



Eight ways to show your community some love this Valentine's Day

BY COURIER STAFF
Editorial@lhvc.com

When you're spreading the love to friends and family this Valentine's Day, don't forget another valuable member of your everyday life: the local community. There are a number of simple but thoughtful ways to show your appreciation for the people and organizations that help make the Left Hand Valley such a unique place to live.

Replenish the books at Niwt and Gunbarrel's Little Free Libraries

The Little Free Library neighborhood book exchange program got its start just over a decade ago, when a Wisconsin man built a model of a one-room schoolhouse as a tribute to his mother, and then filled



Sarah Marchant @ 123RF.com

Planting flowers, shrubs, and trees that attract bees and butterflies will help these important pollinating insects rebuild robust populations.

it with books and encouraged his neighbors to "take a book, share a book." The idea took off, and, today, there are more than 90,000 Little Free Libraries in 90 countries around the world—and growing.

At least seven of those are located in the Niwt and Gun-

& Franklin, 95th & Majestic Drive, Drew Ranch Lane & Left Hand Circle, Kinross Drive near Jamestown, Habitat Apartments.

Join the Niwt Community Semi-Marching Free Grange Band

Niwt's community band is "always under construction" and looking for brass and woodwind musicians of all ages to join. The band, sponsored by the Niwt Cultural Arts Association and the Left Hand Grange, performs at community events, such as the July 4th Pancake Breakfast and Parade, National Night Out, Enchanted Evening and the Holiday Parade. The all-volunteer band also performs at Niwt High School, and has gone on the road for perfor-

mances at a Colorado Rockies game and Denver's Christkindl Market. Now going on its 15th year, with over 200 tunes in its repertoire, the band is also looking for a Director to take over for long-time conductor and semi-retired Lee Shaw. To join the band, contact Biff Warren at lefthandsports@hotmail.com.

Plan a pollinator friendly garden

If sending flowers to your beloved is in your plans this Valentine's Day, consider sending a little love to the insects that make that bouquet possible by performing one of the most important functions in the ecosystem: pollination. About 80% of flowering plants, and

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Developer unveils preliminary plans for former Colterra property



Photo by Jocelyn Rowley

The Franklin Street view of the Palmos Development Corporation's initial plans for developing the property at the corner of 2nd Avenue.

BY JOCELYN ROWLEY
Editorial@lhvc.com

A proposed development on the former Colterra property at 210 Franklin St. in Niwt will include up to five residential units, plus a commercial "food/beverage" establishment in the historic Bader House, according to preliminary drawings unveiled by the new owners at a neighborhood meeting at the

Left Hand Grange on Wednesday, Jan. 29.

In a first-of-its kind engagement required by new land use regulations, Terry Palmos of Palmos Development Corporation (PDC) addressed an assemblage of nearly 50 residents and business owners about his company's upcoming plans to

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Santelli's leadership of the NBA comes to a close

BY VICKY DORVEE
Editorial@lhvc.com

Tony Santelli's titles over his lifetime have been progressively more impressive and a couple of characteristics have consistently defined Santelli's legacy in both his professional and volunteer careers – his strong leadership skills and his wonderful way with people. Those traits were highly prized during his 12 years as president of the Niwt Business Association.

The first in his family to go to college, Santelli earned an electrical engineering degree. The majority of his work life was with IBM, which took him and his family from New York to Paris to London, and then finally to the Boulder area in 1997. His title with IBM was Senior Vice President when he left the company, ostensibly to retire 20 years ago.

Not long after that life shift,



Photo by Vicky Dorvee

Tony Santelli, standing in front of his business, the Niwt Tavern, is stepping down as president of the Niwt Business Association after serving 12 years.

the father of three and grandfather of 13, took on the role of owner of the Niwt Tavern (formerly Flanagan's) along with two partners, Bob Russell and Gary Zarlengo, in 2005. The first two years were rocky as they tried to buck the natural inclinations of being a pub and make it some-

thing a bit fancier.

"The town wanted a tavern and once we figured that out, it's been up, up, and away," Santelli said. "Small business experience is important and very different from a big business, and what makes Niwt work is a whole bunch of little businesses."

After Santelli got a handle on the challenges and opportunities of running a small business, he joined the NBA and because of his business acumen and people skills, in short order his next title was that of president of the NBA. Over the last dozen years Santelli has strategically brought success to Niwt's business environment and the community as a whole.

Owing to lessons learned playing sports, Santelli said, "I realized how important it was to have an organization that facilitated networking and helping

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Community Calendar

FIRST FRIDAY ART WALK

Niwot's February First Friday Art Walk takes place on 2nd Avenue and in Cottonwood Square on Friday, Feb. 7, from 6 to 9 p.m. with live music on the streets.

BASEBALL & SOFTBALL REGISTRATION

Early bird registration for the 51st season of Niwot Youth Sports baseball is open through Feb. 29. The program is open to players from ages 4-14 of all

abilities. Practices start in early April and games run from early May through June. Girls Softball registration opened Feb. 1. NYS is also looking for umpires, volunteer coaches, team parents and team sponsors. For more information, visit niwotyouthsports.org.

service is for family members and friends who care for and care about people with Alzheimer's Disease and other forms of dementia..

Kershner, Boulder County AOA, at 303-678-6116 or InfoCaregiver@bouldercounty.org.

WINE ABOUT WINTER

The Niwot Community Arts Association is holding the sixth annual Let's Wine About Winter tasting and shopping event on Saturday, Feb. 22. Tickets are \$30 in advance and can be purchased online at [Eventbrite.com](https://www.eventbrite.com). (Search Let's Wine About Winter in Niwot). Proceeds will benefit Whistle Stop Park and Niwot Children's Park.

TRAINING COURSE

Boulder County Area Agency on Aging is sponsoring Powerful Tools for Caregivers, a 12-hour course for family caregivers of older adults. Classes will be held on Mondays from 1-3 p.m. at the Eagle Place Community Building (N. 79th Street, Niwot), starting on Feb. 17 through March 23. There is no charge, but pre-registration is required. For more information, contact Juliette

ALZHEIMER'S SUPPORT GROUP

Alzheimer's Association Dementia Caregiver Support Group meets on the first Wednesday of each month from 6 to 7:30 p.m. at the Niwot United Methodist Church (7405 Lookout Road). This free



NIWOT'S FIRST FRIDAY ART WALK!
Friday, February 7th
along 2nd Avenue and in Cottonwood Square
Sponsored by the Niwot Cultural Arts Association
in conjunction with osmosis gallery

Letter to the Editor

Dear Editor,

Many thanks to Carrie Wise, Pat Murphy and Bert Steele for sharing common sense insights into the impacts of incorporation. As Carrie so (wisely) put it: "I think Niwot is really good the way it is." "Don't mess with it if it's not broken."

Bert Steele of Niwot Market said that the property tax increases proposed by incorporation "...are too high for many retail outlets, including his, which operates with a slender profit margin." Higher property taxes piled on top of other forces driving up operating

costs for small businesses can become a tipping point. The Market is our anchor store and a vital community gathering place. Can you imagine? Niwot without the Niwot Market is truly unthinkable.

Although we appreciate the extensive work that went into the Incorporation Study, we believe that the proposed NEXIT is a lot like BREXIT: Risky, divisive and fraught with uncertainty. It just seems like common sense that incorporation poses substantial risk, higher taxes (in perpetuity) and few benefits for the majority of Niwotians.

We urge residents to complete the community survey in the Niwot Incorporation Study, although we have significant concerns with the way the questionnaire presents binary, black-and-white choices regarding incorporation. We encourage full transparency and believe that the raw data and unredacted comments for this survey must be released publicly. (niwotstudy.com - community input tab.)

Victoria Keen & Mike Selak,
Niwot residents since 1984



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COMMUNITY PET SPOTLIGHT



Meet JR. This social and easy-going 14-year-old kitty has been waiting patiently and is now ready to find his new forever home. JR is chatty and affectionate and loves to be in the company of people. This mature kitty will likely do well with a polite dog but would prefer to be the only kitty in his new home. Do you think you could be his perfect match? Come in for a visit with this lovely boy today! **JR is available for adoption at the Longmont Humane Society.**

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

It's ditch burning season

BY AMY SCANES-WOLFE
Editorial@lhvc.com

It's ditch burning season in Boulder County.

And that means Seth McKinney and Nick Stremel are starting to gear up. McKinney is a Fire Management Officer for the Boulder County Sheriff's office. Stremel is a Resource Specialist with Boulder County's Forestry department.

And these two county branches team up to burn ditches. The sheriff's office has the equipment and experience, and Stremel acts as a liaison with Parks and Open Space. "He tells the knuckle-draggers the science," joked McKinney.

The county burns ditches on its open space properties and easements, and it usually owns water rights in those ditches.

The objective of burning ditches is to clear brush so that ditches can flow unimpeded in spring. The alternative to burning is manual removal using excavators, tractors, and hours of labor. With burning, the process is quick. "A lot of our ditch projects are one day projects, and truly half-an-hour," said McKinney.

Ditch burning is planned well in advance. "It would be nice if we could pick a ditch and burn it on the same day," said Stremel. "But ditch burning is proposed through Parks and Open Space." Water resources staff identify priorities, various "ologists" chime in with ecological considerations, and then a plan is made and passed along for implementation.

Six to twelve primary properties, including several in Niwot, are burned annually. Most are not burned that often. This year, the county is targeting six ditches, which can be viewed on the Boulder County website, but exact dates for burning depend entirely on weather conditions.

The best window for ditch burning is between November and April, when the primary fuel is dry grass. Residual snowmelt helps keep fires in check, but the sheriff's office comes equipped with off-road fire engines and other precautionary equipment.

Stremel and McKinney also pay close attention to wind direction. "We don't want to send too much smoke into peoples' homes..." said McKinney. They are also careful to make sure smoke doesn't obscure roadways, get too close to oil and gas infrastructure, or impact critical wildlife like nesting eagles.

The county also avoids burning on Air Action Days, when air quality is poor.

Private agricultural landowners do not always follow these precautions. "Legally there are very few to no regulations, as long as it stays on their land," said McKinney. Agricultural burning is exempt from Air Action Days, burn bans, and the 6400 elevation line. Why? "Because it's a big tool. We want to encourage it, but we want to encourage it safely."

Just last year, four ditch fires on private property got out of control; one burned 100 acres

of the farmer's property. "People sometimes forget just how quickly things can escalate and become a problem," said McKinney. McKinney hopes that one day, the sheriff's office will be able to assist with ditch burning on private property. At the moment, for liability issues, their assistance is restricted to giving advice.

But McKinney encourages agricultural property owners to at least get in touch. "It's not a law, but we really encourage people doing ag burning to call our dispatch center just to give them a notification--Hey, I'm going to be burning my ditch, don't send the fire department out on me."

Right now, the county is working on putting all county ditches under a single burn plan. They are also waiting for the last remnants of snow to melt so they can get going. "We're getting really close to starting," said Stremel.



Courtesy Photo

Tom Sopko ditch burning on the Whitemeyer Property

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VALENTINE'S

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75% of food crops, rely on animal pollinators, such as bees, beetles, flies, moths, butterflies, hummingbirds and bats.

There are several things you can do to make your yard or garden a pollinator-friendly space, and help these species thrive: Choose a sunny location; cultivate native flowers and plants; and plan a garden with both early and late bloomers in the mix. Some suggested varieties are showy milkweed, Rocky Mountain bee plant, and yarrow. You might also consider installing a wooden nesting box for bees. For more information, visit beeboulder.org.

Sign up to shovel for those who can't

The SnowBusters program

connects members of the community with seniors who have challenges clearing snow from sidewalks and areas around their home. It also helps them to avoid being fined for not keeping city sidewalks shoveled for pedestrians. When there's a snowstorm, Snowbuster team members visit their assigned senior's home to clear the snow and give the resident peace of mind. <https://cultivate.ngo/programs/snowbusters> *Pick up trash at Niwot's parks (or any other local park)*

Signs at the Niwot Children's Park make it clear that patrons need to "Pack it In, Pack it Out," but not everyone follows the rules. Ordinary trash in the bathroom waste containers for diaper changing and feminine products causes extra work for the cleaning crew. If you see trash at the Children's Park, or at Whistle Stop Park next door, pick it up

and take it to a trash receptacle to properly dispose of it. Those of us who do follow the rules will appreciate your efforts!

Volunteer with Niwot Youth Sports

Even if you don't have children participating in baseball, softball, soccer, flag football or basketball, you can volunteer to serve as a coach or assistant coach, as well as other volunteer positions. If you have expertise to offer, and work well with children, you can have a positive impact on the younger members of our community. Sometimes the best coaches are not parents, but dedicated volunteers who want children to grow up with a great experience playing the games they love. To volunteer, visit Niwotyouthsports.org/volunteer.



Photo by Jocelyn Rowley

You can have a positive impact on young athletes in our community by volunteering for Niwot Youth Sports.

Send a note of thanks

If there is an area teacher, coach, barista, neighbor, volunteer or organization that you notice taking that extra step or just making your world a more pleasant place to be, let them know through the written word. A sincere thank-you note or some thoughtful words of praise in an email will almost certainly brighten someone's mood, especially if you copy their boss or supervisor.

Get involved with local non-profit organizations

Niwot is known for its exceptional non-profit organizations, which contribute so much to what makes Niwot such a wonderful community. If you're not a member, join; if you are a member, step up and volunteer to champion a project or event, or just be part of a group that gets the job done. For a list and links, visit niwot.com/discover/associations

Let's Wine ABOUT WINTER in Niwot

Saturday, February 22nd, 1-5 pm
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(search: Let's Wine About Winter in Niwot)
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COLTERRA

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“re-energize” the corner lot last occupied by the now-shuttered Colterra restaurant.

“We think Niwot is one of the special places in the county,” he said of his Boulder-based real estate firm, founded by his father in the 1960s. “When the Bader House and 210 Franklin became available, we jumped on it... I’ve known Bradford [Heap] from Colterra for years, and we’re here, in a nutshell, to try to revive the corner and do some nice things for downtown.”

PDC purchased the property at the corner of 2nd Ave. and Franklin St. in September 2019, with the aim of bringing a mixed-use project to the lot, and hopes to submit an application for Site Plan Review to the county’s Community Planning and Permitting Department later this year. It will be the first project subject to county scrutiny since revisions to the land use code were adopted in April 2019, following a seven-month development moratorium in Niwot.

Palmos’ proposal, which is still in the conceptual stages, includes upgrades at the Bader House, notably a 400-square foot addition to the northeast side that is slated to become “some type of kitchen” for a commercial “food and beverage” business. This will replace the brown barn that housed Colterra’s kitchen, and now faces demolition.

As for what future “food and beverage” use might go into the space, Palmos hesitated to specify, citing too many unknowns at this stage, but offered that it wasn’t likely to be a “full-service” restaurant.

“It may be a wine bar. There’s a myriad of things in the food and beverage industry that it could be,” he said.

The plans also call for renovations to the interior of the Bader House; the exterior, however, will remain un-

changed, per the conditions of its historic designation. The trees, landscape, and wrap-around flagstone patio will also remain unchanged, though the latter will continue to service outdoor dining, according to Palmos.

To the north of the Bader House, separated by a walkway, Palmos is proposing a two-story building that will house five residential units—four 550 square-foot “studio-style” apartments on one half, and a 1,200 square-foot three-bedroom “townhouse” style residence on the other, along Franklin Street. Each of the units has two balconies on the front and back, providing “a lot of outdoor living space.”

Parking for future tenants will be serviced by single-story garages lining the alley in the rear, providing six spaces. Street parking around the lot will remain open to the public.

Palmos noted that the design specifications comply with the new land use regulations, “as far as height, setbacks, and all those types of things,” including his portion of the alley, which will have to be upgraded to standards released by the county transportation department last fall.

“The thing about the new code is, though, nobody’s gone through the process before, so we’re the guinea pigs... We’ll be the first to go in and see how it all shakes out.”

As for the exterior elements of the future residential site, the design features a pitched roof and siding with a red and yellow color scheme, including brick and other materials. Palmos said their goal was “to blend in” with the neighboring buildings, the Bader House and the Lockwood Building (198 2nd Ave.) in particular.

Palmos said the company has not decided whether it will lease or sell the new units, though their small size will make them “affordable” either way. Palmos did emphasize that the company has no plans to turn around and sell the property to another

developer in hopes of turning a quick profit.

“This isn’t something we’re looking to get in and out of,” he said. “I want to be a part of Niwot, and I want to do something special here.”

Palmos then invited questions and feedback from the crowd, and the initial reviews were skeptical about the preponderance of residential space in the plans. Many commenters, such as 3rd Avenue residents Catherine McCall and Satir DeMarco, suggested two or three retail stalls along Franklin Street, for galleries or other art spaces, and many others suggested a grander destiny for the future “food and beverage” establishment.

“Through all the fights and the moratorium, there was a big speech about the need for a ‘vibrant commercial district’ in old town Niwot, and I completely agree,” McCall said. “But, I don’t see how you add to that by building five condos.”

Palmos agreed with DeMarco and McCall in spirit, but defended the plans by saying that “commercial follows residential,” and, noting the multiple vacancies currently dotting Niwot’s business districts, said that “adding more commercial to a market that can’t sustain the commercial it has now” doesn’t make sense.

Then, responding to McCall’s subsequent question about putting in another “higher-end” restaurant, he pointed to challenges in the food and beverage industry as a whole.

“I don’t want to set up anyone’s expectations that this will be a mini-Colterra, because that kitchen was a big kitchen,” he said, noting that his company’s tenants include about two-dozen restaurants, “Full-service restaurants are struggling in a major, major way, and many are closing. Smaller restaurants are easier to run and more profitable.”

Commentors found Palmos in agreement with concerns over the “modernist” elements in the architecture, which one said was too rem-

iniscent of 28th and 30th Streets in Boulder. Many said it lacked the “charming” elements of other buildings downtown, and there was also an objection to the large rear windows.

The discussion ended on a more collegial note, as Palmos agreed they would reconsider adding commercial space to the Franklin Street side of the new building, as that seemed to be the prevailing opinion. He also agreed that the architecture would be “softened” in the final plans, to be more in accordance with local aesthetics.

“I appreciate the turnout,” he said. “I didn’t know what to expect tonight, and I got a lot of good information. We’re all going to be here together, and I want it to be good and feel like it’s the right thing for Niwot.”

However, it will be a few months before those potential revisions see their way into the PDC proposal, and even longer than that before any construction can begin. The group faces two additional review meetings in the pre-application process (with the county’s Historic Preservation Advisory Board and the Niwot Design Review Committee), and will wait for feedback from them to implement the final changes. They hope to submit their complete Site Plan Review application to the county in late spring or early summer, and that process will also take several months.

Meanwhile, Palmos urged anyone with questions or additional feedback to visit the offices of the Palmos Development Corporation, at 2774 Iris Ave. in Boulder.

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What's happening to our trees?



Courtesy photo

Mary Tiernan, arborist with Boulder County, prunes a tree on the Twin Lakes property

By AMY SCANES-WOLFE
Editorial@lhvc.com

In a field dominated by men, two women make up Boulder County's entire urban forestry team--Cathy Thiltgen and

Mary Tiernan. "We take a lot of pride in that," said Thiltgen.

If you have walked the Niwot trails lately, you've probably noticed these two women hard at work. As Thiltgen explained, their main objective

is "looking at trees that may impact the trail or trail users and pruning any potential safety issues."

This mission is carried out in close collaboration with the county's wildlife staff. Since trees provide vital nesting habitat, Thiltgen and Tiernan avoid pruning during nesting season. "What we are doing on trail systems which we might not do in urban environments is leaving tree cavities in place, so long as the limbs won't fall," Thiltgen added.

The county also leaves naturally fallen trees in place to provide habitat for soil life, insects, and wildlife.

What the county does not do is create brush piles adjacent to the White Rock and Left Hand Ditches. These are created by the ditch company exercising its legal right to access the waterway. Often, the piles of brush are debris cleared from the ditches so water will flow unimpeded. They do provide

good habitat, and the county does not move them unless they directly impede trail access (which they sometimes do).

Wood chips generated by tree pruning have several outlets. Some go to agricultural tenants for soil improvement, some are used as mulch for weed suppression, and some are used for mud control--especially last spring. In 2019, 63 tons of wood debris were diverted from the landfill. "We keep as much out of the landfill as possible," said Thiltgen.

Though trees on the trail systems are left mostly to their own devices, the trees at Left Hand Valley Grange Park are living experiments. One is a clone from the famous Hygiene Champion Cottonwood Tree, once named largest cottonwood tree in the nation. Others, including several species of oak, a Kentucky Coffee Tree, and two Golden Rain Trees, are experiments in drought-tol-

erance. And there are two American Elms that have been bred for Dutch Elm Disease resistance.

Unfortunately, our local ash trees have no such immunity. Thiltgen found Emerald Ash Borer thriving under the bark of an ash tree on the Hidden Star Trail. With the county's EAB budget, she and Tiernan have preemptively removed several large ash trees and planted other species to replace them. They encourage homeowners to start doing the same.

So far, Thiltgen and Tiernan have covered the Left Hand Valley Grange Park, Hidden Star Trail, the Niwot Loop Trail from Centrebridge back to Niwot Road, the Cougar Trail, and the Cottontail Trail. Next, they are heading to the Willows Trail system in Gunbarrel.

But Niwot is one of many trail systems these two women cover--in fact, they are responsible for the health, safety, and

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TREE WORK

Continued from Page 6

aesthetics of trees in all trail systems, trailheads, and urban parks on Boulder County's plains and foothills properties.

"We are trying to figure out how to get all these trail systems onto a rotational pruning schedule—to say we have looked at or provided some kind of tree risk assessment and make a determination." Thiltgen's hope is to cover all the county parks and trails on a 5- to 7-year cycle, which is the industry standard.

But she also put out the call for help. "There are people out there who walk these trails every day, and I can't get out there every day and see things like they do. So if somebody sees something they think is an issue, they should contact Boulder County Parks and Open Space... Our best asset is the people who use these trails."

Upcoming projects for Thiltgen and Tiernan include replanting several trees at the Niwot Loop Trailhead to replace the chokecherries that died. Thiltgen also mentioned that the county is starting to brew its own compost tea to fertilize turf and trees.



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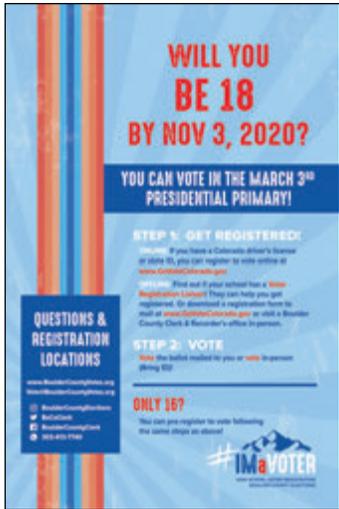
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School districts recognize Colorado youth voting law



By HANNAH STEWART
Editorial@lhvc.com

to allow 16 and 17-year-olds to pre-register to vote. Arguably thanks to this law, 60% of young Colorado voters participated in elections compared to only 30% nationwide.

Moreover, thanks to recent changes to legislation, not only are 16 and 17-year-olds able to register, but if a student will turn 18 by the time of the general election, that student may vote in primary elections before turning 18. This law puts Colorado ahead of about half the country in terms of progressive voting laws. As of now, only about 22 states allow 17-year-olds to vote in the primaries, but it is important to recognize that these laws vary state-by-state. However, until a teenager goes to get a driver's license, or unless they have proactive teachers or even an interest in politics themselves, many are unaware of these laws. That is, until recently.

At its January 22 meeting, St. Vrain Valley's Board of Education decided to proclaim Feb. 3 through Feb. 7 Voter Registration Awareness Week. "We fully support initiatives that encourage our students to participate in the most basic fundamental right of democracies: voting," said Niwot High School Principal Eric Rauschkolb. "Not only is it important for students to understand that their voices matter, but it is crucial that they understand that their willingness to participate in this process will help shape their local communities, their state, and the entire country."

The Boulder Valley School District has elected to celebrate this week as well.

To recognize the new week, there will be announcements as well as posters about voter registration and schools will have registration available via either booths or events. Additionally,

each school in both districts has been asked to designate a staff member as a "Voter Registration Liaison." These liaisons will be trained in how registration works, act as a resource to both students and staff, and in NHS teacher Clark Burton's case, go to individual classrooms to discuss it as well.

"[Having this week to recognize voter registration] makes it so there's something tangible

for students to do when we talk about voter efficacy or voter registration," Burton explained. "Now we can say, 'Hey, here's why it's important, let's fill it out together.' It's not this abstract thing they have to do later."

In speaking with Burton, Rauschkolb, and a Niwot student, it is clear that the importance of voting has been reinforced at

Continued on Page 9

As a college graduate, Congressman Joe Neguse founded an organization called New Era Colorado, which strove to amplify voter engagement. In 2013, this group was able to convince the state legislator to pass a law

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From entrepreneur to author: A Niwot man's literary success

BY HANNAH STEWART
Editorial@lhvc.com

"I wanted to show my children the whole parent, not just the parent they saw growing up, but the whole person," said Len Goldberg. "I wanted to document a number of paranormal experiences I've experienced in my life."

In the 1960s, 20-year-old Goldberg dropped out of school. Then one day, he created a "four word resume" and mailed it to 1,200 advertising

agencies. His career took off—he worked as a copywriter, a salesman, and eventually started his own marketing firm in 1987 that grew exponentially.

"One day, I'm a nobody, the next, people are flying me out to their countries to pick me up in limos," Goldberg said. "Nothing really has matched that feeling." But in 1999, he sold his business and retired to Colorado, eventually finding himself in Niwot.

Upon leaving the business and marketing world, Gold-

berg realized he wanted to share his life story with his children. When he laid out the events of his life, many of them seemed, at first, unconnected. He tried using a creative lens, a historical or scientific lens to analyze these events. But it wasn't until he looked at the events with a spiritual perspective that he was able to find connections and find his overall story.

"It's my story," he said. "Everybody has a story and they're all valid...I thought my

story was important because it showed, in my case, how all of this spirituality was necessary in order to succeed."

It took him almost five years to write his book, *A Few Steps Along the Way*, and he said that while it was sometimes a painful process, to draw his story from his creative side and put it down on paper was deeply rewarding. Goldberg said, "I laid it all out there. I'm embarrassed about some of the stuff and proud of the others." So, even though it started out

as a memoir for his children, when he saw a spiritual connection throughout life events, it quickly morphed into a spiritual journey.

However, despite finishing the book a number of years ago, he only recently started promoting it. Goldberg explained that since the book includes his spiritual and sometimes paranormal experiences—like near death and out-of-body experiences, precognitive dreams,

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VOTING

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NHS, at least in certain classes. Additionally, accessibility to voting was a theme important to all.

"I think accessibility to voting is a super important thing," said Speech and Debate Captain Nicholas Valin, a senior at NHS. "I think getting as many people to vote as possible is important." While the pre-registration and the law for 17-year-old voters in the primaries doesn't affect him personally, he recognized its importance.

He explained that Colorado had the second-highest rate for voter turnout nationwide in the 2018 elections. So while he believes that some claims around voter turnout being low may have some research to back them up, saying that isn't the way to get people to go out and vote. "[Having the pre-registration and other law] is a really good step in the right direction, especially since the younger generations tend to be lower [in turnout rates]."

Burton picked up on Valin's observation by noting that the way we vote as a nation is unfair. "It's disproportionately targeted

toward older people. Tuesday midday makes it more challenging for people to go vote. That's why I think Colorado's done a really good job with early voting and mail-in voting because it gives people more time to research and vote. The sooner people start voting and make it a habit, the better voter turnout we'll get."

This belief has been shared on a number of occasions, even in an interview with CBS 4. Congressman Neguse said, "Empirical studies show that they [youth] are more likely to vote for the rest of their lives if they pre-register to vote."

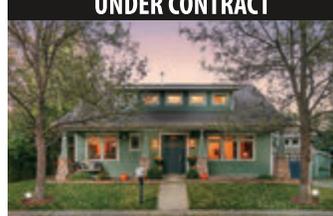
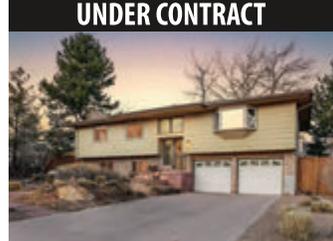
"The kids do care and have really well-thought out ideas and the policies that are voted for [now] are going to impact them long after us older people," said Burton.

His optimism is certainly in the right place. He said that many NHS's students are already involved and that next week will simply provide more resources for that involvement to increase.

"I'm most excited to finally have an influence on things that actually affect me," Valin said. "I'm excited to be an informed voter."

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Youth leaders rally for action on climate



Courtesy Photo

Former Niwot High student Marlow Baines appeared at the Youth Climate Summit in Boulder on Feb. 1.

By EMILY LONG
Editorial@lhvc.com

Youth leaders came together last weekend in Boulder for a summit on climate change, with a broad call to action on climate, social justice, and inclusivity.

The Youth Summit on Climate Change at the Boulder Public Library, held on Saturday, Feb. 1, was organized by Sumanje Chigwenembe, a student at Boulder High School who serves on the City of Boulder's Youth Opportunities Advisory Board (YOAB). Dozens of students attended the event, which included foundation setting speeches as well as workshop sessions.

Headlining speaker Marlow Baines, a former Niwot High School student and current senior at Shining Mountain Waldorf School, delivered an emotional and impassioned speech that began with an original poem and the story of her own ancestry and privilege.

Baines said she spoke about her background and her role as a young white woman in this movement because "we cannot talk about climate change and climate justice without talking about social justice."

She went on to say that one of her responsibilities is "to create space for those who may not have it." The topic of inclusivity was strong throughout her speech, where

she emphasized that the climate movement needs to listen to and respect all voices.

"It's not just the environment--that our air is being affected, our water is being affected--but it's affecting communities," Baines said, and she emphasized that the communities affected are more likely to be marginalized members of our society.

The inclusive approach extended to working together and within current government systems to enact change.

Event organizer Chigwenembe said "Growing up in a city with this much activism around climate change really inspired me, and being appointed to the Youth Opportunities Advisory Board of the City of Boulder really gave me the opportunity to get in contact with city staff who were working on this."

As a member of YOAB, Chigwenembe is responsible for coming up with ideas on how to engage youth to learn more about the City of Boulder's efforts on climate change, and to encourage creative youth-based ideas on how to enact change from within the local government.

Chigwenembe said "We planned this summit to inform and get youth input on the climate crisis, specifically on the [City of Boulder's] Climate Mobilization Action Plan (CMAP), which is a plan that takes a more aggressive approach to climate change

in five areas: land use, ecosystems, circular materials economy, renewable energy, and financial systems."

Breakout sessions for youth attendees addressed the first three of these topics, using collaborative techniques to come up with solutions.

Congressman Joe Neguse, who represents the 2nd District in Colorado and is the first Eritrean-American elected to the United States Congress, gave an opening speech calling climate change "the defining issue of our time."

In an interview, Neguse said, "In Colorado, we've experienced the impacts of climate change in a very visceral way," and that "It's inspiring that this next generation is so willing to take up the mantle" of tackling climate change, which he called an "existential crisis."

"We all should be very heartened at the fact that there is this group of young people who clearly care about doing that."

Neguse spoke directly to the student activists in his speech, saying, "Your generation, I believe, will be the generation that solves some of these problems that we face as a society."

The local youth climate activists are working "to create a world that is just, equitable, and regenerative," according to Baines. "We will seek justice, listening with hearts and minds wide open."

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Mwebaza Club at NHS raises money for Ugandan boy

BY MACKENZIE DEMMEL
Editorial@lhvc.com

Last year, Niwot High School started the Mwebaza Club to turn shipping containers into classrooms for children in Uganda. The classrooms were a booming success and have greatly decreased the overcrowding at the school. After the classrooms were shipped to Uganda, the Mwebaza Club faded away. Now, Niwot High School has initiated the club again, this time to fund a young boy's education.

In Uganda, people are required to pay for school, and many families cannot meet the high prices. So, the Mwebaza foundation has been giving scholarships to worthy students at Mwebaza School for the past five years. One of these students is Kamuhanda Peter.

Sadly, Peter was orphaned recently when his father unexpectedly died. He has been a recipient of the Mwebaza Foundation's scholarship program for a couple years now, but his current guardian wants to send him to live with his grandmother in a remote village where there is no schooling. Peter really wants to continue his education, so the Mwebaza foundation has found an alternative guardian in Mwebaza.

However, this guardian is a mother of two who is living in a 10-foot by 10-foot apartment. In order to provide Peter and the guardian with the best arrangement possible, the Mwebaza Foundation is raising money to rent a new two-bedroom apartment. In order to do this, the foundation is turning to Niwot High School for help.

For the past couple of weeks, students have been donating their time in order to find a way to help Peter. For now, these students have formulated multiple fundraisers, including concession stands at games, Mario Kart tournaments during lunch, and a pie-in-the-face compe-



Courtesy Photo

Peter is enthusiastic about his education and thanks everyone for their efforts to help him.

tition. The latter has been the main focus of the Mwebaza Club.

Ten teachers have been selected to enter the fundraiser. Ultimately, students will donate money to the top three teachers they want to see get a pie in the face. After two weeks, the three teachers with the most money enter another pool. This time, students buy tickets with their name on them, which are

put in a bowl for the teacher they want to pie. The teacher with the most tickets has a name drawn from it, and that lucky student gets to pie the teacher.

Through this fundraiser and others, the Mwebaza Club is hoping to raise fifteen hundred dollars. This will support Peter and his guardian for a couple months, although the Mwebaza Foundation hopes to continue raising money so that he may finish primary school and move on to secondary school as well.

The Mwebaza Club hopes the community will get involved in Peter's education as well. By going to the following website, <https://www.justgiving.com/campaign/PetersFund>, anyone can donate money and learn more about Peter. Also, between 5 and 9 p.m. on Monday, Feb. 17, the Chipotle on Ken Pratt Blvd. in Longmont will be

donating 33% of the proceeds to the Mwebaza Foundation. One simply needs to tell the cashier that they're supporting the cause, and the money will help Peter obtain the education he deserves.

Through this experience, the Mwebaza Club members have become more grateful

for what they have and more aware of the plight that others around the world face. They are excited to make a difference in Peter's life, and they hope that through everyone's efforts he will continue his education in a home that can support him.

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SANTELLI

Continued from Page 1

each other working in what I call "Team Niwot." So we're a town that competes with other towns, but not with each other."

From the start in 2008, Santelli was faced with the fact that 30% of the town's business properties were vacant which he found completely untenable. Next to the Tavern there was an unleased space and Santelli knew that filling commercial black holes - some that had sat empty for a decade - would revitalize the town.

Discovering why people weren't coming to Niwot was his first order of business. So the NBA went into brainstorming mode and the result was a four-pronged approach to energize the business environment - awareness, parking, connecting the business areas,

and finally making the town more welcoming.

Santelli says he's a cheerleader and is able to make work fun, so while he didn't personally execute on each idea, he had a knack for enlisting and inspiring others. He's quick to say that it's Team Niwot that should take credit for the changes.

Using the purposeful concept of "champions", each project has a mini-CEO who handles planning, marketing, and financial responsibility. Members of the Niwot Rotary, Niwot Community Association, Niwot Historical Association, and Niwot Cultural Arts Association are all part of Team Niwot.

Efforts on the awareness front included main road signage pointing out Niwot, and the launch or enhancement of events like Rock and Rails, Wine about Winter, Enchanted Evening, and seasonal parades and events.

Garnering parking spaces is currently underway with a planned parking lot on Murray Street. Niwot's Community Corner sculpture park has taken root and is growing at the corner of 79th Street and Niwot Road, helping to connect the town's business areas.

As for improving the town's ambiance, patios and trees have been added, seasonal banners are hung in commercial areas, the Niwot Children's Park was constructed, and Whistle Stop Park was improved.

From 2008 to 2018, Santelli was also a member of the Niwot Local Improvement District (LID) advisory committee, which steers the use of the town's sales tax revenue in order to promote commercial vitality.

Fellow NBA member and the president prior to Santelli, Biff Warren of Warren, Carlson and Moore LLP, said, "Tony took the NBA to a whole new level, using the Executive Board to formulate policy and consider how to improve the business climate in Niwot. He is exceptional at seeing the big picture, recruiting "champions" for various events, and building consensus."

The "most valuable player" amongst the many champions, Santelli said, has been Chuck Klueber, who has gotten many an infrastructure project to the end zone - adding patio space and trees along 2nd Avenue and working on the Community Corner project to name a few.

Klueber said, "I first met Tony in 2008 when my wife Linda, owner of Niwot Interiors, and I became members of the NBA. It was evident that he was a high energy guy, dedicated to making Niwot a better place to live and do business."

Creating Team Niwot, Santelli said, has been the highlight of his time as the NBA president, "that we're all working together because we just love this town. We have hundreds of volunteers making things happen and making this town shine as best we can."

Under Santelli's watch, the Niwot.com website was launched, a ten-year document titled "Niwot Vision 2029" was created to lay out aspirational community-hub projects, and the Niwot Revitalization Committee (now the Niwot Future League) was formed, which focused on filling unoccupied commercial spaces and brought on an Economic Development Director to draw businesses to town.

"During his tenure as President of the NBA, the vacancy rate was lowered significantly," Klueber said.

Fellow long-time NBA member and former officer Karlynn Spreder with Colorado Landmark Real Estate, said, "The characteristic I admire most about Tony's years as NBA President was his ability to see the big picture. He could see the Town's strengths and weaknesses and was always open to new ideas and suggestions."

The six-month county-imposed building moratorium that began in 2018 compelled Santelli to stay on a year longer than he anticipated. "It's a shame because small businesses are fragile and when you've got six development projects going, what a wonderful place to be and especially after what we'd been through."

Although five of the six projects are on hold or not moving forward, he added, "I think Niwot, because we're strong, will have much better days ahead."

We're going to figure out a way to make this work because there's too much love here."

NBA presidential candidate and owner of Niwot Wheel Works, Eric Bergeson is on the ballot in the upcoming February elections.

"Eric will be a great choice," Santelli said. "We are so lucky to have him step up. He has a great corporate background and he's got a small business in town, he's personable and he listens. We're not going to miss a beat."

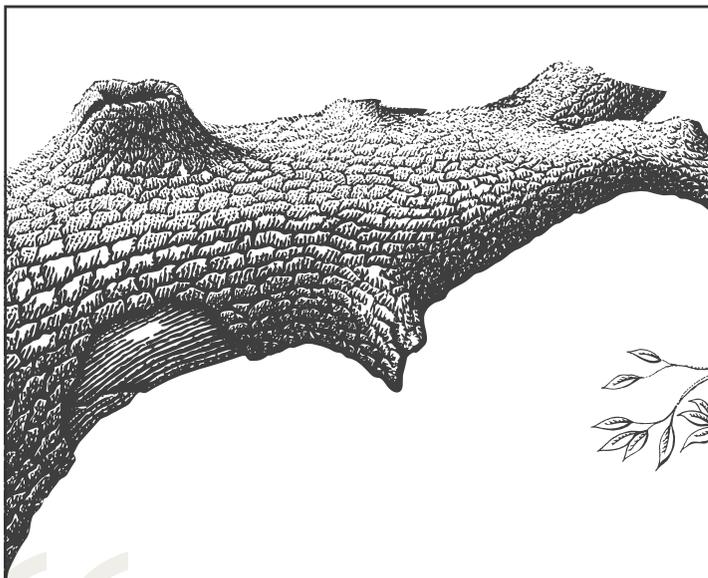
Santelli, who prefers not to use the word retired, will continue to be involved in moving the community forward. A better description for him might be re-invented as he's just stepped up to be the Fundraising Chair for the Whistle Stop Park Depot building project, aiming to raise \$60,000 to complete the new structure.

Two other long-term commitments are also in transition for Santelli. As of Jan. 1, Santelli's business partners sold their interest in the Niwot Tavern to two employees who, for the most part, run day-to-day operations.

Ten years ago Santelli became a supporter for what began as the Niwot Timberline Symphony and then became the Boulder Symphony. Thanks to Santelli being the organization's Board Chair and helping to raise the needed financial support, the orchestra is now thriving and is comprised of 60-plus musicians. At the end of 2019, Santelli stepped back from the lead position.

But another new door opened for Santelli last year when he became a team member of Entrepreneurship for All (Eforall), a national organization with the mission to help budding entrepreneurs, primarily women, people of color, and immigrants, find business success with the assistance of a mentor.

Santelli, who will be celebrating his 80th birthday soon, is an outdoor enthusiast and loves to ski. In 2018, his wife of 56 years, Felicia Santelli, closed her healing arts practice in Niwot and the couple plans to travel internationally as well as visit their out-of-state children and grandchildren more often.



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Flagstaff Academy recognizes National School Counseling Week

AUBRIE TARANTINO & LAURA KARNES,
Special to the Courier

Flagstaff Academy's mission is to develop students who are equipped to be well-rounded, ethical leaders in the world community with a foundation based in mathematics and science. How does this look in the world of school counseling?

Sponsored by the American School Counselor Association (ASCA), National School Counseling Week (Feb. 3-7) highlights the unique contribution of school counselors within U.S. school systems and the tremendous impact they have in helping students achieve academic and post-secondary success.

The Flagstaff Academy counseling program is committed to supporting all students' achievement in the development of twenty-first-century skills which include critical thinking and reasoning, informational lit-



Courtesy Photo

Laura Karnes, Middle School Counselor

eracy, collaboration, self-direction, and invention. Goals include improving academic, attendance and behavioral outcomes related to scholastic development, college and career readiness, and social/emotional development. Other goals include developing protective factors which are attributes that students develop that help them to more effectively deal with stressful



Courtesy Photo

Aubrie Tarantino, Elementary School Counselor

situations. Lastly, the counseling program helps develop and foster self-efficacy in students. Self-efficacy is a child's belief in his or her capacity for executing control over one's motivation, behavior and social environment.

"My philosophy as an Elementary School counselor is to empower students to use their strengths, build relationships, and understand

their why," said Elementary Counselor Aubrie Tarantino, M.A., LSC. "I love working with the littles as you get to see their growth and I love learning new things alongside them."

Flagstaff Academy provides a comprehensive school counseling program that is driven by the standards provided by the ASCA. The school counselor's role is to make data-informed decisions to help support the whole child. Counselors meet student needs through both direct and indirect student services. Indirect student services include consultation, collaboration, and referrals to various mental health professionals in the 21st-century community. Direct services include psychoeducational interventions in the classroom, advisement through data analysis, and responsive services, including individual and group counseling on a short-term basis, as well as

family outreach, and connecting families to resources in the community. Other responsive services include crisis response which involves providing support to students and families as they face crisis.

"As students navigate their journey from children to adults, it is our job to keep their needs at the center of our work, ensuring the development of the whole child and a full synthesis of academic and social development within an ever-changing global community," said Flagstaff Academy Middle School Counselor Laura Karnes, M.A., LSC.

School counseling is a dynamic and ever-evolving process of service delivery supporting the development of the whole child. Flagstaff Academy invites all SVVSD families to take a moment to recognize and celebrate school counselors, who play such a critical role in "helping to build better humans."

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STUDENT-ATHLETE OF THE WEEK

Daniel Torres

By JOCELYN ROWLEY
Editorial@lhvc.com

Daniel Torres didn't know much about wrestling when he reluctantly joined Niwot's team as a freshman, which makes his success in the years since all the more impressive. Thanks to quick wits and a penchant for hard work, the soft-spoken Torres has become one of the region's top wrestlers in the years since, and now he's on the cusp of a repeat bid to the Class 4A state championships at the Pepsi Center. As his high school career comes to a close, the senior is grateful to that once-shy ninth grader for taking a chance on a sport he wasn't even sure he liked.

"My friend really wanted me to try it, so I gave it a shot, and I ended up loving it," he said. "Wrestling takes a lot out of you, but it gives a lot back."

For Torres, that has come both in the form of individual success on the mat and personal growth off it. In the past two seasons, he has amassed 37 match wins, including a surprise 4th-place finish at the 2019 regional meet to qualify for state. In his senior season, he has been a repeat medalist for Niwot in the 220-lb class, and is now semi-patiently waiting out an elbow injury ahead of the 2020 regional meet. But that's only been a small part of his wrestling journey, according to Torres.

"Wrestling helped me come out of my shell," he said. "I was a really shy person—I kind of still am—but through wrestling, I am more outgoing and willing to try out new things. I've also learned more about myself and

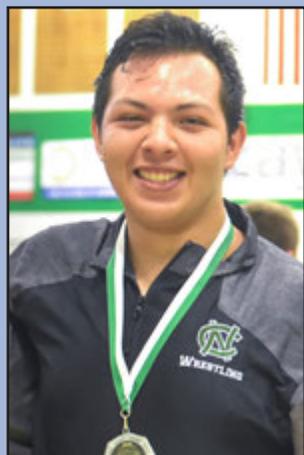


Photo by Jocelyn Rowley

Daniel Torres has emerged as one of Niwot's top wrestlers over the past two seasons.

how to get along with others. How to stand up for myself. It gave me a sense of self-worth and identity at school."

It has also strengthened his conviction that anything worth doing is worth doing to the best of your ability, a mentality shaped by his parents' roots in Mexico.

"They always told me stories about how my aunts and uncles had to do backbreaking labor in the fields," Torres said. "They've always wanted me to be more than that. They want me to excel; to have a dream and be able to achieve it... It's the American Dream—if you work hard enough for it, you'll be able to achieve it. That's what I'm trying to do."

Torres has taken that drive into the classroom, where it has made him one of Niwot's top academic achievers. He is a student in the school's demanding IB diploma programme, and also dabbles in AP courses. After school, he is a member of the

St. Vrain Innovation Center's Aquatic Robotics Team (ICART), which is currently building a submersible vehicle that will be used to monitor water quality and fish habitats for the City of Longmont.

"I always enjoy challenging myself, and the IB program is always pushing me to do more—to explore the world, to take on new challenges," he said.

Torres is looking forward to taking on new challenges after graduation. He plans to attend CU-Boulder or the Colorado School of Mines to pursue a degree in biomechanical engineering, a field he discovered after a scary incident in middle school.

"Engineering saved my grandma's life, and it's been something that's fascinated me," he said. "She had a heart attack six or seven years ago... At the hospital, I saw all of this technology and modern stuff that was going to help her out, but the thing that helped her the most was a pacemaker. I did research into that, and saw how the biomedical engineering field helps people like my grandma who suffer from heart attacks and whose hearts aren't as strong anymore."

Meanwhile, Torres is enjoying his final weeks with the Cougar wrestling program, and the "unbreakable bonds" he's made along the way.

"Wrestling is an individual sport, but it also has a lot of team components—any achievements you get are more you, but also your teammates that help you, build you up, hype you up. They're the backbone of the whole wrestling experience. They're the ones that make me enjoy it and want to keep going."

GOLDBERG

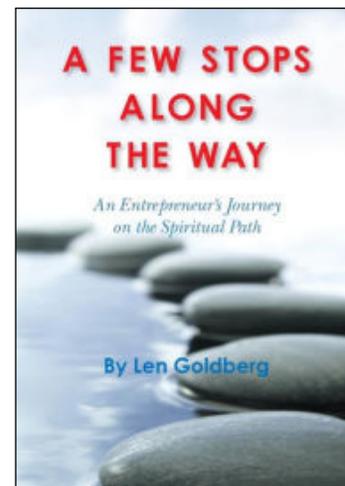
Continued from Page 9

and perhaps most unusual, the ability to see past-life entities in others—he was initially hesitant to share the book more widely.

"I never talked about this for many years," he said. "I lead a relatively normal life for an entrepreneur. But just recently, I said, 'heck with it,' and put it out there to let people decide what they want...I've been really pleasantly surprised that many people are open to this."

In fact, people have been so open to reading about his experiences that Boulder's Barnes and Noble reached out to Goldberg about hosting an event last Saturday. The event included a book reading, signing, and discussion.

As for Goldberg, he remains humble about his literary success and open to whatever the future has in store for him. He said that he is able to have fun with his children and grandchildren, and that his intuition is now telling



Courtesy Photo

A Few Stops Along the Way combines a typical entrepreneurial success story with that of a spiritual journey; this is what makes Len Goldberg's personal memoir so unique. "It is my sincerest wish that looking through your own Lens of the Spirit will enhance your life as it has mine."

him to play golf and relax. "But I'm not built that way...I had an idea about 30 years ago for a company that I still think is valid today and I'm going to possibly put that out there... But I'm living my life."

NHS SPORTS

SCHEDULE

FEB. 5 THROUGH FEB. 14

Thursday, Feb. 6

5 p.m. - Wrestling triangular

Friday, Feb. 7

5:30 p.m. - Girls bb vs. Longmont

7 p.m. - Boys bb vs. Longmont

Saturday, Feb. 8

9 a.m. - Girls swim @ Northern conf. meet (MVAC)

Tuesday, Feb. 11

5:30 p.m. - Girls bb vs. Greeley Cent.

7 p.m. - Boys bb vs. Greeley Cent.

Thursday, Feb. 13

5:30 p.m. - Girls bb @ Silver Creek

7 p.m. - Boys bb @ Silver Creek

Friday, Feb. 14

4 p.m. - Wrestling @ Regionals (Windsor H.S.)

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Woes continue for Niwot girls basketball



Photo by Jocelyn Rowley

Sophomore Rachel Noble encounters two Northridge defenders while driving to the basket.

By JOCELYN ROWLEY
Editorial@lhvc.com

The Niwot girls basketball team is still searching for its second win of the 2019-20 campaign, after falling 60-25 to Northridge on January 31st. The Cougars struggled on both sides of the court against the youthful Grizzlies, but their deficiencies were most evident against Northridge's zone defense, and a scoreless second quarter all but sealed their 14th straight loss. Afterwards, Niwot head coach Terri Ward opened up about finishing a season with nothing on the line but pride.

"There's nothing to lose now, so we can't play timid," she said. "If each person shoots the ball seven times, then that's 77 shots, and we might make 30 of them. There's nothing to lose by not playing timid, so work hard from start to finish, and don't turn on each other. That's just where we've got

to be, and we can't look at the scoreboard."

Unfortunately, they probably were scared to look for most of the game against Northridge. Niwot kept the game close early on, thanks to a trio of three-pointers from seniors Lily Seiben and Nikki Sims, who would go on to lead the team in scoring with 12 and six points, respectively. However, it didn't take long for the Grizzlies' zone defense to get in the Cougars' heads. Pushing the pace on offense, Niwot was prone to turnovers at times and also had trouble penetrating the post as the game progressed.

A clearly frustrated Niwot team was held scoreless in the second quarter, and were behind by 35-10 at the break. The team had more energy in the third quarter, and managed to score 11 points, but the Cougars were never really in the game again, and went on to lose by 35. Niwot was held



Photo by Jocelyn Rowley

Junior Maya Beauvineau attempts to drive to the basket, but was met with resistance from Northridge's zone defense in their match-up on Jan. 31.

to a paltry 19% from the floor, including 1-for-12 from two-point range.

"Honestly, I thought we played well in the first, third and fourth quarters," Ward said. "It doesn't help when you don't put points on the board for an entire quarter."

Ward admitted that she doesn't have an easy explanation for her team's struggles over the season. She had high ambitions for the Cougars' offensive potential back in November, but they've routinely averaged sub-30% in shooting, making double-digit losses commonplace.

She also said that keeping her players engaged as the losing streak continues has been a challenge, prompting her to seek advice from Oregon State women's basketball coach Scott Rueck. He told her to 'Stay positive, and it's the little things,'—words she has taken to heart.

"I've never been one- and something, so this is an experience for me," the longtime coach said. "I'm trying to figure out how to keep a 1 and 16 team motivated, and I don't want them to give up, and get frustrated, and want to quit athletics. I hope they tell me if they get to that point."

One not-so-little thing Ward feels good about is the team's overall chemistry. So far, she said, the players don't seem to be taking their frustration out on each other, though there's certainly enough of it to go around.

"I don't see us turning on each other, or being mean to

each other, but, at times, people haven't felt totally heard," she said. "We sat down and had a talk for two-and-a-half hours, just us, talking about the situation—what's going on, what are you feeling, how can we figure out how to fix some things. I think they felt heard, and that their voice means something, and that's what should happen in a team sport."

That camaraderie hasn't translated into many wins yet, but Ward said it doesn't necessarily have to. Though the team's postseason hopes are a distant memory, she still wants her players to get the most out of their six remaining games.

"If we're getting better, but we're not winning, then so be it. You want to be able to go out at the end of the season and look each other in the eye, and be happy that you played with each other. Play as hard as you can from start to finish when you're on the floor, and I won't complain."

(1/31) — Northridge 60, Niwot 25

Cougars (1-16, 0-7) 10 0 4 11 — 25

Grizzlies (10-7, 6-0) 20 15 15 10 — 60



Photo by Jocelyn Rowley

Senior Lily Seiben struggles to keep control of the ball against Northridge on Jan. 31.

