



Niwot's places of worship suspend services

By ABIGAIL SCOTT
Editorial@lhvc.com

In small towns, churches are much more than simply places of worship to gather on Sunday mornings. They provide a space for neighbors to socialize, for newcomers to meet people, and for those without company to have some, if even just for a few hours. With the closing of most public and private businesses and gatherings limited to no more than 10 individuals, churches in Niwot and Gunbarrel are forced to figure out other ways of bringing the community together.

Pastor Janet Kettering of Shepherd of the Hills in

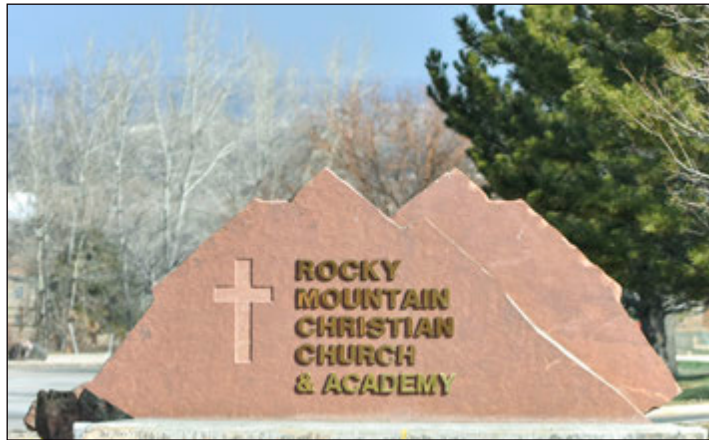


Photo by Katie Rowley

Like most churches in the area, Rocky Mountain Christian Church (9447 Niwot Rd, Niwot) has moved its services online to comply with COVID-19 restrictions.

Gunbarrel advised that the church would be canceling services until at least April 1, however, as much is still un-

known, this date may move back. The church also shares its community center with various other groups and will

close its doors until at least April 1. While events like this are terrifying, uncertain, and, for many, tragic, Kettering also explains how they have the unique ability to unify a rather disconnected world. She explained, "This is the first time in my lifetime I am experiencing an event that is being shared globally. Of course, we've had other experiences that were similar, but occurred at different times in different places. In this situation we are all simultaneously sharing something that reminds us that we all share the same "essence," regardless of how we do or do not recognize God or what name we give to God."

It may be easier to feel

more connected and communal in small communities such as ours, but we can still be isolated in our comforts, routines, and small family and friend groups. Kettering shared that, "During this time of worldwide, deep disorientation, that connection has just become glaringly apparent, turning us to each other."

Rocky Mountain Christian Church has also moved its services online, held Sundays at 9:15 a.m. and 10:45 a.m. (www.rocky.church/live). RMCC's Communications Director, Duncan Schaefer explained that in addition to traditional services, the

Continued on Page 6

Niwot Market weathers coronavirus storm

By JOCELYN ROWLEY
Editorial@lhvc.com

On March 12, escalating efforts by state and school officials to stop the spread of COVID-19 touched off a "panic buying" spree at Niwot Market that left several shelves bare and sent some longtime customers away in frustration. But owners Bert and Alison Steele are seeing hopeful signs that the initial shock has abated and operations at the town's 18-year-old independent grocery store will soon be back to normal—or whatever passes for that these days.

"The question I'm always getting is, are we going to close, and the answer to that would be no," Alison said. "We have no intention of closing whatsoever. I also get the question, will the food supply chain shut down, and I don't think that will happen."

But it could be disrupted for a few more weeks, the Steeles warned, so shoppers might have



Photo by Jocelyn Rowley

Ten days later, the produce section at Niwot Market has been replenished since the first wave of "panic buying" hit the store on March 12, but other aisles still showed signs of the frenzy.

to adjust their habits and expectations. The store has trimmed its hours, closed its dining areas, and has less staff than usual, as some employees are opting to stay away from public places. Additionally, Bert and Alison are also still dealing with shortages caused by a throng of frenzied customers fearful of a prolonged quarantine.

"It was just pure madness," Alison said. "People just started hoarding toilet paper, and the cleaning supplies, canned food, frozen food. At first, nobody was buying produce, but then people just started buying everything, and we're little, and we didn't have time to react. So we just

Continued on Page 5

Local restaurants trying to survive with new business models

By PATRICIA LOGAN
Editorial@lhvc.com

It's not the way Leland Oxley expected to launch his Gunbarrel restaurant, Motherlode. In less than two weeks he opened the new restaurant, closed down the dining room, started a carryout and delivery business and began room service for all of five guests staying at the nearby Hampton Suites hotel.

"At some point you just say it is what it is and make the best of it," said Oxley.

Motherlode isn't the only restaurant suffering after the coronavirus forced Gov. Jared Polis to limit all restaurants in the state to takeout and delivery. Oxley and other restaurant owners are laying off much of their staff as they try to hang on with to-go options until the crisis passes.

This is not the first disaster for Oxley, who is relying on the wisdom and experience that is reflected in his chin-length graying hair. Oxley evacuated his home in Gold Hill when the Fourmile Fire hit Boulder in 2010. As things shut down, the community banded together to support one another in different ways. He used his skills as a chef and threw a free barbecue for the neighborhood. Many of the guests asked about the delicious sauce, so he bottled it for people to take home. Out of the ashes came his business, Motherlode Provisions. It sells sauces and a Bloody Mary mix to Whole Foods and other grocery stores.

"To some degree, this reminds me of the Fourmile Fire," he said. "Being someone

Continued on Page 8

Niwot businesses are changing hours and services due to coronavirus

By PATRICIA LOGAN
Editorial@lhvc.com

Niwot businesses are staying nimble as each day brings new developments in the fight against the coronavirus. A new page on the business community's website, Niwot.com/COVID-19, has the latest information on when shops and restaurants are open and what services they are providing.

The idea is to support the local economy by keeping potential customers in the loop, according to the town's economic development director, Catherine McHale. "I think we all have to

get a little bit clever about how we can continue to support our community and try to have as normal a life as possible within the constraints of what is being asked of us with regard to social distancing," McHale said.

She's encouraging the community to consider local purchases instead of online or other retailers as a way of keeping Niwot's businesses running so they can come out on the other side when the time comes.

Most retail shops have closed their doors, but are encouraging customers to call or email for individual appointments, shipping or holding items aside.

Wise Buys Antiques is the exception, continuing with regular hours. The owners say it's easy to practice social distancing in the store.

Niwot Wheel Works is also open, but asks that you call before arriving so they can make sure others aren't in the space. Or, you can have them pick up and drop off your bicycle for servicing.

Niwot restaurants have switched to all take-out and delivery. Pinocchios is offering no-contact pickup. Customers pay online or over the phone then call before they arrive so the staff can put the food outside. Lefty's Pizza is incentivizing customers with a program to get 25% off all future orders and discounts for using the phrase "Niwot Strong." Lucky Pie is offering cooked and take 'n bake pizza. Niwot Tavern has a family dinner special for pickup. See below for a comprehensive list of local eateries still open for takeout or delivery options.

Coffee and tea lovers can still get a cup at The Old Oak Coffeehouse, but they have to use the store's paper cups instead of bringing in their own containers, and baristas will be adding the creamers and sweeteners. Winot Coffee asked for public support of Niwot businesses to help them survive.

The Niwot Market has re-



Courtesy Photo

1914 House is temporarily closed while other Niwot restaurants are open for takeout and delivery.

duced its hours so the grocery can restock shelves and do extra sanitizing. They are open 7 a.m. to 6 p.m. until further notice. Several other restaurants and businesses emphasized their commitment to sanitary practices and social distancing. Left Hand Animal Hospital is offering concierge services for pet parents. Let them know you're coming and someone will come to your car, get your pet and then speak with you by telephone during the appointment.

The Healing Collective is providing telemedicine appointments so clients can still get attention from the functional and

integrative medicine practice.

Sante Dayspa is selling gift certificates, as are some other businesses. It's a way to help bridge the gap until they can provide full service again.

The Shop Niwot passport is still good for online or phone purchases. Customers just need to staple the receipts to their passport.

Along with the Niwot website, customers can check Facebook and other social media to get updates directly from the businesses.

Continued on Page 3

Niwot Rental & Feed

Premium Feed & Supplies
for your

Horses, Dogs, Cats, Birds & more!



Your One Stop Shop for all of
your Wild Bird needs!

291 2nd Ave. Niwot

303.652.2900



LEFT HAND VALLEY
COURIER

P.O. Box 652 • Niwot, CO 80544

EDITORIAL/CIRCULATION: 303-845-3077
ADVERTISING: advertising@lhvc.com
EMAIL: editorial@lhvc.com
WEB SITE: www.lhvc.com

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



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

COMMUNITY PET SPOTLIGHT

Sponsored by Niwot Rental & Feed



Meet Max! Max was adopted from the Boulder Humane Society via a shelter in Houston, Texas. Max is a true "southern gentleman". He goes out of his way to say "hello" and becomes fast friends with everyone he meets (any of you who have had him in your car or house can attest to this). Although from warmer climes, snow is one of his favorite things and he can often be found behind the house happily making doggy "snow angels". When not rolling in the snow or greeting new people, Max's favorite thing is playing Frisbee. Max has lived in Niwot since 2015.

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

Help local farms through Community Supported Agriculture (CSA)

Spring has officially sprung, which means local farm-fresh produce can't be far behind. To partake in the upcoming bounty and help foster sustainable and regenerative agriculture, join one of the area's many CSA programs. Shares start as low as \$12 per week for singles, with seasons typically lasting from April or May to November.

63rd Street Farm

3796 63rd St., Boulder
www.63rdstfarm.com
Enjoy organically grown vegetables cultivated at this 50-acre farm located in this historical Valmont Butte area of Boulder. Members can also add on grass-fed beef, pork, and lamb, along with pasture-raised chickens and their eggs, local raw dairy cow and goat's milk, and freshly roasted coffee. Thanksgiving turkeys are available too.

Aspen Moon Farm

7927 Hygiene Rd., Longmont
www.AspenMoonFarm.com
Now entering its second decade, Aspen Moon Farm is a Demeter Certified Biodynamic grower, making their produce "100% natural and bee friendly." In 2020, weekly or biweekly CSA shares of seasonal farm

fresh vegetables and culinary herbs will be available for pickup in either Longmont or at the Boulder Farmers Market. Optional add-ins are Ela Family Farm certified organic fruit and shares of fresh cut flowers.

Bonavida Growers

734 8th Ave., Longmont
303-449-6735
Bonavida Growers is a small organic farm in Longmont that offers 50 shares per season, starting in May. Food produced on the farm is grown by using organic methods and only goes to CSA members, not to farmer's markets or restaurants.

Cure Organic Farm

7416 Valmont Road, Boulder
www.CureOrganicFarm.com
Founded in 2005, Cure Organic offers two CSA options, with shares consisting of weekly produce, a weekly newsletter, recipes, and invitations to farm events. Fruit, egg, coffee, bread, wine and cheese options are available for add-ons.

Kilt Farm

8140 Oxford Rd, Longmont
www.KiltFarm.com
Kilt Farm promises that CSA members will "never get the same things in your box two

weeks in a row." Available on a weekly or biweekly schedule, shares can be customized based on vegetable preferences selected at sign-up, and picked up at one of eight locations. Kilt's CSA also offers payment plans and vacation holds. In addition to produce, subscribers can add-on flowers, Sky Pilot eggs, Ela Family Farm Fruit, Hazel Del Mushrooms, or Patifico Pasta.

McCauley Family Farm

9421 N. 63rd Street, Longmont
www.FromOurFarm.org
A year-round CSA, McCauley offers pasture-raised chicken, eggs, lamb and pork, that have never had antibiotics, growth hormones or feed containing genetically modified seed. McCauley also offers community dinners, special events, and educational classes.

Miller Farm

13912 CR 19, Platteville
www.MillerFarms.net
Familyowned for more than 70 years, Miller Farms offers a full, half, or quarter share CSA, consisting of pesticide-free fruits and vegetables. Members also get two free passes to pick their

Continued on Page 10

LOCALLY GROWN IN NIWOT
KILT FARM

BOULDER COUNTY'S BEST PRODUCE
OUR CSA CUSTOMIZED TO YOUR LIFESTYLE

CUSTOMIZATION: Choose your Veggies, Vacation Holds, Payment Plans
CONVENIENT: Multiple Pick-Up Locations and Home Delivery Available
FRESH NUTRIENT-DENSE VEGETABLES: Over 100+ varieties

Visit kiltfarm.com/NIWOT and use code **LOCALS** for \$25 OFF before April 15

8140 Oxford Road Niwot, CO 80503 **970.846.6233**

BUSINESSES

Continued from Page 2

Niwot Tavern

Order by phone or online
303.652.0200 niwottavern.com
Pickup only

Pinocchio's

Order by phone or online
720.340.4009 eatatpinocchios.com
Pickup or delivery

Abo's

303.652.0830
Takeout or delivery

Sachi Sushi

303.652.0328 sachiniwot.co
Takeout only

Niwot Market Deli

303.652.0919 niwotmarket.com/deli
Takeout only

Raza Fresca

303.652.3995 razafresca.com
Pickup or delivery

Lefty's Pizza

303.652.3100 leftysgourmetpizza.com
Takeout or delivery

Old Oak Coffee Shop

303.834.9869 theoldoakcoffeehouse.com
Pickup only

Winot Niwot

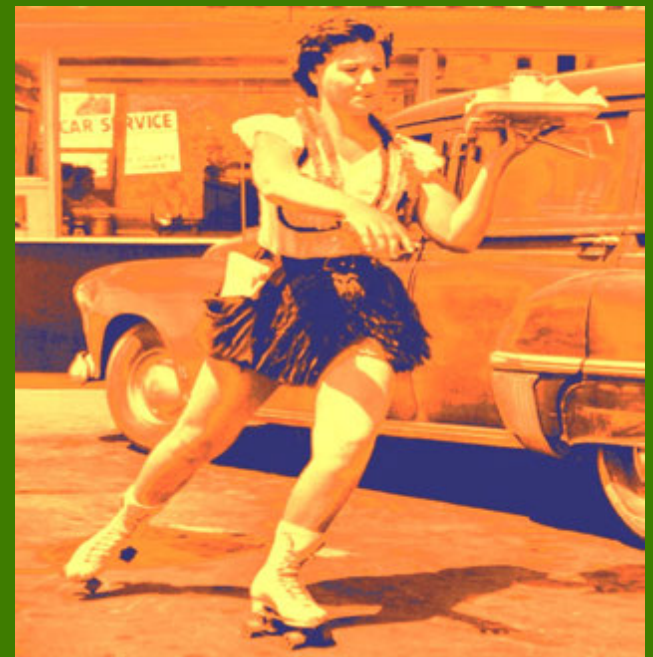
303.652.6464
Pickup only

Fans Chinese

1303.652.6249 fanschinese-cuisine.com
Pickup or delivery

Subway

303.652.6474 ordersubway.com
Takeout only



Ordering Take Out
from local restaurants will
help them stay afloat!
Anything else you need or
want, check to see if a local
business can provide it.

Thank you!

Video conferencing in a pandemic

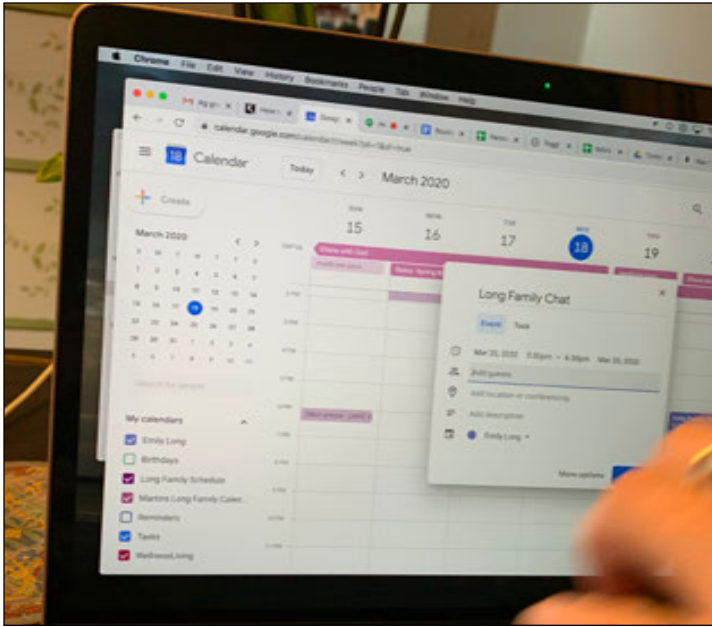


Photo by Emily Long

Scheduling a calendar invitation to a Google Hangouts video chat.

By EMILY LONG
Editorial@lhvc.com

It turns out having a big birthday during a global pandemic is a bit of a bummer.

March 20, 2020, was a milestone birthday for me: 40. I had been planning to celebrate at a nice restaurant perched on a mountain overlooking town, with most of my immediate family: my mom, daughter, sister, and brother-in-law. My dad was going to drive out to Niwot from his home in Omaha, Nebraska, to join us.

Best laid plans did not go well. At least we hadn't booked a cruise!

The coronavirus hit Colorado in early March. My father, John, who is 71, cancelled his

trip. We were all being told to stay at home. All of the restaurants, ski resorts, concert venues, and pretty much the rest of the fun things to do outside of the house were cancelled or postponed.

Thankfully, children don't seem to be getting very sick with covid-19. But my daughter, who is almost four, could be a carrier for the disease and we wouldn't know until it was too late.

Both my mom, Sarah, and my younger sister, Karen, are autoimmune compromised, and taking medicine for rheumatoid arthritis. Getting together just didn't sound like a good idea.

So we decided to try a fam-

ily video conference for my birthday. Which is not something we've ever done before all together. Honestly, it's probably not something we ever would have considered under different circumstances.

My older sister Rebecca, who lives in South Korea and teaches English there, had been sheltering at home for over a week already. She's savvy at technology, and good at finding ways to connect that don't charge the hefty fees of long-distance phone calls.

Everyone in my family had experience using some sort of video conference software before. That is, everyone except my dad, who had never used

Continued on Page 13

Niwot Historical Society
NOW & THEN
2020 Lecture Series **UPDATED**

The lecture that was planned for **Wednesday, April 29** has been rescheduled for **November 11**.
The updated lecture schedule is:

- ~ **Wednesday, September 30**
The Switzerland Trail, Railroad
- ~ **Wednesday, October 21**
Women's Suffrage, Centennial Anniversary
- ~ **Wednesday, November 11**
From Desert to Oasis: A Land Made From Water

Niwot Historical Society
P. O. Box 354, Niwot, CO 80544-0354
Website is: niwothistoricalsociety.org
Email is: info@niwothistoricalsociety.org

Restore
your investment in luxury.

Before

Free Evaluation
Owned & Operated for 16 Years.

After

LEATHERMAN RESTORATIONS
970.390.8595
www.leathermanrestorations.com
dennislowrie@gmail.com

NIWOT MARKET

Continued from Page 1



Photo by Jocelyn Rowley

Cleaning supplies were among the first to go after coronavirus shut-downs caused a spree of "panic buying" at Niwot Market starting on March 12.

started limiting things—take two, take this. People from all over were coming—there were a lot of people I didn't recognize, anyway. It was just crazy."

As the week went on, and area restaurants were shuttered, the Market's inventory of staples also started to decline, presumably as families reacquainted themselves with their ovens and stoves.

"You can see that they're cooking more by what they're buying," Bert said. "Things that store, like carrots, onions, potatoes, yams. Broth is hard to come by, both beef broth and chicken broth."

There was also a run on flour, spurred by a trend Bert hopes will stick around after the crisis.

"Years ago people used to bake all the time, and it kind of went away," he said. "Now you can tell they're baking. Yeast is something that almost didn't sell at all, but now we're having trouble getting it."

The Market is also experiencing shortages of over-the-counter cold and flu medications, as well as supplements that purport to prevent illness, such as Emergen-C. Bert said it's also been difficult to get yogurt and organic produce, but other items, notably eggs, are already back in stock.

"I think it's starting to calm down," he said. "Our industry's really efficient, so this deal, once we get the pipelines full, we'll be back to normal."

Longtime customers have noticed the crowded aisles and

long lines at the Market's registers, but so far, it hasn't affected the quality of the service, according to Niwot resident Kathy Koehler.

"It was busier than I anticipated, but staples and some fresh items that I had run out of were stocked," she said. "I have heard from neighbors that they were so glad to be able to order a sandwich as a treat for themselves—it felt 'normal' to order a sandwich at the deli. I hope locals will go there and support the Market during this time instead of going to Longmont, Gunbarrel or Boulder because these folks are Niwot residents and are sacrificing their health to stay open for us to have some normalcy in our lives."

Bert and Alison expect much of the depleted inventory to be replenished in the coming days, but customers might not see some of their favorites back on shelves until the Market's vendors adapt to the spike in demand.

"There is a lot of food, but people maybe won't get their exact brand for a while," Alison said. "Our suppliers are overwhelmed with orders that are 200 times what they've been doing, and they can't get us what we normally get. Or, our trucks have been super late because they're loading triple of what they're normally loading. So people think that everything is out, but it's not, it's just delayed."

Some of that delay has been due to the unpredictable service from their large suppliers, as they prioritize large chain stores, such as Whole Foods and King Soopers. Some have delivered only partial orders, while others have cancelled outright, leaving Bert and Alison scrambling.

"We're finding that the smaller vendors are helping us, and the bigger vendors have priorities," Bert said, citing Yoder Farms, an Amish egg supplier from Iowa. "I think when this is over, we're going to be buying from smaller guys as much as we can, because they're trying to help us, so we're going to stick with them."

Despite the upheaval, Bert and Alison said that shoppers have been largely good-natured and generous, if not always local. "It started out a little grumpy, but then it got to where every-

one was really understanding," Bert said. "The hardest thing for me was that there were so many people coming from out of town, and the Niwot people weren't getting their stuff. That was discouraging, but there was nothing I could do about it."

As for shoppers who don't want to venture out in public, the Market is offering curbside pick-up and limited delivery.

The Steeles have also heard from many customers offering to deliver groceries or even shop for elderly or isolated members of the community. But Alison also had some simpler advice.

"People are always asking what they can do, and I would say just be patient and kind."

Though both Bert and Alison are optimistic, they admitted that it's hard to predict with

much certainty what will happen in the coming week. However, both were confident in their industry's ability to adapt to this unprecedented challenge.

"We're working against big towns, and I don't know what all the problems are, but I think it will slowly start getting fixed," Bert said. "I think it's all going to work out. It's all going to slowly rebuild."

**Pat Murphy
Ann Mills
Tara Littell
Todd Goad**

The 41st Annual Easter Egg Hunt to thank our community, clients, and friends for their continued support to Niwot Real Estate is canceled.

The Niwot Cookie Moms will be sending their usual boxes to the troops overseas and will include all of Niwot Real Estates Easter Egg Hunt goodies.

THE FOUR CANDLES

Four candles slowly burned. The ambiance was so soft, one could almost hear them talking.

The first candle said: "I am PEACE. The world is full of anger and fighting. Nobody can keep me." The flame of PEACE went out completely.

The second candle said: "I am FAITH. I am no longer indispensable. It doesn't make sense that I stay another moment." Just then a breeze softly blew FAITH'S flame out.

Sadly the third candle began to speak: "I am LOVE. People don't understand my importance so they simply put me aside. They even forget to LOVE those who are nearest to them." And waiting no longer LOVE'S flame went out.

Suddenly a child entered the room and saw the three unlit candles. "Why aren't you burning? You're supposed to stay lit till the end." Saying this the child began to cry.

Then the fourth candle answered "Don't be afraid, I am HOPE. While I am still burning we can re-light the other candles."

With shining eyes the child took the candle of HOPE and lit the other candles. The greatest of these is LOVE, but the flame of HOPE should never go out of your life!

We HOPE each of us can live with PEACE, FAITH, and LOVE.

Let's hope in the future we can find a new home for everyone delaying that choice right now. We have great listings coming up.

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

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

Strategies to cope with anxiety as daily life is turned upside down

By PATRICIA LOGAN
Editorial@lhvc.com

It happened so fast. Our minds are reeling as we try to cope with a shocking new reality that upended the way we live our lives. But there are many small, manageable things we can do to keep from being overwhelmed by anxiety, fear, loneliness, loss and other difficult feelings.

"The first part is to begin to slowly accept reality, that this is, in fact, what's going on," said psychologist Dr. Marek Dvorak, who practices in Niwot. "You can feel some sense of freedom by acceptance. You don't have to like it, but there is an acceptance."

Once we accept the situation, we can recognize and validate the feelings that come with it. "It is quite natural to feel anxious and fearful. It's OK

to even be down or sad about it. It's a loss and you're allowed to grieve and be affected emotionally."

Loss comes in many forms that we might not even consciously recognize as losses. Simple things like taking the kids to the playground, going to a birthday party, playing and watching sports, going out with friends, going to work and school, running to the grocery for that one necessary item, touching things, touching people, routine dentist appointments and a million other things we used to take for granted. Then there are the major life events that will never happen again like a graduation ceremony in front of a cheering crowd, family and friends.

It's hard.

Continued on Page 13

CHURCHES

Continued from Page 1

church would continue to hold its Kids Ministry and Student Ministry online as well. Schaefer speculated that Easter service might be cancelled as well but nothing was confirmed yet. While providing an online resource for traditional church services that parishioners are now missing, Schaefer highlighted other examples of communal service. "We are calling our regular church attenders to check on them and ask how we can help/pray. Our Local Impact ministry is providing resources to our church about serving opportunities and we are encouraging our people to support businesses by buying gift cards and giving them away."

Schaefer also acknowledged that now, more than ever, is a time to spread the church's love, light, and mission. RMCC is "encouraging our people to thank local health workers either just verbally or with small tokens of gratitude. We are constantly developing our efforts and can assure any-

one that we haven't ceased to be the church even though our physical building is closed until further notice." It can be easy to forget the deeper meanings of life when faced with the tedium of daily struggles towards an unknown. Schaefer explained his gratitude and realization found even during this uncertain pandemic, "I'm also thankful for the church and others who step up in times of crisis. It makes me proud to see so much goodness in light of these circumstances."

Father Swinehart, at St. Mary Magdalene in Heatherwood noted barely any change in attendance when the service moved online. SMM is holding worship, prayer gatherings, discussion groups, and more online via ZOOM and has even partnered up each parishioner with a 'buddy' to minimize the impact of social distancing. As public gatherings, private businesses, and a collective health hang in the balance, Father Swinehart underscored, "We're still getting used to online worship and are working to make it more 'worshipful.' Just now starting to think about what online Holy

Week and Easter could look like."

Pastor Skip Strickland of the Niwot United Methodist Church has been using Facebook Live on the church's Facebook page to conduct worship services. "I recorded a sermon and a 29-minute worship service from my home (March 15)," Strickland said. "Anybody can access the Niwot United Methodist Facebook page even if they do not have a personal Facebook account." The church has also instituted a phone tree to check in on constituents. "Our missions and outreach committee will keep us up to date on how we can be good neighbors for the health and welfare of our community," Strickland said. "I have been on two of the calls with Governor Polis for Faith Based leaders. He went over options for all us to work together to keep everyone safe and supported. The ministers of the Boulder/Baseline Cluster, UMC and Gunbarrel also met this week by Zoom."

Check in. Reach out. Connect with others in whatever safe, healthy way you can to ensure we all remain emotionally engaged throughout an uncertain, trying time.

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



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

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

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

Professional Service With Personal Touch

Buying OR Selling, Call me for ALL your Real Estate Needs
303 641 5428

Boulder County's Finest European Auto Specialists for 36 Years!
Quality Sales, Service & Parts Since 1984

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

GUNBARREL IMPORT MOTORS

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

Locally owned and operated!

303.652.3040
www.gunbarrelmotors.com





Keep Niwot Strong!

During these difficult times, it is important for us to come together and support each other. Our town needs your support to survive and we are calling on our Niwot residents to think about how they might make a local purchase that could really make the difference for our independent businesses.

Restaurants

Most of our downtown restaurants and dining providers have solutions for take out and/or delivery and also sell gift cards for use now or later!

Retail

Some stores are open as usual and others will be open by appointment, or via online and telephone sales.

Let's bring back the days when you called the store and discussed what you are looking for and our store holders can make recommendations!

We want for our downtown to survive these times and come back stronger so please consider where you could shop in Niwot where before you might have gone elsewhere - we have apparel, books, gifts, homewares, art, pet supplies, groceries, liquors, jewelry and bikes! Practice social distancing and all of the recommended hand washing and health protocols if you are coming into stores.

Love Niwot. Shop Niwot.

SHOP & DINE FOR A CHANCE TO WIN AWESOME NIWOT PRIZES!

Love Niwot. Shop Niwot Passports can continue to be filled and can also be completed by simply stapling receipts to them rather than using stickers. Online and telephone purchases also qualify!

See full list of prizes and find our more at Niwot.com/Passport



SEE THE LATEST UPDATES FROM NIWOT BUSINESSES AT NIWOT.COM/COVID-19

RESTAURANTS

Continued from Page 1

who lived through an experience like that, you feel a little bit different about situations like this--a sense of community and pulling together as a community family. There is a sense of responsibility on our part. We're not just a business here to make money. We're going to operate as your place to get food, to come get it or we'll bring it to you. We're in this together."

Cafe Blue owner Kevin Middleton said his restaurant is doing one-third of the business they were doing before the pandemic. He's had to let go of six of his staff. He appreciates that some customers are supporting the restaurant by ordering takeout and is grateful that he has a relatively small restaurant in a good location in the Gunbarrel Shopping Center, surrounded by a fairly affluent neighborhood. But he worries about other restaurants, businesses and the overall health of the community.

"We're all in this boat together. The restaurant business isn't only business suffering," said Middleton. "There will be a trickle-down.



Photo by Patricia Logan

The new Motherlode Cafe is doing takeout and delivery until the patio can open again.

We're praying for everybody and we want to thank everybody who can and does support us and hope that everybody stays out of harm's way and it passes quickly with everyone doing all the right things to prevent the spread."

Middleton may be in a better position than others to survive the downturn. Gunbarrel has had a rocky few years of restaurants coming and going. Cafe Blue has been in business for 16 years. Middleton believes his success is based on a connection with the restaurant's customers, along with consistent

quality and service.

"We get a lot of return trips," said Middleton. "We know many of our customers on a personal level. It's an amazing experience. We enjoy what we're doing, our staff does, and it shows. I think customers feel that."

Getting that loyal customer base has been harder for other local restaurants who opened up a few years ago when 600 new apartments were built in the area near King Soopers. Of those, Protos and Apertivo said they are doing well. Sanchos is still open with good reviews online.

Dannik's, The Morning Table, Gurkhas and Element Bistro are no more. Raglin Market is temporarily closed, citing a kitchen fire in February. The management didn't return calls to say when, or if, they will reopen.

Seeing restaurants fail is disappointing to Apertivo owner Edward Vanegas, who said he likes having competition and local colleagues in the business.

"We want a collection of restaurants and shops to be part of the village," said Vanegas. "We want you to be creative, have good service, good pricing based on market research. We are a big fan of people who open a small business."

He proved that this week when he reached out to Motherlode to brainstorm how they could weather the storm together as they limp along with takeout and delivery. Vanegas thinks everyone benefits when restaurants communicate and share ideas. Having multiple establishments creates a vibrant atmosphere that literally feeds on itself. Customers may eat at one restaurant but notice others they may try in the future.

Creating a sense of community within and around restaurants may be what it takes to make it in Gunbarrel, with or without a health crisis. Vanegas co-owns Apertivo with chef Miguel Vazquez, who is on-site seven days a week.

"There is an owner on the property every day and every shift. I believe that is one of the important components for us. You know if you frequent us, you'll have an owner that will meet you at the door. You'll know the menu is chef-driven," Vanegas said before coronavirus set in.

The restaurant is trying to carve out its own niche in the new takeout world, offering entire meals for families and one-person multi-course offerings. With thinned-out grocery shelves, they see a need for gourmet, fusion dishes that are well-priced.

In the future, Apertivo will refocus on broadening

its customer base beyond Gunbarrel. Vanegas said the restaurant appreciates having hundreds of apartments at Apertivo's doorstep, but that isn't enough. He already uses Facebook and other marketing strategies to widen the circle.

This summer he plans to go even bigger with his outreach, organizing an arts festival. That is, if people can safely gather in public by then. The idea is to attract people to Gunbarrel as a whole, so they can become familiar with what area restaurants and businesses have to offer.

The festival would be held near Apertivo and Apex Apartments on Spine Road, north of Lookout Road. He's hoping the area will become a village center for Gunbarrel where regular events can be held.

Vanegas has seen this strategy work before. He created a food truck festival with music in the Prospect neighborhood of Longmont in 2011. It brought out the neighbors and introduced new people to the local shops and restaurants. Vanegas owns Urban Thai in Prospect and credits the festival with building up his clientele.

He thinks Gunbarrel can support a lively restaurant scene in the future. He isn't sure why several restaurants went out of business in the past few years, but he speculates that part of it may have been just too many at once, saturating the market before individual restaurants could get traction.

"It might be that there was a tipping point. Maybe the community can only support so many," he said. Along with widening the net of potential customers, Vanegas said it comes down to working hard to provide a great experience for each individual who walks through the door.

"We run our business every single day trying to earn respect and patronage with every single meal, service and pricing. It's not taken for granted," he said.

Continued on Page 9






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

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

RESTAURANTS

Continued from Page 8

Attracting and keeping loyal customers may be even more difficult in these unprecedented times. Motherlode's owner, Oxley, is counting on his successful experience with a previous iteration of the restaurant.

Motherlode was in Longmont for two years before closing because of issues with location and rent. Oxley had been keeping his eyes open for new opportunities. He knew some of the owners of Element Bistro and thought it had potential. The deal to purchase the restaurant included one of the previous owners.

Changing the signage from Element to Motherlode is a work in progress. Oxley has one temporary sign and is planning to put up more, as well as a tent where they'll have to-go breakfast items and pick up for other meals. The interior is updated and ready for customers when the time comes. He enhanced the wood and iron decor to create a mountain town feel that fits with the restaurant's name and concept.

The menu is based on what worked for him in Longmont. It features Motherlode's original barbeque sauces and Bloody Mary mix. The sauces will be at the tables and on the menu, which Oxley describes as "accessible" with a mix of comfort food and more upscale dishes. Dine-in breakfast will eventually feature fresh-baked bread and several unique offerings based on the most popular items from the previous restaurant.

"All of our food is scratch cooking from the best ingredients we can source," said Oxley. "They tend to be a little bit more expensive but that's what you find with restaurants that are dedicated to good quality and good service."

Oxley previously visited some of the restaurants that failed in Gunbarrel and said he learned from what he saw. Along with being a chef and owner, he's also a restaurant consultant. He did extensive research before opening at the new location.

"It always comes down to quality and service. I think most people, especially in Boulder County, have an expectation for how they like to be greeted, seated, served and closed out," said Oxley, who plans to circulate through the restaurant to get feedback from customers.

Motherlode is also emphasizing a sense of community, which he believes starts from within. Before the dining room was closed, he got all of his kitchen staff back from the previous restaurant, which he said is a testament to the way they were treated. Some are still with him, others are on standby as he tests the to-go business model while several have already filed for unemployment.

Once the doors are fully open, Oxley intends to host "tap takeovers" with local breweries on the patio and other events on the rooftop. "It feels more like a backyard party at that point," he said.

Creating a community feel is also the focus of Rusty Melon, which is still planning to open a second location in Gunbarrel later this spring. They've found success in Erie with a personal style.

"We're a neighborhood food experience, very community-based," said Justine Meyers who owns the business with her husband, Rusty Greenlee. "We love our neighbors. Our neighbors are our family. We want to give them a place to call home."

Rusty Melon plans to feature the same Erie menu of burgers and pub food along with hosting weekend karaoke. The owners are aware of the recent failures of Gunbarrel restaurants, but that doesn't scare them. They've already faced challenges in building up the Erie location.

"We came in and we took over a dive bar that had a terrible reputation. We worked very hard. It took about six months to turn it around. And every day we worked it got busier and busier," said Meyers.

New and established restaurants are hoping they can hang on long enough to see their labor, experience and patience pay off in the long run.

Thank You for 19+ years in Niwot...your LOCAL Colorado Landmark, Realtors!
 Come VISIT us at 136 2nd Ave, Niwot (next to Old Oak Coffee Shop)

— est. 1977 —

<p>SALE PENDING</p> <p>8955 LITTLE RAVEN TR. NIWOT \$1,599,000 Deborah Read Fowler 720.378.1217</p>	<p>STUNNING HOME</p> <p>1412 ONYX CIR, LONGMONT \$969,000 Bonnie Beam 720-765-0224</p>	<p>UNDER CONTRACT</p> <p>6860 PEPPERTREE DR, NIWOT \$925,000 Deborah Read Fowler 720.378.1217</p>
<p>FABULOUS TOWNHOUSE</p> <p>3950 COLORADO AVE. A, BOULDER \$679,000 Betsy Folsom, 626.590.8037</p>	<p>NEW PRICE</p> <p>1031 PORTLAND PLACE, #2, BOULDER \$515,000 Deborah Read Fowler 720.378.1217</p>	<p>SOLD AT LIST PRICE</p> <p>3460 23RD ST BOULDER \$1,100,000 Betsy Folsom 626.590.8037</p>
<p>SOLD</p> <p>1003 N 3RD ST, JOHNSTOWN \$410,900 Karlynn Spreder 303.517.0026</p>	<p>BOULDER-PRICE REDUCED</p> <p>2205 ARAPAHOE AVE, #12 \$299,500 Ed Weaver 303.717.4304</p>	<p>UNDER CONTRACT IN A WEEK</p> <p>6980 SPRINGHILL DR, NIWOT \$1,075,000 Deborah Read Fowler 720.378.1217</p>
<p>82 AC HORSE FARM</p> <p>7705 N. 95TH NIWOT \$1,900,000 Mara Yehl 303.579.6879</p>	<p>COMING SOON</p> <p>2584 LAKE MEADOW DR, LAFAYETTE TBD Kamla Chopra 303.641.5428</p>	<p>SOLD</p> <p>694 FOSSIL BED CIR, ERIE \$592,500 Ed Weaver 303.717.4304</p>
<p>UNDER CONTRACT</p> <p>6745 NIWOT HILLS DR, NIWOT \$2,500,000 Deborah Read Fowler 720.378.1217</p>	<p>FOR SALE BEAUTIFUL HOME</p> <p>6518 DAYLILLY CT., NIWOT \$2,450,000 Deborah Read Fowler 720.378.1217</p>	<p>JUST LISTED</p> <p>826 SUNDANCE LN, ERIE \$635,000 Karlynn Spreder 303.517.0026</p>

**Thank you to our
wonderful advertisers for
your continued support!**

From all of us at the:

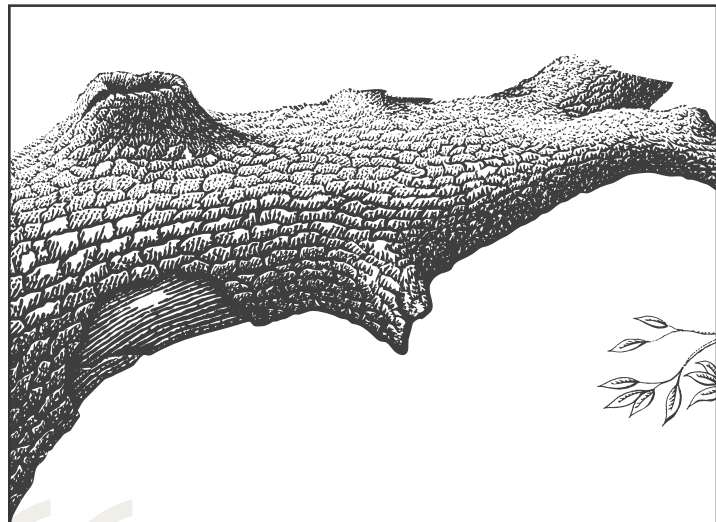


All-Pro Lawns Inc

• Aeration & Fertilization • Complete Lawn Care • Fall & Spring Cleanup • Full Landscaping Services • Rock • Mulch • Flagstone Work
• Tree & Shrub Planting • Shrub Trimming/Shaping • Tree Removal
• Hauling • Boulder Placement • Cedar & Vinyl Fencing

303-776-7632

Highly Reliable & Personal • Commercial, Residential & HOA • Fully Insured Professionals



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

Bob Ross

we  trees

TADDIKEN TREE co

taddikentree.com 303.554.7035

Working out under quarantine: Training for Warriors shares tips and insights

By HANNAH STEWART
Editorial@lhvc.com

The gym and personal fitness industry sees an annual increase in participation around the new year. But in light of the coronavirus and the associated restrictions on personal space and public gathering sizes, taking fitness classes has become that much more difficult.

Niwot High alum and local gym owner Kristy Neary shared some tips on how to stay active, even while quarantined. "Anyone can do this, now is a great time to get started because you have the extra time on your hands."

Neary has a background in yoga and when she decided to turn toward self employment, she was inspired by a fitness coach who was involved with Training for Warriors (TFW). The program—which is a global organization that originated from training combat athletes nearly twenty years ago—has shifted its focus toward servicing average people and has locations internationally. Neary and two others, one with a background in dance and the other in Olympic lifting, make up Longmont's local management team.

"We've come together as a team and, using our backgrounds, figure out how can we incorporate the tools we have to focus on the intent of the workout?"

In short, there were three points Neary emphasized for working out, especially in times where resources like equipment and workout partners are limited:

- Find a program
- Create a plan
- Act on it

"Use it [quarantine] as an opportunity," said Neary. "You have to put parameters and schedule around it [your health goals], do a little research so you know what the benefits are. It's so easy to not do something because of lack of accountability."

Neary explained that for many, while their intent to get healthy and fit is good, it's the motivation and accountability aspect that makes success difficult. For her and those at TFW, motivation isn't advice, but rather a reminder of why you're getting active. By combining reminders with consistent effort, that's how physical results happen.

Another place where Neary and her team see people struggle



Courtesy Photo

Now's a great time to try new fitness regimens, but it's important to know why you want to get active and know how you're planning on accomplishing those goals. "The big thing that we ask is 'What is your why? Why are you trying to get fit and healthy?'" said Kristy Neary, owner of Training for Warriors, Longmont.

is right at the beginning, when people often don't realize their limits. "It's great to see people jump in head first. But it can be a little too much enthusiasm; we have to be very careful about making sure that people are at a safe level for them."

So, when coming up with a fitness plan, research is crucial.

Continued on Page 11

CSA

Continued from Page 3

own vegetables in the fields in the fall. They also sell farm-raised beef and pork.

Ollin Farm

8627 N. 95th St., Longmont
www.OllinFarms.com
Ollin's 2020 CSA plan includes more than 180 varieties of 40 types of vegetables, including bok Choy, edamame, and more familiar items such as potatoes and broccoli. They also occasionally include items from partner CSAs, such as local sweet corn and Palisade peaches.

Pastures of Plenty Farm

4039 Ogallala Road, Longmont
www.PasturesOfPlentyFarm.com

com

This CSA started in 2007 by one of the founders of Alfalfa's Markets, Lyle Tawse and his restaurateur wife, Sylvia. Freshly-cut mixed flower bouquets are included with each share, and members can attend cooking classes in the farmhouse kitchen.

Red Wagon Farm

7694 N 63rd Street, Longmont
www.RedWagonFarmBoulder.com

Boasting a large variety of crops, the Red Wagon Farm offers a 23-week CSA program with pick-up at five locations across Boulder County, Monday-Thursday. Add-ons shares such as organic fruit, pastured eggs, and coffee are also available. Red Wagon also offers programs for supporting their farm workers.

Serendipity Farm

8417 N. Foothills Hwy, Altona
www.BoulderSerendipityFarm.com

Serendipity raises heritage breeds of pork, chicken, eggs, turkey and beef in a free-range environment. There are three seasonal CSA options to choose from, and pick-up is available twice per week. In addition to the CSA, they also sell lard, honey, jam and ice cream, and offer direct meat sales to the public.

Stonebridge Farm

5169 Ute Highway, Longmont
www.StonebridgeFarmCSA.com

The first CSA in Boulder County, this 100 plus-year-old 10-acre farm offers seasonal vegetables, herbs and flowers. The Farm also offers live music, as well as yoga and writing retreats.

The 2020 census has come to Boulder County

By HANNAH STEWART
Editorial@lhvc.com

In 1787, the United States' founding fathers wrote the census into the constitution and since then, there have been 22 censuses. The 2020 iteration will be nearly as revolutionary as the nation's first, because this is the first census with an online option for reporting.

"It's never been easier [to self-report] on your own," said Philip Kleisler, a senior planner for the City of Boulder.

This year, US citizens will be able to self-report their households' size either by phone, mail, online, and potentially in person. "We've had a lot of work with our community partners, we've hired 21 cultural brokers, [which are] trusted community members, to reach 'hard to reach communities,'" explained Kleisler. However, in light of the COVID-19 outbreak, "Now we're really having to switch

gears and go more virtual."

The original plan was to send out mail reminders in early March. Then, starting on March 12, the census would go live and be available for online and phone reporting. Near the end of March, shelters and other service based locations were supposed to help conduct interviews with hard to reach communities (children under five, non-English speakers, the homeless and people with mental/physical limitations, for example) and census takers would be deployed to interview others in this category as well.

Instead, these shelters and census takers have been instructed to leave paper questionnaires. Mobile questionnaire assistance events have been postponed until April 13 and door knocking will be delayed until April 23.

But even though it may be difficult to report in person, it's vital for all citizens to par-



ticipate. An accurate census count affects how much federal funding the state receives and it also affects Colorado's national political standing. Population projections from the last census show that Colorado might gain another seat in the House of Representatives, for example.

The census accuracy is crucial at the state and local levels. According to Census Media Specialist Laurie Cipriano, if you do not participate, you're "throwing money away." In a press release from the Boulder

County Commissioners, they broke down the numbers--approximately each Boulder County resident annually brings in \$2,300 in federal funding. If one person is missed, that's a loss of approximately \$23,000 per person over the course of ten years.

Kleisler said, "At a local level, as we're planning for city services, we rely on census data pretty heavily. As we grow as a city, the question gets down to 'who are we trying to serve?'" So, without accurate counts, it makes it more difficult for the local and state governments to serve all individuals in their communities.

This is why cultural brokers and community partners are important to getting the word out about the census. "As is the case with many minority groups, LGBTQ individuals and families have historically been undercounted in the Census due to lack of information,

fear, and other barriers," said a March 11 press release from One Colorado, an LGBTQ advocacy organization. However, those barriers can and do apply to other groups, which is some of the impetus behind making the census available in a variety of languages online, for one.

The Census Bureau and Boulder County recognize that some groups are underrepresented, which is why the organizations are making the effort to make self-reporting accessible. In order to increase representation and accessibility to other community resources, it is crucial to participate in the census.

For more information, you can visit www.2020census.gov, and Boulder County's page, www.bouldercounty.gov/planning/2020-census has a video that explains its importance as well.

To self-report online, go to www.my2020census.gov.

▶ Letter to the Editor

Transplant Recipients and COVID-19

Heightened health concerns are forefront in the news due to the current COVID-19 pandemic. This is not new to those of us blessed with second chances for life due to an organ transplant. We, as a condition of our great fortune to be organ recipients, are at elevated risk of infections from bacteria and viruses due to the immune suppression regime that we undergo to protect our life saving grafts. So, the CDC recommendations for hand washing, using sanitizers, cleaning contaminated surfaces and avoiding people who are obviously sick are normal activities for our transplant population.

These steps are not, always, easy to implement and we welcome the general population's increased awareness and compliance with these

steps. In all honesty, I feel safer knowing that these steps are being followed by the general population.

There is an acknowledgement that we are part of the "most vulnerable individuals" due to the increased risk of critical conditions and death due to an infection with COVID-19. All elderly and health compromised individuals are at increased risks if we are infected. So, what do we do, in addition to our normal hygiene routines, to deal with the COVID-19 pandemic?

Answer: We do what the CDC recommends in addition to what we normally do. We adhere to "social distancing", avoiding crowds and being very aware of where we place our hands and bodies. We don't shut down our lives any more than the general

population during these dangerous viral conditions. We don't panic and hoard masks, hand sanitizer or paper products. We keep close tabs on our medications, especially our immune suppressing drugs, to make sure that we don't run short.

We celebrate the gift of lifesaving transplants and live our extended lives joyously. We thank our neighbors and strangers in our midst for their heightened awareness of deadly infections and the "new normal" of everyone's role in stopping contact contamination.

Jim Eastman, Niwot
 American Transplant Foundation Mentor
 National Kidney Foundation Peer
 Donor Alliance Advocate
 Kidney Recipient 6/29/17

WORKOUTS

Continued from Page 10

Neary explained, for example, how for the average person, running and walking the dog can have very similar results, so you have to know what you want to get out of your workout. That said, you also have to know your limits, in the same running example, she emphasized the importance of building upon what you know you can already do.

"Wherever you are at (in regard to your fitness level) is a place where you can get started," said Neary. So, she recommends that people take smaller steps first--if you push yourself too hard, not only could you get hurt, but it could put you back on your fitness goals.

In fact, that's one of the key lessons TFW hopes to instill in its students--to have patience with themselves and build on what they know, while also pushing themselves and their peers to do more. That's one of the reasons the owners are still planning on having small, in person classes in public parks, so that their students stay accountable. They are

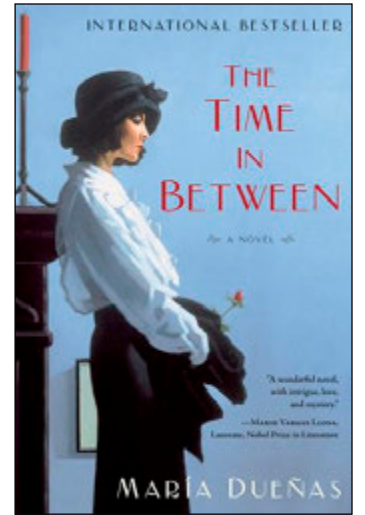
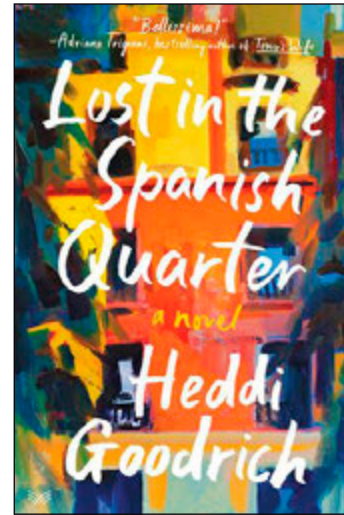
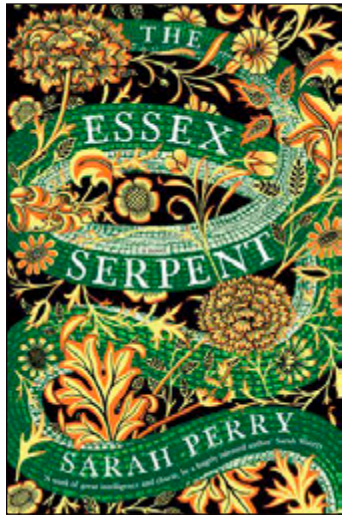
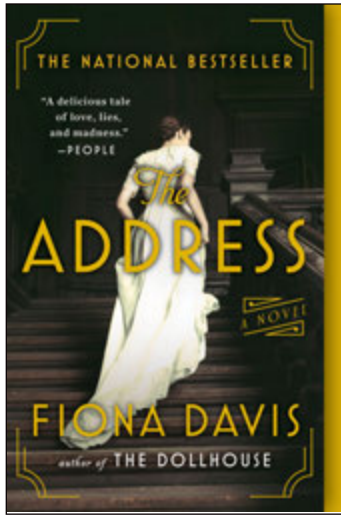
also going to be having online Zoom classes for people who cannot leave their house. More information on their specific programs can be found at www.tfwlongmont.com.

But as for all the people stuck at home who aren't members of TFW, Neary says now is still a great opportunity to start a fitness routine. "It's a good time to expand your mind and learn a little about new things... We [have to] look at things that are scary in the moment and try to make an opportunity and face the fear."

She argues that now is not only a great time to try new things in terms of fitness, but it's even more important since physical health leads to a stronger immune system, which is necessary at a time like this. So, in short, her advice is: do research, make a plan, find a source for accountability, and go for it.

"There's a lot of bad things happening, but there's also a lot of good things," Neary said. "Find those good things and don't forget gratitude, it's been shown to improve your mood and your mental health. There's so many things you can do."

Quarantined? Socially isolated? These books will help get you through



By HANNAH STEWART
Editorial@lhvc.com

While everyone is locked up inside, whether by choice with social distancing or mandated quarantine, you'll probably have some down time on your hands. So pick up a book, in addition to the "Courier's" usual partnership with Inkberry Books, we have a special selection of books that you might want to check out!

These books are in no particular order, and can appeal to most readers. All are fiction, and perhaps subtly all pseudo-feminist as they feature strong female characters. Each should be available online either through Amazon or your local library--both the Longmont and Boulder Public Libraries have online books available.

"The Time in Between" by María Dueñas: Follow Sira as she escapes pre-revolutionary Spain to Morocco and then back to Spain; this seamstress turned

spy is a little naïve initially, but with time turns into a strong woman. I will admit, at first, she kind of annoyed me. I didn't have patience for some of her youthful anxieties. However, she really grows over the course of the novel, so I think it's an excellent example of character development. This is, without a doubt, a character-driven story, and I thought it was fascinating how some of the characters were real people. Moreover, the plot is so complex and interesting with vivid descriptions. Overall, it's a great book that has a little appeal for everyone--with spies, romance, historical references and more. It's entertaining and definitely worth a read.

"Lost in the Spanish Quarter" by Heddi Goodrich: This fictional memoir hits a little close to home for anyone who felt a little lost leading up to and after graduating college. It's a quaint and romantic little story about main character Heddi and finding her place in the world, finding her

home. Primarily taking place in Italy, but also a little bit in Australia, this novel deviates slightly from traditional all-prose fiction by being broken up by fictitious emails between Heddi and her first love Pietro. What endeared the book to me is that it is loosely based on Goodrich's own life, so the descriptions are authentic and raw. What I think is also really interesting is that Goodrich describes it as an ode to her former home, and as a native English speaker, the original version of the book was written in Italian--Goodrich translated it herself.

"Not Our Kind" by Kitty Zeldis: Eleanor Moskowitz is a young Jewish girl living in New York just two years after World War II, and on her way to a job interview, her taxi collides with Patricia Bellamy's. Bellamy is a well-to-do WASPy woman who's unhappy with her life and eventually hires Eleanor to tutor her daughter Margaux as she recovers from polio. Both Eleanor and Patricia must deal with the subtle anti-semitism of Wynn

Bellamy, Patricia's husband, and all their friends. However, Eleanor also must find her place in the world--where love fits in, how to balance independence with familial obligation, and above all, what she wants from life. Like "The Time in Between", this is a pseudo-coming-of-age story in "that the main character develops over the course of the novel. But this story is also an excellent commentary on 1940s America, and it's a pretty entertaining read too. Well-written and descriptive, this is a novel worth reading.

"The Address" by Fiona Davis: This story focuses on Sarah Smyth when it's set in the 1880s and then on Bailey when it's set in the 1980s. The dual timelines/storylines make this a very unique and entertaining book. Smyth is brought over from England to run The Dakota, a new apartment complex in Manhattan's Upper West side (it was later made famous as the scene of John Lennon's murder). Bailey, meanwhile, is an interior decorator who's down

on her luck and staying at the Dakota as she renovates one of the apartments. Throughout the novel, Bailey is trying to find out who she is and get her life together while Smyth is trying to establish hers. Little do they know, a multigenerational mystery affects them both. It's kind of your classic "who-done-it" novel in that it's a mystery novel, but the time element is what makes it interesting...and frustrating. You'll definitely put together some of the puzzle pieces before the characters do (if they do), which kind of makes the whole story that much more curious and exciting.

"The Essex Serpent" by Sarah Perry: In a small coastal English town, a rumor has spread for generations that a fearsome serpent lays in wait to terrorize the town. Recent widow Cora Seaborne enthusiastically brings her son and companion to the countryside to investigate the creature. Cora certainly shakes up the town and many of the people she meets along the way. Dr. Luke Garret, for example, is completely smitten with Cora, but is doomed to a life of unrequited love; pastor William Ransome equally, albeit begrudgingly, taken with her as well. Unlike the other books mentioned here which tend to be more character-driven, this is more plot driven, but it is nonetheless entertaining. The whole novel is a story of discovery--discovering humanity, the secret of the serpent, identity--it's overall a very well written and captivating book.



COVERAGE FOR THE THINGS YOU CARE FOR

■ Contact me for a no-obligation coverage review

Leigh Suskin

Your Local Agent
7960 NIWOT RD UNIT B2, NIWOT, CO 80503
LSUSKIN@FARMERSAGENT.COM

Call 720.815.1924 today!
Smart choices last a lifetime.

Restrictions apply. Discounts may vary. Not available in all states. See your agent for details. Insurance is underwritten by Farmers Insurance Exchange and other affiliated insurance companies. Visit farmers.com for a complete listing of companies. Not all insurers are authorized to provide insurance in all states. Coverage is not available in all states.



NIWOT CO-ED YOUTH LACROSSE CLINIC

STARTS SOON - REGISTER TODAY @
WWW.ULAX.ORG/BOULDERCOUNTY

NO EXPERIENCE OR EQUIPMENT* NECESSARY.

SATURDAYS
APRIL 25 - MAY 30
@ NIWOT ELEMENTARY SCHOOL

GRADES K-6
SAFE. AFFORDABLE. CONVENIENT.

E: BOULDER@ULAX.ORG
T: 303-652-4184

COPING

Continued from Page 6

We run the risk of making things worse when we are out of our routine with more time alone. “When one is at home with the self-distancing you can really get trapped in your own head. You can engage in rumination, more extreme or catastrophic thinking. Your fantasies can run amok,” said Dvorak, who recommends people stick to the facts from legitimate sources rather than succumb to misinformation and sensationalism. And, if the news distresses you, limit your exposure to certain times of the day, and that’s it.

Creating new habits and adding structure to daily life is another way to calm a busy brain rocked by unknowns. “Many of us are creatures of habit. I think structure can be very reassuring. Tomorrow I get up at eight, have my cup of coffee, do my morning job,” said Dvorak. “There is some predictability and a feeling of control, even if it is small things.”

It’s also helpful to keep as much of your old routine as possible and not let things slide. Keep the house clean, don’t let yourself sleep until 1 p.m., stay on top of personal care, even when you aren’t seeing people in person. Continue to brush your hair, shower and shave or you can start to feel bad about yourself.

“It’s a sign you stopped caring about things that were once important. Then you start sliding on your motivation. There is a snowball effect into a potentially very negative place. It can be very hard to pick yourself back up. And then you ask, ‘What’s the point?’ When you start getting into those existen-

tial questions, you can develop clinical depression. You can see how it progresses,” said Dvorak.

Self-care is even more important when we’re under stress. Physical exercise, eating as healthy as possible, seeing the sun and meditating are proven ways to support mental health. Even a few deep breaths slow our heart rate. If possible, continue to do the things you love, even if you have to modify them because of social distancing.

Staying safely away from people is one thing. Withdrawal is another. Dvorak warns against becoming isolated. “You need to be talking to people,” he said. “Ninety-nine percent of us are social beings. Staying connected over the phone or whatever way we can be in communication with others is critical. It gives us a sense of camaraderie, belonging, togetherness.”

Connecting with others is important for our own health and it can make all the difference for others when we let them know we’re thinking about them. Even a quick text or email is helpful.

It’s a touchstone in an uncertain world.

“The important thing to remember is, at some point, this will end. Humans will survive this. We don’t know the cost, the toll or how long. But we will move through this and regain our previous way of living even if some ways may be changed a bit,” said Dvorak. “Hope is an important thing to have, but being hopeful in a healthy way. Not false hope, but a good, rounded sense of hope and optimism.”

For more information visit <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

VIDEO CONFERENCING

Continued from Page 4

any video conference technology of any kind.

Now, facing what might end up being a long and lonely isolation at home, we finally had motivation to connect via video chat.

It took some pre-planning, and lots of patience to troubleshoot issues.

Fortunately, everyone in our family, including dad, already had Gmail accounts, which eliminated a huge hurdle: which platform to use? Google Hangouts was an easy choice and none of us would have to sign up for a new account from an unfamiliar service.

The next hurdle was finding the easiest way for my dad to connect. We scheduled a test run, just Dad and me, earlier in the week. We chatted on our regular cell phones while trying to work through the steps to getting connected in Hangouts.

It took a bit of trial and error. First: is the video camera set up, and on? Then: are the speakers plugged in, and turned on? Next: is the volume turned up so Dad can hear?

There are several ways to start a Google Hangouts call, including simply calling someone directly like you would with a real phone. This works well for people who

already have the Hangouts app on their smartphone, or for people who are on their computer most of the time with Gmail open in their web browser.

In our case, where we were connecting multiple people from four separate locations in three time zones — most of whom had never actually used Google Hangouts before despite having Gmail accounts — I decided to schedule an event on Google Calendar, and add a Hangout link to the calendar invite.

It sounds a little extra complicated to arrange, but for us, it worked. I sent the calendar invitation to everyone’s Gmail accounts, so all they had to do at the designated time, which was indicated clearly in the email invitation, was to click through a link and follow instructions from there.

This can all be super frustrating in the moment, especially if you’re used to calling someone on the phone and connecting immediately, without lag or delay.

There are lots of steps to connect a video conference, and just when you think you’ve sorted out everything, something else goes wrong. In our case, my dad and I never could get the video to work the first time, even after trying multiple times, hanging up, and trying again.

But when the time came around for my birthday call, the stars aligned. After one more round of making sure

everyone’s computers were connected to both audio and video, sending and receiving, we were online! We successfully connected four lines in a Google Hangouts video conference on the morning of my birthday.

Singing happy birthday all together was a little too much to ask.

Note from the Author: I’m an older millennial who embraces new technologies and tools. Over the years, I’ve used a number of video conferencing tools for work, to take online courses, and also for connecting to family and friends remotely. I own my own business offering communications project management for businesses and nonprofits specializing in the transition to carbon-free energy technologies. Besides Google Hangouts, I also regularly use FaceTime, Skype, Zoom, GoToMeeting, Lifesize, UberConference, and others. I’m happy to answer reader questions about any of these technologies. Email questions to editorial@lhvc.com, and we’ll either respond individually and/or write another article comparing video conferencing tools for next week’s paper.

Disclaimer: The opinions represented in this article are personal. Neither the reporter nor the Courier are receiving payments from Google Hangouts or any other software tools mentioned in this article.



SPORTS

Coronavirus puts Boulder Collegians' season in limbo

By Jack Carlough
Editorial@lhvc.com

In what has been a difficult time for baseball fans, the Boulder Collegians are hoping their 2020 season won't contribute to the list of disappointments. Owner and General Manager Matt Jensen, a former assistant coach at Niwot High School and head coach at Monarch High, is hopeful but prepared for the worst as their summer season nears.

Fortunately for the Collegians, they have the luxury of time compared to the not-so-fortunate spring programs across the country. High school teams in Colorado won't see the diamond



Courtesy Photo

The possibility of ongoing restrictions due to coronavirus has put the Collegians 2020 season in jeopardy.

sooner than April 18 and the NCAA opted to cut its baseball season short.

"We're going to do everything we can to make it (the season) happen," said Jensen, who enters his eighth season

overseeing the Collegians. "But just like spring, this is out of our hands."

When all you can do is wash your hands and stay home, there's not much the Collegians can control. Jensen

said they will have to defer to their governing body, the National Baseball Congress, and its verdict for the 2020 season.

"If they shut down the NBC World Series, there's a good chance we may have to discuss with our league shutting things down," Jensen said.

If the summer season does progress as usual, Jensen believes there is a silver lining for his club. The Collegians would benefit from a hungry group of ballplayers and more specifically, pitchers seeking innings. Jensen plans to work with his recruiting staff to check back in with college coaches across the country who may normally prohibit their pitchers from pitching

for a summer season. An evolving roster isn't the worst scenario for Boulder.

"If we get some good ball players to fall into our laps, that will be a good problem when and if the season comes," Jensen said.

On the very possible prospect of the season's termination, Jensen said it wouldn't be much of a logistical problem with the limited travel and schedule for a summer season. The Collegians would however be in a tough spot financially as the team largely depends on player fees for club operating costs.

Looking over the team in the dugout will be former

Continued on Page 16

FLAGSTAFF ACADEMY

We've Got

DRAGON PRIDE



Perseverance Respect Integrity Dependability Empathy

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

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

www.flagstaffacademy.org

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



**FLAGSTAFF
ACADEMY**



STUDENT-ATHLETE OF THE WEEK

Abby Eidsness

By JOCELYN ROWLEY
Editorial@lhvc.com

Fourth-year varsity lacrosse defender Abby Eidsness didn't realize it at the time, but mom knew best when it came to the Niwot senior's eventual sport of choice.

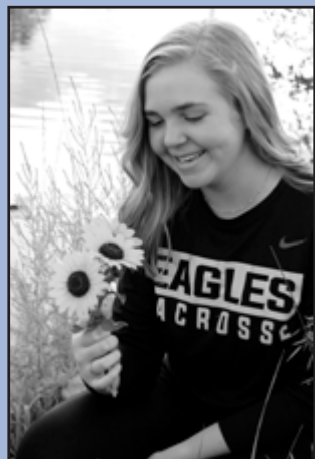
"I started playing lacrosse in a co-ed rec group because my mom forced me to," Eidsness said of her introduction to the growing sport in sixth grade. "I was really mad at her, and didn't want to do it. I had to play with my younger brother, too—he was on the same team. So, it was kind of a rocky start."

But the more Eidsness played the physical, fast-paced game, the more she enjoyed it, and now she is heading into her senior season as captain of the Thompson Valley Eagles varsity squad, an honor she didn't see coming.

"I was honestly a little surprised that I was chosen," Eidsness said. "I think that as a whole, the girls lacrosse program at Thompson Valley is really connected, even though there are two teams, varsity and junior varsity. As a varsity captain, you have to set an example for both. I'm really excited to help with the new girls and the new freshman."

Girls lacrosse hasn't yet found a home in St. Vrain Valley schools, so players who want to compete are forced to commute to other districts. Most choose Fairview or Dawson School, but Eidsness chose the Eagles after some advice from a proven source.

"I didn't really know where I was going to play freshman



Courtesy Photo

Niwot senior Abby Eidsness is heading into her fourth season as a varsity defender for the Thompson Valley Eagles girls lacrosse team.

year," she said. "Then my mom did some research, and she found Thompson Valley, and I decided to give it a try. It was kind of a spur of the moment decision."

Eidsness admits that she's not a big fan of the time-consuming drive between Niwot and Loveland, but the choice to buck convention has paid dividends both on and off the lacrosse field.

"When I started playing my freshman year, there was just a varsity team, so as a freshman, I got to play varsity, which was pretty cool. If I'd played at another school, I might not have had that opportunity."

"I have different friend groups here at Niwot and then at Thompson Valley, too," she continued. "I get to make more friends everywhere, so it's helped me expand my horizons a little bit."

It has also helped Eidsness overcome her natural tenden-

cy to procrastinate, as she has to balance the commute with a part-time job and a challenging course load in Niwot's notoriously demanding IB program.

"It takes a lot to push myself to do homework on the weekends, because I just want to relax, but I try to work ahead as much as possible. It's been a struggle, but I'm trying to get better."

It has been even more of a struggle for Eidsness during the current pause in the school year and sports seasons, when she has "plenty of time to do whatever." She has been biking and working on stick-handling to stay prepared for lacrosse, but establishing a homework routine has proven difficult, and uncertainty about the upcoming online learning plan and IB tests is not helping.

"I don't really know what to expect," Eidsness said. "I think it will be better for getting sleep and rest, but I feel like it will be a totally different way to learn, and I don't know if it will be easier or harder for me to participate in class."

When she does have free time, Eidsness likes to hang out with her friends. After graduation, she is headed to Concordia College in Moorhead, Minn., where she plans to study business. Concordia doesn't have an NCAA women's lacrosse team, but Eidsness hopes to play for their club squad. After college, she would like to open her own business, mostly because she likes the idea of being "in charge of everything."

ROUTE & SUBSTITUTE CARRIERS NEEDED

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

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

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

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

LANDSCAPING

GARDEN RENOVATIONS LANDSCAPING

A full-service design and build company in Boulder County for 28 years doing plantings, irrigation, patios, walls, walkways, etc.

We Do FALL CLEANUPS and PRUNING!

Call/text Joe @ 720.243.1510

Email: joe.reichert@jimtown.org

Website: gardenrenovations.pro

Local references

HOUSEKEEPING

Marilyn's House Cleaning

14 years' experience, excellent references available. I currently clean for 10 Niwot, Boulder and Gunbarrel homes.

One person cleaner.

Detailing is my specialty.

720-810-2036

GUITAR LESSONS

EASY GUITAR TAUGHT EXPERTLY

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



Our Customers Are Our First Priority

7980 Niwot Road - Niwot, CO 80503

(303) 652-8082

www.bankofestespark.com



Patrick Perry – Ranger scout and inventor

By **BIFF WARREN**
Editorial@lhvc.com

Patrick Perry, a 2001 graduate of Niwot High School, was an important part of the 2000 NHS 4A state baseball championship team, and one of three players from that team selected in major league baseball's amateur draft. Baseball has pretty much been Perry's life ever since, and has carried him to a position as an area scout for Nevada and northern California for the Texas Rangers, evaluating players for the same draft. "I cover Reno to the Bay Area to Fresno," Perry said.

Perry went to Otero JC after high school, but soon ended up at the University of Northern Colorado, where he led the nation's Division I players in batting average in 2004, while earning All-American honors. He was drafted as a catcher by the Boston Red Sox in the seventh round and spent two years in the Red Sox' minor league system, followed by four years of Independent League baseball.

Perry returned to UNC after his playing career ended, earning a master's degree while serving as hitting coach for the Bears for five years before becoming the recruiting coordinator at Dixie State University, an elite Division II program in St. George, Utah.

Perry spent a few months as a consultant for Sports Stable in Louisville, where his younger brother, Michael Perry, also a standout catcher at NHS and in college, is the Chief Financial Officer. At that point Patrick Perry interviewed for a position as an area scout for the Texas Rangers, got the job, and has been evaluating high school and college players for



Courtesy Photo

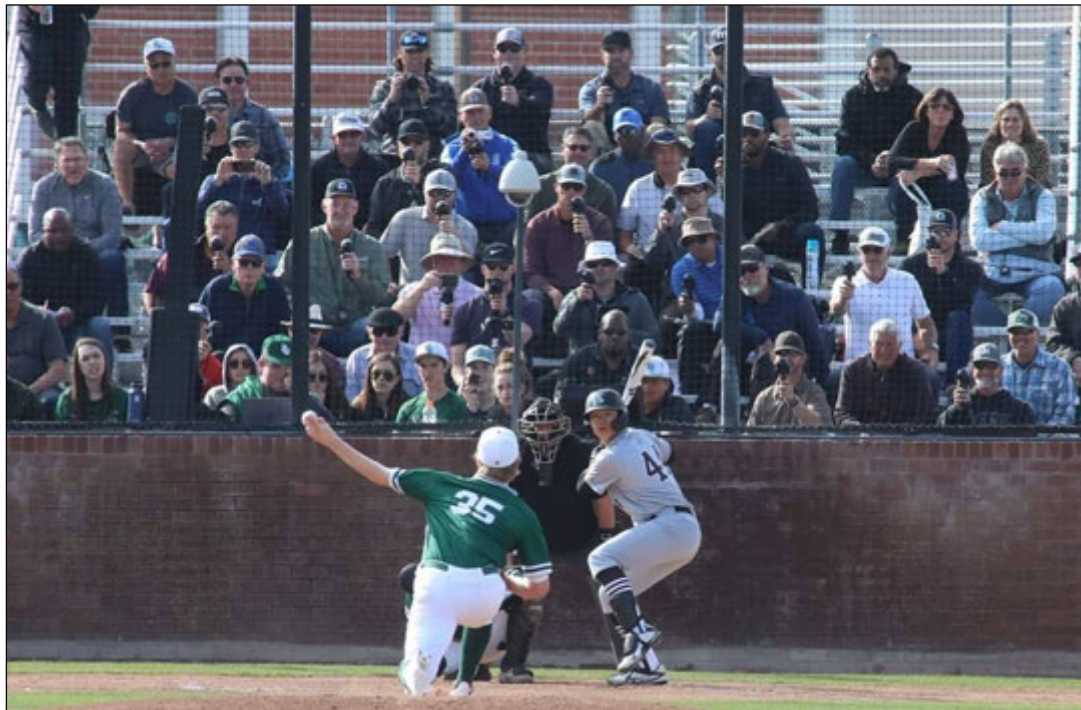
Patrick Perry

the Rangers for the past two years.

The Rangers' position came about because of a baseball connection Perry made when he was coaching at UNC. "Levi Lacey, who was the baseball coach at Everett Junior College, asked me to work a baseball camp in Alaska, and seven or eight years later he took a job with Texas as the 4-corners' area scout. A year or two later he contacted me and said there was an opening with the Rangers. I interviewed and got the job."

Perry has enjoyed his time as a scout, though it involves significant travel. "The Rangers take care of their employees better than anyone in the industry," he said. "They value employees and their families," citing the support offered when the grandson of an area scout died tragically.

In his role as an area scout, Perry evaluates high school and college players the Rangers might select in the amateur draft. "I look at junior college, DI and DII players. We're heavy into analytics, but I look for guys that have an impact, who can play beyond their skill set." Last year Perry focused



Courtesy Photo

Texas Rangers' scout Patrick Perry (center right, in purple polo shirt with Khaki bucket hat) records pitch velocity of a prospect on a radar gun at La Salle High School in Concord, CA this spring.

more on college players, but this season it's primarily high school players who are on his radar. He likened his position to that of an air traffic controller. "I have to find a way to get them all seen," he said. Players he scouts have to be seen by cross-checkers and area supervisors as well.

He also admitted that scouts often notice players in a game other than the player they were scouting, especially sophomores or juniors in high school. Perry also discussed Chicago Cubs' infielder David Bote as an example of a player who wasn't on scouts' radar initially. Bote, the son of Perry's Niwot High coach Bob Bote, was drafted by the Cubs in the 17th round after being noticed at the Junior College World Series

in Grand Junction while playing for Neosho Junior College, which featured pitcher Matt Strahm currently of the San Diego Padres. "I remember David when he was about five years old, hanging around the field," Perry recalled. "I got to know him later when he worked out at UNC during the offseason when he was in Class A ball." Perry's creed is "Opportunity doesn't grow in a vacuum," which brings to mind Bote's hard work which propelled him to the majors.

In his spare time, Perry became an inventor, creating a device called the Whipstick which helps baseball and softball players, as well as golfers, with their swings. The patent pending device is available on www.whipsticks.com.

"About three years ago I had a hitter at Dixie State who couldn't get into a good loading position," Perry explained. "I started out with a PVC pipe filled with sand so he could feel it. It helped him get into a good position to hit an inside fastball." All of the sales come from the website at this point, and orders are filled by Perry or his wife.

These days, Perry is "holed up at home" with his wife and 18-month old daughter. "I saw about 10 or 12 college games," Perry said. "I saw my last high school game last week. I'm optimistic that the season won't be cancelled. They might do a condensed schedule with less games. I'm just trying to stay positive."

Geek For Hire, Inc.

ONSITE MAC AND PC TROUBLESHOOTING AND REPAIR

Mon - Sat 10am, 2pm, 7pm

(303) 618-0154

GeekForHireInc.com

2017 Angie's List SUPER SERVICE AWARD

BBB

Support@GeekForHireInc.com

Chris Eddy
Principal Geek

COLLEGIANS

Continued from Page 14

Collegians' pitching coach and now first-year manager Mark Goodman. Jensen believes it has been a long time coming for Goodman and hopes the change will resurrect the Collegians' culture.

From the players' perspective, while their situation is

unfavorable, it does allow them an opportunity to improve their craft.

"I think they have a very unique opportunity to build their skills and fine tune (them) and take their game to the next level for the next season," Jensen said.

But for now, the only thing the Collegians can exercise is patience.

"Obviously they are itch-

ing to play, and that's a bummer," Jensen said. "...I feel for those guys."

If the season does come to fruition, a little baseball may be just what the community needs. A spring without sport is certainly strange, and the boys of summer could bring all the more joy to Scott Carpenter Park.