Stepby-Step Guide to Writing the Stories of Your Ancestors.

"I was just curious to find out how much I could learn about the early pioneers of the area using original sources. I mistakenly thought, 'how much could there be?' Ha. There's a tremendous amount, and it's been fascinating to see how many people were here before statehood in 1876."

Carson also heads up Iron Gate Publishing, which produces the biennial Directory of Genealogical and Historical Societies, Libraries and Museums in the US and Canada, which was released last in 2018. The firm also has published numerous indexed compilations of Boulder County source documents from the 19th century, including court records, real estate transactions, and the double-volume Boulder County Commissioners' Journal, detailing the proceedings of the local government from the time before Colorado was a state.

"One of my most recent 'surprising' finds came from

the 1877 Boulder School census," she wrote. "There were a surprising number of married women in that census. Married women in 1877 who were young, of course, but still attending school. Fabulous."

Though it's easy to get started on your family history, Carson cautioned that it can be difficult to know when to stop. Too many family historians "try to put too many eggs into one basket," and can end up with an unworkable amount of information.

"With today's print-on-demand technology, you don't have to create a single family history of every ancestor you have," she wrote. "You can divide the project into workable pieces and publish a little at a time. After all, an 80 page book on your parents and grandparents can always be followed up with additional books on the great-grandparents and so on."

She also said that beginning family historians can be too eager to trust questionable sources. "It's really tempting with online trees to connect anyone who could be an ancestor. It saves a lot of time and effort later if you look at the source material, the evidence or proof, to make certain you're connecting the correct person to your tree."

Carson's workshop is scheduled for Sunday, March 17 at 1 p.m. at the Left Hand Grange in Niwot. Admission is \$10 for general public, and free for NHS members. Seating is limited, so please make an advance reservation by contacting info@niwothistoricalsociety.org.

For more information about the Boulder Pioneers Project, visit https://boulderpioneers. org/ or check out their page on Facebook. Carson will also be speaking at the Columbine Genealogical Society on April 16.







Niwot LID board welcomes three new members

Board votes to ask Commissioners for more study of proposed NRCD regulations

By JOCELYN ROWLEY Editorial@lhvc.com

The Niwot LID advisory board is back at full strength, following the appointment of three new members late last month. Joining the six current members are residential representative Lisa Rivard, and business representatives Cornelia Sawle, owner of the Niwot Inn, and Mary Coonce, co-owner of Porchfront Homes, who was also elected to the Niwot Business Association's executive board recently. The three fill the vacancies left by the departures of Harris Faberman, Carrie Wise, and Jay Champion during the past several months.

The three newcomers were on hand for the board's regular monthly meeting on Tuesday, March 5. After spending several minutes on introductions and opening discussion, treasurer Bruce Rabeler presented his report for March, starting with the new district revenue report from Boulder County. According to the report, the LID earned \$17,787 in December 2018, bringing the unadjusted total for the year to \$186,652. However, a questionable deposit from early 2018 could lead to a downward revision to \$181,652, which is just a slight increase over 2017 (\$180,717).

Rabeler attributed the flat revenues to the absence of Colterra, and noted that 2018 revenues in the accommodation/ food service sector fell by more than 11 percent. That was offset by a 26 percent gain in the retail sector, however.

"Those two sectors make up about 77 percent of revenue, and they still did this past year, but retail was higher than accomodation/food service, and possibly the dispensary had something to do with that," he said

Moving on to the budget report, with no pending funding requests, Rabeler reported that LID spending was unchanged, at \$38,401, against the budget amount of \$132,854 or about 29 percent.

With no funding requests to deliberate, the board moved on to New Business and Niwot Economic Development Director Catherine McHale with a quarterly marketing report. She noted that businesses are "cautious" about relocating or building in Niwot due to the county's moratorium, and "people are taking a wait and see approach."

She then provided an update about her recent marketing efforts on behalf of the town, including a luncheon for commercial brokers, the ongoing Big Town advertising campaign and various internet and social media campaigns.

In Old Business, county liaison Mark Ruzzin reminded the board that the land use department is collecting feedback about coming updates to the

housing and economics section of the Boulder County Comprehensive Plan. Last month, two county planners gave a presentation to the committee about the potential revisions to the plan, which will then be used to inform future updates to the land use code, planned for later this year. The LID board has the option to submit a policy statement on behalf of the community or to submit comments as individuals via the county's website (https://bit.ly/2QxgOAD).

Ruzzin then reminded the LID committee about the upcoming commissioner's hearing to consider the NRCD Land Use Code updates, and opened the topic for official discussion by the board ahead of that proceeding.

Guest Tony Santelli, president of the Niwot Business Association and former member of the LID, asked for a two-part addendum to the LID board's October 2018 resolution in opposition to the moratorium.

"One is the probable codes

that will be finalized in the next week or so are detrimental to the businesses. And secondarily, the fact that the alley access not being addressed is causing us to have an unacceptable risk to pedestrian safety on 2nd Avenue. Because of lack of alley access, vehicles are continuing to cross the sidewalk day and night, and that is an unacceptable situation for us."

The board then debated the new language for more than an hour, with most members speaking in favor of adopting it, though Rabeler, who is both a resident of 3rd Avenue and 2nd Avenue property owner was opposed. Resident Jim Eastman spoke to the issue of whether the LID board should remain neutral in this issue and finally argued that its duty to promote "economic vitality" in the community made staying neutral against its mission.

Unsurprisingly, the alley's vague treatment in the code



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SCHOOL NEWS

NHS's Spectacle 2019



Courtesy phot

The Niwot All-Star band

Free entertainment for the community

By VICKY DORVEE Editorial@lhvc.com

Niwot High School has a beautiful auditorium; the acoustics are fantastic, the seats are cushioned, and it's a fabulous setting to enjoy a performance. On Tuesday, March 19, NHS is extending an invitation to the entire community to experience Spectacle 2019 – a no cost concert featuring four bands chock full of energy and skill.

Joining NHS's two bands, the Niwot All-Stars, an advanced student jazz band, and the Lefthand Jazz Ensemble, will be professional local recording artists Mojomama and Jackson Cloud Odyssey.

Band Director Wade Hendricks said his students have been exposed to a wide variety of styles – Latin, jazz, swing, rock, funk, and ballads, and the Spectacle audience can expect to hear a bit of each.

"It seemed like the right time of the year to go big," Hendricks said. "We have a really talented group of students who have been working very hard. We'd love to bring in a larger audience to appreciate what the students are doing."

Event sponsor Lydia Moy with Wright Kingdom Real Estate in Longmont is an NHS parent who was so inspired by the students' musical performances that she wanted the annual jazz band performance normally attended by students' families to be open to the community. The addition of Mojomama and Jackson Cloud Odyssey to the evening's program should draw in a great crowd and performing to a fuller audience will be more exciting for the student musicians too.

"I felt it was a good opportunity for the community to connect, even if their kids have already finished school in Niwot," Moy said.

Concert headliners Mojomama, with founding band mem-

bers Jessica and Paul Rogalski, have been playing their original blues, jazz, and rock songs at venues throughout the area since 2003, including at Rock 'n Rails. They're very enthusiastic community supporters and operate Mojo's Music Academy in Longmont, which offers musical instruction.

Mojomama recently competed at the International Blues Challenge in Memphis where, for the second year in a row, they were semi-finalists. In February the group won the designation of "favorite band" by the members of the Colorado Blues Society.

Jessica Rogalski said Moy asked if they would participate in Spectacle. "We've been teaching for 12 years now and of course we've been involved with the community in many ways, so it's always an interest for us to see the kids performing at the highest level that they can," Rogalski said. "We're going to do a jam with any of the kids who want to join us."

NHS band member, senior Jackson Cloud, will be performing original blues-infused classic

rock music with his trio, Jackson Cloud Odyssey. Cloud is also a member of the Niwot All-Stars Band.

A generous group of supporters will be giving a percentage of the evenings' sales to NHS's music department: Niwot's Old Oak Coffeehouse will be selling freshly baked pastries, tea, coffee and hot chocolate, a local Zyia activewear and Personally Poetic Jewelry representative will be in the lobby along with paintings by Lisa Koets, and books from Bronwyn Leroux's "Destiny Series."

Because of overall limited funding for schools, event goers are encouraged to make donations to benefit NHS's music department enabling them to purchase and maintain musical instruments and to buy music sheets.

Bringing this event to the public was Moy's idea and she's taken on the promotion of the event by creating and donating posters, and getting the word out through Facebook ads. Her son Xavier, a sophomore at NHS, is a drummer with the All-Star

Band.

Moy said that after she'd moved to the US, it was through listening to songs that she was able to learn English.

"It kept me happy. Moving to a new country was hard. And you know life is going to be hard for kids, but if they have something else they can do, it will be awesome," Moy said. "That's why it [music] needs to be encouraged. The community needs to say, 'Hey, you're talented!' My dream is that the community will go to the concert and support the future generation."

In addition to Moy's sponsorship, Mako Shimoda, Mike Atkins, along with Karen and Ian Carmichael are helping to bring the musical evening to the public.

"We're excited to be part of this event and hope we can raise a lot of money for the kids' music program," Rogalski said.

For more information, visit www.NiwotBands.com. The free performance is 7 p.m., Tuesday, March 19, at Niwot High School's auditorium.



Courtesy photo

The Lefthand Jazz Ensemble

Jackson Cloud returns to his roots



By Jocelyn Rowley Editorial@lhvc.com

It's been the better part of a decade since teenage rocker Jackson Cloud made his St. Vrain Valley Schools debut, and now the Niwot senior will get a chance to end his school performance career the same way he started it-co-headlining with local recording artists Mojomama.

"Mojomama came to my school for their music academy when I was in, I think, second grade at Niwot Elementary, and I got a chance to play with them," Cloud said in an interview about Spectacle 2019, an upcoming concert to benefit the band de-



Back when they were just a Band, Jackson Cloud et al performed at the Bolder-Boulder in May 2018.

partment. "It was the first time I got up on stage."

Cloud and his eponymous Odyssey are one of four acts slated to appear at what has been billed as "a fun-filled night of jazz, funk. and rock" on Tuesday, March 19 in the school's auditorium. Joining Cloud is the Niwot All-Stars. an advanced student jazz band, the Lefthand Jazz Ensemble, another student group, and the aforementioned Mojomama. The Spectacle is free to the public, but donations will be gladly accepted.

Cloud is looking forward to playing for the school crowd again, and said he and his bandmates plan to make the most of their 30-minute set, with a mix of original material and "some cover songs to get the old rockers out of

their seats." However, he said it's important to always have a plan B, especially for a crowd whose taste could be hard to gauge.

"It's not really a rock and roll crowd, so you have to approach it like that," Cloud said of performing for the community-minded audience. "I also want to show them what we do in a fun way. It's definitely different, but every show is. We never have a set setlist, because you never know if it's going to be a rock crowd or a country crowd....You have to just go with it and that's what we'll do here too."

Luckily, Cloud and his band have had plenty of opportunity to learn about pleasing a crowd over the past year, as a lengthening list of gigs both far and wide attests. They also got a new name and logo, a move that Cloud said marked their transition from "a kid band to something a little more official."

"It's the first time I've really felt the band being a professional thing," he said.

It's also been a year of musical growth for the group, as Cloud has expanded his writing efforts and more of his original songs have found their way into performances. "I like psychedelic rock, so it's not so much the classic guitar solos."

With their catalog of new songs growing, the band has also been spending time at the local recording studio Window Over the Earth, with additional upcoming sessions booked in a Denver studio. Cloud said that could lead to an EP release later this year.

Cloud and his band mates have a busy spring ahead. In addition to the Spectacle, they will be appearing at Your Mom's House (608 E 13th Ave, Denver) on March 16, Wibby Brewing (209 Emery St., Longmont) on April 4, and Longmont Food Rescue's Food Truck Cup on April 6.

For more information about the 2019 Jazz Spectacle, visit www.NiwotBands.com. The free performance is 7 p.m., Tuesday, March 19, at Niwot High School's auditorium. For more information about the Jackson Cloud Odyssey, visit www.jacksoncloudodyssey. com



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LAUGHING MATTER

Continued from Page 3

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Wednesday, March 13, 2019 LEFT HAND VALLEY COURIER Page 9

Flagstaff Academy Sends "Burgundy Dragons" VEX IQ Robotics Team to World!



Courtesy Photo

Multiple robotics teams from Flagstaff Academy middle school participated in the recent Colorado State VEX IQ robotics tourna-

Special to the Courier

The Colorado State tournament for VEX IQ robotics took place on Saturday, March 2.

Flagstaff Academy had five teams qualify to compete at a state level: three middle school teams and two elementary school teams. After a very dramatic final competition, one Flagstaff Academy middle school team - The Burgundy Dragons - qualified for the VEX IQ World



Courtesy Photo

The Flagstaff Burgundy Dragons won the Teamwork Challenge Champions Award for getting high score in the Teamwork Challenge Finals.



Championships which will take place in Louisville, Kentucky in April. Overall, the teams received the following awards:

Burgundy Dragons - Teamwork Champion Award

The Teamwork Challenge Champions Award is presented to the two team alliance that earned the highest score in the Teamwork Challenge Finals matches.

Magenta Dragons - Design Award

The Design Award is presented to a team that demonstrates the ability to implement the most effective and efficient robot design process. Their Engineering Notebook and discussion with the judges demonstrate the team's ability to produce a quality robot

with minimal adult assistance. This team's Engineering Notebook is a clear, complete, and organized documentation of the robot design process that demonstrates effective management of skills, time, and material resources. Students on this team were able to explain how they developed an effective game strategy and robot design.

Emerald Dragons - Robot Skills Champion

The VEX IQ Robot Skills Champion Award is presented to the team with the highest combined Programming Skills Challenge and Driving Skills Challenge scores.

STEM Research Award -Emerald Dragons

Continued on Page 10



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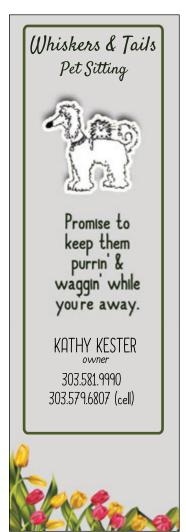
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ROBOTICS

Continued from Page 9

The STEM Research Project Award is presented to the team that develops and delivers an effective research project presentation and demonstrates a significant depth of understanding of their research topic. Their research uses reliable sources and is well organized.

Flagstaff Academy will be holding a community pancake breakfast on Saturday, March 16 from 9-11 a.m. at Flagstaff Academy, 2040 Miller Dr., Longmont to help raise funds to send the Burgundy Dragon team to the World Championships. All proceeds will go to benefit the Robotics Team. The pancake breakfast is open to the public and costs

\$10 per person. Tickets for the breakfast can be purchased at: https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_ id=6VPKP3QR2LMAC

Founded in 2005, Flag-staff Academy is a public, tuition-free charter school which has built an exceptional educational environment, developing the whole child through an award-winning Pre-K to 8th Grade Core Knowledge academic program. The curriculum is rich with experiential arts, hands-on science exploration, character education, and innovative technology integration.

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Fiona gets her wish



Courtesy photo

Fiona Nugent's dad snapped this picture on the day she learned her wish to visit Paris had been granted by Make-A-Wish Colorado. She's holding napkins with the Audrey Hepburn quote, "Paris is always a good idea" in front of a photograph of Paris that hangs in the family's home.

By VICKY DORVEE Editorial@lhvc.com

Niwot High School sophomore Fiona Nugent's six months of treatment for cancer are behind her and in front of her now is the anticipation of the upcoming track and field season, continuing to play her cello and creating art. Then, there's her first trip out of the country thanks to Make-A-Wish Colorado.

Wish Night, the organization's annual fundraising event, was held on Feb. 22 with hundreds of donors in attendance at the festivities. That evening, Nugent's gift of a week in Paris was publically announced, but she also gave something during the celebration – a solo cello performance.

Nugent played the prelude and allemande of Bach's First Cello Suite to the largest audience of her life. Even with a lot of practice under her belt, there was the predictable trepidation that performers experience as an event draws nearer. All of that preparation paid off however, and Nugent said after she played she felt very gratified and received wonderful feedback about her performance.

"It was a blast, I had so much fun," Nugent said. "I expected to be nervous the whole night, but I think I was very distracted by everything that was going on and the great food."

Wishes are "game-changers" the foundation's website reads. "The wish allows children battling critical illnesses to build the hope and strength they need to fight harder and see the impossible become possible. Research shows wishes can give these children a higher chance of survival."

Early on in treatment, Make-A-Wish offers children five options for their requests: to go somewhere, to be someone, to meet someone, to get something or to give something.

Nugent said, "They do so many great things for kids. The story that got to me the most was of a little boy who had heart problems and he knew he

Continued on Page 11







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Sports

Niwot track and field begins "relentless" pursuit of Class 4A titles



Photo by Jocelyn Rowle

March came in like a lion, and the spring track season has been forced to weather some adverse conditions in the early going.

By JOCELYN ROWLEY Sports@lhvc.com

The Niwot track and field team lost a number of their top performers to graduation after last season, but Maurice Henriques isn't fazed.. In fact, the ninth-year head coach thinks the 2019 Cougars are poised

for even more success, thanks in part to many of those departed stars.

"I actually think we're a better team this year than we were last year, as a complete team," he said. "All of those girls are a year older, and the leadership that Mary [Gillett] and Mackenzie [Fidelak] passed down has

been great.....Our leadership as a whole across the board is better. It's not just one person here and one person there, it's everyone sharing in the leadership, and that's what I'm excited about."

It's hard not to be excited about a squad that includes four returning state title holders on the girls team, and a crop of emerging stars on the boys team. The Cougars are also coming off what Henriques termed, "the best off-season as a whole since I've been at Niwot." In fact, Henriques said it's hard to remember when he's had a team so deep on both sides.

"We're pretty much even on the girls, as far a sprint, hurdles, jump, distance, we're just lacking throws," he said. "On the boys, obviously we have a lot of depth in distance, but I am optimistic about our jumps. Our jumps' coach is saying that he's going to have three on the podium at state, so remind me if that doesn't get done."

The team's motto this year is 'relentless', and Henriques said the team will strive to maintain that type of focus all season long. "We're just going to try to get better every week."

As he does every year, Henriques expects to see his girls' team get the top spot on the podium at the Class 4A championships this coming May, despite the loss of the aforementioned Gillett and Fidelak, winners of a combined eight medals at the 2018 state meet. However, like his counterparts in the tennis program, Henriques never seems to run short of emerging talent.

Returning to this year's girls' team are 13 members of last year's state team, led by talented sophomore Taylor James, who won two state track titles as a freshman, in the 800 meter and as a member of the 4x400 relay team, and also medaled in the high jump. She also helped Niwot capture its first ever girls' cross country title back in October with a second place overall finish, behind teammate and state title winner Layla Roebke.

"Taylor James was second in cross country, but she probably won't run a distance event, she'll probably end up running sprints," Henriques said. "It just shows how versatile we are. We just plug kids in where they fit the team, where they can score the most points, and develop them."

Also returning are seniors Erin Carroll, Kayla Nowlin, Maggie Smith, and Erika Timbang, the latter two also members of last year's winning 4x400 team. Joining them are juniors Samwarit Dishon, Elise Gillett, Joelle McDonald, Nikki Sims, Julea Trank, and Kelia Portis, the final member of the relay title team and also a competitor in the long and triple jumps. Sophomores Margot Disabeyguawardena and Lucca Fulkerson are also back in 2019

There are also some talented newcomers, chief among them senior Roebke, who transferred to Niwot from Coronado last summer, and then promptly led her new cross country team to a state title. Also new to the team are freshmen Amelia Philofsky and Eva Klingbeil, who rounded out the Cougars' cross country team at state.

Aside from being loaded with talent, the Cougars are also the

Continued on Page 13

FIONA

Continued from Page 10

couldn't have his dream of being a pilot. They got him a pilot's uniform that fit him and he met all of these pilots and he got to be a pilot for a day."

Because Nugent had a life-threatening disease, a representative from the organization visited her on the day she began chemotherapy in October 2018.

"I got to think about what I wanted my wish to be all through my chemo experience," Nugent said, "which made things a lot better."

In December, Nugent sent an essay to Make-A-Wish Colorado giving them a decision and an explanation of her wish - a trip to Paris. Paris is near and dear to Nugent's heart because both of her parents had been there and photos from her cousins' French vacations had piqued her interest. To Nugent, the

winning combination of her own loves in life – food, art, and music had Paris speaking to her loud and clear as the destination to go to for her first international trip.

Fiona and her parents, Teresa and Phil, will spend a week this summer experiencing the city of love, visiting the Louvre Museum, Musee d'Orsay, the Eiffel Tower, and other excursions, all provided for by the Make-A-Wish Foundation of Colorado.

Nugent said. "I love food and I love cooking. My favorite class now is my culinary nutrition class. So one of the things I'm really looking forward to there is taking a one-day cooking class and going through the marketplace to get all of the ingredients."

This past December, a painting by Nugent was selected by the Children's Hospital of Colorado to be included in their holiday card set, which raises money for the hospital's

oncology department. Being an artist, the opportunity to see centuries of art in Paris is exhilarating to Nugent.

One of Nugent's passions is running. In her freshman year, she ran cross country on NHS's team, but because of her illness, she had to take a break. When asked about her first foray in the world of track and field she said, "I'm feeling great. I'm definitely taking it all slowly but I'm excited to progress. It's great to be back on a team with the school."

Now that her own wish is coming true, she's thinking about becoming a Make-A-Wish ambassador and working with other children who are experiencing critical illnesses. Another thing she's looking forward to is a leadership conference she's attending in Denver this summer

Nugent said of her first international journey, "I can't wait to go and bring back my own stories."



Niwot girls golf looks to build on state experience

BY JOCELYN ROWLEY Sports@lhvc.com

The Niwot girls golf team found its way back to the Class 4A state tournament in 2018, and head coach Ed Weaver has every reason to believe that the Cougars are headed back there in 2019. With a mix of returning veterans, plus an influx of promising newcomers, Weaver said this season's team has the depth to challenge the top teams in the league.

"My goal is to win the conference, and qualify as a team for state," Weaver said. "I've got two returning qualifiers, and we've got good representation with a senior, junior, sophomore and a freshman in the top four. Then we have a junior and five sophomores. It's a bigger team, but there's some talent."

There's also quite of bit of experience. Returning to the varsity lineup is junior Julia Solem, now entering her third year with the team. Solem took fourth overall in last spring's regional tournament and headed up Niwot's three-player contingent to the two-day Class championships, which were held at the technically-challenging Country Club of Colorado in Colorado Springs.

Unfortunately, Solem struggled in her state debut, carding a 208 and finishing 49th overall. Weaver said 2019 could be a breakout year for the 11th-grader, thanks to off-season training with a new swing coach. "Her swing is completely different. It's much,

much better."

Also returning to the varsity lineup is sophomore Halie Ostrom, another state qualifier, and another player Weaver expects to see playing for event titles. Also back is Laure Bourgin, who had almost no exposure to the sport before joining the team as a junior, but picked it up quickly and cemented a spot in the varsity early on last season. She narrowly missed the state cut at the 2018 regional tournament, but was a regular on the course during the off-season, and even competed in some high profile local tournaments. Weaver said he will look to the levelheaded senior to be the team's

Rounding out the foursome this year will be freshman Svdnev Rothstein.

"She can play," Weaver said

of the newcomer. "She has a good swing, hits the ball straight, and has been working hard already."

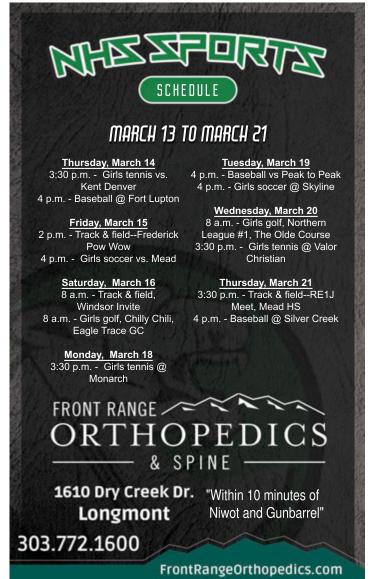
Other returning players include junior Trinity Pleffner, also in her third season, and sophomores Macy Gruszczynski, Isobel Tuck and Anna Taing. There also two new sophomores, Dora Pechersewski and Charlotte Cousins. In all, the Niwot girls golf team will have ten players this season, the largest team Weaver has ever fielded.

Weaver is once again looking ahead to a competitive year in the Northern League, and expects Northridge and the Sheaffer sisters to be their rivals for the title, now that Loveland has moved up to Class 5A.



Returning to the 2019 Niwot girls golf team are Halie Ostrom (far left), Julia Solem and Laure Bourgin. Head coach Ed Weaver is in his third season with the Cougars.





TRACK

Continued from Page 11

beneficiary of an off-season CHSAA realignment. Last year's state champion Valor Christian was elevated to Class 5A, where Henriques expects to see them win another state title. That clears the path for Niwot, who was runner up to the Eagles', despite scoring a school record 114 team points.

"I think we have the potential to score in every event but three, and we're still working on those," Henriques said. "In my tenure here, we were seventh, fifth, three wins in a row, runner-up, third, runner-up. We're about due again, and that's the goal."

As for the boys, Henriques also has lofty expectations, and doesn't rule out the top spot on the podium for them, even though their list of returning state qualifiers took a bigger hit from graduation.

"When it's all said and done, we'll be a top-five team in the state," he said. "Now, I can't tell you if we're going to be fifth or first, but it's looking good."

The Niwot boys finished 18th overall last year, but it was their best showing since 2013. Five of those state qualifiers are returning, including Cruz Culpepper and Ares Reading, who finished one-two at this season's Class 4A cross country championships,

and are favorites to contend for the Class 4A titles in distance events.

Other returning state qualifiers are Benjamin Bi, Jensen Douillard, and Emrick Wells, who emerged as one of the Cougars' top sprinters last season. They will be joined by seniors Nolan Johan, Daniel Thomas, and Jack Volf, as well as juniors Rayan Elahi, Milo Ostwald, Luke Robinson, Caleb Bishop, Ethan Jiang, and Jack Kenkel. Henriques also expects to see a few sophomore and freshman competing for the Niwot boys.

The coach is also excited about the influx of competitors to the jumping events, and believes that's an area where the Niwot boys could turn some heads this season. Leading that effort is a contingent of Niwot basketball players, including Austin Rathburn and Ostwald, who saw success at the end of last season in both the high and long jumps.

Henriques will once again have a full complement of experienced assistants helping him, including cross country coach Kelly Christensen, football assistants Scott Thomas and Mike Byers, and Niwot campus supervisor and former thrower Lamar West. Helping with jumps this season is former Denver South coach Bryant Strause.

The coaches finally got a chance to see their team in action on March 9, but it took a

little scrambling to do it, thanks to a last minute cancellation of the Boulder Snow Invite. Luckily, Henriques was able to arrange for Niwot to compete in the CSU-Pueblo Early Bird Invitational, even though the team had to meet a bus at 5:30 a.m. on a Saturday to do it.

The early travel didn't seem to bother the Cougars, however. Niwot won the team title on both the boys' and girls' sides handily, and certainly seem well on their way to fulfilling their coach's predictions. Top individual performers were James for the girls, with wins in four individual events, and Wells for the boys, with top finishes in the three sprints.

Up next for the Cougars is the Frederick Pow Won on March 15 and the Windsor Invitational on Saturday, Mar. 16.

March 8, CSU-Pueblo Early Bird Invitational
Girls Team Scores-1. Niwot 204, 2. Amarillo
187.50, 3. Pueblo West 56, 4. Vista Ridge
45, 5. Palmer Ridge 40, 6. Harrison 38.50,
7. Canon City 30.50, 8. Poudre 20.50, 9.
Woodland Park 18, 10. Buena Vista 16 10.
Hoehne 16, 12. Peyton 14, 12. Frederick
14, 14. Sand Creek 13, 15. Lamar 11, 16.
Monte Vista 9, 16. Manitou Springs 9, 18.
Ellicott 7, 18. Rocky Ford 7, 20. Custer
County 6, 21. Mesa Ridge 5, 22. Bennett 4,
23. South Park 3

100m - 1. Taylor James 12.48, 5. Kayla Nowlin 12.87, 7. Julea Trank 13.15

200m - 1. Taylor James 25.07, 4. Julea Trank 27.22, 12. Princess Sagala 28.43

400m - 1. Taylor James 58.67, 10. Kathryn

Carroll 1:09.52, 28. Violet Urffer 1:18.63 800m - 1. Samrawit Dishon 2:23.72, 4. Maggie Smith 2:28.70, 5. Layla Roebke 2:29.90 1600m - 2. Amelia Philofsky 5:50.75, 4. Eva Klingbeil 5:55.45, 9. Violet Urffer 6:16.53 3200m - 1. Layla Roebke 11:49.42, 2. Samrawit Dishon 11:49.52, 3. Lucca Fulkerson 11:58.89 100 hurdles - 1. Elise Gillett 15.52, 5. Erin

Carroll 17.08, 6. Kelia Portis 17.11 300 hurdles - 3. Kelia Portis 49.27, 5. Elise Gillett 52.61, 7. Margot D. 53.69 4x100 Relay - 2. (Erika Timbang, Julea Trank-Green, Kayla Nowlin, Elise Gillett) 50.98 4x200 Relay - 1. (Erika Timbang, Julea Trank-Green, Kayla Nowlin, Margot D.) 1:49.68 4x400 Relay - 5. (Erika Timbang, Maggie Smith, Layla Roebke, Kayla Nowlin) 4:37.26 4x800 Relay - 2. (Eva Lennert, Amelia Philofsky, Eva Klingbeil, Ashley Edwards) 11:02.96 800 Sprint Medley - 4. (Princess Sagala, Katy Carroll, Erin Carroll, Gigi Douillard) 2:02.04 High Jump - 1. Taylor James 5-4 Pole Vault - 1. Erin Carroll 8-6 Long Jump - 6. Elise Gillett 15-8.5, 7. Kelia Portis 15-6, 14. Kathryn Carroll 14-7

Shot Put - 27. Fiona Wheelon 24-10.5 Discus Throw - 32. Fiona Wheelon 64-6 Boys Team Scores-1. Niwot 143, 2. Pueblo West 115, 3. Vista Ridge 70, 4. Canon City 60, 5. Harrison 58.50, 6. Mesa Ridge 58, 7. Poudre 46, 8. Woodland Park 42, 9. Palmer Ridge 40, 10. Hoehne 24.50, 11. Ellicott 13.50, 12. Lamar 12, 13. Frederick 8, 13. Monte Vista 8, 13. Sand Creek 8, 16. Bennett 6.50, 17. Rocky Ford 6, 17. Peyton 6, 19. Custer County 5, 19. Buena Vista 5, 21.Manitou Springs 4

Triple Jump - 3. Kelia Portis 32-2.5, 4. Margot

D. 31-7, 6. Erin Carroll 31-3.5

100m - 2. Emrik Wells 11.24, 14. Kyle Reeves 11.95, 18. Zackary Jordan 12.01

200m - 1. Emrik Wells 23, 29. Grant Darmour 26.46. 32. Daniel Thomas 26.92

400m - 2. Emrik Wells 53.69, 19. Joey Hendershot 1:02.40, 22. Nick Falk 1:02.87 800m - 1. Jack Kenkel 2:03.91, 3. Ben Bi 2:07.54, 13. Jack Volf 2:17.32

1600m - 14. Joaquinn Herrera 5:18.19, 15. Grady Ruaba 5:20.15, 16. Simon Saia 5:21.43

3200m - 1. Ares Reading 9:54.26, 5. Luke Robinson 10:56.18, 10. Ben Klingbeil 11:14.56

100 hurdles - 3. Jenson Douillard 16.02, 4. Nolan Johan 16.09, 12. Magnus Lehan 19.01 300 hurdles - 1. Jenson Douillard 42.65, 2. Nolan Johan 43.39, 14. Magnus Lehan 47.22 4x100 Relay - 5. (Grant Darmour, Milo Ostwald, Noah Pena, Kyle Reeves) 48.68 4x200 Relay - 7. (Noah Pena, Mangus Lehan, Zackary Jordan, Grant Darmour) 1:43.36 4x400 Relay - 1. (Emrik Wells, Jensen Douillard, Jack Kenkel, Nolan Johan) 3:32.13 4x800 Relay - 3. (Joaquinn Herrera, Curtis Volf, Simon Saia, Grady Ruaba) 9:21.79 1600 Sprint Medley - 4. (Grable Howie, Ryan Elahi, Joey Hendershot, Ben Kliongbeil)

High Jump - 4. Milo Ostwald 5-8, 7. Austin Rathburn 5-4, 3. Milo Ostwald 20-8
Long Jump - 3. Milo Ostwald 20-8, 11. Daniel Thomas 19-3, 17. Austin Rathburn 18-4
Triple Jump - 2. Milo Ostwald 40-3, 4. Austin Rathburn 39-0, 25. Noah Pena 28-11
Shot Put - 42. Aidan Dudley 27-9, 51. Jesse Horn 25-7, 55. Charlie Herring 24-0
Discus Throw - 16. Brandon Hult 96-5, 44. Jesse Horn 70-8, 51. Luc Blondeau 56-9.5





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Virginia S, March 2019

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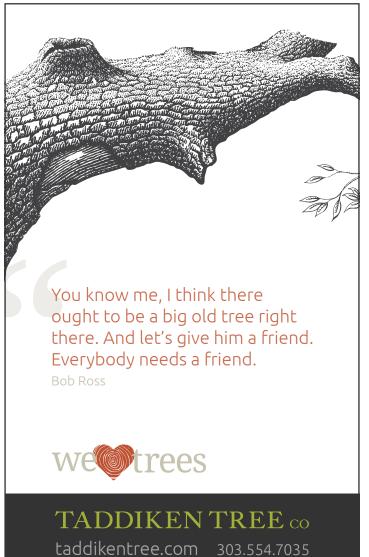
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LID

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updates generated some strong comments.

"There isn't a property owner in Niwot that hasn't been betrayed by this process," member Anne Postle said. She owns property in Block 5 of the NRCD and developed Southpaw Commons last year. "We all know that the alley was the biggest issue, and the alley has been ignored. The alley is still the biggest issue and we have no answers and we have no direction and that is a betrayal of the process."

Ultimately, the LID board adopted compromise language

that "urges" the commissioners to extend the moratorium for 30 days beyond the March 20 deadline "to conduct further stakeholder outreach to lead to revisions of the NRCD I Land Use Code and strongly consider the NRCD I business property owners' proposal as the basis for these land use code revisions." The updated resolution was then submitted to the county commissioners to consider ahead of their public hearing on the matter on March 12.

With no Old Business or public comment, the meeting was adjourned. The committee will meet next at 7 p.m. on April 2 at the Mountain View Fire Station.

GOLF

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Also gone is Fort Morgan, who left for the Tri-Valley League, leaving the Northern League with just six teams.

Also new this year are "sweeping" rules changes from the USGA that went into

effect on January 1, 2019 and may take younger players a bit of getting used to, according to Weaver.

Assisting Weaver with coaching duties is popular Niwot teacher Isaac Peña. The team will hold daily practices at two local courses, Ute Creek and Fox Hill. The Cougars tee

off in the Chilly Chili at Eagle Trace on March 16, followed by their first league tournament on March 20 at the Olde Course in Loveland. Later this season, Niwot will play host for this year's Class 4A Region 3 qualifying tournament, scheduled for May 6 at Longmont's Fox Hill Country Club.





