



Fur real - a bear in Niwot

By VICKY DORVEE
Editorial@lhvc.com

A bear visited Niwot last Tuesday, May 14. First reported midday Monday in south Longmont, Colorado Wildlife officers weaved through the area with each report of a sighting, but were unable to locate him.

Another call, at 1:30 a.m. Tuesday, placed the migrating bear near Hover Road and Highway 119, but an officer didn't set eyes on him until he'd spent some quality time hanging out in Niwot's Overbrook neighborhood and his stopover was publicized on the Nextdoor app in the late afternoon.

The bear's day consisted of boldly strolling down the Cougar Trail (which spans

Continued on Page 5



Photo by Stan Gross

Wandering around the neighborhood, a young bear explored backyards giving Niwotians many photo opportunities.

Feeling overvalued?

By VICKY DORVEE
Editorial@lhvc.com

If you are one of the 120,000 property owners in Boulder County who have received a notice of property valuation in recent weeks, you are likely to have rolled back on your heels for a moment. The compulsory biennial recalculation of property values is close to 18 percent higher for Niwot residential properties than the previous county-assigned values.

Niwot was on the high end of value upticks in the county, with the increases beginning at around nine percent. Although the demand for property in the Niwot market area is no longer increasing at an accelerated rate, the high level of property sales owing to abundant employment opportunities and low inventory levels is still the

driving force in increasing the value of properties.

Reviewing the diminutive card with the big new numbers is likely to have piqued your interest in how those values were derived. There is a way to dig a bit deeper and examine the information the county utilized to determine for yourself if your property is being overvalued.

Appraisal information through June 2018 was the basis of the latest stated value and you have access to the specific properties yours was compared to by visiting: www.BoulderCounty.org/property-and-land/assessor/appeals/ and clicking on the Search Online for your Valuation option.

The account number on your card beginning with the

Continued on Page 7

Niwot sweeps state track and field championships

By JOCELYN ROWLEY
Editorial@lhvc.com

It was an historic day for coach Maurice Henriques and the Niwot track & field teams, as both the boys and girls captured team titles at the Class 4A state championships, held May 16-18 at Jeffco Stadium.

The Niwot girls took the team lead early on day one and were never in much danger of losing it. Over the next three days, the Cougars nabbed three individual and two relay titles, and took second place in three more. In all, nine individuals and all five relay teams made it onto the podium for the Niwot girls, including sophomore standout Taylor James, who made it to the top spot four

times over the weekend. The girls finished the marathon three-day meet with 123 points to secure their fourth state title in seven years.

There was more nail-biting over on the boys side, where their championship came down to the final Class 4A race of the day, the 4x400 relay finals. Heading into the event, Niwot trailed Pueblo East 60-56 in the team standings, and needed a fifth-place or better finish to secure the title.

But the Cougar team of Nolan Johan, Jensen Douillard, Milo Ostwald and Jack Kenkel found a higher gear, and with a dramatic leap for the finish line, took first place in the relay and clinched their first ever state championship.



Photo by Jocelyn Rowley

The Niwot Cougars swept the Class 4A state track & field championships, held May 16-18 at Jeffco Stadium in Lakewood. (Apologies to assistant coach Bernard Gillett, whose face is obscured in this photo.)

► Obituary

Franklin David "Dave" Frankfort (1965-2019)



Courtesy Photo

Niwot resident Dave Frankfort was active in Niwot community organizations, as well as a friend to the area's first responder community.

Dave was born and raised in Chicago, then lived with his parents and brother in the Phoenix, Ariz. area during the 1980s. Frankfort relocated to Boulder County in the early 1990s, first to Gunbarrel Country Club and more recently to Niwot.

He was actively involved with many of the area's civic organizations, including the Niwot Business Association and the Niwot Community Association. He served as parking and security coordinator for Rock & Rails during the last seven seasons, and in a similar capacity for Jazz on 2nd Ave. He was also a certified volunteer firefighter, and held a number of certifications in CPR and other emergency medical measures.

"He really liked helping the local charities, especially the first responders," his brother Jeff said. "Anything to do with the sheriff or fire departments. He was very supportive of that community."

A celebration of Frankfort's life will be held at the Left Hand Grange in Niwot this Sat., May 25, 2019, at 11:00 a.m.

Longtime local resident Franklin David Frankfort, 54, died on Feb. 26, 2019 after a battle with congestive heart failure.

He is survived by his mother Toby of Del Rey, Fla., and brother Jeff of Boca Raton, Fla., and two nephews. He also leaves behind many, many close friends and associates in the Niwot and Gunbarrel areas, where he was a resident for more than 25 years.



P.O. Box 652 • Niwot, CO 80544

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



2019 Member

EDITOR: JOCELYN ROWLEY
PRODUCTION: Nesscel Calara
MANAGING EDITOR: Bruce Warren
SENIOR EDITOR: Mary Wobach Lopert
BUSINESS MANAGER/NEWS OF RECORD: Vicki Maurer
ADVERTISING DIRECTOR: SELENE LUNA
NIWOT NEWS/EDITOR: Karen Copperberg
REPORTERS: Kim Glasscock, Vicky Dorvee, Dani Hemmat, Abby Scott and Stacy Goresco
SPORTS REPORTERS: Jocelyn Rowley, Bruce Warren

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

► Community Calendar

SAFETY INSPECTION

The Mountain View Fire Protection District is offering free car seat safety inspections by a Certified Child Passenger Safety Technician on May 23 from 3 to 5 p.m. at Fire Station #1 (10939 County Rd 5).

SUMMER READING

Registration for the Longmont Library's summer reading program opens on May 23. Children from preschool through high school can earn prizes for reading as little as 20 minutes per day and attending other library events, such as story time, LEGO Club, and movies. To register or learn more about the program, visit the library's website at www.longmontcolorado.gov/departments/departments-e-m/library.

BIKE RODEO

The Mountain View Fire Protec-

tion District is holding a free Bike Rodeo safety event at its administration offices (3561 Stagecoach Rd, Longmont) on Saturday June 8, from 1 to 5 p.m. Participants can learn new skills while completing an obstacle course, and volunteers will be on hand to conduct bike inspections and helmet fittings. There will also be a helmet giveaway (while supplies last) and participants can register for a chance to win a new bike. Parents can have their car seats inspected and also register for a chance to win a new grill. Niwot Wheel Works is among the local sponsors of this event. For more information, call 303-772-0710.

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.

LIBRARY DISCUSSION

There will be a meeting to discuss the upcoming Library District Initiative and what this means for Gunbarrel residents on June 4th from 6:30 - 8:00 p.m. at the Boulder Rural Fire Protection District Fire house (6230 Lookout Rd.) Joni Teter and David Farnan will be there to answer any questions. Joni is a former Library Commissioner and is one of the principal leaders heading up the ballot initiative to create a Library District. David Farnan, a Heatherwood resident, is the director of the Boulder Public Library. Light refreshments will be served..

► Letter to the Editor

Enact a Boulder County Drilling Moratorium Now

We are members of The Lookout Alliance, a grassroots community group dedicated to protecting Gunbarrel, Heatherwood, and Niwot, Colorado from fracking. We call on the Boulder County Board of Commissioners to enact an immediate moratorium on all oil and gas drilling permits, pending the outcome of rulemaking stemming from the new Colorado law, SB19-181.

The fracking threat to unincorporated areas of Boulder County is immediate. The proposed massive Crestone Comprehensive Development Project would include 140 wells near us, on protected Boulder County open space. In addition, last No-

vember, many homeowners in our area received mineral lease request letters. This is the first step toward another immense drilling project, even without the consent of the majority of mineral owners. The unincorporated neighborhoods of Boulder County, and the beautiful open space lands that surround us (for which taxpayers have invested millions of dollars), are not protected by any city drilling restrictions. We need County protections now!

With the passage of SB19-181, the Colorado Oil and Gas Conservation Commission (COGCC) and The Colorado Air Quality Control Commission (AQCC) are drafting new rules, which will take a year or more. It is critical that Boulder County take the time to establish meaningful pro-

tections against oil and gas development, in light of state-level rule changes and new local authority granted by the law.

Boulder County should join Adams County and the City of Lafayette who have already put moratoria in place. Now is the time to enact a new Boulder County moratorium to allow time for rules to be drafted, and to provide the opportunity for public participation in this process.

Boulder County residents can contact our Commissioners to ask for a moratorium now at commissioners@bouldercounty.org

Thank you,
Lon Goldstein, Gabrielle Katz,
Kimberley Rivero

► Graduation Announcement



Courtesy Photo

Stephen and Debbie Lammers

Niwot High School Class of '09 student Stephen Lammers graduated this month from Boston's Tufts University School of Medicine with Alpha Omega Alpha Medical Society Honors. Stephen also completed a Rural & Emergency Medicine program at Portland's Maine Medical Center. Dr. Lammers will begin a four-

year OB/GYN residency at Pennsylvania Hospital in Philadelphia. This University of Pennsylvania location was the first hospital in the country in 1751 as well as the first medical school in 1765. Benjamin Franklin was one of its founders.

Lettuce appreciate wild plants because your yard is filled with food

By DANI HEMMAT
Editorial@lhvc.com

Last week's column was focused on the usefulness of the most well-known unwanted plant in American yards—the humble dandelion. Hopefully after learning more about the furry yellow flowers, more folks are interested in exploring the possibilities that there are plants growing all around us that are useful, tasty, and 'weeds' in perception alone. Just because they aren't sold in stores or at farmers' markets doesn't mean they aren't nutritious, delicious and edible.

A walk in your neighborhood can double as a food-gathering jaunt, because we are actually surrounded by edible, nutrient-dense plants that grow near sidewalks, in our yards, and in our own vegetable and flower gardens.

You now know that you can eat the dandelion leaves, roots and flowers. Right now, I have a large jar of dandelion wine fermenting on my kitchen counter—golden, sweet and perfumed with what I imagine sunshine smells like. I can't wait to decant it! While



Photo by Dani Hemmat

Dandelion wine only takes two weeks to ferment, and dandelion leaves make for a tasty and easy side dish or salad.

You've probably walked past Wild Lettuce at least 20 times in the last month without even knowing that a delicious salad lay underfoot. Wild Lettuce looks similar to dandelion leaves, with the leaves growing spikier edges as the plant matures. Edible throughout its lifespan, some folks prefer to harvest wild lettuce when the leaves have softer, rounded edges. It can be eaten as a stand-alone salad ingredient, or mixed in with sweeter greens to make things interesting.

I gathered the flowers to make it, I also picked the tender green leaves of the plant and sauteed them with some olive oil and garlic for my dinner, saving me a trip to the grocery store for side dish ingredients.



Photo by Dani Hemmat

Look familiar? Wild Lettuce is everywhere, free for the picking.

You've pulled Lamb's Quarter from your yard and flowerbeds about 1000 times, likely without knowing that you were tossing a tasty food into your compost bin. This little powerhouse with leaves shaped like a goose foot can be eaten cooked or raw, with a mild flavor that lends itself to salads, omelettes, soups and pasta dishes. Eating too much of this is equivalent to overindulging in spinach, so even though it's free and abundant, don't over do it. A look-alike plant, Saltbrush, is also edible, but you'll notice the difference as it's a little salty. It can be used in any dish, and also makes a groovy pesto or guacamole addition.

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

Bob Ross

we ♥ trees

TADDIKEN TREE co
taddikentree.com 303.554.7035

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

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

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

Professional Service With Personal Touch

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

Exclusive Offer for New Wealth Management Clients

Money Market Savings Account 12-Month Rate Special¹

2.35% Interest rate **2.37%** APY

For balances of \$250,000 or more

New Bank of the West Wealth Management clients are invited to participate in a limited time, exclusive opportunity designed to help make your money work harder for you. From now until July 31, 2019, when you open a new Wealth Management Money Market Savings Account² with a minimum opening deposit of \$250,000 or more with funds new to Bank of the West³, your account will earn a special introductory interest rate for at least 12 months¹. We encourage you to take advantage of this special offer today!

Talk to a Private Client Advisor about becoming a Wealth Management Client and funding your new Wealth Management Money Market Savings Account before **July 31, 2019**.

BANK OF THE WEST For Additional Terms & Conditions please contact Scott Ebert
BNP PARIBAS scott.ebert@bankofthewest.com
WEALTH MANAGEMENT 303-870-0394

Member FDIC. Equal Housing Lender. © 2019 Bank of the West. Doing business in South Dakota as Bank of the West California. Form # 810-01814-FILL (04/19)

Niwot Rotary's Wine, Cheese, and Chocolate Strikes Again

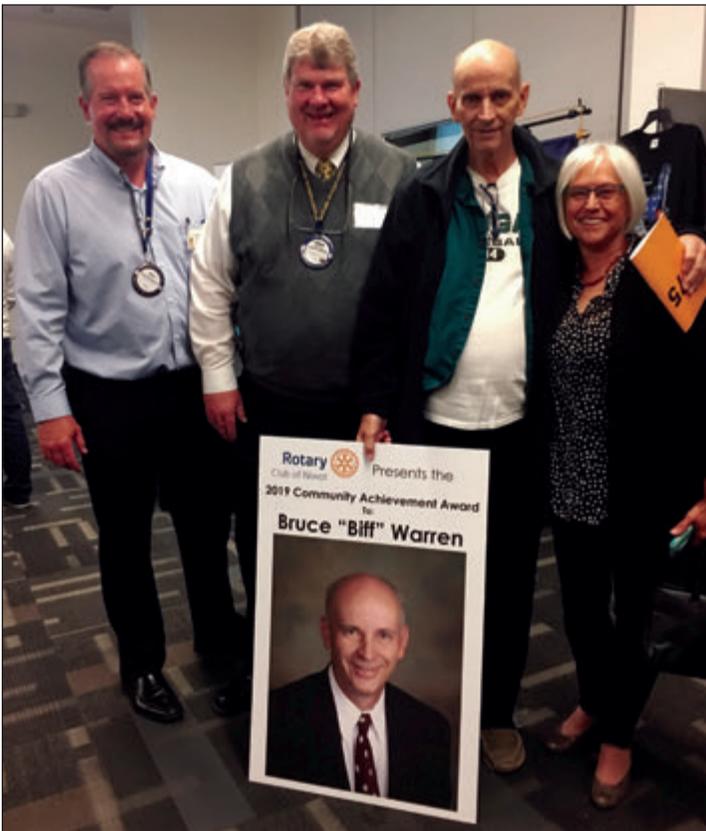


Photo by Stacy Goresko

Bruce "Biff" Warren was honored by the Rotary Club of Niwot with the 2019 Niwot Community Achievement Award. Pictured with him after the event are Doug Montgomery and Dennis Daly on the left, and Selene Luna on the right.

By STACY GORESKO
Editorial@lhvc.com

It was a night of full of laughter, full bellies, and good cheer. The Rotary Club club of Niwot, along with over 200 guests, cel-

ebrated the ninth annual Wine, Cheese, and Chocolate Extravaganza at the Longmont Museum on Saturday, May 18.

Ron Grunzweig, this year's President of Niwot Rotary, has been coming to the group's

marquee event for nine years, and said, "It's the most successful event that has been done. I want to thank Lucky's Market for supporting us for the past several years for the food and cheese. And let's not forget the wine distributor who provided us with the delicious wines from around the world. [Moreover,] I wish to thank all of those who contributed to our Silent and Live Auction."

One of the highlights for everyone was when Bruce "Biff" Warren was honored with the 2019 Niwot Community Achievement Award. Doug Montgomery, next year's rotary president, said, "There is no one in the Niwot community more deserving than Biff Warren to be the recipient of this year's award."

This year's fundraiser recipients, Pearl and Colorado Friendship, could not have been more pleased. Valerie Whatley, the executive director of Pearl, thanked the Niwot club for "raising awareness about Pearl and what we do." Prior to the event, many guests were unfamiliar with the Longmont organization that supports and educates single parent families in our community.

Likewise, Ron Vejrostek, board member of Colorado

Friendship, said, "We'd like to thank the Niwot Rotary because it helps raise money and awareness of our non-profit organization and its programs."

Eve Weglarz, the program manager for IncrEdibles stated, "Most people don't realize that our food program distributes over 540 bags of food to students in the St. Vrain Valley School District per week. We'd like to thank the Niwot Rotary for their amazing outpouring of support. We look forward to expanding our efforts at Colorado Friendship to help those in need."

Pat Engstrom, last year's chapter president, said of the evening, "It was a complete success that well exceeded the funds raised in last year's event."

Niwot Rotary certainly lives up to its motto, "Service Above Self."

Anyone interested in learning more about Niwot Rotary or would like to become a member, should visit niwotrotary.org. You also come by at 7:30 a.m. every Thursday morning at the Left Hand Grange for a free breakfast. All are welcome!

State Farm™
Joe Chrisman
 Insurance Agent
303-449-7900
 LOCAL NIWOT RESIDENT
www.agentjoechrism.com
 Convenient Downtown Boulder Office Location

Geek For Hire, Inc.
ONSITE MAC AND PC TROUBLESHOOTING AND REPAIR
 Mon - Sat 10am, 2pm, 7pm
 Nominated for **Angie's List**
 Super Service Award 2007, 2010, 2011, 2012, 2013, 2014, 2015, 2016
(303) 618-0154 A+ BBB
GeekForHireInc.com
Support@GeekForHireInc.com
Chris Eddy
 Principal Geek

Porchfront
 HOMES

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

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

2ND HAND HAIR
 STUDIO LLC.

300 2nd Avenue • Suite 101 • Niwot, CO 80544
303-652-2229

BEAR

Continued from Page 1

from Niwot Road just east of Elm Street north to behind Niwot High School) in the morning, doing the cliché bear breaking into a beehive thing, visiting several backyards and napping a few times, and then taking an afternoon sidewalk saunter on several streets. This cinnamon-brown rendition of a black bear was slowly acquainting himself with the area, all the while allowing neighbors to take amazing photos without incident.

The first officer on the scene was Tyler Asnicar, who found a group of about 10 people looking across the irrigation ditch on Cougar Trail around 5 p.m. Seeing how close the spectators were, Asnicar immediately asked them to move a safer distance away.

Two additional officers, Joe Padia and Peter Boyatt, arrived on the scene. Padia fired a dart at the bear's hind end around 6 p.m., which sent the bear into a short jog along the ditch. Then he nonchalantly shuffled aimlessly along the edge of the ditch. It took about eight long minutes for the fuzzy guy to finally lie down, but a second shot was needed around 6:30 p.m. to help him actually fall into a deep sleep.

Once he was snoring away, officers covered the bear's eyes with a blindfold and holding his legs, moved him on to a tarp in a neighbor's backyard. The game wardens let the crowd of about 25 people, including wide-eyed children, observe as they attached

green tags to his ears reading 1029 (his new identity) and implanted a microchip just in case the tags fall off.

The bear was placed in a cage trailer attached to a game warden's truck and given a "wake up" injection so he would be alert enough to leave the cage when they reached his new neighborhood, deep in non-public land in the Arapaho National Forest.

The game wardens determined it was a male black bear, estimated it to be two years old, and weighing 125 pounds. There were some rumors of a cub being with the bear, so knowing it was a male meant that was not likely.

Officers graciously answered everyone's questions and allowed onlookers to enjoy the excitement of being so close to the beautiful bear.

When he didn't appear to be rousing quickly enough, an officer was preparing to give a second shot. But, with just a touch of a hand on its back, the bear sprung up and shocked those gathered around. The cage door was shut and he set out on the first and hopefully only drive of his life.

If 1029 had not been relocated, Asnicar said over time he would have become habituated to the area. It's likely the bear would have had a "spiral downward behavior-wise" with opportunities to get into unsecured trash, outside pet food, and birdfeeders.

Asnicar said that hesitancy to call wildlife officers is often because of an unfounded belief the bear will be killed.

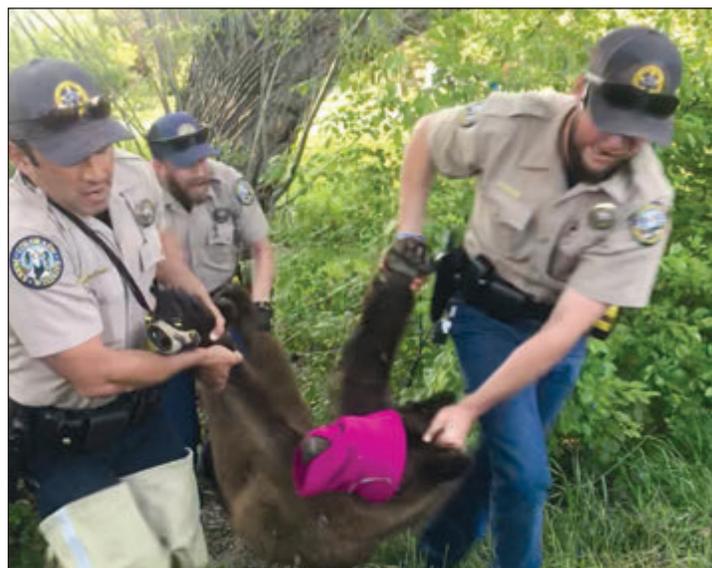


Photo by Vicky Dorvee

Wildlife officers Joe Padia, Peter Boyatt and Tyler Asnicar carry the sedated bear before examining it and securing tags on its ears for identification in the future.

"That's the last thing we want to do," He said. "In this situation, we found out about it right away and were able to dart it. We could take him away from the high concentration of houses, get him back up in the mountains and hopefully he has settled down and found naturally occurring food sources for the remainder

of his life."

There's always a chance, albeit small, that more bears will come to Niwot, especially as young bears wake up from hibernation and are pushed out on their own. Beginning in April and early May, they make their way down waterways like the South St. Vrain and Left Hand Creek just following their

noses, which are able to smell food up to five miles away. Asnicar said this year there's a fair amount of moisture, so their food sources should be in good supply and that may reduce the need to wander.

"What I tell people, even in Boulder where they see more bears is, 'Don't be worried, just be aware,'" Asnicar said.

Class of 2019
Always remember:
There's no limit to what you can do if you keep believing in yourself.

Emily Bisgaard Niwot	Sophia Jones Niwot	Athena Allen Silver Creek	Riley Black Niwot	Byron Davis Niwot
Emma Falk Niwot	Lily Herring Niwot	Ariel Hirshfield Niwot	Laura Kannegieter Niwot	Natasha Ragland Niwot
Lola Tapia Niwot	Ella Thramann Niwot	Andrew Arnold Niwot	Riley Mulshine Niwot	Sean Kaliszewski Longmont
Noah Solt Shining Mountain	Blake Albregts Central Catholic	Joe Plunkett School of Mines		
Frannie Klatt U. of Puget Sound	Lexi Eliopolous West Point	Barb Ponesse, Pat Murphy, Charlotte Woodward, Tara Littell, Ann Mills, Todd Goad, Pat McCarthy		

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

End of the bridge at the Grange



Courtesy photo

Bridge players Mindy Smith, Jonell Comerford, Thad Smith and Leo Comerford enjoy their final night of the Niwot Bridge Club at the Left Hand Grange on April 30, 2019.

By VICKY DORVEE
Editorial@lhvc.com

For more than 30 years, the Left Hand Grange has been a weekly hotspot for area bridge players. April marked the end of an era for Niwot's Bridge Club when Jim Steele, the director of the Tuesday night games, died from injuries he received as a pedestrian in a hit and run accident.

Steele, 82, was known as a man of many talents. He was an accomplished metallurgic engineer, a jubilant dancer, a performing poet, and an excellent bridge teacher. He was often spotted dancing at Rock and Rails events and was a resident of Gunbarrel until just recently.

Bill Brackett, who has played bridge in Niwot from the beginning, directed April's games following Steele's passing. Brackett can tell you the names of each

director of the bridge club - Dorothy Heil, Gary Steiner, Marilyn Bost, Marlene Aranci, Jim Johnson, and finally Jim Steele, who Brackett said took over the club around 2004.

Steele was well-known for being the quintessential newcomer instructor, which built up the number of bridge players in the area. Some nights, the tables of four players would ooze into the kitchen of the Grange, and even on slower nights, there could be 30-40 players participating.

"Everyone was certainly grateful to him," Brackett said of Steele.

Like many players in the area, Niwotian Bonnie Gallagher learned to play under Steele's tutelage.

"The last time we played bridge at the Grange, we had a big commemorative game where we totally filled the Grange again. And not just in memory of Jim, but



Courtesy photo

Bridge players Celeste Landry, Bonnie Gallagher, and Reiki Raese enjoy their final night of the Niwot Bridge Club at the Left Hand Grange on April 30, 2019.

in memory of all the good times that everybody in the Boulder bridge community had playing at the Grange," Gallagher said.

Left Hand Grange President, Kellie Beran said, "It was a wonderful partnership. I personally did not know anyone who played bridge - most participants did not live in Niwot, which is interesting, but they enjoyed the venue enough to make the drive."

Games were initially held on Thursday nights, but as Rock & Rails grew, so did

competition for parking spots, so the club moved the games to Tuesday nights.

The Niwot bridge club was associated with and follows the rules of the American Contract Bridge League, the world's biggest bridge organization.

The largest host of bridge games in the county these days is the Boulder Elks Lodge. The Elks Lodge has a designated bridge room, where tables and chairs are always set up for the gatherings.

Brackett said, "In a sense, the old Tuesday night still exists, it's just moved to the Elks Lodge. I would say last time I played there, more than half of the crowd was from the Niwot game, so that's a good thing."

Steele also directed Monday night games at the Carillon, a senior living community in Boulder. News of Steele's death hadn't spread within the community until he didn't show up for his usual game at the Carillon, and players were waiting for him to arrive. That weekly game now has a new director.

"It's very sad, he was such a vibrant person," Gallagher said. "And it's sad to no longer have the local Grange bridge club."

Beran said, "It was reliable rental income for us, which is wonderful, and what many folks do not know is that rental income is our sole source of income used to maintain this building. We would love another partnership with a group that could perhaps draw from our local community - there are so few places to meet and enjoy an evening that is not a restaurant or pub."



We have been delivering in Boulder County since 1923 with free home pickup/delivery.



We use 100% biodegradable & non-toxic products in our process.

Call 303.581.0630 for info or for home pickup/delivery sign up.



VINTAGE
- MOTORS -

www.vintagemotorslyons.com

303-931-5280

Specializing in European and Classic American Cars

Sales - Consignments - Appraisals

5280 Spine Road, Gunbarrel
6964 N 79th St., Niwot • www.bouldercleaners.com

PROPERTY

Continued from Page 1

letter R along with your PIN number (on the postcard notice) will be the keys to a fuller picture and will give you access to tools and background information. You'll be able to review your property's valuation record, search comparable properties in this market area, and you may initiate a petition to reevaluate your home's value through an appeal process if you believe your property didn't get a fair shake.

While it may initially feel good to know your property has significantly gone up in value, your next reaction is likely to be apprehension because you'll be shelling out more for property taxes. An estimation of your specific 2019 property tax share is listed under your property's record.

Clicking on the estimator link takes into consideration the tricky mill levy multiplier. That mil rate is how we fund numerous district services including our schools and fire district, along with the portion that Boulder County receives from the unincorporated county area.

Niwot resident Dick Piland said, "In past years, I've protested and managed to bring it (the assessed value) down, so the protest system works. Back in 2010, when housing prices were declining in Boulder, I did real well. If you've done your homework and you know what you're talking about, they'll put you back in the computer and come up with a different number."

Piland said he was able to successfully appeal past values because the comparable houses used were not analogous to his home in terms of finishes for instance. What he presented was convincing enough to the assessor's office staff and the value was adjusted downward.

Pat Murphy, owner of Niwot Real Estate, said the notice she received regarding the value of her property at 79th Street and Niwot Road reflects an increase of 33 percent in the

ROCK & RAILS

NIWOT

Colorado

THURSDAY NIGHTS 5-9 PM

WHISTLESTOP PARK

HIGHWAY 119 & NIWOT ROAD

June 6	One on One (motown) <i>Legitimate By Friday</i>	July 25	The Long Run (eagles tribute) <i>Acoustic Soul</i>
June 13	Funkiphino (funk/dance) <i>Dean Himes</i>	Aug 1	Mojomomma/Bridgette Purdue & Bobby Messano Co-bill (blues)
June 20	Last Men On Earth (rock) <i>Niwot Community Semi-Marching Free Grange Band</i>	Aug 8	Something Underground (joyful rock) <i>Jackson Cloud Odyssey</i>
June 27	Soul School (soul) <i>Dustin Spencer</i>	Aug 15	FACE (all vocal rock) <i>Nalani</i>
July 11	Chris Daniels & The Kings with Freddi (funk/blues) <i>Strangebyrds</i>	Aug 22	Zimbira (afro fusion) <i>Jenn Cleary</i>
July 18	Rebecca Folsom Band (folk/rock) <i>300 Days</i>	Aug 29	Hazel Miller (soul/blues) <i>Tim Ostdiek</i>

THANKS TO OUR SPONSORS

Founders: Niwot Business Local Improvement District; **Bank of the West;** Wise Buys Antiques; **Niwot Cultural Arts Association;** Niwot Business Association
In Kind Sponsors: Niwot Market; Abo's Pizza; Tool Studios; Vern & Robbie Vinson; osmosis art & architecture; Eldorado Springs Water
Pullman Sponsors: Bank of Estes Park - Niwot Branch; Warren, Carlson & Moore; Niwot Wheel Works; Farmers Insurance - Leigh Suskin; Colorado Custom Paintworks
 A Special THANK YOU to our Box Car & Conductor Sponsors

MEDIA SPONSORS: **NIWOT.COM** **FACEBOOK.COM/ROCKRAILSNIWOT**

last two years, but that it's a realistic assessment.

"The assessor has a job and he has to look at comparables. I knew it was going to go up

and I won't fight it," Murphy said.

While notices state that the appeal deadline is June 1st, appeals will be accepted up until

midnight on June 3rd (due to June 1 falling on a Saturday) and may be completed either online or in person at the Boulder County Assessor's office

in the Boulder County Courthouse building at 1325 Pearl Street, second floor, weekdays from 8 a.m. to 4:30 p.m.

COLORADO LANDMARK REALTORS
— est. 1977 —
LUXURY PORTFOLIO INTERNATIONAL

KAMLA CHOPRA DEBORAH FOWLER ED SPREDER KARLYNN SPREDER KATHLEEN SPANO
MARA YEHL KENDRA BAJCAR BETSY FOLSOM DONNA JENSEN



SOLD

5041 COVENTRY CT., BOULDER
\$687,500
Karlynn Spreder 303.517.0026



UNDER CONTRACT

8708 SKYLAND DR., NIWOT
\$1,397,000
Kamla Chopra • 303-641-5428



SOLD

345 JASPER PEAK CT, LAFAYETTE
\$455,000
Gretchen Heine • 303.816.8390



BACK ON MARKET

417 PINYON ST., FREDERICK
\$469,000
Kendra Bajcar 970.571.0525



STUNNING W/ FABULOUS FLOORPLAN

5506 MUSTANG, FREDERICK
\$619,000
Kendra Bajcar 970.571.0525



UNDER CONTRACT

7042 QUIET RETREAT
\$1,500,000
Deborah Read Fowler 720.378.1217



NEW PRICE

900 ELDORADO LN, LOUISVILLE
\$640,000
Kamla Chopra 303.641.5428



UNDER CONTRACT

8060 NIWOT RD. #21-E
\$189,000
Deborah Read Fowler 720.378.1217



UNDER CONTRACT

33 S BOULDER CIRCLE B109
\$369,000
Deborah Read Fowler 720.378.1217



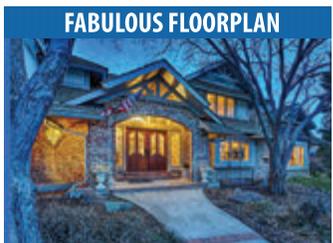
NEW LISTING

5640 TABLE TOP COURT, BOULDER
\$575,000
Kathleen Spano 303.885.0876



SOLD

7237 MEADOW LANE, NIWOT
\$1,396,000
Karlynn Spreder 303.517.0026



FABULOUS FLOORPLAN

8400 SAWTOOTH LANE, NIWOT
\$1,250,000
Phil Booth 303.817.8307



UNDER CONTRACT

9757 NIWOT RD, NIWOT
\$1,500,000
Deborah Read Fowler 720.378.1217



GREAT LARGE BACKYARD, FABULOUS RANCH HOME

7180 LONGVIEW DR.
\$1,100,000
Deborah Read Fowler 720.378.1217



NEW PRICE

4165 15TH ST., BOULDER
\$996,000
Karlynn Spreder 303.517.0026

Spring cleaning



Courtesy Photo

Assisted by volunteers from Boy Scout Troop 161 and Niwot High School, a resident empties his vehicle of yard waste on Saturday, May 18 at the Niwot Community Association's popular clean up day. According to one of the organizers, a line stretching east on Niwot Road had formed by 7:30 a.m., a full 30 minutes before the event began at 8:00 a.m.

Commercial & HOA Fully Insured Professionals

All-Pro Lawns Inc

Landscape Construction & Design • Grounds Maintenance • Aeration & Fertilization • Spring & Fall Cleanup • Full Landscaping Services • Rock • Mulch • Flagstone Work • Tree & Shrub Planting • Shrub Trimming/Shaping • Tree Removal • Boulder Placement • Retaining Walls • Cement Work

303-776-7632
www.allprolawninc.com

DO YOU CARE ABOUT CAREGIVERS?

REGIONAL RESPITE COALITIONS ARE LOCAL NETWORKS OF CAREGIVER & RESPITE SUPPORTS AND SERVICES

PROFESSIONALS, FAMILY CAREGIVERS & COMMUNITY PARTNERS CAN JOIN LOCAL EFFORTS TODAY!

LEARN MORE AT COLORADORESPITECOALITION.ORG
303.233.1666 X8

MICHAEL SHURTZ PAINTING

RESIDENTIAL AND COMMERCIAL INTERIORS AND EXTERIORS YEAR ROUND CUSTOM PAINTING

303-910-1674

Great Local References • Fully Insured
mwshurtz@yahoo.com

Tower on

By VICKY DORVEE
Editorial@lhvc.com

The small two-story red brick building at 290 2nd Avenue, now Osmosis Art and Architecture was originally a Seventh Day Adventist church. When the congregation of the church disbanded in the late 1920's, the building was renovated into a residence by Harry Slater. That's most likely when the bell tower sitting atop the structure was removed. Local historian Anne Dyni has a photo of the building in one of her books.

The building's present owner Anne Postle said,



Courtesy Photo

"Ever since I bought it and Anne Dyni showed me that picture, I have wanted to rebuild the tower. It doesn't add any space; it's just one of

those things you do because it's history and it's good for the town. When I had to put on a new roof because of hail damage, it seemed like if I



Photo by Vicky Dorvee

was going to build the tower, this was the time."

With the new roof work being done earlier this year, up went the replaced tower

in the same place and at the same size as the original. Porchfront Homes of Niwot was the builder on the project.

Raised and Returned

By Jeremy Jaeger
Editorial@lhvc.com

I miss the mall.

It's hard to believe that things have gotten to the point where I think of the mall as a progressive, community-oriented piece of infrastructure. But considering what's replaced it, yeah the mall wins, hands down. The specific mall I'm thinking of was called Crossroads Mall, which used to occupy the area of Boulder known now as "29th Street." It had two stories, several department store anchors and lots of small specialty shops: bookshops, music shops, poster shops, shoe shops, odds 'n ends shops. Islands in the middle of the thoroughfares with plants, trees, benches. It also had a number of odd sculptures that hung from the second floor balcony railings—I can remember an ear and a pair of scissors—and some larger sculptures on the ground floor; an enormous wooden eagle with outspread wings, for example.

The most outstanding feature of Crossroads Mall was its food court. An international smorgasbord, my favorite was Shish Kabob, where I first discovered Lebanese food. The



Jeremy Jaeger

food court was at the mall's midpoint, on the west side. Hanging over the interior, mall-facing entrance was a large neon sculptural element, a line of galloping horses which lit up one-by-one and then all at once, in a repeating pattern.

But the best part of the food court was the central seating area. Rather than just being a bunch of tables and chairs, it was broken up into a variety of spaces by free-standing, low, white-tiled structural elements; this spatial geometry that created different nooks, some more private and some more public. Lots of natural light from skylights in the high ceiling, lots of plants. In short,

it was a nice place to eat, and a nice place to linger; a place that served a wide variety of individual wants, while also creating a feeling of being part of something together.

This is the part where I sigh, and wonder how we humans have gotten to this point, and where we're going to go from here. Because 29th Street offers none of that. It's just stores and parking lots. Again, it's hard for me to believe that I've come to mourn the loss of a mall, of all things. But the idea of a commercial center, designed with a sense of engendering

culture and community, feels like an idea that has gotten lost in the profit-and-development shuffle.

After the demolition of Crossroads, a friend of mine and I snuck past the fence one afternoon and adventured through the razed landscape. It had become a blank canvas, and as such presented an opportunity for far-reaching vision. It was fun to dream about what it could become. As Boulder County continues now to grow and change, I wish I was in charge of that process. I'd issue a single, top-

down directive for guiding any and all development: whatever we're going to build in any given place, the goal is to create something that will be fondly remembered one day.

Jeremy Jaeger was raised to adulthood in the environs of Boulder County, then he left to discover the world. He left and came back repeatedly, to spend time gathering what only roots can give, before he would set out again. Returned again now to stay as long as he can, he feels compelled by his nativity to speak on the changing nature of this place.

WARREN, CARLSON & MOORE, LLP

ATTORNEYS AT LAW

SERVING THE COMMUNITY SINCE 1975

WWW.NIWOTLAW.COM
303-652-2433



SCHOOL NEWS

Sean McMullen named Sunset Middle's Teacher of the Year

By ABIGAIL SCOTT
Editorial@lhvc.com

A teacher's job description doesn't fit a set list of responsibilities, chronologically checked off and completed at the end of each day. In fact, the job description is ever-changing and unique to the day.

Good teachers take on a variety of roles including mentor, advocate, or even friend during difficult transitions and personal hardships. Good teachers stay late, reinventing lesson plans and tirelessly answering parent emails. Good teachers return each day, patience renewed and ready to tackle whatever comes their way. Great teachers do it all.

Sixth-grade social studies teacher Sean McMullen didn't always want to be a teacher. He didn't feel personally called towards childhood education. McMullen enjoyed history, majored in it during college, but was unsure of where life would take him after graduation, and more importantly, what he would do for a job.



Courtesy Photo

Sunset Middle School teacher of the year Sean McMullen in his sixth-grade social studies classroom.

At the time, his mother was a fourth-grade teacher and suggested that Sean come help at her school's community after-school program. Sean realized he enjoyed working with children and went on to earn his teaching certificate through a master's program.

Prior to teaching at Sunset Middle School, McMullen taught fifth grade for four years at Hygiene Elementary School. When a colleague told him about

a newly open social studies position at Sunset Middle School, he applied. Six years later and McMullen is a beloved fixture at Sunset Middle School.

Each year, The Education Foundation for the St. Vrain Valley accepts nominations for its 'Teacher of the Year' award. Parents, students, fellow teachers, and administrators are welcome to nominate any teacher who they believe goes above and beyond the job description

and is outstanding in his or her field. McMullen was one of three teachers nominated from Sunset Middle School and was subsequently awarded "Teacher of the Year" for Sunset Middle School.

McMullen humbly acknowledged the honor, stating that any one of Sunset's teachers could have won the award and he didn't believe he was any more deserving than the rest. "It's nice that somebody thinks I'm doing a good job," McMullen said with a chuckle. His 11 and 12-year-old students are quick to acknowledge a good joke or YouTube reference, but less equipped to spot an inventive lesson plan or creative group project.

McMullen focuses on teaching his sixth-graders various aspects of social studies, including civics, geography, and current events. As a history major, his favorite lessons include early western civilizations, the transatlantic triangular trade, and Native American tribes. McMullen concedes that the best part of his job is watching his students overcome academic or social obstacles, take pride in

their school work, and complete the transition into the sometimes chaotic and often emotional world of middle school.

At the beginning of the school year, McMullen starts each new class off with an icebreaker of sorts. He invites kids from one feeder school to interview classmates from a different feeder school. Kids share favorite hobbies, names of siblings, and future dream jobs. McMullen takes the time to learn a little something about each of his students and, throughout the year, checks up on aspiring soccer stars, beloved pet cats, and everything in between.

McMullen is inspired by each student who tries and cares — about themselves, about fellow classmates, and about their school work. Seeing his students grow and change before his eyes is "pretty cool," he happily acknowledges. McMullen's job is never boring and more often than not, the 48-minute class periods fly by, but he ends each day with hope for the future.

Niwot Elementary School says goodbye to two long-time employees



Courtesy Photo

Barb Van Winkle will be celebrating her retirement from teaching at the end of this school year.

By VICKY DORVEE
Editorial@lhvc.com

Barb Van Winkle, Teacher

Barb Van Winkle has worked for St. Vrain Valley School District (SVVSD) for 31 years. She started at Niwot Elementary 24 years ago, where she taught

fifth grade for a few years and then taught gifted and talented students for another 21 years. She said the students and parents in Niwot are wonderful.

NES Principal Nancy Pitz said, "Barb has impacted thousands of lives throughout her teaching career. I will always remember her love for all students, her passion for the GT program, the relationships she formed with students and families, and her ability to bring out every single one of her students' hidden talents and passions."

"I will miss being a part of the excitement of learning with lots of creative children," Van Winkle said. "I enjoyed coming to work knowing that it would never be dull or boring. Every day we all learned something new and had fun being creative!

Working with children keeps you young and guarantees a good laugh every day."

Retirement doesn't mean slowing down for Van Winkle. She has plans to write a couple of books, ride her horse, hike, camp, boat, ski, SCUBA dive, garden, and travel. She's also looking forward to learning the mandolin, polishing up her Spanish skills and trying her hand at painting landscapes.

JoAnn Borys, Secretary

For the past 25 years, JoAnn Borys has worked in a SVVSD school. With her two children in the district, her work schedule matched their hours. Her son has gone on to earn his Ph.D. in physics and her daughter is now a Doctor of Osteopathic medicine.

Her jobs within SVVSD in-



Courtesy Photo

Niwot Elementary School secretary JoAnn Borys is retiring after nearly 25 years in the SVVSD.

cluded being a paraprofessional, working as kitchen staff, and being a substitute librarian. For 17 years she performed clerical work in the special education and Child Find department. In 2011 Borys joined Niwot Elementary School as the school secretary.

"It's been here at Niwot Elementary where I have felt most fulfilled," Borys said. "The community is truly a family, all dedicated to the care, the education of the children. The people - staff, co-workers, parents, kids - that's what I will miss the most."

"When I ask her a favor or give her a task, I truly cross it off my list and never worry about it again as I know it will get done and it will get done correctly," Pitz said. "It's rare to find that quality and something I have appreciated so much about her."

Traveling, time with family and friends, a new dog and not setting an early morning alarm are all part of her retirement plans, along with a variety of outdoor recreation and reading.



SPORTS

Niwot girls run away with Class 4A title



Photo by Jocelyn Rowley

Niwot's Taylor James reacts in surprise when she sees her record breaking time in the 800m finals. James broke the record previously held by Elise Cranny.

By JOCELYN ROWLEY
Editorial@lhvc.com

The boys may have waited until the final event of the meet to claim their team title, but for the Niwot girls, the Class 4A track and field championship was theirs to lose from the start.

Shortly before 9 a.m. on the opening morning of the three-day state meet at Jeffco Stadium in Lakewood, Niwot junior Samrawit Dishon crossed the finish line of the girls 3200 meter race with a season-best time

of 10 minutes, 53.76 seconds to claim second place overall and score the Cougars' first eight points. She was followed in quick succession by sophomore Lucca Fulkerson (11:03.97) in fourth, senior Layla Roebke (11:05.20) in fifth, and junior Joelle McDonald (11:16.98) in eighth. Niwot earned a total of 21 points for the event, and took a lead in the team standings that would stand for the entire weekend.

Afterwards, Dishon likened

the performance to another memorable Niwot girls race.

"I think the only reason I ran so good is because five of my other teammates were in it," she said. Niwot freshmen Eva Klingbeil and Amelia Philofsky also competed, finishing 14th and 15th respectively. "It was like the state championships for cross-country."

Dishon's words would prove prophetic. Behind a host of inspired individual performances, the Cougars went on to score 123 points for the weekend and clinch their first state title since 2015.

"We knew we had the big points and the numbers in the off-season to run what they did today, but it's still amazing," Niwot head coach Kelly Christiansen said of the girls' record-setting performance. "I've cried multiple times over the last few days. It's pretty special for the kids, who have put in so much work."

A sizable share of those big points came from sophomore standout Taylor James, who picked up three individual titles for the year and helped the girls 4x400 relay to another. Along the way, she also broke a state record held by another

Niwot standout.

"The fact that it was Elise Cranny's record was so amazing," James said after setting the new state mark in the 800m, with a time of 2:08.29, beating Cranny's 2:08.50. "To see that I could stand up against her is just truly amazing and I would have never thought last year or even at the beginning of this year that I could ever compare to her. It's just such an honor to be able to try to live up to her legendary spot on the team."

James' other titles came in the 200- (24.76) and 400m (54.25) dashes, both with season-best times. She was slotted to compete in the high jump, but scratched in order to re-

place injured senior Maggie Smith in the 1,600m relay. In that event, she ran the anchor leg and led Niwot to a win with a time of 3:54.85, more than four second off their preliminary finish.

"She scratched an individual event to help her team out in the 4x400—that's who Taylor James is," Niwot head coach Maurice Henriques said after she broke his former champion's record. He went on to call the sophomore "special." "I've been coaching for 20 years, and coached a lot of girls. She reminds me of Sarah Coco at Fairview as far as the range.

Continued on Page 13



Photo by Jocelyn Rowley

Elise Gillett stretches for the finish line in the girls 100 meter hurdles finals at the Class 4A state track and field championships on May 18.

NIWOT TAVERN

MEET FRIENDS • LAUGH • EAT • CELEBRATE

Custom
Graduation
Party Platters
Available

Contact us for details

303.652.0200
7960 Niwot Road
niwottavern.com

Dramatic finale clinches state championship for Niwot boys



Photo by Jocelyn Rowley

Jack Kenkel makes a dramatic dive for the finish line to win the boys 4x400 relay finals for Niwot at the Class 4A state championships on May 18. The win gave the Cougars enough points to overcome Pueblo East in the final team standings and clinch the track and field team title for the first time in school history.

By Jocelyn Rowley
Editorial@lhvc.com

All eyes in Jeffco Stadium were on Niwot junior Jack Kenkel as he and Durango's Aidan Fitzgerald raced neck-and-neck

down the stretch in the final leg of the 4x400 meter relay, the last event of the Class 4A state track and field championships. Down by four points in the team standings, the Cougar relay team of Kenkel, Jensen



Photo by Jocelyn Rowley

Jensen Douillard (far left) took third overall in the 300m hurdles with a season-best time of 39.47, his first sub-40 time of the year. time of 39.47, his first sub-40 time of the year.

Douillard, Milo Ostwald and Nolan Johan needed a fifth place or better finish to surpass Pueblo East and claim their first ever team title.

The crowd held its collective breath as the two front runners made a leap for the finish line, then broke into thunderous cheers as Kenkel crossed ahead of the Durango runner to clinch

the win for Niwot with a season-best time of 3 minutes, 22.86 seconds.

"It was unbelievable, it was epic; it was the word on the back of our t-shirts—'relentless'," Cougar head coach Maurice Henriques said of the Hollywoodesque finale. "I told Jack before we ran, 'If you have to dive to win, I'll pay for your

medical stuff,' then he dived, and I was just joking! But it was awesome to see."

The inspired relay victory capped off a remarkable state meet for the Niwot boys, who finished with 66 points and a comfortable six-point margin over the Eagles in the final team standings. Along the way, the Cougars picked up three individual event titles and a host of top-five medals, an auspicious accomplishment for a team used to watching the state meet from the sidelines.

"This boys team scored zero points two years ago, 21 last year, and to come and win it as a group, and to win it that way—just nickle and diming and people stepping up, things not going our way—it's pretty cool," Henriques said.

One of those who stepped up was junior standout Cruz Culpepper, who supplemented his Class 4A cross-country

Continued on Page 14



Where Science and Imagination Take Flight



- Level Five Quality Rated Preschool (Colorado Shines)
- Small Class Sizes
- Elementary Smart Technology Lab
- K-8 Science Labs
- Greenhouse Classroom and Garden

See for Yourself!

RSVP at www.flagstaffacademy.org



STUDENT-ATHLETE OF THE WEEK Erika Timbang

By JOCELYN ROWLEY
Editorial@lhvc.com

Erika Timbang probably has a new favorite Niwot track memory after her team's win at the Class 4A state meet on May 18, but heading into the three-day event, the team-centered senior was hard-pressed to single one out.

"Is it cheating if I say that I loved every moment of it? All the hard workouts and even when I threw up after practice. Even with the ups and downs, it's been something I've been committed to staying passionate about. It's one of my reasons to get up."

That passion and commitment paid off in spectacular fashion at this year's championships, and Timbang capped off her high-school career with gold medals in the 4x200 meter and 4x400 relays and a top-five finish in the 800 sprint medley. She also got a chance to help her team finally capture the elusive Class 4A state track title, after falling just short during her first three seasons.

Timbang's passion and commitment also earned her a nickname from Niwot head track coach Maurice Henriques, who praised the senior's range and affable attitude.

"I call her 'Miss Reliable,' because we can run her anywhere from the [800m] down to the [100m] and she's just Miss Consistent. She's been solid for four years."

It didn't start off that way. When Timbang joined the

team as a freshman, she competed mostly in the 100- and 200m dashes, with some success. Before her junior year, Henriques suggested she try racing in the mid-distances, and that's when she really found her "niche."

"The coaches showed me that I was a lot better in the 400 and the 800," she said. "So I feel like I really discovered running in my third year of high-school."

Timbang has found most of her success with the Cougars on the relays, notably in the 4x400 where she is a repeat state champion and was a part of the team that broke the school record last year. She said she prefers to take the first leg, so she can be sure the team gets a lead they can build on.

"I find it a lot easier to run relays than individual events, because I'm motivated to run for something more. I just feel more alive in relays. I would choose one over individual events any day."

After graduation, Timbang will be moving onto the next phase of both her academic and running careers at the University of Colorado at Colorado Springs. There, she will specialize in either the 400- or 800 on the track, and hopefully contribute to the relays.

"They have a similar team culture, so I really feel like I'm going to the college version of Niwot... I never thought I'd been a collegiate athlete, and it's all because Coach Mo put me in more distance events."

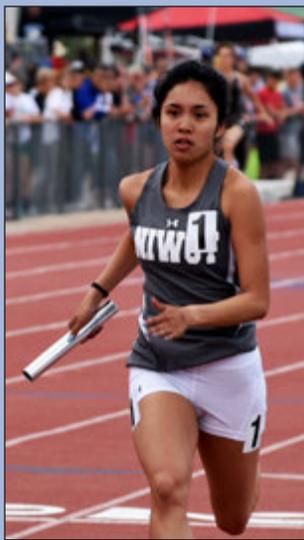


Photo by Jocelyn Rowley

Senior Erika Timbang after taking the handoff during the 800 meter sprint medley at the Class 4A State track championships on May 16-18. Timbang also helped the Cougars take the state title in the 4x200 and 4x400 relays.

Off the track, she is still undecided.

"I have so many interests, I just can't choose," she said. At Niwot, Timbang took a combination of IB and AP classes and counts history and biology as her favorite subjects. "Yesterday, we had a pig dissection and that was super interesting to see. But I also love learning about the past. It's kind of my thing."

Luckily, she has a while before she has to decide. Until then, Timbang plans to spend the summer competing with her team one last time at the New Balance Nationals in June, and trying to soak up every last bit of fun before hitting the track for her new team.

Barrett and Schwartz shine for Niwot in Paralympic events



Courtesy Photo

Donovan "Donnie" Schwartz greets the crowd from the podium following the Paralympic shot put at this year's Colorado track and field championships, held May 16-18 at Jeffco Stadium.

By Jocelyn Rowley
Editorial@lhvc.com

There wasn't a triumphant photo finish in the Paralympic 100-meter dash at this year's Colorado track and field championships, but that didn't bother Niwot's Michael 'Misha' Barrett.

"I felt great," the sophomore said afterwards. He finished in first with a time of 14.11 seconds, more than half a second faster than his time in the Boulder County Championships on April 20. "My coach taught me a lot this season. Before the race, the coach told me to go out there and win, and I went out there and won, but the most important part was having a good time."

Barrett was joined on the podium by teammate and friend Donovan "Donnie" Schwartz, who finished in fourth place with a time of 18.71.

Niwot assistant coach La'Mar West said that coaching the pair of Unified athletes this season brought an important new dimension to the often serious varsity practice sessions.

"It was fun," he said. "As long as you channel Donnie's inner Gaston, he just goes. So he had fun with it, and Misha had fun with it. We had a good dynamic, and the kids really supported them. They started slow and grew along



Courtesy Photo

Michael "Misha" Barrett competed for Niwot in the Paralympic shot put at this year's Colorado track and field championships, held May 16-18 at Jeffco Stadium.

with everybody else, and they both PR'd this season."

The two also competed in the Paralympic shot put, which debuted at the state meet this year. Barrett was once again the top competitor, with a throw of 21 feet, 3 inches. Schwartz, however, took a less conventional strategy, according to West.

"Donnie tried to get closer every time he threw," he said. "But it was great to see him having fun and being around other kids and to see the whole Niwot fan base over there supporting him. They ended their season the same way everybody else did."



Our Customers Are Our First Priority

7980 Niwot Road - Niwot, CO 80503
(303) 652-8082
www.bankofestespark.com

GIRLSTRACK

Continued from Page 11

Elise Cranny was special. Griffin Matthew was special. So there's been a lot of talent come through. But Taylor could be the best ever."

One of the most memorable moments for the Niwot girls came in the 100-meter hurdles, where junior Elise Gillett broke the 15 second mark (14.96) to take second overall, and then had an emotional reunion with older sister and former Niwot star Mary, who now competes for Stanford, but was able to sneak away for a surprise visit to the meet.

"It was totally special," the younger Gillett said afterwards. "All the work coming down to this one final meet, it feels really rewarding."

Gillett also took the silver medal with the 4x400 relay team, with Princess Sagala, Julea Trank, and Kayla Nowlin. She also qualified for the long jump, but was unable to compete due to a conflict with IB testing.

For Henriques, who has now coached four Gillett sisters, seeing Elise emerge as one of Niwot's top hurdlers has been particularly gratifying.

"It was 11 months of work," he said of her hard-fought success in the state meet. "She was one of the first kids to text me after the state meet last year, and said 'My goal is to win a state championship in short hurdles.' It's been a goal for her, and she's been on it.

"I think she loved competing with her sister," he continued, "but she's making



Photo by Jocelyn Rowley

Niwot's Julea Trank-Greene competes for Niwot in the 100m dash finals at the Class 4A state track and field championships on May 18. She finished eighth overall with a time of 12.66 seconds.

her own identity with her own event."

In all, nine separate Niwot individuals made it to the podium over the three-day event, as did all five relays. Senior Erin Carroll was seventh overall in the pole vault, clearing 9-feet, 7-inches. Junior Julea Trank qualified for her first ever 100m finals, finishing eighth overall. She also ran on the second-place 4x100 and the title-winning 4x200 relay team, joining sister Maedee as a Niwot champion. On May 4, Julea's twin won her second individual tennis title at No. 2 doubles.

Junior Kelia Portis was third overall in the 300m hurdles (45.24), ninth in the triple jump (34-3.75), and also ran in the 4x400, with James and seniors Erika Timbang and Kayla Nowlin. Meanwhile, Margot Diasabeygunawardena finished seventh in the 300 hurdles (46.86) and triple jump (34-7.5), and took first on the 4x200 relay team, with Trank, Timbang, and Nowlin.

The Niwot girls will be losing some key components of this title team to graduation,

including Timbang, Nowlin and Smith, but runners and coaches alike fully expect the Cougars to contend for the 2020 title, just as they have every year since 2013. Until then, Henriques and Christensen plan to continue developing their team's greatest strengths: a willingness to work hard and to love their teammates.

"This is a place for community and family," Henriques said. "You see Mary [Gillett], Alexis Carroll, and Sophie Grant all come back because we're a family, and that's what we want to be. All of the coaches and kids enjoy the process. We'll enjoy this—to win on both sides is pretty special—and then get back to work on Tuesday."

May 16-17, Class 4A State Track & Field Championships, Jeffco Stadium

Team Scores—Niwot 123, Battle Mountain 58, Eagle Valley 47, Mead 41, Montrose 41, Durango 40, Northfield 39, Roosevelt 38, Palmer Ridge 33, Harrison 30, Vista Peak 28, Coronado 27, Centaurus 27, Pueblo East 25, Mullen 25, Cheyenne Mountain 23, Longmont 21, Steamboat Springs 17, Air Academy 15, Falcon 14, Glenwood Springs 12, Discovery Canyon 11, Erie 11, Sand Creek 10, Thompson Valley 10

100m - 8. Julea Trank 12.66,

200m - 1. Taylor James 24.76,

400m - 1. Taylor James 54.25,

800m - 1. Taylor James 2:08.29, 15. Samrawit Dishon 2:24.13,

1600m - 5. Samrawit Dishon 5:04.60, 6. Lucca Fulkerson 5:05.91, 15. Layla Roebke 5:18.27

3200m - 2. Samrawit Dishon 10:53.76, 4. Lucca Fulkerson 11:03.97, 5. Layla Roebke 11:05.20, 8. Joelle McDonald 11:16.98, 14. Eva Klingbeil 11:37.42, 15. Amelia Philofsky 11:46.63

100 hurdles - 2. Elise Gillett 14.96

300 hurdles - 3. Kelia Portis 45.24, 7. Margot Diasabeygunawardena 46.86

4x100 Relay - 2. (Princess Sagala, Julea Trank, Kayla Nowlin, Elise Gillett) 49.13

4x200 Relay - 1. (Erika Timbang, Julea Trank, Kayla Nowlin, Margot Diasabeygunawardena) 1:44.19

4x400 Relay - 1. (Erika Timbang, Kayla Nowlin, Kelia Portis, Taylor James) 3:54.85

4x800 Relay - 3 (Layla Roebke, Lucca Fulkerson, Samrawit Dishon, Amelia Philofsky) 9:41.83

800 Sprint Medley - 4. (Elise Crall, Princess Sagala, Erika Timbang, Elise Gillett) 1:49.81

Long Jump - 17. Margot Diasabeygunawardena 15-01.25

Triple Jump - 7. Margot Diasabeygunawardena 34-07.5, 9. Kelia Portis 34-3.75,

Pole Vault - 7. Erin Carroll 9-07

BOYSTRACK

Continued from Page 12

title with a pair of track championships. In the 800m, he came from behind in the final stretch to claim the title with a time of 1:52.93, the fastest in the state of Colorado this year. The next day, he won the 1,600m (4:16.69) running with teammate and training partner Ares Reading, who was fifth (4:21.92).

"Once he won that 800, Cruz looked like his old self in the mile," distance coach Kelly Christiansen said. "And having Ares come out and finally having a good race in the mile, I think in a lot of ways launched Cruz to deliver."

Not everything went right for the Niwot boys, however, and that had Henriques anxiously adding and re-adding scores as the team competition heated up on Saturday. No Cougars advanced in the 200m or 400m races, and Niwot competitors finished out of the scoring in pole vault and jumping events. In the 300m hurdles preliminary, senior Nolan Johan failed to qualify for the finals after he knocked over a hurdle which interfered with another competitor.

That put the pressure on Jensen Douillard, Johan's longtime friend and closest competitor, who proved more than up to the task. Taking more than a second off his previous personal best in the 300m hurdles, the senior finished in 39.47 seconds, which was good for third place overall and kept the Cougars within reach of Pueblo East.

"Basically that whole race was trying to get points for him and doing it for him," Douillard said of Johan. "We've been neck and neck since literally freshman

year, and that was for him."

Johan got his own shot of redemption in the 4x400 final, where he helped keep the Cougars out front as the second leg of the relay.

"This is an individual event, but it's with a team, because it's the four of us guys, and we're not relying on one person" he said afterwards. "So it's a team win. It definitely made up for the hurdles."

For coach Henriques and his runners, the Niwot boys' transformation from afterthought to a state champion has been nothing short of remarkable. It is also a resounding vindication of the squad's newfound dedication to rigorous training and team-building, the twin pillars of the Niwot girls' historic success.

"It's trusting the process," Douillard said. "Our freshman year, no one scored a point for Niwot. No one was looking at the Niwot boys. But we've been working all year—winter, summer, fall—it's an all-year sport, and we've put in the work and trusted the process."

May 16-17, Class 4A State Track & Field Championships, Jeffco Stadium

Team Scores—Niwot 66, Pueblo East 60, Air Academy 50, Harrison 46, Glenwood Springs 45, Durango 44, Silver Creek 44, Cheyenne Mountain 38, Canon City 36, Palmer Ridge 36, Longmont 27, Skyline 27, Eagle Valley 26, Pueblo West 25, Windsor 20, Standley Lake 19, Centaurus 17.50, Thompson Valley 17, Northfield 15, Mead 14

100m unified - 2. Michael Barrett 14.52, 9. Donovan Schwartz 17.86

800m - 1. Cruz Culpepper 1:52.93, 4. Jack Kenkel 1:55.43

1600m - 1. Cruz Culpepper 4:16.69, 5. Ares Reading 4:21.92, 17. Jack Kenkel 4:33.77

3200m - 7. Ares Reading 9:41.01

110 hurdles - 5. Nolan Johan 15.08

300 hurdles - 3. Jensen Douillard 39.47

4x200 Relay - 4. (Jensen Douillard, Nolan Johan, Milo Ostwald, Zackary Jordan) 1:30.23

4x400 Relay - 1. (Jensen Douillard, Nolan Johan, Milo Ostwald, Jack Kenkel) 3:22.86

4x800 Relay - 6. (Ben Bi, Jack Kenkel, Cruz Culpepper, Ares Reading) 8:06.66

Long Jump - 11. Milo Ostwald 21-2.25

Triple Jump - 11. Milo Ostwald 43-0.25

Pole Vault - 14. Rayan Elahi 12-0

Paralympic Shot Put - 1. Michael Barrett 21-03.7, Donovan Schwartz 9-05



Photo by Jocelyn Rowley

Niwot junior Cruz Culpepper crosses the line in the boys 800m to claim his first individual Class 4A track championship.

Classifieds

GUITAR LESSONS

EASY GUITAR TAUGHT EXPERTLY

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

PAINTING

MICHAEL SHURTZ PAINTING

Residential & Commercial
Interiors & Exteriors
GREAT Local References
Fully Insured
mwshurtz@yahoo.com
303-910-1674

ADVERTISING COORDINATOR

The Left Hand Valley Courier is looking for an advertising coordinator for 15-20 hours per week.

Must be willing to visit and contact local businesses both in person and on the phone to present marketing and advertising opportunities. Extremely flexible schedule with good commission potential.

Candidate will work with Advertising Director to formulate and execute advertising plans, make face-to-face visits with existing and potential clients and work to grow advertising revenue for the weekly paper.

Good inter-personal skills are a must, along with an open and energetic personality that creates a relationship with the clients. Send resume to Advertising@lhvc.com

SPORTING GOODS

Free Bocce Ball Set with Rules!

303-774-8723

LANDSCAPING

GARDEN RENOVATIONS LANDSCAPING

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

Call/text: Joe @ 720.243.1520

Email: joe.reichert@jmtown.org

Website: gardenrenovations.pro

Local references

ROUTE & SUBSTITUTE CARRIERS

The Left Hand Valley Courier is looking for route & substitute carriers to deliver the Courier door-to-door. Candidates must be self-starters with transportation, available on a moment's notice and pay attention to No Delivery details. If you are interested in filling in, please email editorial@lhvc.com.

DOG WALKING, SITTING AND TRAINING

Animals are my passion. Dogs really are man's best friend. Please call if I can help you out. Your pet will be loved, cared for and fit. Longtime resident of Niwot. Stacy Goresko, Ph.D. 720-290-2707

Massage Special

90 MINUTE SESSIONS

\$65 FOR 1 - \$180 FOR 3

FOR YOURSELF, FAMILY OR FRIENDS

TALITHA BUTTERFIELD, CNMT - 26 YEARS EXPERIENCE
303-652-0511 BFIELDTHERAPY@COMCAST.NET

Left Hand Valley Courier Classifieds

\$21 flat rate, 8 lines (6 words per line).

Personals & Missed Opportunities

\$21 rate for 8 lines (18 words to line)

\$2 per each additional line.

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

Contact advertising@lhvc.com with questions.

The deadline for the ad is the Thursday prior to next week's publication.

Boulder County's Finest European Auto Specialists for 34 Years!

Quality Sales, Service & Parts Since 1984

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



GUNBARREL IMPORT MOTORS

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

Locally owned and operated!

303.652.3040
www.gunbarrelmotors.com

Niwot sweeps state track and field championships



Photo by Jocelyn Rowley

Six Niwot girls competed in the 3200, with four reaching the podium. From left, Samrawit Dishon, Lucca Fulkerson, Layla Roebke, Joelle McDonald, Amelia Philofsky, and Eva Klingbeil.

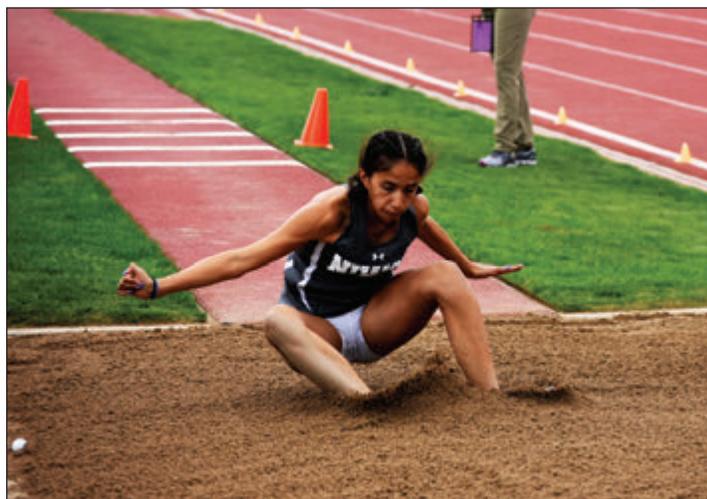


Photo by Jocelyn Rowley

Niwot sophomore Margot Diasabeygunawardena finished seventh overall in the Class 4A triple jump, with a final distance of 34 feet, 7.5 inches.



Photo by Jocelyn Rowley

The Niwot team of Elise Gillett, Kayla Nowlin, Julea Trank and Princess Sagala took second overall in the 4x100 relay finals with a time of 49.13, which was just short of their sub-49 second goal.



Photo by Jocelyn Rowley

Niwot junior Cruz Culpepper (2) and senior Ares Reading (15) set a quick pace in the opening lap of the Class 4A boys 1600m. Culpepper went on to win the race, with a time of (4:16.69). Reading finished (4:21.92).



Photo by Jocelyn Rowley

Members of the Niwot girls winning 4x400 relay team react to the win by Niwot boys in the same event to clinch their first ever team title. From left, Erika Timbang, Kelia Portis, Taylor James, and Kayla Nowlin.



Photo by Jocelyn Rowley

Nolan Johan, Jensen Douillard, and Jack Kenkel were all smiles following their dramatic win in the 4x400 relay finals to clinch the championship.



Photo by Jocelyn Rowley

Junior Elise Gillett embraces older sister Mary who flew in for surprise visit to see her compete in the 100 hurdles.