



Neighbors step up to help during the coronavirus outbreak

BY PATRICIA LOGAN
Editorial@lhvc.com

Who needs help? That's what some community members are asking, providing a bright spot amid the fear and uncertainty around the coronavirus.

A Gunbarrel woman has offered to go grocery shopping or run errands for free for people who are older, have underlying illnesses or are afraid to go out in public for other reasons.

"No judgment if someone is too scared to go shopping," said Rachel Isaacs, who posted her offer on Nextdoor, the social network that connects people with their neighbors and local communities.

She was inspired to help when she read about an elderly couple that was afraid to go



Photo by Emily Long

Area residents are offering to shop or run other errands for their neighbors who are in self-quarantine or otherwise unable to get out of their homes.

into a grocery store because of the coronavirus. She started wondering about people in the local area who might be hunkered down in their home because they are at a higher risk

of death or severe illness from COVID-19, the disease caused by the coronavirus.

"Why put a lot of compromised people at risk when there are people who can help

out?" said Isaacs who is 42.

It wasn't long before Isaacs heard from a woman with cancer who needed Clorox wipes and hand sanitizer, products that she depends on to protect her immune system from all sorts of germs. Grocery stores have mostly been out of stock but, because of Isaacs' post, a number of people said they'd share what they already have at home. Isaacs gathered and delivered the items Raquel Cagan, who put her need in perspective when she posted a response.

"Thank you, Rachel and all the community who chipped in to help me. You may have saved a life," wrote Cagan.

Isaacs also did some grocery shopping for Cagan who was

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Tips to make any COVID-19 quarantine more bearable

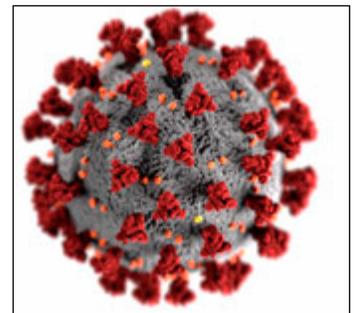


Photo by Centers for Disease Control

BY HANNAH STEWART
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Reports of empty store shelves have been racking the nation almost as much as all the other COVID-19 updates. Some of the stockpiling comes from people being generally anxious and proactive, but it's also a result of various organizations mandating employees to self-quarantine.

"How I behave affects your health," said Dr. Sanjay Gupta on Cuomo Prime Time. "And how you behave affects mine. On the Friday night program, he encouraged people to practice social distancing and also stockpiling, but was careful to emphasize reasonable practice of both. "Social distancing should not mean social isolation," he said. He also emphasized that excessive stockpiling isn't good either because it has the potential to negatively affect others in the community.

So, while you're social isolating, and if you have to self-quarantine, here are some health and wellness tips.

When cooking, wash your hands constantly. That means more than just before you cook

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Abrupt 'Coronacation' leaves area students with questions

BY JOCELYN ROWLEY
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A bonus week of Spring Break sounds like a dream come true for students, but, at Niwot High School, reaction to the St. Vrain Valley School District's decision to cancel classes in the wake of COVID-19 has been decidedly mixed. With milestone events and the spring athletic season now in jeopardy, the drastic disruption of the spring semester has caused almost as much anxiety as the virus that prompted it.

"I think there are a lot of people filled with fear, because nobody really knows what's going to happen," Niwot Student Council co-president Nick Valin said. "There are also a lot of people who recognize the seriousness of the situation, and that maybe it's not a good sign when a ton of districts



Photo by Katie Rowley

Niwot High's parking lot was mostly empty on Monday, March 16.

close as the result of a global pandemic... I think a lot of people are just hoping for the best and hoping for good health for themselves, their families, and all of their friends."

The two-week closure started on March 13, and will last at least through March 27, the final day of the SVVSD's official Spring Break. Classes are slated to resume as normal on

Monday, March 30, but there is a strong possibility that the closure will be extended into April or possibly further, as conditions warrant. However, there is no firm timetable for when that decision will be made. From March 16 through 20, students who need breakfast or lunch can pick up a food basket provided by the school district, between 11 a.m. and

12:30 p.m. at local schools.

Meanwhile, a number of long-awaited high school events and competitions have already been cancelled or postponed, including the state mock trial tournament, spring orchestra and jazz band concerts, and the First Robotics Colorado regional. The Colorado High School Activities Association has also suspended the spring sports season until April 6, resulting in numerous game and tournament cancellations.

As of now, it's unclear whether any of these will be rescheduled. If the shutdown continues, upcoming events such as prom, state athletic championships, and graduation are also subject to change, a thought that is especially worrisome to Valin and his fellow seniors.

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Upcoming Niwot Community Association meetings

By KIM GLASSCOCK
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The COVID-19 coronavirus has prompted Mountain View Fire Rescue district to close all its stations to members of the public until further notice to protect firefighters and first responders.

In light of MVFR's decision, the Niwot Community Association board is expecting to video-conference its April 1 meeting, which is normally held in the fire station's community room. Community members will not be able to attend the meeting, but NCA board members are asking that

any comments or questions from the community be sent by email to the board at info@niwot.org.

NCA President David Limbach said in an email that the annual meeting for members, set for April 15 at the Left Hand Grange, is "still a ways off" and the board will make its decision April 2 on whether to possibly stream the event online or hold the meeting. Boulder County Commissioner Deb Gardner is slated to speak at the meeting, but her appearance may also happen online.

NCA officer voting normally is held via email and at the NCA's

annual meeting, and this year board members are considering if it may be necessary to vote only by email.

Membership drive

The NCA is starting its annual membership drive. Memberships cost \$30 and can be purchased online by using either PayPal or Venmo, or by sending a check to

Niwot Community Association, P.O. Box 72, Niwot, CO 80544-0072. Please include an email address.

Venmo users should check to be sure they have their privacy setting set to private, cautioned NCA membership chair Johnny Barrett.

The \$30 NCA membership al-

lows NCA members free access to this year's May 16 Clean Up Day. In addition, the NCA sponsors Niwot's July 4 parade, serves as a community voice to Boulder County officials and information conduit to residents on Niwot's issues and hosts candidate forums for general elections.

▶ Letter to the Editor

To the Editor:

Niwot is fortunate to have wonderful locally owned small businesses that add to the charm of our town and make Niwot a better place to live. The Niwot Market, Niwot Rental and Feed, and 1914 House are just three examples. As owner of the Niwot Inn, I hope that Niwotians think of my business in the same way, as a true asset to our town, offering a valuable service.

The Commissioners' response to a concern regarding growth

along 2nd Avenue was to shut down all business growth for 8 months, suppressing our foot traffic, hurting both retail businesses and restaurants. After my experience with the moratorium, it has become clear to me that Niwot's residents certainly care more about the success of our small businesses than the Boulder County Commissioners. At the Inn, I depend on Niwot's shops and restaurants to offer opportunities to my guests.

If Niwot is governed by Niwot

citizens, the success of our local businesses, and the desires of our residents will be our elected officials' number one priority. A vibrant, charming and quaint commercial district is better for all of Niwot's residents. I think this is easily achieved when Niwot's residents, and not the Boulder County Commissioners or Land Use Department, are making the decisions for Niwot's future. Niwot takes care of Niwot.

Cornelia Sawle,
Niwot Inn



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COMMUNITY PET SPOTLIGHT

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Meet Sage the Superbowl Sunday Rescue Sheep. When baby Sage was born her mother rejected and refused to nurse her. This is what she looked like on that Super Bowl Sunday five years ago when she came to live at Cottonwood Kennels to be cared for by Penny and the staff. As a small lamb Sage would hang out behind the desk but quickly grew big and strong and moved out with the other sheep of the kennel. Over five years later, she still lives (and rules) happily there today!

We would love to feature your pets in our spotlight. Please email your photos and captions Editorial@lhvc.com.

Niwot's Cathy Olkin sending Lucy to the sky

By EMILY LONG
Editorial@lhvc.com

According to Cathy Olkin, a planetary scientist at Boulder's Southwest Research Institute (SwRI), "Probably you've never heard of Trojan asteroids. They don't really teach that in elementary school when you're learning about the planets."

Olkin, a Niwot local for the past 16 years, is dedicating much of her work to changing the knowledge base with respect to

the Trojans. She is the deputy principal investigator of the NASA Lucy mission that is sending a space probe to the Trojans, which orbit the sun near Jupiter. The spacecraft launches in October 2021.

"It's largely a mission of exploration," said Olkin.

The Trojan asteroids are a diverse group of objects that we don't know very much about. The Lucy mission is going into our outer solar system to start piecing together more informa-

tion.

"There are multiple theories about these objects," said Olkin. "There is a diversity in the population of these objects."

Their size ranges from 100km to as small as 20km, although the size estimates are imprecise with only visual observation from Earth so far.

Olkin added "They have different colors, they have different spectral types, which is telling us something about the composition of their surfaces. We want to

understand what is the source of that diversity."

But you have to have a lot of patience to explore such distant objects.

While the mission launches in 2021, it won't reach its first target

for several years. The entire mission from start to finish will take 12 years.

During that time, Lucy will visit seven of these diverse as-

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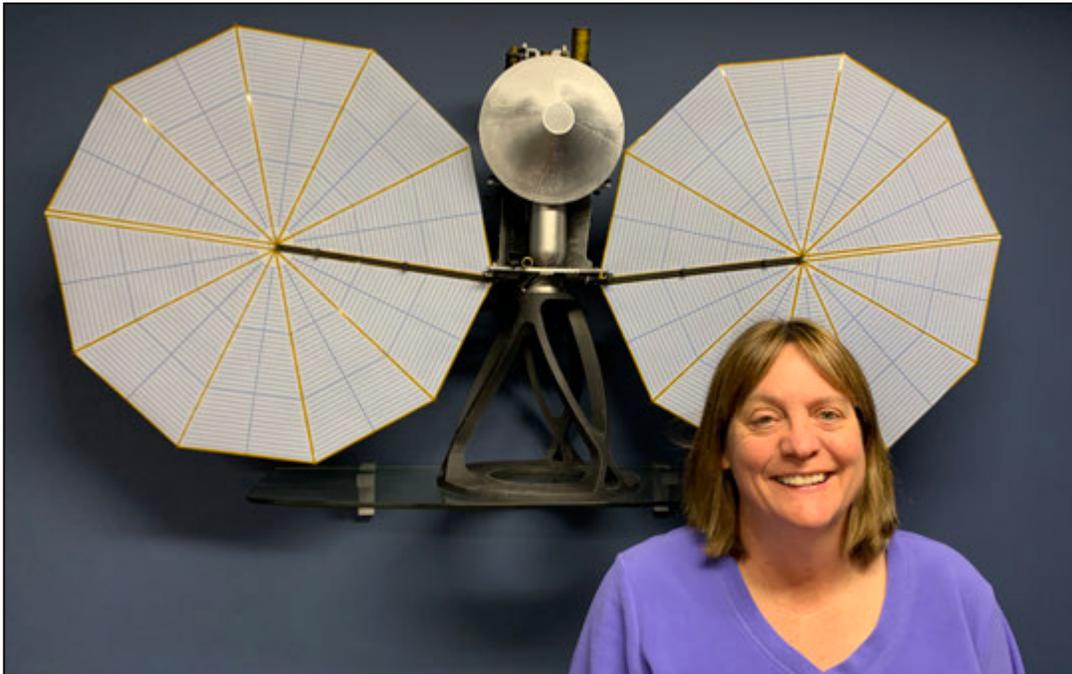


Photo by Emily Long

Planetary scientist Cathy Olkin next to a scale model of the Lucy space probe, which will launch in October 2021 as the first mission to study the Trojans asteroids near Jupiter. The real Lucy probe will be over 13 meters (45 feet) from tip to tip.

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Local entities and community groups implement coronavirus restrictions

Courier Staff

Left Hand Water
 Effective March 16, 2020, the Left Hand Water District has closed its administrative office building to the public through March 29. The District will continue to provide services to customers, with staff rotating work schedules or working remotely or in the field. Payments can be made over the phone or online through Xpress Bill Pay; customers are strongly encouraged to make payments via these methods.

The District's water remains safe to drink; as all drinking water regulations are followed that have been established to prevent waterborne pathogens, including COVID-19, from contaminating drinking water. Please visit the Environmental Protection Agency's webpage for more information on the

Coronavirus and Drinking Water and Wastewater. The District will continue to monitor information from state and local officials and work diligently to take measures to ensure the safety of customers and staff. Please feel free to contact the District at 303-530-4200 with any questions.

City of Boulder
 City Manager Jane Brautigam has issued an order effective immediately that no person shall organize, promote, or stage an event or gathering intended, or which can reasonably be expected to draw an attendance of 20 or more participants and any spectators in any park, parkway, recreation area, street, sidewalk, the Pearl Street Mall, or any other publicly owned space. This does not include any public

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Photo by Karen Copperberg

Many Niwot businesses are closing or restricting hours or contact to help stop the spread of coronavirus.

Neighbor to Neighbor Covid-19 Relief

Courier Staff

The Longmont Community Foundation has launched the Neighbor to Neighbor Covid-19 Relief Fund. This Fund is designed to provide financial resources to charitable organizations in Longmont and the St. Vrain Valley area that are involved in supporting populations that have been affected by

the outbreak. The Longmont Community Foundation encourages institutions, companies and other funders to contribute to the Fund.

One hundred percent of funds received will be distributed quickly and a final report of the distributions will be available on our website after the funds have been expended. Details on how nonprofits might request and access general resources from

the Neighbor to Neighbor Covid-19 Relief Fund will be announced at a later date, once donations have begun to accumulate in the Fund

To donate, visit longmont-foundation.org/ or :

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CLOSURES

Continued from Page 4

transportation waiting area. The full order is available at <https://boulder.colorado.gov/>

[links/fetch/48232](https://www.bocounty.org/links/fetch/48232).

Boulder County

For updates related to the novel coronavirus (COVID-19), go to www.BoCo.org/COVID-19.
Clerk & Recorder

The Boulder County Clerk & Recorder's office is urging residents to use online services and will be restricting in-person services to only transactions that cannot be done online, over

the phone, or by email. Normal hours of operation will be in effect: 8 a.m. - 4:30 p.m. (subject to change).

Area Agency on Aging

Community events, trainings

and classes are canceled but other services will continue and will be provided remotely. Meal services are changing and will no longer be site-based. For more information about nutrition programs, call 303-441-4995. For general inquiries about Aging Services, email bcaaa@bouldercounty.org or call 303-441-3570.

Niwot Youth Sports

All NYS events (practices and games for recreational and competitive sports) are delayed until at least April 6, 2020. Organizers will update families and volunteers with new info and scheduling as available.

Public Libraries

Both the Boulder and Longmont Public Libraries will be closed to the public through March 29, and most programs scheduled during that time have been canceled. Due dates for all materials have been extended to April 30, and outdoor book drops will be closed. For more information, visit boulderlibrary.org or www.longmontcolorado.gov/departments/departments-e-m/library.

Niwot Historical Society Then and Now Lecture Series

The NHS is rescheduling its upcoming presentation "From Desert to Oasis, A Land Made From Water" by author Bob Crifasi from April 29 to Nov. 11.

Sand Creek Massacre National Historic Site Visit

The visit to the Sand Creek National Historic Site, sponsored by the Niwot United Methodist Church, Cottonwood Square Shopping Center, the NCA, the NBA, the NCAA, the Niwot Historical Society, the Left Hand Grange and the Rotary Club of Niwot, originally scheduled for April 25, has been postponed and will be rescheduled for a later date. Those unable to attend the rescheduled date will receive full refunds.

First Friday Art Walk

The First Friday Art Walk for April 3, 2020 has been cancelled. "The NCAA and Osmosis Art and Architecture Gallery want to keep everyone safe. While we all will miss this event, we know that as a community, we support each other by promoting wellness."

Churches

Local churches have cancelled worship gatherings and activities, and are offering online services as an alternative. Check websites for updates.

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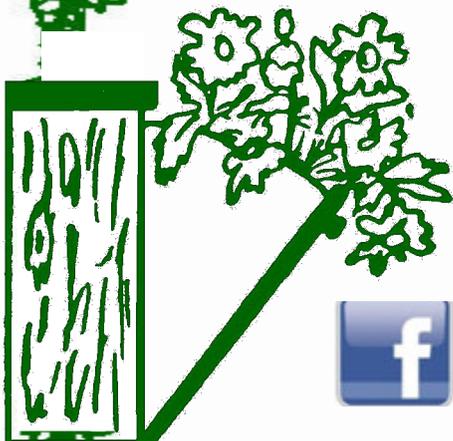
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Spring 2.0 - Doubling Down at Home, in a Good Way

Courier Staff

Welcome to the spring we never expected, yet here we are, with A LOT of extra time at home. With many of us now working from home, managing kids home from school, or just staying out of large crowds, we are being forced out of our familiar routines. How can we turn this into something meaningful and positive?

Start a new project together as a family that will be fun and fulfilling. Maybe this is the year to build backyard gardens and

learn as a family how to grow food.

Maybe we can turn this into the spring for all of those home improvement projects that we hoped we would get around to that elusive "someday," such as painting the house and washing all the windows.

Make this the year to roll up your sleeves and take spring cleaning to a whole new, sparkling level and throw open the windows to let in some fresh air. Take your curtains down for cleaning and your rugs too. Get into the corners of the closets and donate things that are

no longer serving their purpose with you to someone who can use them.

Let's also look around to those neighbors and friends who may need some help in this transitional time and see what we can do for them.

And as always, as we work on these projects and more, please support the wonderful, locally owned, community business partners who help keep our community and the newspaper strong, and are offering some great spring specials for Courier readers exclusively.




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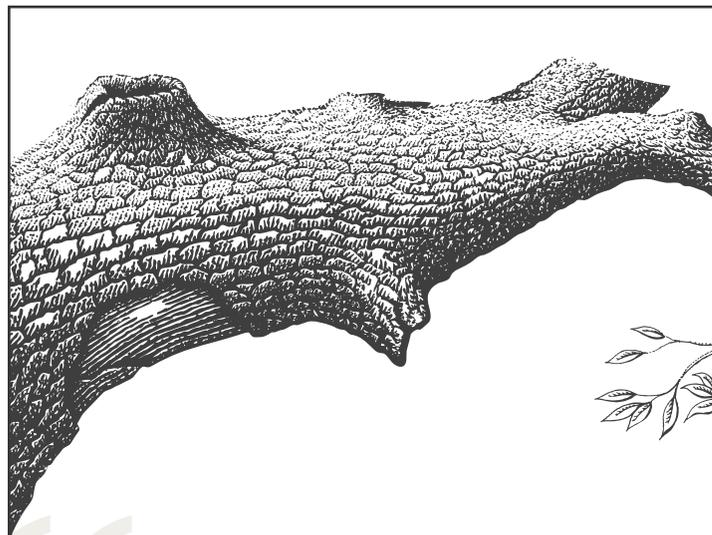
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QUARANTINE

Continued from Page 1

and before you eat, but also after touching any meat, seafood, or eggs.

Hand washing and surface disinfection is also important if you do leave your house, for instance if you go to the gym. The coronavirus isn't transmitted through sweat, but if someone were to have coughed or sneezed on equipment and you touched your face, you could be in trouble.

But if you're nervous about leaving your house, you ought to be prepared both in terms of supplies and resources for keeping yourself busy.

First, the food--Harvard recommends keeping a 14-30 day supply of both nonperishable food and prescription medication.

Some staples to have on hand

are:

- Frozen or canned vegetables
- Beans and lentils
- Frozen berries
- Nuts and nut butters
- Salsa
- Whole grains (they're cheaper when you buy in bulk)
- Olive Oil
- Honey
- Pickles, or any fermented food because they help with gut health and some say stress relief

Now with that list of staple foods, there are a number of ways you can prepare it. It's important to portion in advance and meal prep while possible; this is because improper storage or preparation can actually ruin the food. For instance, the "bacterial hot zone" is when food is most vulnerable to being compromised by germs. Unfortunately, since this hot zone is between 41-135 degrees Fahrenheit, that means that most room temperatures are included, so

you shouldn't leave food out for too long at room temperature.

Similarly, when reheating leftovers, it's risky to reheat food multiple times - that's where the portions come into play. When storing food, try using smaller containers--this also helps the food cool down faster before putting cooked food in the fridge. When food goes from hot to cold, it's a prime time for food to go bad.

But what about preparing food? There are lots of ways to prep it to use food to its higher potential. Roasting vegetables can make slightly wilted ones crisp and flavorful, and a stir fry is a great way to clean out the fridge. The same goes with salads--both dishes are versatile and can even be made into wraps the next day.

Lots of popular magazines and online cooking channels have specific recipes for "struggle meals," which are thrifty recipes where people make the most of the (often limited) ingredients at hand. The popular online channel Tastemade has a

YouTube series called "Struggle Meals" and the Washington Post's YouTube channel has a coronavirus playlist that even has a new "Quarantine Cooking Show."

But health and wellness extends past just food and includes both physical and mental exercises. As inconvenient as a quarantine may be, it has the potential to be a very beneficial brain break and mental reset.

Even though you may be cooped up, exercise is still really important, and there are many online resources for the most casual to the most avid athlete. For example, if yoga is your thing, there are lots of online yogis with free classes. One is Yoga with Kassandra-- her channel is great because of the variety of classes she has--some are as short as ten minutes or as long as an hour, with videos focused on strength, flexibility and even relaxation.

Many online magazines also have great resources for workouts. If you like the feel of a trainer, Shape Magazine, has a list of

its ten favorite workout videos. But Men's Health, Women's Health and even Cosmopolitan all have a variety of exercise regimens to try. Physical exertion is important not only for physical health, but mental health as well. The activity releases endorphins which help boost all around wellness.

On the more mental and emotional side of self care--breathing exercises, sleep, coloring, journaling and meditation have all been shown to help relieve stress. There are a variety of online meditations across the internet, but if you remember author Jim Ringel from last week, he has a free seven-day meditation to download on his homepage that's worth checking out.

Quarantines may be scary, but there are so many resources that can help you through them. For more information and tips for managing anxiety and stress during the outbreak, visit www.cdc.gov/coronavirus/2019-ncov/about/coping.html

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SCHOOL CLOSURES

Continued from Page 1

"I think that it's the uncertainty, especially, that's bumbling people out," he said. "There's not anything specific for anyone to look forward to, because they just don't know. If people knew when sports were going to start up again, or anything, really, there'd be a light at the end of the tunnel. But right now, it's a dark tunnel, and no one really knows what's happening."

Also causing uncertainty for students is the looming specter of "online learning," which will be implemented if schools are closed more than two weeks. At a media briefing with Boulder Valley Schools superintendent Rob Anderson and county health department officials on March 13, SVVSD superintendent Don Haddad said the district's technology department is well-prepared in the event of a transition to internet-based classrooms.

"I recall back in 2009, when we went through the H1N1

situation, and then the fires... and then we had the flood in 2013, and my point for raising all of these is that we have an extensive plan that has been developed in the St. Vrain Valley Schools. It has been in place for many years. We review it regularly, and update it each and every year....And we have paid close attention to the safety, health, and wellbeing of our students, our teachers, our staff, and our community. That's always been our priority."

Niwot High Principal Eric Rauschkolb agreed with Dr. Haddad's assessment, and added that the teachers and staff at his school are ready for online learning.

"Niwot High School is pretty well equipped to begin this uncharted journey," he said in a phone interview. "Our teachers are better prepared than most to go to a model like this. Because not only do we have one-on-one devices, but every teacher at our school uses Schoology, which is the platform that we're using for the online instruction. Having

said that, there will be some hiccups, I'm sure, that we never anticipated. But our staff is very flexible, and accommodating, and student-centered, so we're going to make sure that we give our students our best, using the tools at our disposal."

Still, Valin and other seniors are concerned about what the new dynamic might mean for their end-of-year testing and other long-term academic endeavors, which are nearing culmination after four long years.

"If we do have to move to online learning, I hope it will prepare us for either the AP tests that we're going to have to take, or the IB tests—that we're learning the stuff that's in our curriculum," Valin said.

As for that other senior milestone, college admission, Niwot High counselor Kelly Christensen said that, at this stage of the game, seniors probably won't be affected much by widespread closure of campuses across the country. "I think that it affects more of our alumni who are being sent home."

As of press time, his de-

partment hasn't heard about any delays in notifications, so applicants who are still waiting to hear yea or nay from their institution of choice don't have to do anything differently.

That's not the case for 11th-graders, who could face some unexpected hurdles in their upcoming college search efforts, according to Christensen.

"It's affecting a lot of juniors who had made plans for spring break and even into June to get out to these campuses and check them out," he said. "We always encourage them to get out to one or two before summer hits, so that they can see the campus as it's alive, and see what it's like for a day in the life of a student there. Now, there's definitely a lot of unknown. We have no idea where this is going to lead, but it doesn't look good."

The closure could also affect the juniors' upcoming SAT test, scheduled for April 14, but the district is awaiting additional guidance from the College Board before deciding on a course of action.

As for what is expected of students during the break and perhaps beyond, both Raus-

hkolb and Christensen said it was important to keep lines of communication open, both with teachers and coaches, as well as friends. They urged students to follow social health protocols, but also to "get outside" and "stay active" to help combat the effects of isolation. Valin said that Niwot's student council is exploring ways to remotely support students and boost school spirit if classes go online.

"I think right now that it's important that we promote that community feeling, and the whole togetherness idea, because everyone's quarantined in their own homes and separated, so it's important for people to still have community and that student body surrounding them."

For now, Valin is adjusting to a world where his final weeks of high school might take place behind a screen.

"It's the second semester of my senior year, and, although it sounds great to have a bunch of school off, I would prefer to be in school, hanging out with my friends, and enjoying my last semester, instead of worrying about the virus and who I'm around and who I'm with."

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HELPING NEIGHBORS

Continued from Page 1

grateful for that too. Others have said they may have her shop for them in the future. She's happy to help, but knows she's just one person. She wants the idea to spread throughout the community, asking people to check on neighbors who may feel isolated and fearful of going out.

Dozens of people have responded to Isaacs' post. Some also volunteered to help. Others were heartened by what they read.

"This is how we get through this by being there for each other. Beautiful," wrote Kate Head who also said she was going to check on one of her neighbors who is in the highest risk group.

"Thank you to all the very thoughtful kind people who have graciously offered to run an errand for people like me," wrote Kathleen Ferguson. "I am overwhelmed by your generous spirit."

One person on Nextdoor posted information on an organization called Cultivate that grocery shops for elderly people. The organization's website, Cultivate.ngo, lists information for people who need their services and for those who want to volunteer.

It's great that people want to help, but they also have to be extremely cautious with at-risk populations. It's important to remember that people can harbor the virus and not yet be symptomatic.

Isaacs and others on Nextdoor remind helpers to strictly follow health precautions to minimize the risk of transmission when shopping and delivering items, starting with washing their own hands before going to the store. Once the helper is done shopping, Isaacs said they could leave the groceries outside the front door or ask the receiver to go into another room if they need the items put inside. Either the helper or the receiver could then dump out the grocery bag and use soap or sanitizing wipes on the items, the bags and any surfaces touched by the bags or grocery items. The receiver and helper should wash or sanitize their hands afterward.

Isaacs is a geography instructor and closely follows what health professionals and other scientists are saying. "It's all about flattening out the curve of the infection," she said. "Whatever we can do to minimize the number of people out in the stores the better."

"I know we're all scared right now, but it's not affect-

ing those who are young and healthy as much," she said. "We're still going out grocery shopping. Helping others is a nice thing to do."

The owners of Niwot Tavern feel the same way. They are approaching the crisis in a different way, helping children and families who depend on free or low-cost school lunches. They want to fill the gap while schools are closed and help workers who are fearful of lost income while so many businesses shut down for an undetermined amount of time.

The restaurant is becoming a make-shift food bank. Community members can drop off food at the Cottonwood Square location and families are invited to pick up what they need.

"We have heard a lot of people saying it's a hardship for their kids to be out of school and a lot of kids do depend on school lunches to eat. I, myself, have been in that situation," said owner Stacy Szydek. "If you're not working it makes it even tougher. Everybody feels helpless so we're trying to help any way we can."

Supporting one another is a way people are taking positive action in these uncertain times.

CATHY OLKIN

Continued from Page 3

teroids in two separate fly-bys, while using the Earth's gravity like a slingshot twice to propel it outward to Jupiter's orbit.

The Lucy mission is named after the Australopithecus fossil - the Lucy fossil of an ancient human ancestor that was discovered in Africa 1970. This name selection was very deliberate.

"The idea is that Australopithecus really transformed our understanding of human evolution in the same way the Lucy mission is striving to transform our understanding of solar system evolution," said Olkin.

The outer space Lucy mission is seeking to answer the question, "How did we get to be in the structure we are in the solar system?" The answer to this, in turn, will help us understand more about the Earth and how it evolved.

(By the way, no one seems to know how the asteroids earned the name "Trojans." One presumes there is no correlation

with the brand name of a popular personal product.)

Olkin's path toward being a planetary scientist was not direct. She started studying premed in college, then switched to aerospace and went on to get a Masters in aerospace engineering. From there she went to work for the Jet Propulsion Laboratory as an engineer.

"I was enjoying the work doing navigation but I realized that what was really driving me was the scientific questions that were driving that mission," said Olkin. She switched fields and went back to school to earn a Ph.D. in planetary astronomy.

When asked what she thinks the Lucy mission will discover, Olkin said, "I think we'll be surprised, because every time we go to a new asteroid or planet in our solar system we're learning a lot and being surprised. I hope we're surprised. I would love to be surprised and learn something new."

Olkin concluded, "I can't predict what the answers will be, and that's why we have to go there and explore."

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Spring sports season on hold until April 18

By JOCELYN ROWLEY
Editorial@lhvc.com

Citing "concerns surrounding the ongoing COVID-19 pandemic," the Colorado High School Activities Association has extended the moratorium on all sports and activities until at least April 18. Additionally, all CHSAA Music Events have been cancelled for 2020, and the .CHSAA Hall of Fame event, scheduled for April 14, has been cancelled.

"It turned very quickly," Niwot High assistant principal and athletic director Joe Brown said of the abrupt decision to suspend the season, originally announced on March 12. "Since then it's been a matter of getting a hold of coaches as quickly as possible and talking them through the situation."

The situation as of March 17 is no competitions or practices can be held during the period between March 13 and April 18. Coaches are allowed only limited contact with their athletes during that period, and cannot mandate any training, practices or work-



Photo by Jocelyn Rowley

Niwot girls tennis was able to get two matches completed before the spring sports season was postponed by CHSAA on March 12. Seniors on this year's team are (from left) Maedee Trank-Greene, Annie Heinritz, Lily Sieben, and Tehnley White.

outs. Players are allowed to do so voluntarily, on their own or in small groups, but CHSAA is encouraging schools to set "stricter

standards on student gatherings outside of the high school."

Unsurprisingly, the senior athletes at Niwot are taking the

news hardest.

"A lot of us that are looking to play in the future are bummed out by, because this is the time of year when we thought we'd make a lot of progress," Cougar soccer goalie Quinn Gossett said. "I think there's a lot of unknown, and I think it's affecting younger and older kids differently right now." The Niwot girls were set to open the 2020 season under first-year head coach Jenna Machado on March 17.

For coaches, the sudden disruption of their upcoming seasons has been just as shocking. While many did have a chance to meet with their entire teams on Thursday night, a few did not, including Niwot head track coach Maurice Henriques, who was at a junior varsity track meet in Severance when the news was announced.

"The kids were all on their phones, so they heard about it before I got word," Henriques said. "There were some tears, because some of them were seniors. But they started developing a plan right there at the meet."

He said team leaders have set up small practice groups that will help maintain fitness during the layoff. "We just provided them the workouts, and they set everything up."

There has been a similar effort by members of the Niwot girls golf team, which was slated to open its season at the Chili Chilly Invitational on March 14. Sophomore Sydney Rothstein, who was slated to be the Cougars' number three, has been keeping in contact with her teammates by text, and hopes to meet up with some on the course this week.

"We're not allowed to meet with Coach Weaver as a formal team, but he and I talked about some things we can do to stay prepared for when we jump back into things," she said of her efforts to keep the team motivated during the break. "Even though we're not necessarily meeting, there are still things we can do to practice. You're not playing as often, but at least you're staying on top of it."

Continued on Page 14

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STUDENT OF THE WEEK

Rumi Natanzi

By JOCELYN ROWLEY
Editorial@lhvc.com

At 13, Rumi Natanzi suffered a medical emergency that required years of recovery. She spent a lot of that time listening to original cast recordings of popular musicals, and by the time she was ready to enter 9th grade, she had found a new passion—one that eventually developed into a memorable four-year run on the Niwot High stage. A few weeks ago, Natanzi took her final bow as a Cougar, and said goodbye to the place that has allowed her to tell stories with her expression and voice.

"I didn't really start to consider that theater could be something that I was actually good at until I came to high school and auditioned for the musical," she said. "I really enjoyed it and it kind of took off from there."

Freshman Natanzi was cast as Little Red in "Into the Woods," an impressive role for her first high school musical. Unfortunately, she also got an impressive cold during the show's run, and had to find time to blow her nose and soothe her sore throat in between scenes. In the years since, she has starred in "The Drowsy Chaperone" and "Cinderella," before her show-stopping role as Morticia Addams in the school's production of the Addams Family, which ended on March 8. She cites this as her favorite show, "since it was such a spectacular role and experience with the cast and creative team."

"I had an amazing time," she said, then added, "I loved everything I've ever done."

Wrapping up her last year on Niwot's stage, Natanzi reflected on the impact she's made.

"During Cinderella, which was last year's show, a little girl came



Courtesy Photo

Talented actress Rumi Natanzi recently starred as Morticia Addams in Niwot High's production of the Addams Family Musical.

up to me after the show with a note she had written during the intermission. There were drawings of both her and me in our dresses—she was wearing her Cinderella dress, as many little girls who attended were—and she had written a little note telling me how much she loved the show. I was so touched by this gesture, and felt so proud to be playing a role that so many little girls looked up to."

Before her Niwot career, Natanzi participated in summer shows at local theaters such as the Parlano School Of Music in Boulder, as well as CenterStage in Louisville, which she cites as "both fabulous theater programs and experiences." And through these shows she's found a home in theater.

The impact Natanzi has made on the community through theater is something she plans on continuing. Although unsure of where next year takes her, whether it's to the stage, the classroom or perhaps both, Natanzi knows she wants to change people's lives. Although her dream career

is, "of course," landing a role on Broadway, teaching theater or working for Human Rights Watch or UNICEF also pique her interest. As she starts counting down the days until graduation, Natanzi is sure of one thing, "I intend to continue to integrate music and performing into my life in whatever way possible.!"

When Natanzi isn't singing on stage or practicing lines, she is out with friends, reading, bingeing shows on Netflix or just dancing in her room. As she puts it, "you know, the usual." She also serves as the president of Niwot's chapter of Tri-M, the National Music Honor Society, which aims to implement various musical activities into the community.

Natanzi also keeps her schedule full as a full IB diploma candidate, and often finds herself doing "copious amounts of homework." But she doesn't find herself dreading the pile of homework.

"I absolutely love English class. Every English class I've taken at Niwot, I've enjoyed in one way or another." She added on, "I also really love IB Contemporary World History, which I'm taking this year, since I love history in general."

But being on the stage remains her first love, and one she hopes remains in her life for years to come.

"There are so many things about performing that I absolutely love," she said. "I would have to say that the most gratifying part of performing to me is the overwhelming sense of community that's formed with every single cast I've ever worked with. The fact that people can put their differences and beliefs aside and all come together with one passion, working toward one common goal, literally brings tears to my eyes."

SPRING SPORTS

Continued from Page 14

In the event that the 2020 spring season is cancelled for good, as the NCAA has done, Niwot coaches are worried about the emotional impact on their athletes, especially to their juniors and seniors hoping to be noticed by a college recruiter.

"It's a huge blow," Niwot High counselor and cross country coach Kelly Christensen said. "In multiple sports, there's a lot of work that these kids have done that they won't get a chance to showcase, and that showcase can lead to scholarships or opportunities at the next level."

Even if the season resumes on April 18, there is no detail

about what the remainder of the competition schedule will look like, or how the postseasons will be conducted. In any event, the lack of gate revenue during the five-week break will put a sizable dent in the athletic department's budget, according to Brown.

"As of right now, sports seasons won't be extended, but we don't really know what's going to happen," Brown said.

CHSAA has not given a timetable for a further decision, but stated in a March 17 release: "National and state decisions related to the COVID-19 virus are changing daily, even hourly, so new updates will be posted on CHSAANow.com and communicated via email to schools and media."

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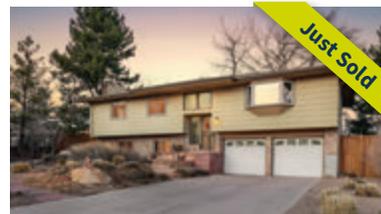
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