



## Good oil and gas regulations make good neighbors



Courtesy photo

Anti-oil and gas sign awaits call to action during The Lookout Alliance meeting discussing poor air quality of areas downwind from Weld County wellsites.

BY ABIGAIL SCOTT  
Editorial@lhvc.com

The Lookout Alliance gathered on Wednesday, July 24 at The Left Hand Grange (195 2nd Avenue, Niwot) to discuss newly released reports on the air quality surrounding Boulder Reservoir. The group hosted Dr. Detlev Helmig, associate research professor at the University of Colorado's Institute of Arctic and Alpine Research, who presented the findings from the INSTAAR air quality testing lab at Boulder Reservoir.

The lab pulls air samples to test oil and gas emissions

coming into Boulder County. It is the only full-time air quality sampling lab along the Front Range. Helmig's team specifically looks for the oil and gas fingerprint — which is denoted by ethane. Other emissions like nitrogen oxides, methane, and VOCs (volatile organic compounds) may also signify oil and gas development. Helmig looks for these well-known tracers when analyzing air quality samples to see if oil and gas had any part in generating an increase in ozone composition.

Helmig said that the mix of VOCs, nitrogen oxides, and

sunshine drive production of ozone while ethane acts as a unique tracer for oil and gas development, "Ozone is a very important species here and we're very worried about this." Helmig was careful to note that oil and gas development does not emit ozone directly, but it does put nitrogen oxide and VOCs into the air, which can foster an increase in ozone production.

By correlating wind direction and air composition, Helmig created graphs of transport events — moments during the day where wind gusts come in from the northeast and

cause methane, ethane, nitrogen oxide, and VOC levels to spike dramatically. On Dec. 22, 2017, air quality tests from the INSTAAR lab showed high levels of these emissions moving down from the northeast into Boulder County over the span of six to eight hours.

Helmig said, "Someone pointed out to us that on the same day... there was an explosion event, where in Windsor due to some gas release or a leak, this wellsite exploded on the same day. It seems like a real coincidence that we saw

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## My Mom's Pies has closed its doors



Courtesy Photo

Store front of My Mom's Pies on Murray Street - now closed but up for sale..

BY ABIGAIL SCOTT  
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Anyone walking down Murray Street from 2nd Avenue was often treated to sweetly scented wafts of freshly baked pies emanating from the unassuming building on

the west side of Murray Street, which is home to Excel Electric in the front and a locally loved pie shop, My Mom's Pies in the back.

Sadly, after years of baking, My Mom's Pies has closed its

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## How to be a guardian of pollinators

BY VICKY DORVEE  
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Last week's issue covered the critical role pollinators play in food production and why the decline of pollinators should be getting everyone's attention. This week, we're exploring how individuals can help encourage and protect pollinating critters.

Boulder County Colorado State University Horticulture Extension agent, Deryn Davidson's days are centered on disseminating information and taking action on behalf of pollinators.

"One of the biggest issues is habitat loss," Davidson said. "Our world is becoming more urbanized, at a rapid pace, and as of 2008 or 2009 the global population tipped from being more rural to being more urban for the first time ever."

Creating places for bees and other pollinators, even just a little here and there, can make a huge difference in their survival and population growth.

Longmont's CSU's Exten-



Photo by Vicky Dorvee

sion office on the Boulder County Fairgrounds has a public demonstration garden for watching pollinators in action and learning how to create a similar environment.

### Creating a home sweet home for pollinators

Food -

- Replace swaths of lawn with pollinator attracting flowers. Once established,

you'll also save money on water.

- Give pollinators a smorgasbord by mixing flower varieties. Each type of pollen contains different proteins and minerals, and a variety of shapes and sizes of flowers will attract diverse species.

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## Community Calendar

### ROCK & RAILS

Niwot's summer concert series, Rock & Rails, continues its 14th season on Thursday, Aug. 1, at Whistle Stop Park. Co-headliners Mojomomma and Brigitte Purdy & Bobby Messano will take the stage around 5 p.m. Niwot Patriotic Cookie Moms and Niwot Children's Park will receive donations from the tip jars for the evening. The Thursday night concerts in June, July, and August are free and open to the public.

### BOULDER COUNTY FAIR

The 150th annual Boulder County Fair kicks off at 5 p.m. on Friday, Aug. 2, with a special opening ceremony and continues through Aug. 11 at the Boulder County Fairgrounds (9595

Nelson Rd, Longmont). Parking and gate admission are free. For a full schedule of activities and events for the entire family, visit [www.bouldercountyfair.org/events](http://www.bouldercountyfair.org/events).

### DANCING UNDER THE STARS

Dancing Under the Stars continues in Niwot on Friday, Aug. 2, at 7 p.m. in Cottonwood Square (7980 Niwot Road). Join fellow dancing enthusiasts for a free 45-minute salsa lesson, followed by dancing until 9:30 or 10 p.m. The free community event is sponsored by Cottonwood Square Shopping Center, Niwot Tavern, and Catherine McHale Strategic Marketing, and continues on Friday nights through August, alternating salsa and swing dancing.

### FIRST FRIDAY

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

### NATIONAL NIGHT OUT

The Niwot Community Association (NCA) is partnering with the Boulder County Sheriff's Department to host National Night Out on Tuesday, Aug. 6, from 6 to 9 p.m. on Murray Street between 2nd and 3rd Avenues. Representatives from the BCSD will be on hand for a demonstration of their equipment, as well as personnel from Mountain View Fire and the Colorado State Patrol. Enjoy free food and entertainment from the Niwot Semi Marching Free Grange Band.

### 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.

### FREE SHOW AT LEFT HAND GRANGE

Willowdale Live of Niwot is hosting its inaugural event on Friday, Aug. 9, at the Left Hand Grange (195 2nd Avenue, Niwot). Doors open at 6 p.m., entertainment begins at 6:30 p.m. National Geographic photographer Andy Mann will be presenting "Summits to Seas,"

beginning with his early work photographing rock climbers, progressing to his current passion of chronicling scientists in the world's deepest waters. Local bluegrass band 300 Days, featuring local realtor Nick Dunbar, will also be performing. For more information, visit: [www.WillowdaleLive.com](http://www.WillowdaleLive.com).

### FREE OPERA

Boulder Opera is bringing a free program of arias and scenes to the Boulder Bandshell (1212 Canyon Blvd, Boulder) on Saturday, Aug. 10, at 7 p.m. The evening will feature opera's greatest hits under the stars, and Boulder's very own rising stars singing hits by Verdi, Mozart, and Handel. For more information about the Opera in the Park and Boulder Opera's 2019-2020 season, visit [www.boulderoperacompany.com](http://www.boulderoperacompany.com).

## MOM'S PIES

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doors. Owners Jeff Ballard and Kini Christie moved to Hawaii a few years ago and were running the store from across the Pacific. They relied heavily on staff and found that turnover, hiring, and training took a toll financially. According to Christie, the shop had been losing money for a prolonged period and was no

longer viable. She plans to sell the business and believes that the right person, with a baker's touch, passion, and desire, can give My Mom's Pies a second lease on life.

My Mom's Pies made a name for itself in Niwot and Boulder County. Christie started off crafting pies in her home kitchen to supplement income from her landscaping business. She sold the hand-crafted pies to

friends and neighbors, chuckling at clients' advice to make her business public. Christie wasn't quite sure how to make the shift from an at-home bakery to a viable commercial operation until fate stepped in, as it often does, and brought professional chef Jeff Ballard into her life. With his professional culinary background and her passion for pies, the pair opened My Mom's Pies in downtown Niwot.

For the past 12 years, this

beloved, local establishment has been baking pies from seasonally sourced ingredients and selling them to dessert lovers throughout Boulder County. Often a feature at area farmers markets and a staple at Niwot Market, these pies were always a hit. Of her pies, Christie says, "The product itself was a yes."

Over the years, My Mom's Pies found its way into the heart of Niwotians, young and old, quickly becoming part of family

traditions, birthday celebrations, and holiday gatherings. This was her favorite part of the job, Christie said. "It has been so special for us. I really hope someone will see the beauty in it. We got to be a part of the happiest moments of people's lives."

For now, Niwot is left reminiscing over mouth-watering selections like the rich Coconut Cream and tart apple pies we loved at first bite.



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## COMMUNITY PET SPOTLIGHT



Meet Mezzo, the official greeter at the law offices of Warren, Carlson & Moore, LLP. Mezzo is an English Cream Golden Retriever whose guardians are Tom and Laura Moore. He loves belly rubs, treats and spends his days lounging and taking naps when not greeting clients.

We look forward to seeing your pets in our spotlight. Please email your photos and captions [Editorial@lhvc.com](mailto:Editorial@lhvc.com)

# ▶ FAMILIAR FACES Hannah Carlson



Courtesy photo

Niwot is fortunate to have Hannah Carlson's expertise with people, food, and the arts while on her job at Old Oak Coffeehouse.

By VICKY DORVEE  
Editorial@lhvc.com

Sometimes you want to go where everybody knows your name, or where they'd like to know your name and serve you a warm cup 'o joe often. One of those friendly places is Niwot's Old Oak Coffeehouse - thanks in large part to manager Hannah Carlson, this month's Familiar Face. Customers at Old Oak are recipients of Carlson's smiles, stellar customer service and culinary contributions, as well as her curatorship of art and music.

**Left Hand Valley Courier (LHVC)** - Where did you grow up and what brought you to

this area?

**Hannah Carlson (HC)** - I'm originally from Wisconsin and relocated to Longmont two years ago. I was looking for a change and have always been drawn to this area of Colorado - from the people to the outdoor activities, the food, and the art scene.

**LHVC** - What is your educational background?

**HC** - I went to Western Technical College in Wisconsin for Culinary Management. My classes were a great mix of culinary education with valuable management skills.

**LHVC** - What is your role at Old Oak Coffeehouse and is there other work you're also involved in?

**HC** - I'm the general manager at The Old Oak Coffeehouse. [Owners] Michael and Patty have been awesome. If I have an idea or vision, they let me run with it. When I started, the only things we made in house were spaghetti and paninis. Now we make the majority of pastries in-house and I also started the breakfast sandwiches on the menu. I do all of the chalkboard signs and menus in the shop as well. I do all the artist and music booking, with the exception of Songwriters in the Round. I'm also in charge of hiring, social media, monthly

email, and website updates.

I'm also an artist, so I do a lot of painting on the side. I don't currently have my art up anywhere, but I'm working on a few commissioned pieces.

**LHVC** - What are the most rewarding and challenging elements of your job?

**HC** - The most rewarding part of my job is the relationships I've built and I see others build within the coffee shop. I love how coffee has a way of bringing people together and creating a sense of community. My goal as a manager is to make everyone feel at home and welcome at the coffee shop while enjoying a delicious cup of coffee.

I think the most challenging part of my job is my demanding schedule. Between work, art, and everything else that life throws my way, I'm a very busy bee. But as busy as I am, it's extremely rewarding and I wouldn't have it any other way.

**LHVC** - How have ups and downs at work helped make you who you are?

**HC** - I've worked in a few different coffee shops before The Old Oak, all of them in which I took on some sort of management role. Especially

early on, I made a lot of mistakes and had no idea what I was doing. But I think all of those mistakes were learning experiences and I was able to take something away from them. They taught me how to be a better manager and a stronger leader.

**LHVC** - What other pursuits keep you busy and how do you prioritize your life?

**HC** - I've loved art, specifically painting, for a very long time now. It's always been a hobby of mine, a creative outlet to let the day's stresses go and focus on the canvas. After working at the shop and seeing artists' work on the walls, it inspired me to put a collection of my own together. So within the last few months this passion of mine has transformed into a second job. Prioritizing art can be challenging for me, but I just remind myself how great I feel during and after painting and that's what brings me back. It's important to do things that make our soul feel good.

The inspiration behind my art changes every day - whether it comes from nature or my surroundings, a unique surface to paint on, my family and friends, or experiences in my life that have moved me. No

matter what might be going on in life, art is always there. I can go back to the canvas after a long day and my stresses go away for a while.

**LHVC** - In what ways do you connect with the community?

**HC** - My biggest connection with the community is through the shop. Creating a sense of community within the coffee shop walls is very important to me. Making everyone feel welcome and like they are part of our family. Through these relationships I have become more involved with the whole town of Niwot.

**LHVC** - Are there any goals you're working toward?

**HC** - [My] work-related goals are to continue to expand our in-house made bakery menu. I would like to continue to add new items to our sweet and savory menu, as well as playing around with new drink ideas.

Personal goals would be to work towards growing my art business by continuing to put a new collection together. While I'm living in Colorado another personal goal is to continue to get outside and explore this beautiful state we live in.

# OIL & GAS

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this high risk event. If these are related, this would imply... there was leakage possibly in this area that lasted throughout the day (preceding the explosion)."

NOAA runs the Earth System Research Laboratory on Niwot Ridge and periodically takes air quality samples. Its tests show extremely low traces of ethane, nitrogen oxides, and VOCs. During the presentation, Helmig said the weather patterns in Colorado trend west. So, theoretically, Boulder County should receive mostly clean air moving from the mountains to the plains. "Here down in the plains, we have these (transport) events, and there aren't just two or five over the year, there are hundreds."

According to Helmig's findings, when wind rolls in from the northeast, which it does with notable frequency, it deposits

harmful levels of ozone-saturated air in Niwot, Gunbarrel and the surrounding areas. The acceptable ozone level for the US is 0.070 parts per million, which is notably higher than other nations. From July 26 to July 28, ozone levels from air pulled at Boulder Reservoir's testing lab exceeded the acceptable level multiple times.

Helmig went a step further and captured air samples from well sites in Boulder County and found even higher levels of ethane, nitrogen oxides and volatile organic compounds. By reviewing and interpreting two years' worth of data, Helmig connects the dots between oil and gas development and dangerous air quality levels in areas adjacent to well sites, including Niwot and Gunbarrel.

The audience was audibly shocked by Helmig's findings. When the presentation opened the floor to questions, many guests asked, "What is our recourse against Weld County?" Boulder County, in relation to

neighboring counties, has been stricter on oil and gas development. But most of the wells causing concern and air quality degradation are in Weld County.

Jonathan Singer, state legislator, said, "Rule making is still taking place. So, legislature, we changed the rules. We said there's going to be local control. We're prioritizing health and safety. We're taking away this mandate for the state to foster the industry. But the state Oil and Gas Conservation Commission has to create these new rules now...but they haven't started creating the rules within the new parameters we set. You guys all need to show up and make our voices heard."

The Lookout Alliance also offered tips to combat oil and gas development and asked guests to continue fighting for what they believe in. TLA put out a call to action for residents

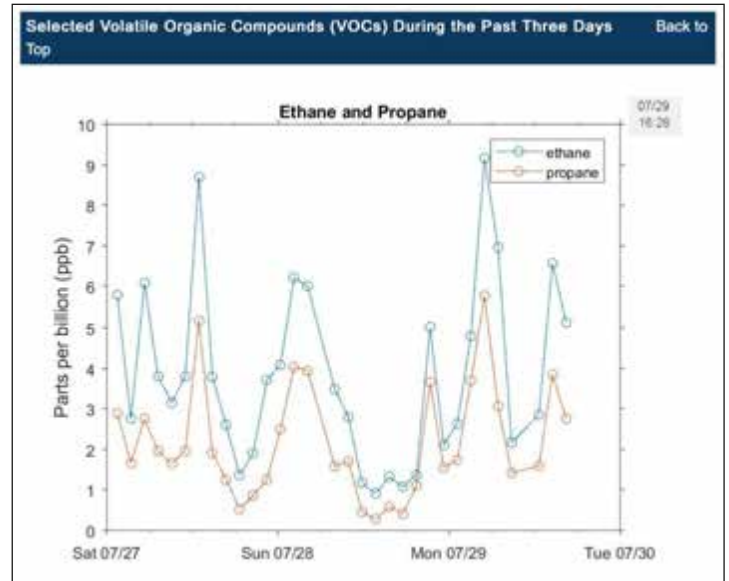
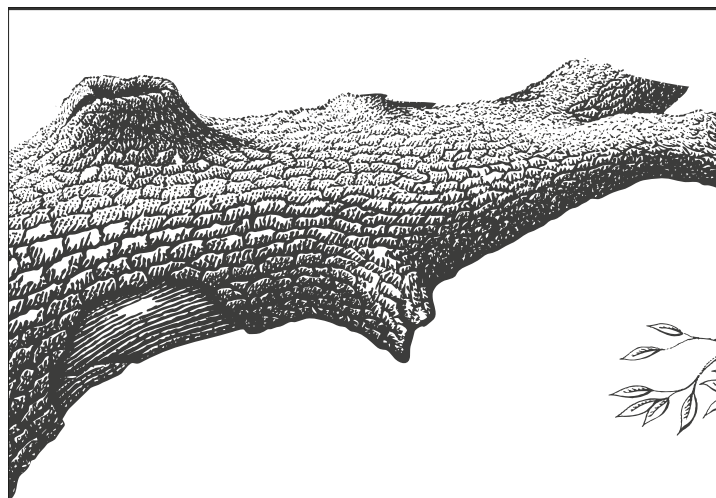


Photo courtesy of INSTAAR and Dr. Helmig.

Air quality samples from the past three days taken at Boulder Reservoir. Daily air quality sample results can be found here, [http://instaar.colorado.edu/arll/boulder\\_reservoir.html](http://instaar.colorado.edu/arll/boulder_reservoir.html).

to attend public hearings and committee meetings on July 29, 31, and Aug. 1. For more information on The Lookout

Alliance and its mission, visit the Facebook page, <https://www.facebook.com/lookoutalliance-boulder/>.



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

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# Niwot Design Review Committee seeks new members

By JOCELYN ROWLEY  
Editorial@lhvc.com

Boulder County is now accepting applications for the Niwot Design Review Committee, a panel of local residents that serves as a referral agency for new development applications in the town's historic district.

The county is seeking five new members for the board, which meets on an as-needed basis to review new building proposals for compliance with design and aesthetic standards that preserve the historic character of downtown Niwot (paint color, building materials, signage). The NDRC then makes recommendations to the county's Historic Preservation Advisory Board, which has the legal authority to grant a Certificate of Appropriateness, a requirement for obtaining a building permit

in the historic block..

Members of the NDRC will serve three-year terms. The county is hoping to seat at least one representative from the local community organizations (Niwot Business Association, the Niwot Community Association, and the Niwot Historical Society). However, anyone who has lived or worked in the area for more than five years is eligible to apply.

"The application is open to everyone—members that are currently on the committee or anyone in the public," county planner Jose Ruano said.

The NDRC is undergoing an overhaul. Created in 1994 when the Niwot Rural Community District and historic block were established, the committee played a key role in the development of many downtown Niwot landmarks,

such as the Niwot Inn and the Lockwood building.

"If the county hadn't come in and designated a historical district and made it more vibrant, then Niwot would have been just a dying town,"

said Pat Murphy, owner of Niwot Real Estate. Murphy is a longtime member of the NDRC, but doesn't plan to re-apply for one of the openings.

She explained that the committee's goal isn't "to

be the Gestapo" or design anyone's building, but to help balance the needs of business owners, residents, and visitors.

*Continued on Page 11*



Photo by Vicky Dorvee

The Lockwood Building on 2nd Avenue in Niwot conforms with the design standards for Niwot's downtown historic district.



**Barb Ponesse,  
Pat Murphy,  
Charlotte Woodward,  
Tara Littell,  
Ann Mills,  
Todd Goad,**



**NIWOT REAL ESTATES' SMOKE SIGNALS!**  
**National Night Out**  
Tuesday, August 6th 6 - 8 p.m.  
Murray Street, Niwot  
between 2nd & 3rd Avenues

Free food, Equipment and Staff from Boulder County Sheriff's Office, Longmont Emergency Unit, Mountain View Fire & Rescue, Colorado State Patrol, SWAT Team, K9 Team, Drones, Niwot Semi-Marching Free Grange Band and much more!

**Neighbors Getting To Know Neighbors!**  
**Partnership With Our Niwot First Responders**

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\$599,000

**1033 Champion Circle - SW Longmont**  
Pat Murphy - 303-589-7025

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**6852 Peppertree Drive**  
Ann Mills 303-875-7071

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Country Quiet!



\$1,199,000

**6940 Monarch Park Court**  
Pat Murphy 303-589-7025

Town close, country lot 4 bdrm, 3 bath. Totally updated with views. Spaces for many activities in the finished lower level. 1+ acre lot with no HOA.

Brittany Place Charmer!



\$1,295,000

7136  
**Stable Lane**  
Pat Murphy  
303-589-7025

Enjoy this updated contemporary farmhouse on large lot in heart of Niwot. 5 bdrm, 4 bath with finished lower. Abundant windows look onto lovely back yard, farmland and mountains.

Under Contract!



\$340,000

**6888 Countryside Lane**  
Pat Murphy  
303-589-7025

2 bdrm, 2 bath main level condo looking onto park like setting.

SOLD!



\$335,000

**6866 Countryside Lane #244**  
Pat Murphy  
303-589-7025

2 bdrm, 2 bath, looking onto park like setting. Walk to town.

New Listing!



\$338,000

**8033 Countryside Park #204**  
Pat Murphy  
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## POLLINATORS

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- Native flowering species create higher quality habitats.
- Plant with seasonal longevity in mind. Early, mid, and late season bloomers are pretty for onlookers, and give pollinators a home base.
- Buy organic plants and seeds to avoid chemicals which can adversely affect pollinators.

**Water** - Run sprinklers, keep bird baths freshened up, and use shallow dishes of water with rocks for landing pads.

**Shelter** - A perfect yard is not friendly to bees because most bees like to burrow into protected ground and wood. Leave mower clippings on the ground, pile a little wood in the corner of the yard, and don't toss plant and tree trimmings - let them sit on the ground.

Note: While it's justifiable to be concerned if you or a loved one are allergic to bee stings, Davidson said, "On the whole, when native bees are out foraging, they are not in defense mode. For the most part, they want to mind their own business, collect their nectar and get back to their hive."

Avoid the use of pesticides. All too often they're toxic to beneficial bugs, which have a lower tolerance level than the targeted pests. Those chemicals also run off into our creek system where it affects aquatic insects causing a weakening and decline in mayflies and caddisflies - the food for amphibians, fish, and birds.

Invite biodiversity into your life and realize that permitting a little damage to plants means you're supporting food for the entire base of our food chain.

"It's really important for people to accept and get excited by insects in their yards," City of Boulder Integrated Pest Management Coordinator, Rella Abernathy said. "A lot of people don't like any kinds of insects in their yards, so if they see aphids the first thing they do is grab a bottle, whereas there are plenty of natural predators like lacewings, lady bugs and tiny parasitoid wasps that will control them for you. Don't concern yourself over little cut-out circles on rose leaves. You most likely have leafcutting bees who are building a nest for their young and caterpillars turn into moths and butterflies and are food for birds"

To support food grown with ecological methods, buy produce grown by local and organic food growers.

No yard or want to do even more? Volunteer for Boulder County and the city of Boulder pollinator projects (see the accompanying side bar.)

### Pollinator houses

Bee boxes are intended for native bees, which unlike honey bees, don't work in a beehive colony. Working in solitary, a female bee deposits a glob of collected nectar, lays an egg on top, and then seals it off. The bee will do this many times within each chamber. Over the winter, larvae develop and eat the provisions left for them, becoming the next generation of bees.

As a University of Colorado Boulder postdoctoral research associate in the Department of Ecology and Evolutionary Biology, Dr. Adrian Carper is one of the county's go-to experts when it comes to pollinators. Carper has helpful and cautionary advice regarding pollinator houses such as those that mysteriously appeared along Hidden Star Trail in Niwot.

"The design is OK," Carper said. "It uses bamboo or routed wood cavities that are 3/8 inches in diameter. While a lot of bee species can use that size, there are a few issues with it and, of more concern, their placement in natural areas. Firstly, our cavity-nesting bees are tremendously diverse, with over 300 species in the state, and they vary greatly in size. Some need very tiny cavities, down to 1/8 or even 1/16 of an inch. Others are large and can nest in cavities as big as 1/2 inch, so only providing one size can kind of skew bee communities to dominant species. Providing a diversity of sizes would be better."

Carper said, the non-native alfalfa leafcutter bee that's become very common in this area, will take over houses with just 3/8 inch cavities and then drive out native bees.

"I applaud concerned citizens for their passion for bees and bee conservation," Carper said, "but would caution against installing such nest blocks in natural areas. The biggest concern is that bee blocks need to be consistently monitored throughout the year to be effective. If blocks aren't regularly checked, wind, wildlife or water could kill the entire population within them. Plus, those sandwiched boards would just fall apart and kill all the bees inside them. Bee blocks are much more likely to be monitored and taken care of in your backyard than hidden in a natural area."

But creating artificial habitats should be a last resort, Carper said. Providing natural native bee habitats such as woody debris is more sustainable, effective, and promotes species diversity.

## A sunny disposition



Courtesy photo

Lorenzo Villalobos stands beside the sturdy sun-loving hollyhocks he planted from seed on the northeast corner of Highway 119 and Niwot Road. His contribution lends a nostalgic and welcoming feel to the entrance of town. More of his seeds are now in full bloom in front of Lefty's Gourmet Pizza on 2nd Avenue. Villalobos works with the Niwot Community Association to clear weeds and bring natural beauty to several areas throughout the town.

### ADDITIONAL POLLINATOR RESOURCES

For information on how to get involved, create a habitat, and make bee boxes, visit these online resources:

Free permitting process to put up pollinator boxes on Boulder County open space - [www.bouldercounty.org/open-space/activities/permits/or-call-Boulder-County-Parks-and-Open-Space-303-678-6200](http://www.bouldercounty.org/open-space/activities/permits/or-call-Boulder-County-Parks-and-Open-Space-303-678-6200)

Get involved with the Boulder Pollinator Garden Project - <https://countmein.bouldercolorado.gov/d/plan>

How to build native bee nests and houses - [https://www.xerces.org/wp-content/uploads/2008/11/nests\\_for\\_native\\_bees\\_fact\\_sheet\\_xerces\\_society.pdf](https://www.xerces.org/wp-content/uploads/2008/11/nests_for_native_bees_fact_sheet_xerces_society.pdf)

Boulder County Parks and Open Space needs volunteers to plant/collect native seeds, remove nonnative or invasive weeds, create pollinator habitats and more, call 303-678-6200

Boulder County Parks and Open Space Pollinators page - <https://www.bouldercounty.org/open-space/management/agriculture/pollinators/>

CSU Extension pollinator habitat information including lists of seasonal native plants to put in your yard -

<https://extension.colostate.edu/topic-areas/insects/creating-pollinator-habitat-5-616/> and

<https://extension.colostate.edu/topic-areas/insects/attracting-native-bees-landscape-5-615/>

City of Boulder's pollinator page - [www.BeeBoulder.org](http://www.BeeBoulder.org)



# Supporting the troops Niwot style



Photo by Kim Glasscock

Cookie mom volunteers working hard to fill the boxes for the June shipment.

By KIM GLASSCOCK  
Editorial@lhvc.com

Want to dance the evening away to some “joyful” rock and roll? Want to increase the happiness quotient by supporting our military members? You have the

chance to enjoy both activities at the August 8th Rock & Rails concert in Whistle Stop Park.

While Something Underground plays what band members call “joyful rock,” all tip jar proceeds from libations will go to support joy in another fash-

ion -- the efforts of the Niwot Patriotic Cookie Moms. Their boxes of delicious homemade cookies and treats spread happiness and show appreciation to military members around the globe, and the tip jar donations help pay the shipping costs.

“We really depend on donations raised from the community to pay for shipping,” said Patty Strecker, coordinator of the effort. “Everyone bakes at home and brings things to our ‘packing parties’ to fill the boxes, but we couldn’t do nearly as much without the generous support from Niwot and the community.”

The latest shipment of 30 boxes, sent out in June, cost the group \$430.50 to mail. The group sends boxes around the major holidays—Valentine’s Day, Easter, Memorial Day, Independence Day, Halloween, Veteran’s Day and the winter celebrations, when they send out their largest packages. The boxes always include a letter to the service members, along with a copy of the Left Hand Valley Courier. Sometimes there are additions, such as drawings and cards from Niwot Elementary students, local Girl Scouts and children at local daycare centers. Lately, the boxes have included small

individually-packaged white stars cut from retired American flags. There often is also a small flag included.

The boxes are decorated with care by two group members, a touch that service members appreciate. An Army Major stationed “somewhere in Afghanistan” sent an e-mail thank you that mentioned that his troops had “thoroughly enjoyed the contents...but were also impressed by the small details in the box itself. The Christmas spirit was felt in the wrapping and in the note that was included.”

“It’s the smallest things that mean the most to us and brighten our days,” a second service member wrote.

Another, deployed in Afghanistan, wrote in an email “I read the letter and looked in the newspaper and it made my day. I could tell that people actually put effort into this box, and it was people I don’t even know.

*Continued on Page 13*



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# ► Raised and Returned

By JEREMY JAEGER  
Editorial@lhvc.com

Hello all. Greetings and salutations, hail fellow well-met, g'day milady. And how is everyone doing today?

I'm asking that question not

just as a matter of polite form, but rather because I genuinely want to know the answer. It's something that's been on my mind a lot recently.

It's a question that's supposed to express, and model, a general civility. The word "civil" has

generally passed into usage as synonymous with "polite." But that's a mistake; to be polite is just to observe and practice an accepted normative form. But to be civil, actually civil, is a wholly different animal. To practice "general civility" is to genuinely

want to know the answer, when you ask how someone is doing today. Not just because it's nice, but because it's sensible. We live in this community together, therefore we exist in some measure of mutual dependency. If the state of your being is well, then wonderful, I'm glad to hear. And if it's not, then I'm concerned and I wonder if I can help, if there's anything I might do for you.

And to speak frankly now, I'm asking this question today because to me, life in Boulder County has become such that observance of the polite form is assumed to be enough. The practice of general civility has become truncated, is mistaken as a kind of charitable exercise. Even worse, purposefully neglected, because, oh gosh, watch out, you might end up having to give someone part of your so very precious time. Which you must guard, because you need it so that you can spend it alone staring at a very small screen and moving your thumbs a lot. Or because you're rushing away to your second job as you try to keep your head above Boulder County's ever-rising economic waters. Or because c'mon already, climate-change, who has the time to give for the sake of just being nice anymore? Or because the very



large amount of money I have tells me that I'm more important than you, wage-slave, and so of course have no time for your tales of surely self-induced woe.

And having lived for more than half of my 41 years here; having been raised here, and having left and then returned, over and over again. From within that body of experience, I can tell you that life here was once very different.

That's why I'm writing this column, the raison d'être of Raised and Returned. To explore these changes. To do a certain kind of battle with these changes, and to make a certain kind of peace with them as well.

Said otherwise, I do intend to use fightin' words. But the place I want to get to is the one where we can get along.

## National Night Out in Niwot

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# ► Good Government July 4th parade

By BRUCE WARREN  
Editorial@lhvc.com

*This column is designed to highlight good and bad government in the Niwot-Gunbarrel area. Readers are encouraged to email the Courier with descriptions of local events showing exemplary performance by our government officials in serving the people, as well as those actions that fall well short of that standard. This week's column features assistance provided to the Niwot Community by the youngest members of the Boulder County Sheriff's staff.*

Boulder County Sheriff Joe Pelle's staff is often placed in difficult and dangerous situations, but they also provide services to the general public that often go unnoticed by most of us. Gunbarrel residents Steve and Niola DeTar recounted the experience of their daughter, Susan, at Niwot's July 4th parade.

Susan DeTar, a 2018 graduate of Niwot High School, is a member of Cadet Post 500 with the Boulder County Sheriff's Department and has been for most of the past two years. Cadets are not POST certified (Peace Officer Standards and Training certification) and do not carry weapons, but often assist regular members of the sheriff's department. They dress as law enforcement officers and help provide a presence and sense of security, according to Steve DeTar.

The Niwot parade, scheduled to start at 11 a.m., began without a hitch with deputies on hand to close Niwot Road and 2nd Ave-

nue. Susan DeTar and another cadet, Ben White, were there to assist with traffic control. But July 4th turned out to be a busy day for the sheriff's department, as deputies were called during the parade to respond to several area accidents. That left Susan DeTar and White on hand to manage the traffic and road closures.

Steve DeTar said that for the Niwot 4th of July parade, his daughter and Ben White were asked by community members if they were allowed to open the roads after the parade. There were no deputies around to make that decision at the time, so they used their judgment and told the community members that they could open sections of the road at a time while the cadets made sure that people in the streets were aware of the open road and moved to the sidewalks.

Susan DeTar said, "We made that decision knowing that the community members were looking at us for guidance as we were in sheriff's office uniforms, and that they were allowed to open the roads off their own judgment in the first place."

Susan DeTar will be a junior at the University of Northern Colorado in the fall, where she is studying criminal justice. She transferred to UNC after one year at the UNCS, but her IB credits from Niwot High School took the place of a year of college. She plans to continue as part of the cadet program.

"Cadet Post 500 is an amazing opportunity for any youth interested in serving the com-

munity of Boulder County and learning about law enforcement," she said. "I have learned

so much in my time with them regarding leadership, communication, and teamwork."



Photo by Jocelyn Rowley

Members of Cadet Post 500 assisted with traffic control during this year's 4th of July Parade in Niwot.

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# Old Oak celebrates two years in Niwot

BY RAYA CASTRONOVO  
Editorial@lhvc.com

*Editor's Note: Due to a production error, an incomplete version of this article appeared in our July 24 print edition. The full article appears here.*

"Great oaks from little acorns grow," and The Old Oak Coffeehouse in Niwot is no exception. Since its opening in July 2017, the small shop has become deeply rooted within the town and community of Niwot, and now serves as more than just a place to grab a cup of coffee. Though still a fairly new business, The Old Oak (136 2nd Avenue) has quickly become one of the most popular gathering spots in Niwot. Over the past two years, owners Michael Tomich and Patty Machen have continuously worked to



Photo by Raya Castronovo

The Old Oak Coffeehouse opened on 2nd Avenue in Niwot in the summer of 2017.

improve all aspects of the customer experience, from food, to ambience, to entertainment.

The expansion of both the menu and the ever-aromatic bakery has led to a wider variety of selections, with a ma-

jority of the baked goods being made in-house. Most prevalent and popular is the addition of breakfast sandwiches, with include options such as bacon and cheddar and sausage and swiss. The mixed-berry and cream cheese scones are now a permanent palate holder, but the daily surprise selection of homemade cinnamon rolls, muffins, banana bread, or scotcheroos (a Midwestern delicacy), will keep you on your toes.

The art and music scene has continued to flourish. Each month, the work of different local artists decorates the walls of the shop. This current month features Mike Brouse, whose style of choice is bold, modern



Photo by Raya Castronovo

Customers enjoy the new open window on a sunny Sunday at The Old Oak Coffeehouse

art. The weekly Saturday night live music has been further enhanced by the recent installation of the open front window, which has allowed for customers enjoying the patio to be more intimately connected to the live music. These performances have been augmented by the creation of Songwriters in the Round. Facilitated by Bruce Rabeler, this event occurs the second Friday of every month, and features various singers and songwriters, as well as an extended happy hour.

Tomich and Machen reflected upon the last two years, stating that what they have come to love most about the Old Oak is "the community, our regular customers, and our great employees," which has led to this experience feeling "very much like a huge family." The Old Oak Coffeehouse looks forward to continuing to extend its branches throughout Niwot and allowing people to fill their cups with coffee, conversation, and commonality.

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# NIWOT DESIGN

Continued from Page 5

“My goal was that development melds and blends well with the existing buildings and retains the historic character,” she said. “Ultimately, we hope that the developers will be respectful and design a building that fits in with the community... Don’t make us have to make a hard decision.”

The NDRC’s profile diminished over the last decade as development in Niwot’s historic area slowed, and it has been largely dormant over the past three years. It’s now getting a second look from the county, after new Land Use codes provisions were adopted in April. Among them were new guidelines for the NDRC, which will now have a more formal role throughout the special review process.

“It worked well before, but with the more intense development, I think it was harder,” Murphy said. “Now with the new regulations, the county wants it to be a more formal thing.”

The deadline to apply for a spot on the Niwot Design Review Committee is Thursday, August 8. Finalists will be interviewed by the county commissioners, who will then select the five-member panel.

The county is also recruiting for positions on other countywide advisory boards and commissions. To view descriptions and requirements or to apply online, visit [www.boco.org/BoardVacancies](http://www.boco.org/BoardVacancies).

For more information, call the Boulder County Commissioners’ Office at 303-441-3501.



<p><b>Free Event!</b></p> <p><b>Friday Nights in Cottonwood Square Niwot</b></p>	<p><b>SALSA</b> 7.19   8.2   8.16   8.30</p> <p><b>SWING</b> 7.26   8.9   8.23</p>	<p><b>LESSONS</b> 7PM - 7:45PM</p> <p><b>DANCING</b> 7:45PM - 9:30PM</p>
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Find out more at [Niwot.com/dancing](http://Niwot.com/dancing)

# Hoooo's lookin' at me

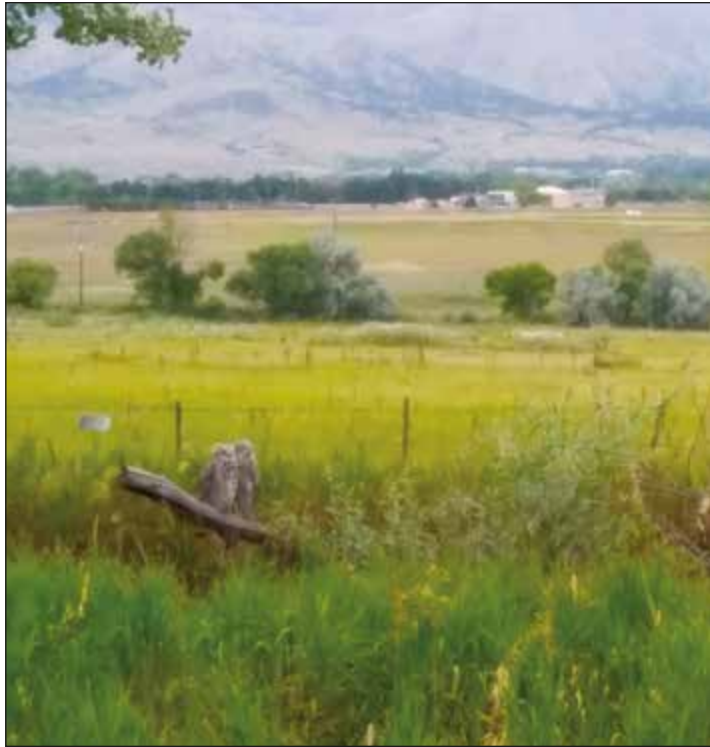


Photo by Nellie Nibnose staff

These juvenile owls were spotted on Saturday, July 27, along the Cottontail Trail by Gunbarrel Estates. While they seem quite content sitting next to each other on a fallen tree branch, you know how teenagers can get. Not to worry, mom had a watchful eye on them while she sat on a fence post a little ways away.

# Fundraising continues for Whistle Stop Park



Photo by Jocelyn Rowley

Rock & Rails organizers are raising money to build a permanent structure in Whistle Stop Park to replace the current beverage tent.

By JOCELYN ROWLEY  
Editorial@lhvc.com

Plans to build a permanent storage facility and beverage tent in Whistle Stop Park are moving ahead, but the project co-sponsors Niwot Business Association (NBA) and Niwot Cultural Arts Association (NCAA) still need to raise approximately \$90,000 to fully fund the construction.

According to Bruce Warren, NCAA president and Rock & Rails showrunner, the general contractor's final cost estimate to construct the

990-square foot structure is just under \$127,000. So far, the two organizations have raised about \$35,000 through a combination of reserve funds, private donations, and the tip jar proceeds from the opening night of the summer concert series. Warren said that the rest will come from this year's Rock & Rails revenues and a community fundraising campaign. Donors of \$100 or more will be recognized on a plaque.

"The building is a natural extension of the NCAA's efforts to improve the park, and to make the Rock & Rails concert series run smoothly.

We think concert-goers will experience shorter lines and quicker service. Our volunteer servers are excited about it too," Warren said.

The new facility will be located in the southwest corner of the park, in roughly the same location as the current beverage tent. In a nod to the town's railroad origins, local architect and NCAA vice-president Anne Postle designed the small building to resemble a depot. It will have electrical service, allowing for refrigeration, freezer for ice storage, and air-conditioning, but there won't be running water. The building will also provide much-needed indoor storage for the beer trailer, as well as the flatbed trailer used by the Niwot Community Semi-Marching Free Grange Band and other community organizations. It will also be used to store the park's barrels and boards in the off season, resulting in less maintenance.

Plans for the improvements are under review by the Boulder County Land Use Department. Provided there are no delays there, construction is slated to begin in the first week of September.

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# COOKIE MOMS

Continued from Page 7

My buddies and I really appreciate the support from people back home. I can't say thank you enough and neither can my buddies for this generous gift."

A Marine Corp captain, stationed in Kabul, sent an email thanking the Niwot Patriotic Cookie Moms for a "very full box of really wonderful food and other items. I can't tell you how much this means to us, for a number of reasons – one because these cookies are incredible, but moreover, because it clearly took a lot of thought on your part to send this out our way. Myself, and a lot of other Marines and other servicemen/women are, to say the least, missing home this holiday season. Getting these unexpected reminders of home is a very heart-warming experience."

A Navy service member wrote "Thank you so much for your very thoughtful care packages. Those sharing your packages include service members from multiple branches who have been at sea for several months. Neither package lasted long, and people were quickly digging through for their favorites. It's easy to feel alone and far from home out on a ship, and these types of gifts go a long way to remind us that people are thinking of us far from home, and that our time away from home is appreciated."

So at the Aug. 8 Rock & Rails, when the music and dancing starts and the need for something to drink crops up, be sure to tip generously because your tip will bring happiness and show appreciation to U.S. service members in far-flung parts of the world – all thanks to the efforts of the Niwot Patriotic Cookie Moms.

# ROCK & RAILS

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### THURSDAY NIGHTS 5-9 PM

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HIGHWAY 119 & NIWOT ROAD



<p><b>Aug 1</b> <b>Mojomomma/Brigitte Purdy &amp; Bobby Messano</b> Co-bill (blues)</p>	<p><b>Aug 22</b> <b>Zimbira (afro fusion)</b> Jenn Cleary</p>
<p><b>Aug 8</b> <b>Something Underground (joyful rock)</b> Jackson Cloud Odyssey</p>	<p><b>Aug 29</b> <b>Hazel Miller (soul/blues)</b> Tim Ostdiek</p>
<p><b>Aug 15</b> <b>FACE (all vocal rock)</b> Nalani</p>	























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# SPORTS

## Niwot High offering free sports physicals

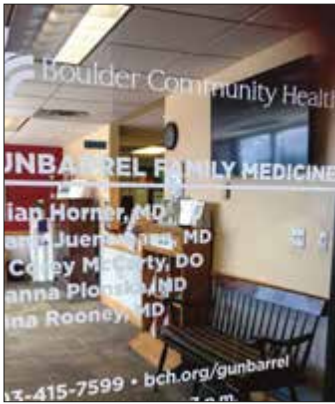


Photo by Mary Wolbach Lopert

Physicians from Gunbarrel will be conducting free sports physicals at Niwot High.

By JOCELYN ROWLEY  
Editorial@lhvc.com

In an effort to help area families save some money, Niwot High is teaming up with Gunbarrel Family Medicine to provide free sports physicals to students participating in athletics in the upcoming 2019-20 school year.

"Sports are expensive,

from buying equipment, to fees, and everything else that goes with it," new Cougars athletic director Joe Brown said. "So any opportunity we have to reach out to our community and find scholarship ways to help lower barriers for kids to participate, we want to do it."

On Thursday, August 8, Dr. Shane Jueneman and Dr. Corey McCarty will be conducting the no-cost screenings at Niwot High (8989 Niwot Road, Niwot), starting at 8 a.m. Students can sign up online for a 15-minute slot in the morning session, which lasts until noon, or the afternoon session, which runs from 1-4 p.m. Walk-in exams are also available, but sign-up is encouraged. Participants should bring a copy of the St. Vrain Valley School District physical exam form signed by a parent and with the medical history

portion completed. Athletes cannot participate in practice or games without a valid sports physical on file with the school administration.

Brown said this initiative came together at the behest of principal Eric Rauschkolb, who then turned to the athletic department and the Niwot High School Education Foundation (NEF) to bring

it to fruition. Members of the NEF then reached out to Gunbarrel Family Medicine, which quickly agreed to what Brown called "a generous donation."

"There were a lot of people involved in getting it set up, and it was a great team effort," Brown said. "We always say it takes a village, and this was another oppor-

tunity for our village to come together and provide a great opportunity for our kids."

To reserve a slot in the morning or afternoon session, visit [signupgenius.com/go/8050945AEA-B2EAAFD0-free](http://signupgenius.com/go/8050945AEA-B2EAAFD0-free). A copy of the St. Vrain Valley physical form is available at [svvsd.org/files/Physical-Form-2015.pdf](http://svvsd.org/files/Physical-Form-2015.pdf).



Photo by Mary Wolbach Lopert

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# Boulder IRONMAN 70.3 is coming

By MARY WOLBACH LOPERT  
Editorial@lhvc.com

Heads up everyone. On Saturday, Aug. 3, a portion of Highway 119 along with North 75th Street will be subject to delays due to the Boulder Ironman 70.3. The race runs from 6 a.m. to 6 p.m. and is considered a half-triathlon, with participants running, swimming and biking on the course.

The affected portion of Highway 119 is between 55th Street and Oxford Road, while the affected area along North

55th Street is west of Highway 119. Anyone using these roads should expect significant delays. Alternative routes are recommended.

According to the IRONMAN website, the event has been held for over a decade and is one of the fastest IRONMAN races to sell out.

For information about the courses and to view maps of the race, go to <https://www.ironman.com/triathlon/events/americas/ironman-70.3/boulder.aspx#/axzz5v5NeNzP0>



Photo by Karen Copperberg

# Future of summer baseball remains unclear

By Jack Carlough  
Editorial@lhvc.com

American Legion Baseball has been a staple in Colorado for years. Due to the influx of club baseball teams, the storied organization is struggling to attract local players and schools to participate.

Silver Creek High School head baseball coach Bradley Steward encourages his players to choose the legion route during the summer season.

"It's one of the last traditions of the way baseball used to be," said Steward, who will be entering his second season leading the Raptors. "They're just fighting the battle of these club teams popping up, and they (players) would rather go play tournaments and play out of state than

stay and play local teams."

Besides the often high price tag, the desire to play club baseball over the summer has never been higher in Colorado. Summer 2019 has seen Niwot and Boulder High School compromise their legion program, at least for the time being.

Losing players to the club scene can be detrimental to the competitive high school spring season in a number of ways. Legion ball yields the opportunity to strengthen team comradery and build a team mindset heading into the spring season, according to Steward.

Equally important is the chance for a player to improve his game over the summer. Becoming a better ballplayer is key for the summer season according to Steward. High quality repetitions

and game opportunities helped make this goal a reality.

"Guys that we needed to see progress, made progress over the course of the summer," said Steward. "...As a team, we didn't have the wins and losses like we would have liked to have had, but we did see some development in the players that we needed to see development in and I think it will help us be in a better spot come spring."

While the future of legion baseball remains unclear, there is no doubt in Steward's mind that it has been a valuable commodity for a high school program.

"As long as the good guys are still willing to fight the fight, legion will be around," said Steward. "But as soon as it just becomes too hard, I don't know if legion will have a future."

# Puddle Jumpers



Photo by Sarah Rizzolo

What could be better than a puddle of water after a Colorado summer shower? As far as Oliver (5) and Ella (4) Rizzolo are concerned, nothing could be better, because puddles are such great fun. Of course the rubber boots help.

If you have a picture of your kids, dogs or yourself you'd like to share, send your submission to Editorial@lhvc.com along with names and a brief description. We look forward to seeing you in the Courier.

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