



Debate over NRCB Block 5 alley continues



Photo by Jocelyn Rowley

Approximately 20 community members gathered at the Left Hand Grange on Aug. 22 to meet with county officials concerning traffic and potential designs for the NRCB Block 5 alley.

By JOCELYN ROWLEY
Editorial@lhvc.com

The ultimate disposition of the NRCB Block 5 alley inched

closer to resolution last week with a public meeting hosted by Boulder County land use and transportation staff to discuss the results of a recent

traffic study in the area and the proposed design guidelines for any future improvements. Though some 2nd Avenue property owners expressed frustration with the potential restrictions and the county's ongoing process, consensus emerged on at least one major outstanding issue—the driving surface—and there seemed to be general—if grudging—agreement on how to move forward.

“When we do development, we have to make sure it's in a way that is meeting today's regulations and standards as far as air and water quality, and public safety,” said Boulder County Land Use Director Dale Case. “Ensuring things are done in a way that aren't going to have impacts on other

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Theft and suspicious behavior in 2nd Avenue stores



Courtesy photo

Three women and a young boy were reported to the Boulder County Sheriff's office after they left Osmosis Art and Architecture and reportedly stole at least one item from the business on Tuesday, Aug. 20. Anyone with information is asked to contact the sheriff's department at 303-441-3600.

By VICKY DORVEE
Editorial@lhvc.com

Thieves targeted four retail stores on 2nd Avenue in Niwot last week according to reports from the businesses. Late afternoon Tuesday, Aug. 20, Niwot Jewelry & Gifts, Osmosis Art and Architecture, and Niwot Wheel Works were targeted by three women and a young boy where items were reportedly shoplifted. The same group, apparently returned Thursday afternoon and hit Wise Buys Antiques, where money from the cash register was taken, according to owner Tim Wise.

The strategy used was the same at each shop. The group immediately spread out and one member commandeered the attention of the store staff as the rest of the group wandered around and allegedly stole items in at least three instances.

In the case of Osmosis Art and Architecture, a small item was identified as missing. It is

believed that the theft occurred while owner Anne Postle was being asked about a piece of art upstairs in a far corner. Security cameras recorded a video and produced a still photo of the group. Postle reported the theft to the Boulder County Sheriff and provided the images taken during the incident.

“It's pretty nervy to return to the town,” Postle said. “It's an unusual occurrence in Niwot, that's for sure. We feel so trusting and safe, but we have had thefts in the past and that's why we have cameras.”

Niwot Jewelry's Jason Scarbrough said the same group came into the store late Tuesday afternoon and, as they meandered around, he believes they stole a pair of earrings worth under \$100.

A group matching the same description went down the block to Niwot Wheel Works and engaged employee Fernando Tapia, who was on his own

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Japanese beetles ransacking local gardens—what to do about it



Photo by Dani Hemmat

Colorful and iridescent, Japanese Beetles have showed up in droves on the Front Range this year and are leaving a wake of destruction in their path.

By DANI HEMMAT
Editorial@lhvc.com

Japanese beetles—those colorful, iridescent compact munching machines that have been decimating gardens up and down the Front Range this year—have reached record numbers in our area, and will continue to multiply and thrive unless a combined effort from all of us helps curb their proliferation.

If you don't know what these destructive insects look like, you can track them by their trail of indiscriminate feasting. They leave behind leaves and flowers that look

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Community Calendar

ROCK & RAILS

Niwot's summer concert series, Rock & Rails, concludes on Thursday, Aug. 29, at Whistle Stop Park. Local act Tim Ostdiek will take the stage around 5 p.m., followed by headliner Hazel Miller. Rock & Rails volunteers will receive donations from the tip jars for the evening.

DANCING UNDER THE STARS

Dancing Under the Stars concludes in Niwot on Friday, Aug. 30, 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. Sponsors are Niwot Business Association, Cottonwood Square, Niwot Tavern, Porchfront Homes, DRF Real Estate, and Catherine McHale Marketing.

FREE MOVIE NIGHT AT LEFTY'S

Lefty's Pizza (364 2nd Ave, Niwot) is hosting free movie nights on Wednesday, Aug. 28 (Goldfinger) and Saturday, Aug. 31 (Aladdin). Movies are shown on the 16-foot screen out back, with chairs provided. Pizza and soda are available for purchase. The show starts at

8-ish (depending on how dark it is), and is free and open to the community.

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.

GREEK FESTIVAL

Sts. Peter & Paul Greek Orthodox Church (5640 Jay Road, Boulder) is hosting the 16th annual Taste of Orthodoxy, a free festival to celebrate the food, dance, and music of Orthodox culture. Join them Sept. 6-8 for Greek food, pastries, soft drinks, beer, Greek wine, dancing, live music, and church tours. There will also be merchandise available to purchase.

REMEMBER IN SEPTEMBER FESTIVAL

The 3rd annual Remember in September Music & Art Festival benefiting The J.A.R.E.D. Foundation will be held on

Saturday, Sept. 7, from 12 p.m. - 7:30 p.m. at the Boulder County Fairgrounds (9595 Nelson St., Longmont). There will be two music stages, local artisans, food trucks, 300 Suns Brewing beer tent and more. Volunteers are needed to help with the event. For more information, visit www.EducateDrummers.org, call 720-375-2870 or email surinder@EducateDrummers.org.

"THE MIND OF THE ELEMENTARY CHILD"

Free presentation by internationally known educator Jodi Perry. Jodi is now teaching at Mountain Shadows Montessori School and is looking forward to sharing her insights with the community. Thursday, Sept. 12, from 6-7:30 at Mountain Shadows, 4154 63rd St., Boulder. This event is free and open to the public.

HOMECOMING PARADE

The Niwot High School Homecoming Parade returns to the streets of downtown Niwot on Friday, Sept. 13, at 3:30 p.m. To participate in the parade, contact the Niwot High School Student Council at 303-652-2550. Niwot plays Fort Lupton that evening at 7 p.m. at Everly-Montgomery Field in Longmont.

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COMMUNITY PET SPOTLIGHT

Sponsored by Niwot Feed & Rental



Meet MooseTalketna Kelly, 16, of Niwot, who is about to celebrate another lap around the sun in September.. Almost every evening, owners Cindi and Joe Jacques take Moose out for a quiet bike ride around town in her very own pug-mobile.

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

FAMILIAR FACES

Gabe Amaya



Courtesy photo

This month's Familiar Face is UPS driver Gabe Amaya, a 1999 Niwot High School graduate who has been delivering packages to area homes and businesses for 17 years.

By VICKY DORVEE
Editorial@lhvc.com

There's just nothing like the anticipation of opening a package, so everyone loves it

when the big brown truck stops in front of their house. UPS driver Gabe Amaya is Niwot's main guy in the brown uniform driving that brown truck. The Courier wanted more than just

a friendly wave "hello" from the reliable person who makes hundreds of stops around town. So we asked Amaya some questions and learned that his ties to the town run deeper than his daily route.

Left Hand Valley Courier (LHVC) – Where did you grow up?

Gabe Amaya (GA) - I'm actually a native to Longmont and went to Niwot Elementary through Niwot High School. I graduated in 1999. I'm still friends with quite a few of the people who came all the way up through Niwot as well.

LHVC - What jobs have you had and how long have you been a UPS driver?

GA - I've always worked at my family lumber yard making furniture, chopping wood, etc. In high school I ventured out and worked at Head Athletics and Bison Designs. I had a short stint in telemarketing, but that wasn't for me. I start-

ed working at UPS at 20 and began driving when I was 21. I was happy to sneak into UPS and become a driver much earlier than is typical. I was going to take advantage of their college benefits, but I liked driving and, if the shoe fits... I've been a driver for 17 years now.

LHVC - How long has Niwot been your assigned route?

GA - I started by "swing driving" (when you change routes every day) and drove primarily in Erie, Niwot, South Longmont, and Estes Park. I always loved working Mike Murphy's [Niwot] route when he was out of town. Mike became a mentor and dear friend of mine. When he became ill, I inherited his route on May 1, 2013 and I'm proud to say that it's still called "Murf's route" today.

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

GA - The most rewarding

part of my job is easily all the friendships I've made throughout the years. I love seeing how time passes through towns and neighborhoods, and I'm grateful for the interest and compassion from my customers. The most challenging part is dealing with inconsistent and unpredictable hours and the weather challenges each season brings.

LHVC - What influences have played a big role in your life?

GA - The thing that's always helped me and taught me the most in life has been sports. I feel the lessons I learned through youth and high school sports helped shape me into the man I am today. I love the grit, camaraderie, and friendships that I've gained during those times.

LHVC - Tell us about your family.

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ALLEY

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people is what we're trying to do."

Approximately 20 community members gathered at the Left Hand Grange on Aug. 22 to hear from Case and county transportation engineer Mike Thomas and planner Jose Ruano about what they learned from a five-day traffic count conducted in June, and how they propose to handle the anticipated use.

Thomas started the discussion by summarizing the results of the study, which was conducted by a consulting firm between June 21 and June 26, and counted both vehicular and pedestrian traffic at driveways and intersections along the north side of 2nd Avenue, as well as vehicles on Franklin Street and in the alley itself. According to Thomas, those data were then "calibrated" and input into a "trip generation model" that projected up to 339 car trips per day in the alley if 2nd Avenue curb cuts were eliminated.

"That's if the usage around these buildings were maximized or at least optimized," he said. The model, which comes from the Institute of Transportation Engineers, assumes full occupancy in the block's mixed-use developments and a commercial to residential ratio of 80% to 20%. "So, when we're talking about 300 cars per day using the alley, we see that as a potential. We're not saying that's actually going to happen, but we can only estimate at this point in time."

In order to accommodate this rate of use in the alley and

meet the county's multimodal transportation standards, the proposed guidelines recommend "two 7.5-foot travel lanes and about a 5-foot buffer, which includes drainage improvements," the latter needed due to what the county termed "unauthorized maintenance," over the years. An illustration of the recommended conditions includes two drainage swales on either side of the 15-foot driving surface, "to capture [run-off] and keep it from running off the sides," according to Thomas.

"In this particular case, the alley is actually sloped from the businesses down to the residences. We would have to look at how that's corrected so water isn't running into the residences."

A portion of the buffer could also be used for pedestrian access, though this is not specifically mandated in this version of the recommendation. Instead, the guidelines suggest that "the reduced travel way will work to slow vehicles and allow pedestrians and vehicles to share the space."

The guidelines don't mandate a driving surface, but Thomas noted that asphalt is typically "more durable" and cleaner, and doesn't require dust mitigation measures like gravel does. However, residents and business owners were united in their objection to paving the alley, even if they got there following slightly different paths.

"The feeder roots of a tree are out on the drip line, which are the outer branches," 3rd Avenue resident Victoria Keen said, speaking against asphalt due to its negative ecological impacts. "If you're paving

right up to the edge of the alley, the surface is impermeable to water, so you're cutting off the feeders, and then you start to get leaf burn." Keen was strongly opposed to the use of magnesium chloride to control dust, which also found broad agreement from the assembled group.

That reaction from the residents came as a pleasant surprise to Niwot Business Association president Tony Santelli, who assumed they favored the costlier paving option. An estimate released earlier in the week by Anne Postle, owner of Osmosis Art & Architecture (290 2nd Avenue), put the cost of adding asphalt to the 600-foot alley at more than \$200,000, not including ongoing maintenance.

The most stringent objections to the guidelines were directed at the 15-foot driving lane, which business owners contend is too narrow for two-way traffic that includes delivery and trash trucks. Thomas responded that this width tracks with conditions in the Block 1 alley west of Franklin, though this was disputed by Postle. In a written response sent to the Commissioners following the meeting (which she did not attend), she urged the county to consider "a reasonable design" of two 9-foot lanes with a 2-foot drainage swale.

"We only have one opportunity to design this correctly. We must begin with correct assumptions. It should not be under-designed from the start."

There was also considerable objection to the next steps in the process, which Case and Thomas acknowledged are not as straightforward. Thomas



Courtesy Photo

Traffic counts were taken at various points around Block 5 in the NRC to determine potential traffic in the alley if curb cuts are eliminated. The numbers are the highest counts obtained over a five day period in June.

said the final guidelines will be released in September, and then the impetus shifts to the property owners to get the improvements completed.

"The county's not going in and building an alley," Case said, echoing Thomas's point. "... We were never under the direction to do that, or to fund it. That would be done at the time a parcel develops, or if there were some way to get funds from the LID or Niwot Business Association to build the alley, then the county would support that to these design guidelines."

In other words, unless collective action is taken, the alley will remain as-is until a 2nd or 3rd Avenue property owner applies to the county for a development application or permit that incorporates Block 5 alley access. At that point, the property owner will be compelled through county review processes to bring the roadway into compliance with the design standards, with no financial support from the county.

That point got aggressive push-back from a clearly frustrated Cotton Burden, who felt that forcing individual property owners to pay for upgrades to county-owned property is unfair.

"It seems pretty clear to me that the county is taking no responsibility other than to dictate how it be done," the local resident and developer said. "I wish our county would step up to its own responsibilities and build things for the greater citizenry, as opposed to trying to piece-meal the resolution of personal conflicts."

A few additional topics were discussed, including snow removal and other maintenance, which also fall outside of the county's purview. Some property owners also proposed a formal survey to determine the alley's exact boundaries, though Thomas said the county wouldn't pay for that either. In the end, the property owners left with a path forward to alley access, even if it still has a few hurdles along the way.



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SHOPLIFTERS

Continued from Page 1

in the store. Tapia was asked to help the boy with a bike outside the store while two of the adults stayed inside. When the boy rode the bike more expertly and quickly than Tapia had been led to believe he could, he became suspicious and immediately went back inside and found the women milling around the back of the shop.

Tapia said the women asked if they could buy a bike at half the marked price and when he declined the offer, they acted

upset and left. Owner Eric Bergeson said it doesn't appear that anything was stolen. Tapia also recognized the group from the photo taken at Osmosis.

Late Thursday afternoon, Aug. 22, the group returned, but with an additional adult woman and several more children, and entered Wise Buys Antiques. Owner Tim Wise said two of the women inquired about an item in a room away from the cash register.

"While two of them were keeping me busy in another portion of the shop, I heard the cash register ring," Wise said. "I rushed up and two of them

were in the vicinity of the cash register."

He said he didn't confront them, because he was very taken aback and the store was hectic with other shoppers at the time. But he had the presence of mind to follow the group outside and watch them get into a blue Honda minivan. He was able to record part of

the license plate number. He said he checked after the group had left and is certain that at least one \$100 bill was missing from the register and three antique dolls were missing from a display.

Wise has looked at the photo from Osmosis's cameras and said it was the same people who came to his store. He's also

filed a report with the sheriff's department.

Stores in Cottonwood Square Shopping Center did not experience similar suspicious activity.

Because the investigation is active, the Boulder County Sheriff's office was unable to comment on the incidents.

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Mosaic Master Laurel True



Photo by Mary Wolbach Lopert

Laurel True places the pattern for Seed of Life mosaic mural on the outside wall of the Niwot Market.



Photo by Mary Wolbach Lopert

Laurel True (far right) and her students wipe away the excess grout to reveal the finished Seed of Life mosaic mural. The mural is on the west side wall of the Niwot Market.

By Mary Wolbach Lopert
Editorial@lhvc.com

If you stopped by the white tent outside the Niwot Market last week, you were treated to a community art project. The

object of the project was to create a mosaic mural.

Samagra Melville, who owns the building at 7980 Niwot Road, has, for the last two years, gone to Puerto Vallarta, Mexico, along with David

Schaldach "to do art," Schaldach said. "We took a mural making workshop with (Laurel True) last December. We were so inspired we wanted to bring the art here as a community art project."

It didn't take much for Melville to convince True to work in Niwot. True was driving from Portland to New Orleans and since Niwot was on the way, Melville suggested that True come by to see the town.

As Melville pointed out, "This isn't just any town. This is a town where the market is owned and run by a family. You just don't get that anymore. There's no big boxes in sight. It's a cute, little old antique town."

After seeing Niwot, True agreed.

True has done over 200 murals around the world, as well as in the U.S. She has created many community art projects, which according to Schaldach, is her specialty.

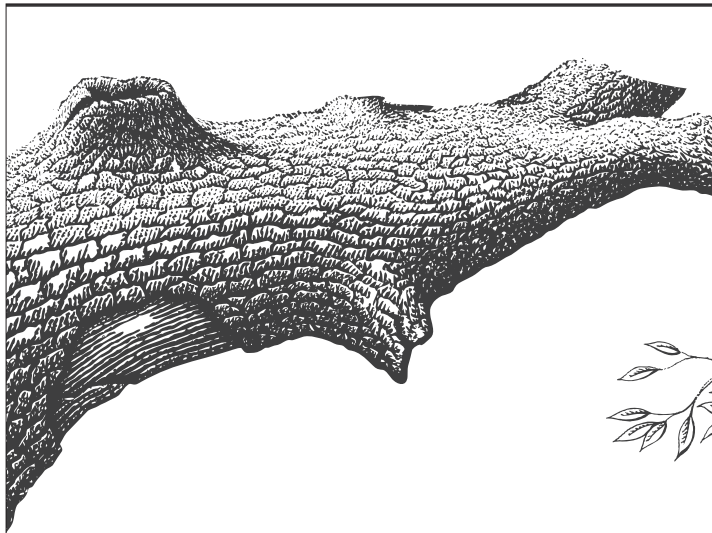
The mosaic's title is Seed of Life. "The center of the design has a seed of life in the middle," True said. "It is an actual design that comes from sacred geometry, and it's a part of every living thing. It's an overlapping circle design."

The mosaic will be made in six or eight sections, with each section constructed on a table. Some of the people working on this mural follow True around the country, learning as they go. It's a professional workshop training session so students have paid to participate. "The piece we're making is a donation to the Niwot Market," True said.

Melville is excited about Niwot and its identity as a creative art center. In that vein, Schaldach said, "This is a community art project. It involves people from Niwot, Boulder and other enthusiasts. It will last as long as the building lasts. We'll have something (that's) one-of-a-kind."

And for Melville, True is "the bomb."

The mural was completed on Sunday, Aug. 25.



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► Raised and Returned



Courtesy photo

Jeremy Jaeger

BY JEREMY JAEGER
Editorial@lhvc.com

When I was a kid growing up in Niwot, back in the olden days (aka the 1980's), there was an annual summertime event which I'm sure longtime Niwot residents remember well and fondly called Niwot Nostalgia Days.

It was a weekend's worth of events and activities for young and old alike, loosely centered around that theme of nostalgic remembrance and revival for Niwot's rural

foundings; but it was also, by and large, just a community taking a weekend to celebrate itself.

One particular year, one of the events was a series of bike races for kids, grouped by age, around the track up at the high school. Which sounded fun, sure, but I had no delusions about winning, I knew there were kids my age who were bigger and stronger than me.

But some imaginative thinker had added a twist: in addition to the normal first-to-the-finish wins, there was a second competition, a last-to-the-finish wins; a slow-bike race. Down a short, probably 30-yard section of track; your feet couldn't touch the ground, and you had to stay in your lane.

And I saw an opportunity; the slow-bike race intrigued me. So I practiced for it. On my much-loved Diamond-back BMX, up and down our long driveway, out into our street, Pebble Court; I rode my bike, not very far, and very slowly. No, not for

hours on end, not like that; but enough to get a feel for the mechanics of it. I had no idea of the competition, of how it would go; but it was that quality of the unknown, that caught my attention.

Race day came. I lined up for the normal race, pedaled as hard as I could around the track, finished third out of four racers, well behind the front-runners as I'd expected.

Then, the slow-bike race. The line-up across the track: ready, set, go!... absorbed,

concentrating, it wasn't until a few yards and several seconds had passed that I looked up...and saw that I had left the others behind in my reverse-time dust. No one else had a clue about how to slow-race, practically barreling down the track ahead of me. I won by a slow-country mile.

The prize was a Domino's pizza-warmer bag, and that I got to choose my popsicle first, before the others. I knew I would choose green, as always. But I paused, pre-

tended to be in deliberation; I took my time.

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.

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Remember in September music festival expands



Courtesy Photo

Face Vocal Band is one of more than a dozen bands performing for free at the Remember in September event on the Boulder County Fairgrounds, Saturday, Sept. 7.

By VICKY DORVEE
Editorial@lhvc.com

This year's J.A.R.E.D. Foundation music festival, Remember in September, will take place Saturday, Sept. 7, at the Boulder County Fairgrounds. A far more spacious location than the first two event renditions, the outdoor venue on the southwest corner of the grounds will showcase two stages, more than a dozen bands, fun-in-the-sun activities, food trucks and drinks for all ages. Colorado's treasured acoustic

group, Face Vocal Band, will be the attention-grabbing performance of the festival.

The no cost family-friendly afternoon and evening of entertainment is all about reveling in the joy that music brings, and providing kids access to music education through the J.A.R.E.D. Foundation. Named for the late Jared Lizakowski, the letters of his name stand for Join a Revolution Educate Drummers and Other Musicians. His September 12 birthday is the reason for the timing and the title of the event.

Providing a legacy that celebrates Lizakowski's love for music is why his mother and stepfather, Renae and Surinder Dahiya, formed the foundation following a motorcycle accident that took the drummer's life in 2016 at age 19. His family has put their energy into making sure young learners have opportunities to experience what made Jared happiest – music. The nonprofit organization makes instruments and music lessons accessible to students from kindergarten through high school.

The free event will hopefully encourage concert goers to pull a little something out of their pockets to support the foundation's good work. All of the contributions will go directly to support the students and will not be used to cover expenses.

The event kicks off at noon when participants can relax on a blanket or chair and enjoy an abundance of musical genres. The main stage will feature Brodie Kinder with his soul pop melodies, Janis Kelly and Global Soul Experience performing world groove tracks, and the notes of funk rock will come from the stage when Float Like a Buffalo steps up. The second stage will simultaneously showcase a mix of young, but well-seasoned bands, playing alternative music, pop, and jazz.

The crescendo of the event will be Boulder's famous a cappella group Face on the main stage from 5:30 to 7:30 p.m. Face and Float like a Buffalo performed together earlier this summer to a huge crowd at Red Rocks Amphitheater.

Longmont's 300 Suns Brewing is donating all of the beer purchases to the foundation. Wine and hard cider will also be served. Food and drinks will be available for purchase at Los Dos Bros. (Mexican food), Scratch (burgers, sandwiches and salads) and Shaved Ice Colorado trucks.

Participants can jump in on activities like Frisbee, corn hole, hula hooping, and arts and crafts. Kids may test drive a variety of musical instruments at the J.A.R.E.D. Foundation booth.

Some of the sponsors of the event include Satir Demarco of Zenith Realty, who books the event's talent, 300 Suns Brewing, Knapp Productions, Dynamic Designs Printing and Marketing, Niwot Real Estate, Niwot Tavern, 1914 House, Taddiken Tree Company, and Janis Kelly Music.

The J.A.R.E.D. Foundation is in its second year of grant-

ing \$1,000 music lesson scholarships to students. Last year the organization awarded a total of \$15,000 and is hoping to do the same or more this year.

"We like to find students who will benefit from music lessons, but who can't ordinarily afford it," Surinder Dahiya said.

Nine active scholarships are presently underway for students from age 7 to 17 to attend music lessons with an instructor of their choice. Students play whatever instruments they would like and even vocal lessons are an option. The organization is always looking for instrument donations and they need not be in perfect condition.

Scholarships are given on a first-come first-serve basis and a few scholarships are still available this year. Lesson payments are sent directly to instructors, but the frequency and length of lessons are determined by the students and teachers. After finishing the initial scholarships, recipients who want to continue may be re-awarded up to two more times.

Scholarship recipient Frankie Gaytan said, "The program has helped me improve on my music skills and my techniques. I have had the opportunity to be in several invites, honor band, to perform for the solo ensemble and other performances. I appreciate all the help the scholarship has given me and the challenges I have faced with music."

Instrument donations will be accepted at the Remember in September event or may be dropped off at Front Range Instrument Repair at 460 Main Street, Longmont, inside Guitars Etc.

Event volunteers are needed to help with set up/tear down, welcoming guests, parking, and other tasks. For the event schedule and to find out more about the J.A.R.E.D. Foundation, visit www.EducateDrummers.org or email Surinder@EducateDrummers.org.

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BEETLES

Continued from Page 1

like demented lace, and they're not choosy about what they gobble. Follow the destruction and you'll soon find beautiful scarab beetles with green heads and iridescent coppery shells. If you're a bug lover, you'll be enchanted with their look until you realize how destructive they are and will continue to be. Then you'll move quickly from entomologist to vengeful bug murderer.

Colorado was invaded by the beetle in the 1990s, and the numbers have grown steadily since. Gobbling up over 300 species of fruits, ornamental plants and grasses in the Colorado landscape, these wee beasties need to be controlled by both commercial and private parties in order to bring the numbers of the invasive pest down each year.

To understand the "how" of Japanese beetle (JB) management, it helps to know why these moisture and humidity-loving beetles thrive in our semi-arid climate. A look around at the verdant lawns, lush gardens and well-watered road medians in Boulder County provides the answer: We've created a perfect environment for the life cycle of this invasive pest. They love our well-irrigated landscapes, and they adore

such plants as roses, Lindens, Virginia Creeper, hollyhock and grapes—all very common in our area.

The most common and very time-consuming method of dealing with the bugs involves plucking them from plants and chucking them into a container of soapy water, or squashing them immediately. Be quick about both methods, because they can fly away fast. This method takes care of the JB on your plants, but what about your neighbors' gardens?

As mentioned, these little munchers fly. So if you're plucking and squashing, you might want to encourage your neighbors to participate in the same activity.

This method is fine and dandy for the immediate defense of your prize-winning roses, but considering how rapidly the JB has spread along the Front Range, it seems that we need to take a multi-pronged approach to their management. A concerted effort that involves cultural, biological and possibly chemical controls.

The cultural effort needs to include educating ourselves and our neighbors about the JB and its life cycle. The adult JB burrows into the ground and lays its eggs only in moist soil around July. Its fat, white grub then lives deep in the soil until the next year's late spring, when

it emerges and gets ready to fly up to a mile for a meal.

If we all participate in watering less during the critical underground life stages of the JB grub July-September; growing lawn grass longer between mowings; aerating lawns with good old-fashioned lawn spike shoes; and promoting healthier root growth in lawns, as the JB grubs eat root masses, and a healthier root mass can tolerate their excessive munching. Also worth consideration: planting fewer plants the JB loves.

The next step—biological control—happens all year long, and while it isn't for immediate control of the JB, we're playing the long game here. Plus, it's safe for the bees.

Beneficial nematodes are actually parasites that enter through the body walls and natural openings of the JB grub, and introduce a bacteria into the grub which then kills it. The handy nematodes then eat up the bacteria and the decomposing body of the grub. Nematodes must be applied to your landscape in the spring and fall. They can be purchased at garden supply stores and online.

Before you've deposited those handy nematodes, use Milky Spore. This is a bacterium that is lethal to the JB grub, and has no known effects on beneficial insects



Courtesy Photo

Japanese beetles leave behind leaves and flowers that look like demented lace, and they're not choosy about what they gobble.

or food crops. You can apply it dry to your soil, then spray on your nematodes for a one-two punch to the JB life cycle. Know that these methods take a year or two to establish better grub control, but they are effective and worth it.

As far as chemical controls go, we don't want to use anything that would harm beneficial insects, like our beloved and endangered bees. Pyrethrins, chemicals that are found naturally in some chrysanthemum flowers, are commonly used to control such insects as fleas, can be used to kill the JB, but

they are highly toxic to bees. Natural is not synonymous with safe.

Neem oil is a natural repellent that, when sprayed on the desirable plants, discourages feeding. It doesn't harm anything, but when applied before the JB is spotted or right at the first sighting, it helps keep them off your plants. Neem must be applied regularly and consistently to do its job. It's sort of like spraying liver on chocolate cake. It just won't be tasty after that.

AMAYA

Continued from Page 3

GA - I have a wife, Laura, a son Avery, 11-years old, and

daughter Brooke, 7-years old. I met my wife in Coach Koehler's PE class my sophomore year at Niwot. I have a huge family in the area. My family owns the lumber yard

on the Diagonal and I love to swing by for some of grandma's homemade tortillas. My parents, three siblings, and their families, my mother-in-law plus many aunts, uncles, and cousins live in the area. My youngest brother and his partner live in Seattle so at least we have someone to visit.

LHVC - What interests keep you busy?

GA - My biggest hobby is definitely fly fishing. When I'm not at work, I'm likely on the river. I also enjoy watching my kids do the things they love: football, gymnastics, and anything outdoors. We also love camping and

riding bikes. I love the Dallas Cowboys and watching other sporting events. I should also mention that I love coaching my son's flag football team and thoroughly enjoy helping develop a love for sports in kids.

LHVC - Any plans you're looking forward to in the near future?

GA - I'm excited to be planning a fishing trip to Alaska with my friends and I'm always looking forward to trips with my wife and kids whenever we can get away. My goal is simply to enjoy life, make the most of small conversations, time spent in nature (mostly on

ivers), and watch my kids grow up.

LHVC - What would people be surprised to learn about you?

GA - I love reading about World War II, I talk on the phone about 3,000 minutes per month, and I walk seven to nine miles per day, which means my five-day-a-week-habit of Dairy Queen is doable.

The Courier runs the Familiar Face column each month. If you have a suggestion for a profile of a Familiar Face you see in Niwot, Gunbarrel or South Longmont, please email your idea to Editorial@LHVC.com.

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SCHOOL NEWS

Niwot Elementary welcomes new staff



Courtesy Photo

Niwot Elementary's new sign was the final piece of the bond construction project and completed just in time for the new school year.

BY ABIGAIL SCOTT
Editorial@lhvc.com

Returning students have probably noticed a little more hustle and bustle in the halls at Niwot Elementary. With all bond construction now complete and a boomlet in enrollment, the 2019-20 school year is shaping up to be a busy one, and principal Nancy Pitz said that students and staff have hit the ground running.

"It's been a super smooth transition, and it's great to be back," she said. "Teachers are working hard, and students are getting ready to learn."

Thanks to the growth, Niwot Elementary added a fair amount of new staff to its roster this year. At the close of the 2018 school year, enrollment was at 402 students and projections showed

30 percent of students at the school, is also seeing some new faces, with new teacher Amanda Wise now on board. Principal Nancy Pitz explains, "We're the only school in the district that has a full time GT teacher at the elementary level." The previous GT teacher, Barb VanWinkle, retired at the end of the 2018-19 school year.

Rounding out the list of new teachers is Renee Roush, a 3rd grade teacher added because of the increased enrollment. In addition to these changes, internal staff members have been reassigned. Melissa Calkins replaced kindergarten teacher Bre Douthitt, who moved out of state. Caulkins previously taught first grade and ESL, however, a full time ESL teacher, Kimmie Coven, was placed in this new position.

The last of the bond work was recently completed, including new safety measures at the front entry. The double vestibule and buzz-in system is just another step towards ensuring students' health and safety. "It's (safety) is the most important thing. We are always looking at where we can improve and what we need to do differently. We're lucky because we have an SRO... But we are always evaluating it."

NES staff, students, and parents are already gearing up for their major fundraiser for the year, the Niwot Trot, a 5K run and walk through town that ends in Whistle Stop Park. This

year's event is slated for Sunday, Sept. 22, and Pitz is already in training.

"It's just such a fun way to bring the community together and our students together, and it promotes that healthy and active lifestyle that we love to talk about so much at Niwot Elementary."

Pitz loves to welcome these new students at the beginning of each year, and embrace their creative pursuits, "That's just what

we're about here. When we hear a student say they want to make this happen, we do it, and we find a way. Let's figure it out."

Teachers and staff at Niwot Elementary place a large focus on exercise and health. Students are encouraged to get up at their desks, stretch, and move around. The Trot is right around the corner and always draws a fun crowd. It's official - school's back in session.



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SPORTS

Leading the Pack: Niwot Cross Country sets sights on Class 4A state titles



Photo by Jocelyn Rowley

From left, the cross country seniors for 2019 are Jack Kenkel, Luke Robinson, Ethan Jiang, Michael Carpenter, Ben Klingbeil, Rayan Elahi, Cole Toothaker, Cruz Culpepper, Samrawit Dishon, Kay Altshuler, Mary McClean, and Autumn Carlston

By JOCELYN ROWLEY
Editorial@lhvc.com

It will be no small task for the 2019 Niwot cross country program to top the success of last season, especially with the names Layla Roebke, Ares Reading, and Maggie Smith gracing college rosters this

season. But that's the expectation of fourth-year head coach Kelly Christensen, and the results from the Cougars' season debut at the VistaNation 2Mile Invitational lend credence to his claims. With top finishers in four of the six races at the exclusive meet, Niwot seems to

have more than enough depth on both teams to make another push for multiple state titles.

Of course, talent can be fickle, and Christensen feels fortunate to have a team that's not just quick on its feet, but also willing to put in the grueling work to get quicker. That's



Photo by Jocelyn Rowley

Niwot's Samrawit Dishon won the girls VistaNation XC 2Mile Invitational on Aug. 23 with a time of 11:38, just six seconds off the course record.

been truer than ever for the 2019 Cougars, and one of the key reasons his expectations are so lofty.

"It was the best summer training we've had since I've been here or out of any group that I've ever coached," he said, adding that his boys team specifically "looks better than any team, I've coached, as a group." A bold claim, considering he's previously coached three teams and four individuals to championships.

"Both teams are very humble and hungry," Christensen continued. "Everyone saw what the girls did—the girls won it. More than ever, the guys want a piece of it too."

Still, the cross country season can be long and grueling, and a promising debut can be eclipsed by the unexpected down the stretch. If the Cougars are to find their way to the front of the pack in October, Christensen knows it will take patience and more than a bit of luck.

Niwot girls shine in season debut

If there were any doubts about Samrawit Dishon's status as a contender for the 2019 Class 4A individual title, then her performance at this year's VistaNation 2Mile Invitational on Aug. 23 should put them to rest. Out front for almost the entire race, the senior had enough separation from the pack by the final stretch that Christensen gave her permission to ease off the throttle.

"With 600 meters to go, I just told her to shut it down and run it in, no need to race anymore. So she kind of jogged her way in and still almost set a course record. It speaks to her fitness and health right now. It's pretty obvious she's ready to go."

Dishon took first in the girls varsity race with a time of 11 minutes, 38 seconds, a comfortable distance ahead of second place finisher Madison Reed of

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CROSS COUNTRY

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Mountain Vista (11:53), and 12 seconds faster than Dishon's own third place time from the year before (11:50). It was also just six seconds off the fastest ever VistaNation 2Mile time of 11:32, also from 2018.

The senior was all smiles afterward, and said it "feels awesome" to be back out on the course with her teammates. She also agreed with Christensen's positive assessment of her readiness for the long season.

"It wasn't supposed to be the 'best' race we could do—we were just going out to see where our fitness is at. I guess I'm pretty good."

The rest of the varsity squad still has a bit of work to do, but Christensen isn't concerned. Standout Taylor James, last year's state runner-up, was sixth overall (12:26), after what she characterized as an "iffy" performance. However, she started distance training a little later than the rest of the Cougars, thanks to her extended summer track season and then some much deserved vacation time. Meanwhile, senior Joelle McDonald, who finished 12th at state in 2018, was on the sidelines still rehabbing an injury sustained during the summer. The coach expects to have her services back by mid-September.

Otherwise, Dishon's performance was just one of the Niwot highlights coming out of VistaNation. In the newly added freshman/sophomore race, five Niwot runners finished in the top 10, led by sophomore Eva Klingbeil, the youngest Cougar with

state meet experience. She was first overall with a time of 12:19, 20 seconds ahead of teammate and runner-up Amelia Philofsky (12:39). Cougar sophomore Ashley Edwards, a transfer from Erie, was third (13:16), followed by Tessa Everett in seventh (13:29) and freshman Madison Shults (13:35) in ninth.

"I'm glad they broke it up that way this year," Christensen said of the new three-division format. "It gave an opportunity for those girls to shine. Being behind Taylor and Samrawit and Lucca, it might be another year or two before they could maybe win a race, even against their teammates. It gave them a chance to see where they're at and not be discouraged by the heavy hitters of the varsity race."

Elsewhere, 11th-grader Lucca Fulkerson, a transfer from Dawson School, battled her way to first place in the junior/senior race. She is unable to compete for the varsity this season due to CHSAA transfer rules, but will be a member of the team in every other way, according to Christiansen.

"I think she had to fight a little harder than Eva and them because of those heavy hitter transfers from Valor. And she beat two of them—Isabella [Prosceno] was second at state cross country two years ago, and Lanie Szuch ran a 17:20 5K, so that speaks highly for where she's at."

It wasn't a perfect day, but at the end of it, Christiansen was happy with the team's performance, and remains optimistic about their chances for a repeat trip to the top of the podium at the Norris Penrose Center in October.

"I think we've got all the

pieces we need, and I think that they understand that they're in a good position. We've got to stay healthy and get along and have fun, so if we can continue to do that, we'll see what happens."

Niwot boys battle "first-race nerves"

Star senior Cruz Culpepper won't be running in many regular season races for the Cougars, but Christensen isn't sure the rest of the group is going to miss the reigning state champion that much. What they lack in experience, they make up for in speedy newcomers, including another with an elite running lineage. Indeed, Christensen's main challenges with the boys in 2019 probably won't have much to do with bringing down their times.

"With Cruz not racing until October, it's going to look a little different. And part of that's just because he's proven he knows how to race. A lot of our boys still haven't figured out cross country, so they need to race a lot. So once they figure it out, we'll be dangerous. The girls were in the same situation last year, and they figured it out, and our guys can do the same thing this year."

That was almost certainly the operating dynamic at the VistaNation 2Mile, where the Niwot boys' fifth place finish fell a little short of the coach's expectations.

"The guys kind of immediately showed that the maturity and trust in each other wasn't quite there when the gun went off," he said. "I think they were a little intimidated. We had some great performances, they just didn't pack up like we've been practicing."

The Cougars were paced by

junior Joaquin Herrera, who finished 18th overall with a time of 10:43. Next came senior Jack Kenkel, a standout for Niwot during track season, who was 23rd (10:49). Junior Grayden Rauba (10:51), senior Luke Robinson (10:57), and senior transfer Michael Carpenter (11:41) rounded out Niwot's top five.

Not that it was all bad news, Christensen said. "But we still had five guys finish in front of where our fourth runner has ever finished in that race, and we've had some pretty good teams. And if you throw Cruz in there, it means we have six guys ahead of where our number four usually is."

Again Christensen was heartened by the performance of his youngest runners, who are among the most competitive in the state. Like the girls, there was a healthy dose of Niwot in the boys freshman/sophomore top-10, including a few that outperformed their varsity counterparts.

"We had the individual winners in four of the six races, which was huge," Christensen said. "Zane winning was fun for him, and he didn't really have to push hard, so he's going to be one of our top five."

The "Zane" in question is sophomore Zane Bergen, one of Niwot's returning state runners. His winning time of 10:46 was Niwot's second fastest of the day. Following him was sophomore Joey Hendershot in fourth (11:15), and sophomore Isaac Robinson in ninth (11:35).

The fastest freshman on the day was Niwot newcomer Carlos Kipkorir Cheruiyot, who was seventh overall (11:29) in the underclassmen's race. Like Culpepper, Cheruiyot brings some ultra competitive genes to Colorado high school running. His mother,

Edna Kiplagat, is a world-class marathoner, with wins in New York, London, and Boston, where she was also runner up in April. She also competed in the 2012 Olympics for her native Kenya, finishing 20th.

"We know with Carlos, and his career and gene pool, as he runs more, he's just going to be similar to Cruz, and it's exciting for sure."

As for Culpepper's decision to focus on training rather than racing during the regular season, Christensen said his star is self-aware and disciplined enough to make that call. He is also juggling concerns about his running future. Over the summer, the senior had recruiting visits from coaches at Michigan, CU, Northern Arizona, Washington, and Oregon.

"Having Olympic parents, he knows too much. He's very thoughtful and mindful of what he's choosing in terms of his hard days and it's been fun to work with him as far as taking that next step, and trying to be ready for college. So our mileage and everything has gone up more than we originally planned for him, but after talking to all of the college coaches, he knows where he needs to be to make that transition."

Culpepper cheered his team on from the sidelines at Vista, and Christensen said it gave his standout a unique perspective.

"I think it was helpful for Cruz to watch, and he's grown physically so much and matured mentally. It's a confidence booster for him, knowing they ran basically what he did last year."

Up next for the Cougars is the Liberty Bell Invitational at Heritage High School on Sep. 7, followed by the RE-1J District meet at Sunset Golf Course on September 11.



Photo by Jocelyn Rowley

Niwot seniors Michael Carpenter, Jack Kenkel, Ben Klingbeil, and Luke Robinson line up for their 2019 cross country debut at the VistaNation XC 2Mile Invitational in Highlands Ranch on August 23.



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Niwot volleyball looks to regroup and compete in 2019



Photo by Jocelyn Rowley

Abby Kaus is one of a kind on the Cougars' 2019 volleyball team.

By Jack Carlough
Editorial@lhvc.com

The Niwot Cougars volleyball team is faced with a challenge to start the season. After graduating an elite senior class last year, now is the time to write a new chapter in the program's history.

Fortunately for Niwot, a slew of fresh faces has brought new excitement to the program. Head coach Daisha Agho will lead the Cougars, who are comprised of seven underclassmen and just one senior on the varsity squad.

"It's definitely a huge gap, we got to fill some shoes for sure, but as far as the girls' mentality this year and all that stuff, they're fine, they knew that was coming," said Agho, who enters her third year at Niwot. "For them to be able to take that and accept it this year, it's

kind of a really exciting and fun thing to see them do and watch."

Despite the young roster, Niwot still holds the experience and wisdom from its 4A state-runner up performance last year.

"We still have two pretty experienced players coming back in Tasha (Terekhova) and Zoe Gibbs," Agho said. "So we're gonna lean on them just to help with more of the experience side playing at this level."

Terekhova was a weapon for the Cougars last year, totalling 89 kills in 91 sets. Gibbs saw a little less time, playing in 24 sets with 14 kills. The two have been through the grind and hope to share their wisdom.

Some of that wisdom includes the work ethic necessary to compete at the high school level. With the early season excitement in the

air, it's tough to get these girls off the court.

"They're go-getters, these girls are like 'How long are we practicing? We're done already? Can we keep going?' " Agho said. "They have that mentality where they're workhorses, they want to get better and they're super coachable."

One of those workhorses is junior Mackenzie Demmel. Agho expects her to play middle for the Cougars and believes her height will aid them at the net. She played in 5 sets last year, but expect her to have a breakout season in 2019. According to Agho, the team is full of talented hitters, but getting them the ball will be key.

Alongside Agho will be assistant coach, Lowell Wightman and head junior varsity coaches, Erin and Joe Schmidt. Tricia Grafelman will resume head coaching duties for the C-team, and has also been involved with Niwot's new boys volleyball program. Last spring,

she and the Cougars completed a successful pilot season for the newly sanctioned sport, and Grafelman expects to continue her involvement when the program formally launches in the 2020-21 school year. The Cougars also hired new Niwot math teacher Caitlyn Hughes as an assistant, and Agho is happy to have another staff member in the building on a daily basis.

"I lean on all of my coaching staff actually to help find little cues and hints to help us win a match and figure out what the other team's doing so we can go out and attack against it," Agho said.

"I love this age group," Agho said. "Being able to watch them from their freshman year and mold them and help create successful human beings from high school has just been something that I really really latched onto and enjoy."

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