



PEOPLE'S CHOICE SCULPTURE VOTING CLOSES DEC. 1

By JOCELYN ROWLEY
Editorial@lhvc.com

Casting a vote in the inaugural People's Choice contest for Niwot's Community Corner at Sculpture Park is a simple process, but that doesn't mean it's easy on voters. With eight diverse and highly engaging pieces in the running, the hardest part is choosing only one.

"Honestly I didn't think we'd get the number of quality pieces we have to fill this garden in this first go-round," Niwot resident Scott Deemer said. Deemer, who owns landscape design firm Outdoor Craftsmen, was the chief architect of the Corner. "I thought we'd have a couple of good, quality pieces but I never dreamed we'd have all the spaces filled with such good works at this juncture."

The Sculpture Park launched

earlier this month at the southwest corner of 79th Street and Niwot Road, bringing Deemer's vision of a robust public art presence in Niwot to life. The nine pieces in this initial installation were selected through a competitive process after a "Call to Artists" issued by the Sculpture Park Committee in August. Artist Joshua Pass received the top prize of \$750 for his winning entry, "Feather." That and the eight other sculptures will remain at the park for up to a year on loan from the artists.

Deemer and his company donated tens of thousands of dollars in labor and materials to the project, which he hopes will boost the town's reputation as a fine arts hub. He was also impressed with the cooperative spirit that made the ambitious venture a reality.



Courtesy Photo

Art lovers gather for the formal launch of Community Corner at Sculpture Park at the southwest corner of 79th Street and Niwot Road at First Friday Art Walk on Nov. 2.

"Working on the timeline we had, I thought we nailed it," he said. "Thank you to the artists who have invested their time and effort into the creations. Kudos to them for being willing

to participate in the inaugural season of this. They're really the ones who put the icing on the cake here."

Continued on Page 4

Powder Keg Brewing building sold

By VICKY DORVEE
Editorial@lhvc.com

On Oct. 17, the former home of Chris Finger Pianos and Powder Keg Brewing Company at 101 2nd Avenue in Niwot was sold to 3601 Park Ave Association, LLC, a New Jersey company. The LLC, registered to do business in Colorado, bought the building for \$1,735,300 from the Christian and Barbara Finger Charitable Remainder Trust. Public records state the building was previously purchased in 1978 for \$75,000.

Architects Fletemeyer and Lee Associates will continue to occupy part of the building. The space that was Powder Keg Brewing became available for lease in April of this year when the microbrewery closed its doors. It has remained empty since that time.

All of the brewing equipment, tables and chairs were sold, according to Chris Finger, former owner of the building.

Leasing company Gibbons White is advertising the space for rent at \$21 to \$23 per square foot for the 3,300 square foot front space. The listing shows it as an office, retail or restaurant business space. A warehouse behind the former brewpub totaling 2,600 square feet, is also listed for rent at \$14 per square foot. Additional triple net charges of \$7.16 per square foot would be charged on top of rental costs for each space, according to Gibbons White's website.

Past rent on the space was \$20 per square foot, with triple net charges of \$3.50 per square foot, according to Finger.

The property is marketed on Gibbons White literature as "an ideal space for an office, restaurant, brewery or coffee shop."

Continued on Page 9

Elk once again boarding at Schultz Family Farm



Photo by Vicky Dorvee

A visiting elk has once again made herself at home in the fenced-in field at the Schultz Family Farm on Oxford Road and Highway 287. She shares the field with other farm animals including two oxen.

By VICKY DORVEE
Editorial@lhvc.com

This past spring, an elk decided she felt perfectly at home

on the Schultz Family Farm at the corner of Oxford Road and Highway 287. When she bounded the fence and joined Chester and Calvin, the oxen who call

that field home, they graciously permitted her to share the field with them.

There was some concern from passersby who thought

maybe she was being held against her will. Others worried when they didn't see her in the field and they thought she had been forced to move on or had been harmed. But the reality was she could jump in and out as she wished and she did. Mostly she stayed in the field, but occasionally she would be gone for a day or two and then hurdle the fence and hang out with the oxen again.

Wildlife experts predicted that nature being what it is, she would head out before elk mating season, typically during September and October in Colorado. In mid-July, she left her adopted big-horned brothers. Everyone thought it was a wonderful thing she had been there at all, and no one expected she would be back.

Continued on Page 3

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Community Calendar

ALZHEIMER'S SUPPORT GROUP

Alzheimer's Association Dementia Caregiver Support Group meets on the first Wednesday of each month from 6 to 7:30 p.m. at the Niwot United Methodist Church (7405 Lookout Road). This free service is for family members and friends who care for and care about people with Alzheimer's Disease and other forms of dementia.

SCHOOL OPEN HOUSE

Niwot High School (8989 East Niwot Road) is holding an open house for prospective students on Thursday, Nov. 29 at 6 pm. For more information,

visit the school's website at nhs.svvsd.org or call 303-652-2550.

FOOD DRIVE

Niwot Dental (6800 79th Street) is collecting non-perishable food items for the Longmont non-profit organization, OUR Center. Most needed are canned fruits and vegetables, soups, healthy snacks, cereals, grains, rice, beans, infant formula, pasta, peanut butter, and canned meat. The food drive goes through Dec. 15. The office is open Mondays, Tuesdays, and Wednesdays from 8 a.m. to 5 p.m. and Thursdays from 8 a.m. to 2 p.m. For additional information, call 303-652-3444.

HOLIDAY PARADE

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

VOLUNTEER NATURALISTS

Boulder County Parks & Open Space is now accepting applications for Volunteer Naturalists. Training classes will begin Thursday, Jan. 10. Please go to www.BoulderCountyOpenSpace.org/volunteer for more information and application forms.

Letters to the Editor

In late October, I tripped on uneven sidewalk on Niwot Road near Lucky Pie. Four wonderful women stopped to assist me and stayed with me until my family arrived. Thank you to the wom-

an that retrieved my phone and glasses, the woman that gave me peppermint water, the woman that calmed my dog, and the doctor who did an initial medical assessment. I was a bit bruised

up but I am doing just fine now. These were very caring gestures and truly appreciated.

Gratefully yours,
 Anonymous

To the Editor:

I felt so sad reading the recent letters to the editor by Von's Colorado Concepts, Cornelia Swale at the Niwot Inn and Lisa Rivard. Much of the vitriol was directed towards 3rd Ave. residents, with a lot of distortions, misconceptions and misunderstandings, (especially about the alley) which are too innumerable to go into here. There are stories and perceptions going around that are simply not true. At least for the people who live in Niwot or

have long-standing businesses in Niwot, I personally feel that what unites us is greater than what divides us. We all care deeply about the future prosperity of our little town. Do 3rd Ave. alley corridor residents want to preserve their quality of life in the midst of all this change? Absolutely. Are we opposed to all future development downtown? Absolutely not. Points of view have been expressed, and it is really up to Boulder County now. Everyone benefits from regulations that are clear

and unambiguous. Speaking for myself personally, I do not feel like I am "pitted against" anyone in this town, be they neighbors or business owners, although our opinions may differ. May everyone find common ground in KINDNESS this holiday season. Make an effort to smile or shake hands with someone who disagrees with you.

Namaste!
 Victoria Keen
 285 3rd Ave.



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L to R: Tom Moore, Jewel Ng, Laura Moore, Hannah Valadez, Vicki Maurer, Jeff Foltz, Bruce "Biff" Warren, Laura Guentchev

Holding on and letting go... of leaves

By JOSH MORIN
Editorial@lhvc.com

I look out and see patches of snow still frozen hiding in the northern shadows of plants and homes. We've been covered up several times in the last month by a wintery white layer of snow and even a little freezing rain. Ahhhhh.... a collective sigh of relief, seeing the mountains covered in white, knowing that we've been given the gift of moisture, a precious thing on the high plains. I'm grateful for that snow. Perhaps the El Nino phenomenon will settle in and bring us an abundance of precipitation this winter. I know all of our plants would appreciate a snowy winter.

There is a maple in the yard still holding onto its dried leaves outside of my home, an unusual occurrence for this species of tree. Something happened this fall with the quick freezes that interrupted its normal leaf senescence and abscission process.

There is no shortage of complex Latin words in the world of plants and arboriculture. Let's stop for a moment to define a few of them.

Senescence describes the process of deterioration or aging of biological organisms. In deciduous trees that drop their leaves in the fall, it describes the last stage of leaf development when chlorophyll breaks down and colors change. This is typically followed by the leaves dropping from the tree, or abscission. *Abscission* refers to the shedding of a part of an organism, in this case the dropping of leaves from the tree. Typically, in deciduous trees, abscission occurs as the last part of senescence.

During this process, a thin layer of cells forms at the base of the leaf. This layer of cells is called the abscission layer or abscission zone. Some of these cells have weak walls and when the cell walls break the leaf falls from the tree. The breaking of the cell walls can be triggered by hormones like auxin, compounds like ethylene and often times physical force such as wind.

This year, however, my maple



Courtesy Photo

A Norway maple in marcescence

tree has joined the ranks of trees like pin oaks and white oaks that experience marcescence. These plants hold onto their dead leaves rather than letting them go like most other trees. It's not entirely clear why trees experience marcescence, but there are many theories. Typically, juvenile trees are marcescent and then start dropping their leaves in the fall when they become mature. One theory is that the dead leaves protect the succulent buds of young trees from being eaten by herbivores who don't like the taste of dead leaves.

Some trees like pin oak stay

marcescent their entire lives and won't drop their dead leaves until the buds begin to open in the spring.

So, this winter if you see your trees covered in brown leaves, know that it's just holding on and being marcescent.

Perhaps you'll take a moment to slow down and listen. You might experience **psithurism**-- the sound of wind moving through the trees.

Josh Morin is an ISA Board Certified Master Arborist and co-owner of Taddiken Tree Company, a locally owned and operated company.



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ELK RETURNS

Continued from Page 1

A couple of weeks ago, farmer Gary Schultz noticed Chester and Calvin looking off in unison, and he wondered what had caught their attention. In hindsight, he now realizes she was out there, because within a day she was back in the field.

A pair of goats had joined the oxen duo in the field since the elk had left and Schultz said the more ornery one got up on his hind legs and vocalized in the elk's direction which resulted in her darting away about 25 yards. The following night, Schultz said he watched the elk run in the goat's direction which made him back up in a hurry. Since then, it's been calm and in fact, during this stay, she's stayed in the field and hasn't leapt the fence as she did last time.

Inquiring minds will wonder if she did indeed mate while she was gone and that's yet to be determined. The gestation

period for an elk is around eight months, so if she sticks around, it will become more evident.

Schultz said her presence on his land has affected him in unexpected ways. The farm is for demonstration purposes and his intent is to be an example of how to improve soil using only natural methods so that the resulting crops will impart the highest possible nutritional value.

In addition to his commitment to the earth, he feels deeply connected to animals.

"I believe that Spirit Elk has been sent to remind me that I can stand for all that is good on this farm" Schultz said, "and to use my platform to highlight others who are doing the same."

Schultz is not permitted to feed the elk, nor does he want to. But she is free to graze in the field.

Schultz rents the land from Boulder County Parks and Open Space and has asked them to put up signs reading no hunting to make it eminently clear that she is not fair game.

SCULPTURE

Continued from Page 1

If you haven't already voted for your favorite piece in Niwot's Community Corner at Sculpture Park, there's still time. Ballots

are available at Niwot Market (7980 Niwot Road), Osmosis Art & Architecture (290 Second Avenue) or on page 4 of this

issue. Just fill out the ballot and return it to Osmosis by Dec. 1 for your chance to win a \$25 gift certificate. The top vote-getter

will be named the "People's Choice" winner and receive a \$250 stipend at the upcoming First Friday Art Walk on Dec. 7.



Photo by Jocelyn Rowley

Agogo Glow by Maureen Hearty
(Reclaimed steel and aluminum)



Photo by Jocelyn Rowley

Aviator by Bobby Carlyle (Bronze)



Photo by Jocelyn Rowley

Desert Visions by Myles Howell
(Bardiglio Italian marble)



Photo by Jocelyn Rowley

Ocean Embrace by Glenn Murgacz
(Stainless steel)



Photo by Jocelyn Rowley

Spirit of the River Does Not Live Long
in a Drainage Pipe by Scott Reuman.



Photo by Jocelyn Rowley

Three Graces by Sue Quinlan
(Concrete and steel)



Photo by Jocelyn Rowley

Waco Curves II by Rollin Karg
(Blown glass and steel)

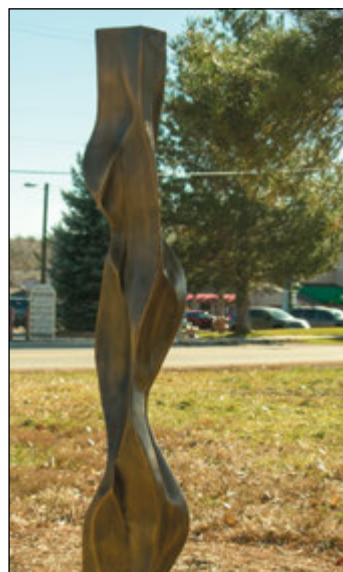


Photo by Jocelyn Rowley

Winot Bronze by Ann Shutan (Bronze)

VINTAGE COLORADO
NIWOT

Community Corner at Sculpture Park

Name of Art Piece: _____

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Your Email: _____

Turn in ballots at Niwot Market or Osmosis Art Gallery by
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▶ LEFT HAND LAUREL

By JOCELYN ROWLEY
Editorial@lhvc.com

What started as a proposal for a modest “connectivity point” at the southwest corner of 79th Street and Niwot Road blossomed into a high caliber public art space thanks almost entirely to the efforts of Niwot resident Scott Deemer, recipient of this month’s Left Hand Laurel.

“It was Scott Deemer’s artistic vision and the generous contributions from his company, Outdoor Craftsmen, that changed the Connectivity Project from something ordinary into

something extraordinary,” Chuck Kluber of the Niwot Business Association wrote in an email. “Without Scott’s efforts, Niwot would not have a beautiful park with world class sculptures that the whole town can be proud of.”

Deemer has long envisioned a robust public art scene in his adopted hometown. He and his family moved to Niwot from the Chicago area nearly two decades ago, and quickly became attached to the “beautiful little enclave.” In 2004, he opened landscape design firm Outdoor Craftsmen, an occupation perfectly suited to the lifelong arti-

Scott Deemer

san who also “sees the beauty in nature’s sculpture.”

“Growing up I was always drawn to activities that allowed me to express myself creatively,” Deemer said. “Getting to know the earth sciences was my other passion, so my business is kind of a culmination of those two interests.”

In college, Deemer pursued a double degree in art and geology. In those days, his artistic endeavors often involved sculpting, though he pursued “many disciplines.” These days, he also enjoys painting, though he admitted that his work for Outdoor Craftsmen is often his “greatest creative outlet.”

Thanks to steady growth and development in the region, business has been good for Deemer and his firm. So when members of the NBA approached him last year about installing a “gathering place” midway between the town’s two commercial districts, he saw an opportunity to bring his vision to life and share his success with the community he has grown to love.

“I told them if they would be willing to let me design something and be a part of the creation of something really special, then I would be interested,” he said. “I see a very, very sophisticated community around the Niwot area being drawn to the many fine restaurants we now have and the good breweries. I wanted take another level of cultural development into fine arts to complement many of the other things that are starting to develop.”

Deemer officially came on board, but he didn’t just plan and build the project that eventually became Community Corner at



Photo by Jocelyn Rowley

Niwot resident Scott Deemer played a decisive role in the successful launch of Community Corner at Sculpture Park, a public art display on the southwest corner of 79th Street and Niwot Road.

Sculpture Park. He and Outdoor Craftsmen also donated tens of thousands of dollars’ worth of labor and materials to the cause, more than doubling the scope of the original plans. He then used his extensive network of contacts in the regional art scene to spark interest among local sculptors, attracting a surprising number of “high quality pieces” for the inaugural installation.

“I was definitely a go-between for some of these unknowns,” he said, noting that many artists were reluctant to exhibit in the brand new installation. “Because of my personal relationships, I had to be an intermediary with some of these people to talk them off of a cliff with commitments. I worked through some challenges, and we lost only one of the selected artists.”

Nonetheless, he had praise for his fellow Sculpture Park committee members, whose flexibility was instrumental

in meeting the project’s tight deadlines.

Deemer is encouraged by the early success of the Park, which he hopes will eventually be self-sustaining.

“All of these pieces are for sale, and the hope is we [the Sculpture Park] get a commission off of that, which can be put into more and larger stipends,” he said. “That will then draw more quality artists both locally and nationally. Eventually, maybe we have enough bankroll to make permanent acquisitions.”

He also hopes it will help expand the reach of the fine arts in the area even further.

“With the caliber of resident in Niwot, there’s a great opportunity for us to develop in a multitude of ways,” he said. “It can grow to be so much more if we get the right people vested and interested in the growth of our community.”

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Niwot Tavern's Grinch steals the show



Courtesy Photo

Artist Thomas Studholme's depiction of the Dr. Seuss' Grinch was the top vote-getter in the Enchanted Evening Window Decorating Contest for the second year in a row.



Courtesy Photo

Colorado Landmark's miniature village display took second in the voting.

By NANCY BUREAU
Special to the Courier

The results for the Enchanted Evening Window Decorating Contest are in! There were about 150 votes total, and while the competition was amazing and colorful, the clear winner for the 2018 season is Niwot Tavern. This is the second year in a row that the Tavern has swept the votes, and they credit their amazing wins to their window designer and decorator, Tom Studholme, who can be contacted at 970-619-9456 for people who wish to use his skills for their holiday window displays.

The second place winner was Colorado Landmark Realtors in Old Town with a charming display for families of a miniature town of Niwot. They encourage children to find as many Santas in the display as they can. Can you count the Santas in the photo of the display?

Third place was the Deb Fowler DRF Team Real Estate in Old Town with a display of homemade ornaments and photos of what makes living in Niwot so special. They also have a mailbox for Letters to Santa.

All three businesses received a plaque to hang in the window, a ribbon, and, most importantly, bragging rights!

The plaque was sponsored by Left Hand Animal Hospital, and built out of recycled Colorado beetle kill pine by All-sports Trophies in Fort Collins.

Please go out and enjoy the window displays!

Niwot's Holiday Parade

Saturday, Dec 1, 2018
11:00 am - 1:00 pm

11:00 AM - PARADE
Santa at the Grange
11:30 am to 1:00 pm

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Niwot embraces holiday merriment at Enchanted Evening



Photo by Karen Copperberg

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



Photo by Vicky Dorvee

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



Photo by Karen Copperberg

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



Photo by Vicky Dorvee

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

The morning table

GOOD FRIENDS. GOOD FOOD. GREAT DAY.



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Where in the world...?

By Nellie Nibnose
Editorial@lhvc.com

Congratulations to all those intrepid travelers who went exploring during the Thanksgiving break. Though, by the looks of the

fantastic picture the Brown family sent in, the bird, the scarecrow and his little dog too could still use a meal.

First up is Dave Dell, who wrote, "That skeleton scarecrow/dog is in front of the first house

on Niwot Rd. between 95th and 287 on the south side of the road. It's a blue house. I don't know its address."

Thanks, Dave.

Then we have junior explorers Isaiah and Isabelle Brown of Niwot who also found the location on Niwot Road. Thank you Brown family, for sending in this wonderful picture.

good at finding my destinations, I'm upping the game with a bit of an outlier. Are you up for the challenge? I always look forward to hearing from you.

Since everyone is getting so

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Photo courtesy of the Brown Family

Isaiah and Isabelle Brown share and laugh and a giggle at finding a very hungry scarecrow and his bird and dog along Niwot Road.

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POWDER KEG

Continued from Page 1

According to several sources, in order for it to be used as a restaurant, significant renovations would need to be completed to bring it up to code. Those changes would include heating, ventilation and air conditioning upgrades, along with sprinkler and grease trap updates.

While the building was initially included in the six-month moratorium on new development in Niwot enacted in September by the Boulder County Commissioners, it is located in the historical part of the Niwot Rural Community District, which has since been excluded from the moratorium. Although plans for a change in use could be submitted for site plan re-

view, the wait time on allowable submittal dates is already past Feb. 1, 2019.

Chris Finger Pianos occupied the building for 35 years, beginning in 1978, until Powder Keg Brewing went in five years ago. In 2000, Finger also purchased the adjacent building at 121 2nd Avenue now occupied by the restaurant, 1914 House. He sold 121 2nd Avenue in November 2014 to Coyote Run Partners LLC, owned by the Mastronardi family, which operates 1914 House.

"I had a great 40 years in Niwot," Finger said. "I worked with great people and I really enjoyed my time there. It's a wonderful community and atmosphere. I hope the new owners find the right solution of what to put in there and I wish them great success."



Photo by Vicky Dorvee

The former home of Chris Finger Pianos and Powder Keg Brewing Company at 101 2nd Avenue in Niwot was sold on Oct. 17 for \$1.7 million to New Jersey company 3601 Park Ave Association, LLC.



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Fiona Nugent - from patient to winning painter



Courtesy photo

Children's Hospital of Colorado oncology patient, and one of its art contest winners for her landscape painting, Fiona Nugent is a resident of Niwot and a sophomore at Niwot High School. Nugent's painting was included in the hospital's 2018 holiday cards collection. All proceeds from the sales of the cards go to oncology patients' needs at the hospital.

By VICKY DORVEE
Editorial@lhvc.com

Fifteen-year-old Fiona Nugent was a patient at Children's Hospital of Colorado when a volunteer visited her room and told her about an art contest the hospital holds each year. Nugent

was instantly interested and knew precisely what she would like to do. She wanted to create a painting of a landscape scene she'd photographed - it was of a snow-covered barn that had caught her attention on Airport Road.

Niwot High School, said, "I've always enjoyed art as a way to just chill out and relax."

Nugent's stay in the hospital, however, was on the other end of the spectrum. What she and her family thought was perhaps

Nugent, a sophomore at Ni-

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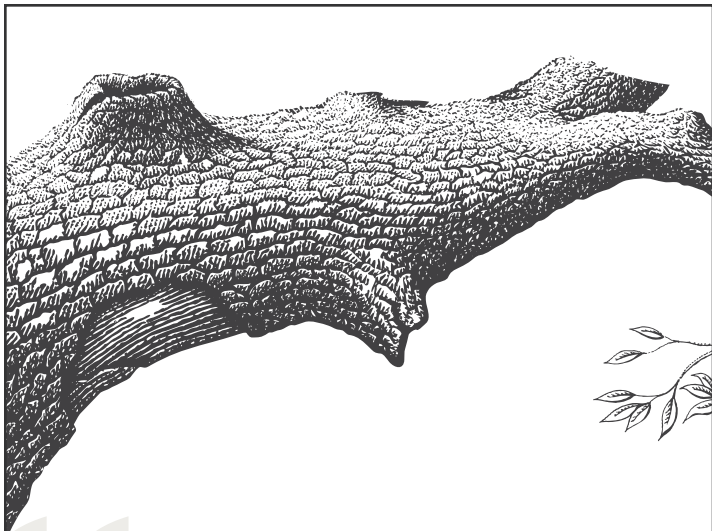
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SPORTS

Girls Basketball Preview: Athletic Cougars could be a surprise in the Northern League

By Jocelyn Rowley
Editorial@lhvc.com

There will be quite a few new faces on the Cougars' varsity bench this season, so head girls basketball coach Terri Ward will be relying on a time-tested strategy to get Niwot back to the top of the Northern League.

"We're just going to have to bust it playing defense," Ward said of the 2018-19 team, which is returning just a handful of varsity players from last year's roster. "Whether we're matching up player to player, or doing a zone press, that's what our identity is going to have to be this year, because we're young, but we're athletic again, which is nice."

Graduation didn't leave Ward's cupboard completely bare, but she did have to fill

some significant vacancies. Gone are four of last season's top five scorers (Mary Gillett, Sophie Grant, Allie Colvin and Rosie Setter), who averaged a combined 30 points per game last season. They were also significant weapons on the other end of the court, with a combined 11 defensive rebounds per game.

"It's really, really hard to replace that athleticism, but now we have some athleticism with some basketball ability," Ward said.

Back with the varsity this season are seniors Brynn Beaton and Elise Crall, along with juniors Nikki Sims, Lily Sieben, and Marlow Baines, who will handle most of the post duties. Baines scored 70 points for Niwot as a sophomore, going 31-of-67 from the floor. She also had 65 rebounds, and led the

Cougars in blocks, with 18.

They will be joined by senior Bitzy Archibald, who Ward said makes up for her lack of size by being "smart and strong." She will see time at forward and center, along with Baines, Beaton, and sophomore MacKenzie Demmel, another newcomer making the jump from last year's junior varsity. Brand new to the program are Brenda Luna, who moved to the area from Estes Park, and freshman Rachel Nobel, whose sister Kayla was a standout guard at Silver Creek.

Ward will also have Julia Wilson and Grace Wardle swing up to the varsity from time to time, but hopes to see them play predominantly on the JV, where they will get more time on the court.

"We've talked about it, and they feel good about that too," Ward said of the sophomores.



Photo by Jocelyn Rowley

Junior Nikki Sims gives the Cougars a scoring boost from the outside.

"That's a big jump from C-team to varsity, and I've honestly only had one kid in 26 years jump from C-team to varsity, because it's just a different game."

Ward admits that she is less sure of her team's offensive potential this season, though she

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STUDENT-ATHLETE OF THE WEEK

Layla Roebke

By Jocelyn Rowley
Editorial@lhvc.com

When Layla Roebke joined the Niwot girls cross country team this season, it didn't just add another talented runner to the roster. She also proved to be a crucial ingredient in head coach Kelly Christensen's state championship formula. With a personal-best time of 18 minutes 29 seconds, the newcomer claimed an upset win in this year's Class 4A title race and led the Cougars to their first ever team title.

"Obviously, we couldn't have done many of the things we did without having her," Christensen said of the senior, who spent her first three seasons at Coronado High in Colorado Springs. "She's very coachable and hard-working, and she loves running.... In talking with [former coach] Lisa Rainsberger as she transitioned up here, I knew we were getting a special girl."

Though she was a three-time Class 5A state qualifier with Coronado, the senior had a breakout season under Christensen's program. At the Liberty Bell Invitational on Sept. 8, her first 5k race for Niwot, Roebke set a new personal mark of 18:32, besting the old one set back in 2016 by more than a minute (19:34). At this year's Desert Twilight race in Arizona, she finished in 18:38, which was more than two minutes faster than her 2017 time of 20:45.

Roebke earned her fateful fourth trip to the state championships with a second-place

finish at this year's Class 4A region 3 meet on Oct. 18. There, she gained some notice by fending off a late challenge from Centaurus runner Molly Maskin and helping teammate Taylor James claim the individual title.

Christensen attributed Roebke's improvement this season to Niwot's style of training, which emphasizes team-building as much as individual results. This year, Christensen was able to successfully implement a pack running style with his girls squad, a crucial component of their successful state title bid.

"Having the Niwot girls to run with all the time helped a lot," he said. "She was always stuck in the same place as the top girl at Coronado and had to go out and seek other training options to really be pushed."

Roebke echoed Christensen's sentiments about her new training regimen and teammates, calling her new workouts "very different from my Coronado workouts." However, the most significant change for her this year couldn't be measured by a timer.

"Mostly, it's believing in my abilities to go out and run to my fitness level," she said.

Roebke's competitive running season didn't end with the state title win. On Nov. 19, she and the Cougars took third overall at the Nike Cross National Southwest regional in Arizona, earning an at-large bid to the prestigious National race on Dec. 1. This spring, she



Photo by Jocelyn Rowley

Senior Layla Roebke approaches the finish line at the Class 4A state cross country championships on Oct. 28.

also plans to join Niwot's track team as a distance specialist.

When she's not out pounding the pavement (or track) for Niwot, Roebke can probably be found indulging her passion for art, which she hopes to pursue as a career someday. Roebke especially enjoys painting and sketching, and plans to display her work in the year-end show for Niwot's IB Visual Arts program.

Roebke hopes to continue her running career in college, but she hasn't yet decided where that will be.

In the meantime, she plans to enjoy her last year of high school and all of her new friends

"It was difficult to have to leave my teammates at Coronado, but it was really good coming to Niwot," Roebke said. "It's such a great team, and not just running-wise. They were all so welcoming."

New season tips off for Niwot boys on Nov. 28



Photo by Jocelyn Rowley

The Niwot boys basketball team kicks off the 2018-19 season at home against Frederick on Nov. 28. This year's squad will be led by seniors Alex Erickson, Dominick Luthens, Thomas Bounds, and Marcus Chong.

NHS SPORTS

SCHEDULE

WEEK OF NOV. 29 - DEC. 5

Friday, Nov. 30

4pm - Girls Dive - Valley Viking Invite, Valley HS

Tuesday, Dec. 4

7:30pm - Boys basketball @ Fort Lupton Santiago's Shootout

Saturday, Dec. 1

8am - Wrestling - Mike Stanley Tournament, Fairview HS
9am - Girls Swimming - Valley Viking Invite, Valley HS

Wednesday, Dec. 5

3:30pm - Girls basketball @ Fort Lupton Santiago's Shootout

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GIRLS BBALL

Continued from Page 11

does look for them to be more productive. Last year's squad shot just 22 percent from three-point range, and was sometimes hard-pressed to score unless directly underneath the basket. "We have some better shooters overall," she said. "Lily's a shooter, Brenda's going to be a shooter for us. So we've got some kids that can shoot from the outside, we just have to figure out when's the right time, what's a good shot or bad shot."

Ward is wary of the team's tendency towards perfectionism, which often puts a damper on their offensive output.

"We have to get the mentality that it's ok to miss shots. For some reason, we have the mentality that if we don't make nine out of ten, it's bad....This is not a sport where you can be 100 percent, except, maybe, from the free throw line. We've got to get that through our heads."

There are also some new faces on Ward's staff this season. Former Longmont player Ella Fallon is the new JV coach, re-

placing longtime assistant Kelly Gray. Also on the staff this season is Jack Olson, who previously coached with Ward.

Last year's Cougars went 9-14 on the season and missed qualifying for the postseason for a fourth straight year. However, the Northern League's competitive landscape is much different in 2018-19, according to Ward.

"Greeley Central is going to

walk away with it," she said. "But after that it's wide open."

Ward was hesitant to predict a playoff run for this year's youthful team, but said that's not necessarily her final measure of success.

"I just want to see us get better every time on the floor," she said. "Are we mentally into every game, and are we playing from start to finish? From tip-

off until the buzzer goes off, is everyone on the court and on the bench fully engaged and giving 100 percent? Really, that's all I want to see."

Niwot kicks off the 2018-19 season at home against Frederick on Nov. 28. Tip-off is at 5:30 p.m. On Dec. 5, the Cougars head to Fort Lupton for the first of up to three games in the Santiago's Shootout kickoff tournament.



Photo by Jocelyn Rowley

Speedy senior Elise Crall will help boost the Cougars' athleticism this season, according to head coach Terri Ward.



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FIONA NUGENT

Continued from Page 10

appendicitis this past February, ended up in an emergency room trip and then the discovery of an abdominal mass. Doctors at

Children's Hospital removed the tumor, performed a biopsy, and a week later Nugent and her family were informed it was cancerous.

She underwent six months of chemotherapy following the diagnosis, and finished treatment on Aug. 2. The following day, she

submitted her 8" x 11" painting in the art contest. She learned she was one of the winners a month later.

Nugent's submission was one of 40 paintings and drawings the judges received from either current or former patients. Her

painting, along with eight other pieces, was selected to be on the hospital's 2018 holiday card collection. All of the money raised from sales of the cards goes toward oncology patient care at Children's Hospital.

Since undergoing surgery and chemotherapy, Nugent said she's doing very well and that her energy level is back again. She's looking forward to slowly getting back into running, including running on NHS's cross country team again.

"I'm doing fine. In fact, this past week, we were in Seattle and I got to have my first taste of sushi and oysters, which I had not been allowed to have," Nugent said. "I love seafood, so that was really fun this week."

Because chemotherapy significantly lowers the immune system, neither of those foods is recommended for a while.

Nugent's talents and interests go beyond her painting. She's been playing the cello for over four years and is a singer in NHS's Evenstar chorus. To celebrate the end of her treatment, she went to a Red Rocks' performance by Yo-Yo Ma, the world-renowned

cellist.

"It was gorgeous," Nugent said. "This was his third rendition of the Bach Suites and I'd listened to the previous ones. It was really cool picking out the different stylistic choices that he made."

Each art contest winner attended the award ceremony in October where each artist received a plaque and a cash prize. In addition to the recognition, Nugent said it's also a joy to be able to give back to the hospital.

"It's never fun to be in the hospital, but if there's any hospital I could have been in, that is the place I would go to," Nugent said. "The nurses are sweethearts and they know what they're doing. We had an awesome team of doctors that we really trusted. They're so good at making the experience as fun as possible, especially for the little kids, which is really sweet to see."

To learn more and to purchase the Children's Hospital of Colorado 2018 holiday cards, visit: www.holidaycardproject.org/buy-cards.html. All of the proceeds go toward the needs of Children's Hospital of Colorado's oncology patients.

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