



New year, new ownership at the Niwt Tavern



Photo by Tony Santelli

Niwt Tavern's new owners, (left to right) Stacy Szydlek and Tara Kpogoh-Narh feel at home behind the bar and running the business.

BY VICKY DORVEE
Editorial@lhvc.com

Tara Kpogoh-Narh said when the owners of the Niwt Tavern came to her to gauge her interest in buying the bar-restaurant, "I told them absolutely, mostly because it's my house and I've lived there for 14 years. I didn't want someone to come in and buy it from underneath me and take my house from me."

As of the first day of the new decade, the Niwt Tavern is officially owned by a partnership of existing owner Tony Santelli, Kpogoh-Narh, and Stacy Szydlek.

Kpogoh-Narh has been managing the enterprise for most of her tenure and Szydlek has been on board for three

Continued on Page 4

Boulder County seeks more information about proposed Niwt parking lot

BY JOCELYN ROWLEY
Editorial@lhvc.com

An application submitted by the Niwt Business Association to build a 14-space multimodal parking facility with a potential expansion up to 50 spaces at the intersection of 3rd Avenue and Murray Street has been put on hold by the Boulder County Land Use department, pending more information about the potential effects on local traffic.

According to a Jan. 3 message to NBA representative Bruce Warren from staff planner Molly Marcucilli, the county transportation department requested a hold of the review and asked for additional documentation from the NBA to "fully evaluate the impacts of the proposed parking lot on the transportation system,



Photo by Karen Copperberg

The Niwt Business Association has submitted plans to build up to a 50-space multimodal parking area next to the BNSF railroad tracks west of downtown.

and to determine the level of Transportation System Impact Analysis needed." A TSIA is required by the county for all new development projects that forecast "future trip-making" of 30 or more trips per day. Transportation also requested a redesign of the lot, to add a second point of ingress/egress

when the parking lot reaches 50 spaces.

Warren was disappointed by the delay in a process that has now stretched several years.

"I am not surprised by the Transportation Department's request for a hold, but I would

Continued on Page 10

Boundless Landscapes reimagines urban farming



Photo Courtesy of Kirsten Boyer Photography

Teen farmers apprenticed with Boundless Landscapes in 2019

BY AMY SCANES-WOLFE
Editorial@lhvc.com

"We talk about turning the world into a garden. What if as we walked through neighborhoods and communities, everywhere you looked there were vegetables growing, fruits growing, mushroom logs, teenagers who knew their neighbors..."

This is the vision outlined by Mara Rose, Co-Founder and CEO of Boundless Landscapes. And this innovative organization is in the process of making that vision a reality.

Rose, Josh Tosteson, and Sep Kamvar co-founded Boundless Landscapes in 2019 to answer an important question: "How can we build community at a hyper-local level to begin to address big, daunting problems?"

With its members spread across the country, the founding team debated where to enact their experiment. Despite the hail, heat, drought, wind, and changeable weather, the team decided Boulder was their best bet. "If we can make the model work here, it has

some potential," said Rose.

The idea was to grow food for the neighborhood, in the neighborhood, while providing education to local students on farming and small business management. Boundless Landscapes also made two important and unconventional decisions.

First, they cast themselves as a landscaping service; homeowners pay for the privilege of growing food in their backyards. "We are addressing what people think of as beautiful," said Rose. The opportunity is to replace resource-intensive lawn with landscapes that "... provide forage for pollinators, feed community, sink carbon, provide meaningful jobs for teenagers, land for young farmers...and look beautiful."

Rose, Tosteson and Kamvar also decided to set up the business as a Public Benefit Corporation. As Rose said, "Success has a lot to do with social and environmental impacts, but also, is this a financially sustainable model?"

Continued on Page 6



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Community Calendar

NIWOT HIGH GRAND RE-OPENING

The community is invited to Niwot High School on Jan. 9 to celebrate the opening of the school's new learning commons, media center, and makerspace, updates funded by the district's successful 2016 bond initiative. The ribbon cutting ceremony will begin at 6 p.m. followed by student-guided tours and refreshments.

GROUNDBREAKING

The Niwot Cultural Arts Association and the Niwot Business Association are kicking off construction of The Depot at Whistle Stop Park with a groundbreaking ceremony on Monday, Jan. 13 at noon.

BOARD SEEKS NEW MEMBERS

The Aging Advisory Council (AAC), which serves in an advisory capacity to the Boulder County Area Agency on Aging, is currently recruiting a new Niwot representative and at-large members. Applications will be accepted through Friday, Jan. 10. To apply, visit www.bouldercounty.org/government/

boards-and-commissions/; click "View Vacancies" under the "Recruitment" section. For more information, contact Lindsay Parsons at lparkers@bouldercounty.org.

COUNTY SEEKS ARTIST-IN-RESIDENCE

The Boulder County Parks & Open Space Department is now accepting applications for the 2020 Artist-in-Residence Program at Caribou Ranch Open Space. Online applications will be accepted through Saturday, Feb. 1. Musicians, painters, illustrators, photographers, visual/film artists, sculptors, performers, poets, writers, composers, and crafts/artisans are all welcome to apply. For more information, visit www.BoulderCountyOpenSpace.org/ or contact Pascale Fried at pfried@bouldercounty.org or 303-678-6201.

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.

INTRODUCTION TO PERMACULTURE

January 14th, 6:30-8 PM at the Left Hand Grange. Permaculture is a design science that uses nature as a model for building resilient systems. Join the Boulder Permaculture Design Course and Left Hand Landscaping to learn about this powerful philosophy and how we can use it to cultivate abundance in our backyards and communities.

PRAIRIE DOG PLAN

The City of Boulder's Open Space and Mountain Parks (OSMP) Department is seeking public feedback on a draft approach and an evaluation of potential actions to manage irrigable agricultural land with large populations of prairie dogs. To review the plan and add your comment, visit boulder.colorado.gov/osmp/prairie-dogs-process. The deadline for comments is Feb. 12.



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

COMMUNITY PET SPOTLIGHT



This is Jax, twin brother to last week's Mist. He can be a little shy but is a very loving boy who enjoys cuddles, treats, scratches behind the ears and staring into your soul. He's more than happy to sit and spend slightly too much time watching you, thinking how lucky he is to know you. Jax isn't interested in playing fetch like other dogs, he's not even interested in other dogs—he would much rather spend time with his sister and his human family.

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

Human hibernation mode - how to honor and conquer it

By VICKY DORVEE
Editorial@lhvc.com

We're spoiled in our part of the world. You know that braggadocious maxim about Coloradoans getting 250+ days of sun every year. Add in the region's vast amount of natural beauty and the multitude of ways to enjoy it and there's no wonder we're all high on life here. But, when winter comes a-knockin' with shorter days, overcast skies, snow and ice, the contrast to how we feel during the rest of the year can make life feel tougher for a while.

From early fall until spring arrives, many of us notice we're running a little low ebb, have cravings for sweets, and wish we could linger longer in the lounging position. There's often a low simmer of sadness or irksome irritability combined with bouts of loneliness.

Psychology Today estimates 10 million Americans deal with Seasonal Affective Disorder



Photo by Vicky Dorvee

(SAD) which the National Institute of Mental Health (NIH) defines as major depression for at least two consecutive years during specific seasons.

Another 2 million people, Psychology Today reports, may experience symptoms on the milder end of the spectrum, but enough to interfere with everyday life. The American Psy-

chiatric Association states that January and February are the worst months for seasonally induced symptoms. Symptoms often start in teenage years and women are four times more likely to feel the cyclical changes than men.

Less natural light hampers the body's ability to regulate melatonin and serotonin, di-

rectly impacting moods. The preponderance of dark and cold jumble our internal biological clock which is jarring.

Not enough sunlight means vitamin D production, which is stimulated by ultraviolet rays, can be in short supply. Aside from this nutrient strengthening bones and tissues, it also helps support our brain,

immune, and nervous systems. Low levels makes it difficult to sleep well, increases inflammation, and causes mood swings.

Don't struggle with concerning seasonal symptoms on your own. Before getting overwhelmed, seek the advice of a health expert. There are treatments to bring you back to a stable and content state until the advent of spring.

For those who feel a shift that's mostly manageable, but still not comfortable, here's a list of suggestions that might kindle an upswing in your mood and help you weather the winter blues.

Find comfort at home

- Instead of fighting it, see this as the season that allows you to embrace a slower pace and enjoy time at home.
- Light up the fireplace, light up your rooms, and use a therapy lamp.

Continued on Page 6



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NIWOT TAVERN

Continued from Page 1

years bartending and managing shifts. Recently she's also taken on advertising and marketing responsibilities.

Fifteen years ago, Bob Russell and Gary Zarlengo, along

with Santelli, purchased the business and changed the name from Flanagan's to the Niwot Tavern.

For the majority of the time Kpogoh-Narh has worked at the Tavern, in addition to bartending, she's been in charge of hiring, ordering for the front of the business, paying

bills, and general operations.

"I wouldn't have purchased it if I didn't have the staff that I have now that have been with me a long time," Kpogoh-Narh said. "Juan Reyes, my kitchen manager, has been with us almost 14 years with the exception of a little break, and one of my cooks has been here 15 years from the very beginning. Jessica Hinton is going on 6 years,"

Kpogoh-Narh's passion lies in the connections she's instrumental in facilitating. If someone needs a roofer, an artist, or a place to live, she likely has a link to just the right person to fit that bill.

That level of commitment and love for the business - both for its employees and customers - is evident, so it was natural for the previous owners to be sure Kpogoh-Narh was one of the new proprietors.

"Over the past 15 years, the Tavern team has become my extended family," Santelli said. "And I am so happy that with the sale, we keep it in the family. Tara and Stacy will ensure the Tavern remains the Cheers-like gathering place that our customers have come to love and appreciate."

Bob Russell wrote, "I have very mixed feelings about

selling the Tavern. Owing the Tavern for 15 years has been a much loved effort to provide our customers with great food and great value while making the Tavern a friendly, comfortable meeting place for individuals and families. Tara and Stacy have been an integral part of the efforts to constantly improve the Tavern environment. I am so happy they have decided to now take on the responsibility of ownership and continue with the Tavern traditions."

Kpogoh-Narh said buying the business on her own would have been a scary venture. Thankfully, the support of her "amazing" husband Richard while she worked longer hours made it manageable, and partnering with Szydleik made perfect sense and was a great solution for structuring the purchase.

"I just would like everyone to know how grateful we are to be given this opportunity," Szydleik wrote. "Thanks to all of our customers, friends, and family for their support. But most importantly, we're so blessed to have the wonderful staff that makes the Tavern what it is."

The ongoing presence of Santelli is another factor that Kpogoh-Narh credits for allowing her leap into

ownership to feel palatable. "He's helped and supported me all along the way," Kpogoh-Narh said. "I wasn't ready to lose Tony. He's always there to listen and help no matter where he is or when I call him."

The Tavern is continually evolving, Kpogoh-Narh said, and customer feedback and suggestions are very welcome and encouraged. For now, some painting and patio improvements are being discussed, but there will be no fundamental changes as a result of the new ownership. Menu options will stay the same, and seasonal items will continue to be added to freshen up the offerings.

"I have had the pleasure of working with two great partners these past 15 years along with all of the tavern staff we have employed during that time," Zarlengo wrote. "I am very pleased that Tara and Stacy are acquiring the business and know they will continue to enhance the welcoming and family-friendly environment we have all worked so hard to establish."

Upcoming special events include a celebration of the Tavern's 15th anniversary Jan. 12 through 15, and Robert Burns Day, an annual party that will be held on Jan. 25.



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Local flower shop Juniper & Twine wins 'historic' award

By HANNAH STEWART
Editorial@lhvc.com

According to Susy Tallman, owner of Niwot's Juniper & Twine Floral and Gifts, "Flowers make people happy."

Tallman, who retired from a nearly 40-year career in event planning and catering, heard about the Niwot Florist business being for sale, and eventually took over the business in August 2019, with the help of her daughter Nina, and changed the name. Since then, the mother-daughter duo and their staff have been working to establish Juniper & Twine's presence in the community.

Tallman explained, "At the moment, we've been trying to figure out what the community wants. We've done flowers and gifts... we've tried to participate in the community." The company's community involvement has included the usual participation in holiday events, but they have even gone to Pioneer Elementary to help a kindergarten class make terrariums.

"We're constantly bringing in sample gifts, and we're really trying to define



Courtesy Photo

Juniper and Twine aims to bring a sense of whimsy together with traditional to create their own unique style.

ourselves... We've done a lot of community events, we're rebuilding the client base for the shop, and are also looking at expanding," she said. Expansion for the shop seems likely, especially af-



Courtesy Photo

Juniper and Twine's award winning dining room layout at the Myers' home for Historic Boulder's Holiday Home Tour Decorating contest

ter its success with Historic Boulder's Holiday Home Tour contest. For the past 34 years, buildings deemed to have a historical significance to the city have the opportunity to volunteer to be decorated and then toured as a way to celebrate Boulder's heritage. According to Historic Boulder's website,

"You'll be able [to] tour 6 one-of-a-kind homestead properties that have been decked out by local florists in competition with each other."

When Historic Boulder reached out to Tallman, she

Continued on Page 9

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BOUNDLESS

Continued from Page 1

Rose started by sending out an email to 25 of her friends and neighbors in the Table Mesa neighborhood. Within two days, she had five landowners willing to give over their backyards to vegetable production. Soon the Community United Church-Christ climbed on board. What she needed next was a head farmer.

That's where Jennifer "Fern" Deininger stepped in. Deininger has rich and varied agricultural experience and a diverse set of talents, including mechanics, art therapy, ice fishing, bread baking, and antique motor repair. "This is the blood that runs through my veins," said Deininger.

Deininger and Rose are committed to regenerative growing practices like sheet mulching, cover cropping, and responsible seed sourcing. They also source their fertility locally--wood chips from Taddiken Tree Company, aged sheep manure from Buckner Family Ranch, and tools from Resource Toolshare. A local farmer provides space for them to store compost. And high school students provide much of their labor.

No one was sure whether high school students actually would show up at 7:30 a.m. to grow vegetables--but they did. "They were a magical workforce," said Deininger.

Boundless Landscapes gives teenagers the opportunity to grow food, be leaders and change-makers, get off technology, and reconnect with nature. "Our observation is that teenagers today need this," said Rose.

Boundless Landscapes distributes its produce through a CEA--Community Embedded Agriculture. Landowners receive a share of the produce, and 10% is donated to organizations like Harvest to Hope. The rest is sold to wholesale partners, including Blackbelly Market, and at a weekly neighborhood farmstand. Residents enjoy walking, biking, and even running to the farmstand to buy vegetables and socialize.

The 2019 pilot season was so successful that Boundless Landscapes is extending into six Boulder neighborhoods with up to 500 new households. They envision their model spreading as a hub and spoke system with 100-125 households in each neighborhood organized around a larger hub, like a church. Other new endeavors include tracking carbon sequestration

and initiating a backyard composting program.

The website provides information about recruitment events for homeowners and high school interns (www.boundlesslandscapes.com). Those who fall outside the designated neighborhoods can help spread the word, follow Boundless Landscapes on social media, and commit to organic gardening and lawn care. In accordance with organic guidelines, Boundless Landscapes will only grow food in places that have been pesticide-free for at least three years.

Some have told Rose her hopes are too ambitious. "People say 500 is too many, but the boundless mindset is what allows us to weave a story that is compelling and inspiring... The time is now, action is paramount, and if we can do something about it, we should. It's about bold, broad action in service of positive change."

"We invite people to join us in that," added Deininger. "Be boundless with us."

A similar venture is on the horizon in Niwot. Learn more by visiting www.lefthandlandscaping.com or attending a free Introduction to Permaculture class at the Left Hand Grange on January 14th, 6:30-8 p.m.



Photo by Vicky Dorvee

WINTER BLUES

Continued from Page 3

- Tune into a non-commercial music app or go old school with a turntable.
 - Grab a book or magazine from that growing stack.
 - Practice transcendental meditation which releases melatonin and serotonin.
 - Start a journal of your wishes, emotions, and daily activities.
 - Call a friend or family member to vent, laugh, and get caught up.
 - Take vitamin D. Consult your doctor for dosage recommendations.
 - Eat well and don't eat more. Choose slow metabolizing foods like broccoli, zucchini, and lentils which maintain blood sugar levels. Dark chocolate is good for you, candy not so much.
 - Play boardgames, solitaire, and games with virtual friends. Put together puzzles and start a hobby.
 - Follow your curiosity by discovering your ancestors, exploring science, researching a period of time or a famous person you've wanted to learn about.
 - Organize and clean out spaces in your home.
 - Plan and throw a party, just because.
 - Try an online or on demand yoga class.
 - Binge watch television series and comedy movies while noshing on a bowl of popcorn.
 - Spoil yourself by taking a bath infused with aromatherapy products that contain lemon, rose, or ylang ylang.
 -
- Get out and about**
- Move your body because it releases chemicals that will naturally elevate your mood.
- Before going outside, dress appropriately with layers and ice traction accessories like Yaktrax and walking poles. It might seem like a hassle at first, but the outcome of getting out for a stroll is always worth the effort and you'll end up feeling impervious and strong. Activities inside include bowling, swimming, racquetball, billiards, an indoor trampoline, bouldering or climbing, and pumping up with weight lifting. Any time you get the chance to dance, don't question it, just do it.
- Get outside at least a couple of times each day to take in the natural light and fresh air.
 - Ugh, it's dark after work - so head to the gym for a group class. There are the added benefits of social interaction, motivation, and inspiration.
 - Entertain yourself at the movie theater or a museum, a live performance or a planetarium show.
 - Volunteer to serve a meal, be on the other end of the phone for those in need, shovel someone's driveway or spend time at animal adoption organizations.
 - Go on a trip, even for a couple of days, or use this down time to plan your next big getaway.
 - Join a creative class like ceramics, painting or mastering a musical instrument.
 - Find your tribe, maybe a choir or a ukulele club.
 - Cheer up by wearing fun, bright colored clothing.
 - Spoil yourself some more with a meal out, a massage, facial, new hairdo, or a flowering plant where you'll see it most often.
- Take heart because we're now on the upswing with daylight hours and it's only 70 some more days until spring begins on March 19.

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'Tiny Goat, Big Cheese' Event at Inkberry



Courtesy Photo

Author Kate Johnson will discuss her journey into cheesemaking at Inkberry Books in Niwot on Jan. 11.

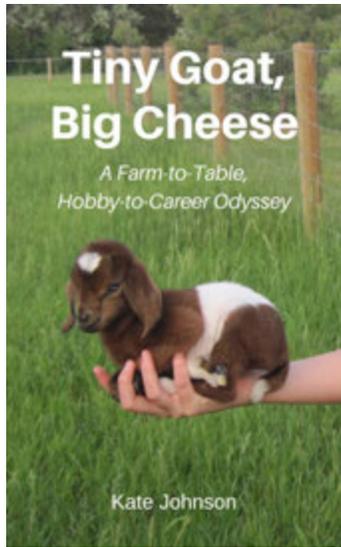
BY EMILY LONG
Editorial@lhvc.com

When Kate Johnson, author of "Tiny Goat, Big Cheese," started learning about goats and cheesemaking, she didn't realize she was ahead of the curve of a new hip trend sweeping the nation.

When Gene Hayworth, owner of Niwot's Inkberry Books, started his own small-town bookstore and printing press, it was a big risk. "But if you don't try it, you'll never know what could happen," he said.

Both Left Hand Valley locals are simply following their passions, and their work will be on display at an upcoming author event at Inkberry this weekend.

Johnson said, "When we first got goats, people thought we were a little bit nuts. But over the past five or six years, both home cheesemaking and goats themselves have been having their 'moment.'"



"Tiny Goat, Big Cheese" tells Kate's story from being a kid "crazy about animals" to the creation of The Art of Cheese, "one of the busiest cheesemaking schools in the country," near Longmont.

Hayworth, who will celebrate the second anniversary of Inkberry Books in February, said, "We have a lovely time" at events at the store, many of which feature local authors.

The author event on Saturday will start with an extended reading by Johnson from "Tiny Goat, Big Cheese." Johnson will then demonstrate how easy it is to make chevre, with samples immediately available for tasting. The last part of the evening will become more of a social event with refreshments and a reception.

"One of the reasons that I chose Niwot [for opening Inkberry Books] is because there are so many great writers here,"

according to Hayworth. As an author himself, Hayworth has found that "it can be very difficult to find a community to give you support, not only in promoting your work but talking about the process of writing." The author events at Inkberry are one of several efforts Hayworth is undertaking. "Really, the idea is of building community. A community of writers but also people that like to come in and meet writers and learn about their work."

The cover of the book features a truly tiny goat, Galaxy, a Mini Nubian dairy goat who is the granddaughter of Johnson's first doe, Skittles. Galaxy, "a triplet and the runt of a miniature breed," was only two pounds when she was born. Galaxy's mother, Milky Way, produced up to a gallon of milk a day.

Their breed, which is a cross between Nubian and Nigerian Dwarf goats, produces one of the "sweetest and higher butterfat milks of all the dairy goat breeds, making it particularly wonderful for cheesemaking," Johnson said.

Johnson formerly wrote the book "Live Your Life with Passion & Purpose" and seems to have inspired herself to do just that. When asked what led her to create a successful cheesemaking school and goat dairy farm, and then write a book about it, Johnson simply replied, "I just kept following my passions and the energy and my own coaching advice, and here I am today."

According to Johnson, "The title of the book is as much about that tiny goat and all the cheese I've been making as it is about starting with a tiny dream and then taking it big time!"

Hayworth agreed and said, "I think that everybody has a creative nature or a passion for something, and to find somebody who has pursued that path, it's very inspirational."

"Tiny Goat, Big Cheese," which is part memoir, part recipe-book, and part inspirational guidebook, will be available for purchase and signing by Johnson at the event at Inkberry at 7 p.m. on Saturday, Jan. 11.

BOULDER COUNTY SCHEDULES OPEN HOUSES FOR PUBLIC REVIEW OF PRELIMINARY FLOOD INSURANCE RATE MAPS

Special to the Courier

Following the 2013 flood, the state-funded Colorado Hazard Mapping Program (CHAMP) has been re-mapping the regulatory floodplain of the most affected waterways in Colorado.

In 2017 and 2018, Boulder County adopted comprehensive zoning map amendments to the Floodplain Overlay Zoning District based on draft CHAMP mapping for unincorporated Boulder County. The draft data were also submitted to FEMA, which released Preliminary Flood Insurance Rate Maps (FIRMs) for CHAMP-studied stream reaches in September 2019. Boulder County adopted the Preliminary FIRMs into the Floodplain Overlay Zoning District in December 2019 after public hearings with the Planning Commission and Board of County Commissioners.

Last November, property owners impacted by the revisions were sent postcards informing them of the Preliminary FIRMs so they could review the maps prior to their adoption by the Board of County Commissioners. Interested parties are encouraged to visit www.BoCoFloodplainRemapping.com to view the Preliminary FIRMs, as well as the current regulatory floodplain for unincorporated Boulder County.

Open House Meeting Dates & Details

In order to review the FEMA appeals process and flood insurance requirements related to the Preliminary FIRMs with property owners and residents, **Boulder County will host six open houses in January at various**

locations around the county. Representatives from FEMA, the CHAMP team, and Boulder County will be present at each session. Each open house will focus on specific reaches, but residents are invited to discuss any stream at each meeting. A partial list is below

Lower Boulder Creek, New Dry Creek, Coal Creek, and Rock Creek

- Tuesday, Jan. 14, 5 to 6:30 p.m., Boulder County Recycling Center (1901 63rd Street, Boulder)

Saint Vrain Creek, Lower Left Hand Creek, Dry Creek #2, and Little Thompson River

- Thursday, Jan. 16 5 to 6:30 p.m., Ron Stewart Building (5201 St. Vrain Drive)
FEMA uses Flood Insurance Rate Maps (FIRMs) to set flood insurance premiums. The Preliminary FIRMs will become FEMA's final effective FIRMs in 2021, pending any appeals received by FEMA. The county expects FEMA to begin their 90-day appeal period in the spring of 2020. During this period, anyone may work with the county to submit a formal appeal to FEMA based on scientific and technical data. Learn more about the appeal process and the National Flood Insurance Program on the county's website.

Questions about the Floodplain Remapping Program and the upcoming open houses can be directed to Kelly Watson, Boulder County Transportation Floodplain Planner, at kwatson@bouldercounty.org or by calling 720-564-2652. You can also visit www.BoCoFloodplainRemapping.com to learn more and view any weather-related meeting cancellation notification.



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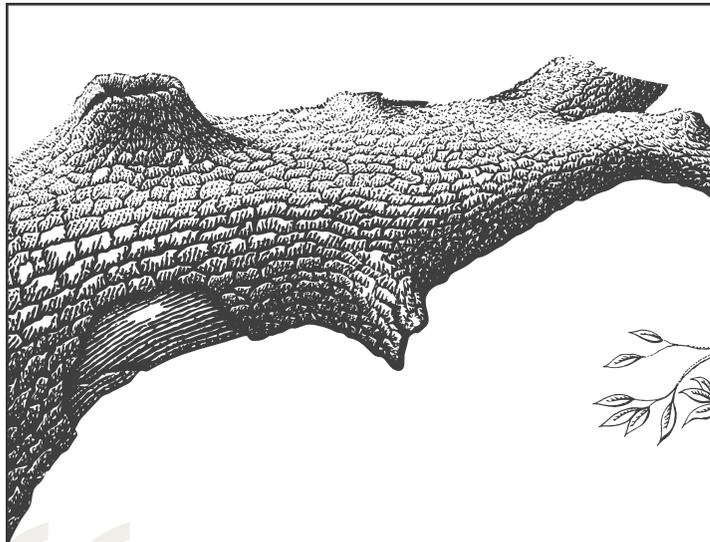
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Local scholarships offer opportunity for St. Vrain students



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By KATIE ROWLEY
Editorial@lhvc.com

As graduation quickly approaches — 136 days to be exact — life after high school seems not just scary, but scarily expensive, as paying for any higher education looms over graduating seniors and their parents. Colleges may offer up some money, but a full-ride is unlikely, so, for many families, the hunt for scholarships is on.

There are thousands of scholarships large and small up for grabs across the country, and narrowing the field can be a trick for many students. Applying for scholarships tailored to a specific major or career path you are considering can provide a lot of money, but that doesn't help undecided students. Luckily, a plethora

of websites exist solely to aid in the search, including scholarships.com, unigo.com, and the U.S. Department of Labor-sponsored careeronestop.org.

Some of the offerings are unconventional or target an offbeat interest, like the Auto Insurance EZ Driver Safety Scholarship Program. This \$1,000 award is available to any high school senior continuing onto college and requires an essay on a prompt about public transportation or a specific car that means something to you. For more information, visit (www.autoinsuranceez.com/auto-insurance-ez-scholarship-program/).

Thanks to the generosity of area families and community organizations, there are also dozens of scholarships offered exclusively to seniors in the St. Vrain Valley School district, including for students entering specialized fields, for military families, and for first generation students. Awards range from \$500 to \$5,000, and most can be used at any post-secondary institution, including trade, technical, and certificate programs. Examples include:

- **Wilma Dunn Student Scholarship (\$1,000)** — sponsored by the National Society Daughters of The American Revolution Longs Peak Chapter
- **St. Vrain Habitat For Humanity Scholarship (\$5,000)** — offered to Habitat for Humanity of St. Vrain Valley homeowner, or immediate family member
- **Longmont Conservation District Scholarship (\$2,000)** — for students entering a field benefiting

agriculture

- **Paul David Rodriguez Vietnam Memorial Scholarship (\$1,500)** — sponsored by American Legion Post #32 and named for the first Longmont resident killed in the Vietnam War
- **Sunshine Dental Club of Longmont Career Scholarship (\$2,000)** — for student pursuing a career in the dental field.

Many of the local scholarships are offered in partnership with the Education Foundation of St. Vrain Valley (efsvv.org), which will award up to \$65,000 to graduating SVVSD seniors this fall. Some of these available scholarships include:

- **Brendan Dunigan Memorial Foundation Scholarship (\$1,000)** — for students who plan to attend a trade or vocational school
- **FRCC & EFSVV Partnership Scholarship (\$1,000)** — available to 10 students with a minimum GPA of 2.5 who plan to attend Front Range Community College after graduation.
- **JBSK CPAs Accounting Scholarship (\$500)** — for students pursuing a degree in accounting
- **Pearl - Above All Scholarship (\$500)** — for children of single parents
- **Tom Nelson Memorial Golf Scholarship (\$1,000)** — for students involved in high school golf for at least two years, with a minimum 3.0 GPA.

The deadline for these local opportunities is quickly approaching, so be sure to checkout the full list at the Niwot High counseling website, www.niwotcounseling.org/scholarships.html.

Whether you are a stressed senior counting down the days until graduation or a parent trying to figure out how to pay for the next phase of your child's life, there's no time like the present. There are scholarships out there for everyone, in fact, many go unused because nobody applies. So find the one that meets your needs and apply today!

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JUNIPER

Continued from Page 9

jumped at the opportunity to participate and was partnered with Tiffany and Steffan Myers. Their home was built in 1943 and was formerly a Greek Orthodox Church before it was turned into a residential home. Said Tallman, "They [the Myers] set us loose and had a great

time doing it... It was just an amazing event."

She described the house as inspirational and eclectic, saying that it was really easy to work with what the Myers already had. For example, the upstairs guest room, which is usually decorated in whites and blush colors, was embellished with white poinsettias. Tallman went on to say that because of her team's talent and diverse

backgrounds, they were able to bring the creativity of their shop into the Myers' home.

"You kind of lose track that it was a competition," Tallman said. "After it was over we didn't think about it again." So it came as a pleasant surprise to find out that they had won the competition. Since the win,

Juniper and Twine has been contacted to decorate other homes for the Christmas season and is planning to offer decorating services--such as pots and flower boxes--for the summer months. This will help prepare the owners for the Home Tour next year when they hope to defend their title.

Until then, their flowers and gifts can be found in the Niwot Market. "We really hope to continue to grow and grow in a constructive and meaningful way," Tallman said. "What we do, we hope, is meaningful and contributes to the community. We're really hoping to stay and further define our niche."



Courtesy Photo



Courtesy Photo

"In the shop, our criteria is to just be as, to only use quality blooms, to just be creative," said Tallman when asked about the shop's approach to flower arrangements.

In regard to what Tallman likes most about running Juniper and Twine, she said, "The people, undoubtedly. Meeting the people, being at the store, it's fun. Everybody's always happy."

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PARKING LOT

Continued from Page 1

have expected them to say something when we presented the design drawings to them for review before we ever filed," he said.

The NBA has had a public Niwot parking lot on its wish list for the better part of a decade, and finally completed a purchase of the vacant parcel north of the Excel building in 2017. Since then, plans to move forward with the lot have languished as the group encountered hurdles in both county regulations and available funding.

"The NBA would have proceeded sooner, but the LID reserve funds had been depleted by the purchase of the property," Warren said. "Also, the NBA has received indications that the county would delay development because certain parking thresholds were not met. This had to do with the methodology of the parking study, and the fact that at least two large business properties remain vacant.

We have heard that the lack of available parking has adversely impacted the ability to rent at least one of the properties, so tying the need for a parking lot to a percentage threshold of parking usage becomes a 'Catch 22'."

The NBA jump started the project earlier this fall and submitted its application for Special Use Review in late November 2019, which was accepted by the county on Dec. 16. Per the site plan, the proposed lot will occupy just over one-quarter of the two-acre parcel adjacent to the BNSF railroad tracks, or roughly the area between 3rd and 4th Avenues. No structures will be built for the lot, but it will be bordered by a three-to-four-foot hedge on the east and fencing on the north, south, and west. It will have a permeable surface for water drainage, and the landscaping will be "consistent with the rural character of Niwot." Cars will park facing north or south in order to minimize headlights shining into neighboring residences, and "dark sky" compliant lighting



Courtesy Image

A 50-space multimodal parking area proposed by the Niwot Business Association would occupy approximately one-quarter of the two-acre parcel adjacent to the BNSF railroad tracks, but the first phase of construction will include only 14 parking spaces.

installed on short posts has been proposed to protect the view.

The NBA plans to build the full 50-space parking area in phases if the need for parking justifies it, beginning with a 6,138 square-foot part on the southernmost tip of the property. This initial phase will contain a total of 14 spaces—12 regular and two handicapped accessible—with one entry and exit point on Murray Street. Additional 12-space parcels will be added to the property "as needed," along with an electric vehicle charging station.

It is not yet clear how the

change in status will affect the NBA's application, but it's not going to make the process any shorter. Before the hold, the plans were under review by various county "referral" agencies, which identify potential conflicts with existing regulations or impacts on the environment or health and safety.

"It is difficult to get a sense of the timing on this application, as we are still awaiting referral comments," Marcucilli said. "Additionally, because this is a special use application, it will need to go in front of both the Planning Commission and the

Board of County Commissioners. These hearings have not been scheduled yet."

In the meantime, Land Use is also seeking feedback on the proposed plans from nearby residents and other community members. To review the application and submit a comment, visit the Boulder County Land Use website, and use docket number SU-19-0014 to search Development Applications Under Review. www.bouldercounty.org/property-and-land/land-use/planning/development-applications-under-review/. The deadline is Jan. 23.

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What to do if you're in a crash

By TROOPER GARY CUTLER
Special to the Courier

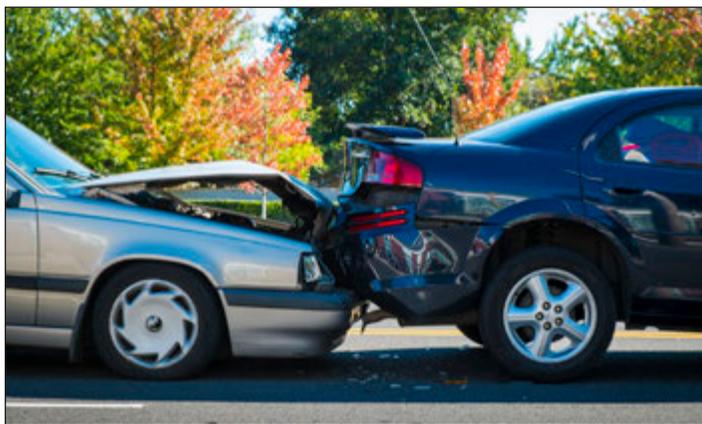
At one time or another most of us have found ourselves in a bad situation that we have never experienced before; so what do you do in those situations? Keeping calm and safe is the best advice I have for you.

So, if you ever experience a crash, try to keep calm. Check on your passengers to see if they are okay, and then check on the occupants of the other vehicle if there is one involved. A lot of times people feel they need to exit the vehicle immediately. You have just had a very traumatic situation happen and you may not be thinking clearly. Before you exit the vehicle, check your surroundings. Is it safe to do so? Is there traffic going by? Are there power lines down? Look to see if there is anything in the area that can cause you additional injury.

There are times when exiting the vehicle are paramount. The vehicle is on fire. The vehicle is in peril of sliding down a large em-



The Colorado State Patrol urges drivers to try to keep calm in the event of an accident.



Robert Crum/123RF

bankment, or the vehicle is in deep water. But these are situations that don't happen as often as the other concerns.

Once you've done that, see if your vehicle is in a safe place. Is it on a blind curve or hill that other traffic may not see until it's too late? If there are no injuries or impairment involved and if both vehicles are drivable, then safely drive them to a shoulder, off-ramp, side street, or the best spot to relocate to is a parking lot. If that is not an option, then look at the possibility that staying in the vehicle is better

than being outside and being hit by a passing car.

Now if you've gotten this far because there were no injuries to anyone, it's time to call law enforcement. Be prepared to tell them your location; a mile marker, cross street, or you may just have to give them the closest town and the direction you are traveling. Then tell them how many cars are involved. Inform the dispatcher whether or not the vehicles are blocking the roadway. Are there any injuries? If power lines are down, are they in

the roadway or close to the scene and will they be dangerous for rescuers. It's best for them to call the power company early to shut the power off so rescuers don't have to wait for them and can get to saving you. The dispatcher may want more information than you think they need.

Here is where staying calm is very important. Realize the dispatcher is working as fast as they can, but they need to

make sure they have the right information to get the correct help to you. Usually there are others in the dispatch center working on notifying emergency personnel of the crash while you are talking to your dispatcher. So just because they are on the line with you, doesn't mean nothing is being done to get help to you. Dispatchers are your lifeline as well as your friend in these types of situations. They will do whatever they can to get you the proper help.

Now this is not an absolute guide on what to do if you are in a crash since each situation is different and may require you to take different actions; so keep that in mind if you ever experience a crash. But the one thing that won't change in any situation is the importance of keeping calm and safe. Here's to no one ever having to experience a crash, but if you do, you now have a little more information on what to do.

As always, safe travels!



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SPORTS

Niwot seniors shine at annual Gary Daum Classic

By JOCELYN ROWLEY
Editorial@lhvc.com

The Niwot High gym was stacked to the rafters on Saturday, Jan. 4, as the largest field ever took to the mat for the eighth annual Gary Daum Classic. While more teams may have meant more problems for tournament host and Niwot head coach Bobby Matthews, he said it has been tremendously gratifying to see the competition named for the legendary Cougar coach grow into a can't miss event.

"When I came here five years ago, one of my goals was to make this a really tough tournament. This year, our smallest bracket was 12 wrestlers, and we had six pigtail matches, and you can't be much fuller than that. We had some new teams out here, like Thompson Valley, who is a perennial powerhouse, and the coach told me they're going to look at coming back with more wrestlers next year. That's encouraging to me."

Also encouraging to Matthews was his team's performance on the day. Led by a trio of seniors, The Cougars posted 11 match wins to score 61.0 points at the Classic, their highest total at the home-gym



Photo by Jocelyn Rowley

Seniors Jovani Lopez, Keith Hemenway, and Daniel Torres earned top finishes at the eighth annual Gary Daum Classic on Jan. 4.

tournament since 2017. Niwot also added three more medals to this season's growing collection, as four-year wrestlers Keith Hemenway, in the 160-pound class, Jovani Lopez (220), and Daniel Torres (285) all earned trips to the podium.

"Having a lot more seniors with experience and understanding about how to get through a match has been huge," Matthews said. "We're seeing that growth, but we still have a long way to go. We have to build up to regionals and be firing on all cylinders."

The day got off to a bit of an inauspicious start, both for Matthews the host and Mat-

thews the coach. A glitch in the tournament software threatened a lengthy delay of the first round matches, and then once they were underway, the Cougars failed to score any points. Things started picking up for Niwot in consolation round action, which saw sophomore Satchel Hart (126) pick up his first varsity win with a pin of Fort Morgan's Jesse McMinn at 0:46. Seniors Bryan Martinez (152) and Max Pecherzewski (120) also picked up consolation wins, as did Hemenway. He then went on to win three straight matches, including the consolations finals in a 5-1 decision over Rocky Moun-



Photo by Jocelyn Rowley

Niwot's Daniel Torres (220) fell to Donovan Jarmon in the finals match at the Gary Daum Classic on Jan. 4.

tain's Cole Griffin. Hemenway finished fifth overall in the 160 lb. bracket, and improved to 11-6 on the year.

Lopez and Torres received first round byes, which meant a lot of waiting around before their quarterfinal matches got underway. Torres took his by fall over Longmont's Blake Kaminsky at 4:23, and then went on to win his semifinal match by a 9-5 decision over Austin Fiala of Monarch. Torres faced Vista Peak's Donovan Jarmon in the title match, and was leading until the final seconds, when Jarmon executed a quick escape move, and come away with a sudden victory.

"It was more about technique than strength," Torres said following the loss to the ninth-ranked junior. "I was thinking I had it. I thought if I could just get behind him, I could get it, so I was trying to circle, and that was my mistake. I thought it was going to be easy, but he put up a lot of fight."

Despite the loss, Torres was pleased with his overall performance, both on the day and on the season. His record improved to 10-7 on the year, and he is looking forward to putting some distance between those numbers in the run-up to

regionals next month.

"I'm angry and wish I could have done better in the match, but second place is the best I've ever done here," he said. "That means I'm improving more, but there's a lot of room for improvement. I just want to get stronger—that will definitely help."

Lopez won his quarterfinal by a 7-4 decision over Northridge's Alexis Rosa, and then went on to beat Horizon's Scott Hill in a semifinal match that was closer than the final 7-1 score would indicate. He took on Skyline's Oscar Aranday for the title, but it was clear early on that the shorter junior had his number. The powerfully built Aranday went on to pin Lopez for the win at 1:33.

"The kid was just good with the upper body, and I tried not to tie up with him, but he just caught me and I got stuck," the heavyweight said after his third loss of the year. "I usually try to get the angles and take him down, but I wasn't thinking in the moment, and he topped me with that move he did."

Unlike his teammate, Lopez did not have a particularly

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Continued on Page 14

Niwot picks up two wins at the Rough Rider Shootout

By JOCELYN ROWLEY
 Editorial@lhvc.com

The Niwot boys basketball team rang in 2020 by going 2-1 at the annual Rough Rider Shootout at Roosevelt, held Jan. 2-4. But sloppy play on both offense and defense over the three-game stretch has Cougar head coach Clay Wittrock making some new resolutions for his team.

“We need to find how we’re going to be a team that, for four quarters, battles regardless of whether things are going well or bad, and plays for each other,” he said. “We really need to find that consistency, so every game, regardless of what’s happening offensively, we know what we’re going to bring defensively.”

Niwot kicked off the tournament on Jan. 2 with a solid 54-39 win over Skyview (0-9) that saw seniors Cooper Sheldon (16) and Milo Ostwald (11) combine for 27 points.

Things started going a bit sideways for the Cougars on Friday against Denver West, a team the Cougars beat by nearly 40 points at Roosevelt the year before. Led by Sheldon’s nine points, Niwot controlled the first half of play and went into the break with a 24-21 lead.

A clearly improved Cowboys squad kept pace with the Cougars in the third quarter by keeping them off-balance defensively. A last second shot by sophomore Dov Muduktore gave Niwot a slim 40-37 lead heading into the final quarter, which grew to six by the midpoint. However, Denver West did not go away quietly, and the game was tied 50-50 in the closing seconds. Luckily for the Cougars, Ostwald found himself in the right place at the right time after a shot by Kyle Reeves bounced off the rim and Niwot went on to win 52-50.

“It was kind of a scramble,” Ostwald said of his winning score. “I was hustling to get the rebound and it came to me, so I just drove and shot the ball. It was nothing special—just an open shot.”

Ostwald ended the game with 10 points, a block, and a deflection. He said afterwards that the Cowboys had been able to exploit some of his team’s lingering weaknesses.

“Our defense wasn’t there as much as we usually have it. They went in zone, which is kind of our kryptonite right now. We need to figure out how to overcome that....We struggled, but we ended up executing just enough when



Photo by Jocelyn Rowley

Senior Austin Rathburn with a block against Denver West on Jan. 3.

we needed to.” Unfortunately, those defensive struggles continued for Niwot the next day against Steamboat Springs (4-7), especially in the first quarter. The hot-shooting Sailors repeatedly found the open corner, and went on a 15-0 run powered exclusively by three-pointers.

Continued on Page 16



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Tuesday, Jan. 14
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 7 p.m. - BBB @ Longmont

Thursday, Jan. 16
 6:30 p.m. - Wrestling vs. Longmont

Friday, Jan. 17
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STUDENT-ATHLETE OF THE WEEK

Keith Hemenway

By JOCELYN ROWLEY
Editorial@lhvc.com

Keith Hemenway got a jump start on his New Year's resolution to finish his senior wrestling season strong with a trip to the podium in front of the home crowd at the eighth annual Gary Daum Classic on Jan. 4. The fourth-year wrestler won four straight matches to take fifth overall in the 160-pound class and improved to 11-6 on the season, a career best. Afterwards, he chalked up his growing success as a senior to the three grueling years as an underclassman when success was hard to come by.

"As a freshman, I barely won any matches, so it's mostly being a senior and getting the hang of it," he said. "Wrestling just takes experience, and it takes time to learn what to do in every situation. I'm also more confident. As you get older, you become more confident because you think no one's really better than you since you're in the same grade or older."

For Niwot head coach Bobby Matthews, seeing the soft-spoken Hemenway blossom into a state contender has been worth the wait. He agreed with the middleweight's assessment of his growing confidence, and said it's easy to see on the mat so far this season.

"He has very good shots, and we've told him that for a few years now, but this year it seems like he's believing it. When he gets that first take-down in a match, it's very likely he's going to win it. He also hasn't given up any near-fall points—he hasn't gone to his back to the whole



Photo by Jocelyn Rowley

Senior Keith Hemenway improved to 11-6 on the season after winning four straight matches and taking 5th place at the Gary Daum Classic on Jan. 4.

year. We've been preaching that since freshman year—if you don't go to your back, you can't get pinned, and he's taken that to heart. He's going to be tough to beat at regionals."

It's also been a successful senior year for Hemenway off the mat. Last fall, he was named the October Student of the Month by the Rotary Club of Niwot, and he achieved the esteemed Eagle Scout rank for his long years of service with Niwot Boy Scout Troop 161. To attain the BSA's highest ranking, Hemenway earned more than two dozen merit badges and completed a community service project to improve Niwot's softball dugout.

In the classroom, Hemenway is enrolled in a mix of AP and IB classes, and has especially enjoyed AP computer science and AP economics, thanks to Mrs. Ewing and Mr. Benson. His current favorite is IB physics.

"It's really interesting, and it's the class where I feel I learn the most about what I'll be doing in the future," he said.

Hemenway's current plans for the future are not firm yet, but he hopes to attend CU, earn an aerospace engineering degree, and eventually settle into a career in that field. He is also considering CSU and the Colorado School of Mines.



Photo by Jocelyn Rowley

Senior Jovani Lopez (285) won 7-1 over Scott Hill of Horizon in the semifinals match at the Gary Daum Classic on Jan. 4.

WRESTLING

Continued from Page 12

positive review of his performance at the meet, blaming, in part, the long wait between matches. However, he said he learned some valuable lessons that will help in his bid for a repeat trip to the Class 4A state championships.

"Sometimes people lose. I just need to work on changing my level and, like with the Horizon guy, trying to find where to get them to take them down."

Like his heavyweight, Matthews feels there could have been a better result for the two 2019 state qualifiers.

"It was good, but I would have liked to see two champions," he said. "I am proud of them for finishing second, but I just know they're capable of winning both of those matches. Some of it's their Achilles heels, which we've known about and are working on in the wrestling room, but I think they're well on their way."

Matthews also extended his gratitude to Gary Daum's son Garin, a former state champion, and daughter Annika for their continued support of the yearly event, and for the assistance of Gary's grandsons,

Luka and Remington, who helped the officials at Mat 3 and also passed out medals to top placers.

"It's been great to have the Daum family involved," he said. "To work a table all day, it shows how much it means to them for this tournament to grow and have success."

1/4—Gary Daum Invitational, Niwot HS
Team Scores—Fort Morgan 190, Platte Valley 179, Skyline 129, Longmont 116.5, Lyons 111, Horizon 110, Rocky Mountain 100.5, Elizabeth 93, Monarch 88.5, Erie 74.5, Boulder 67, Frederick 65, Thompson Valley 62.5, Niwot 61, Northridge 60, Severance High School 56, Vista Peak 52, Holy Family 45, Silver Creek 11

Niwot results
106 — Cons. Round 1 - Mike Black (Th. Valley) over Angel Aldama (MD 11-0)
120 — Cons. Round 2 - Brayden Legge (Monarch) over Max Pecherzewski (Fall 0:38)
126 — Cons. Round 2 - Spencer Bowman (Rocky Mountain) over Satchel Hart (Fall 0:41)
145 — Cons. Round 1 - Andrew Nixon (Rocky Mountain) by fall over Josh Amas (Fall 3:48)
152 — Cons. Round 2 - Jacob Loomis (Horizon) over Bryan Martinez (Fall 0:52)
160 — 5th Place Match - Keith Hemenway over Cole Griffin (Rocky Mountain) (Dec 0:51)
220 — 1st Place Match - Donavon Jarmon (Vista Peak) over Daniel Torres (SV-1 4-2)
285 — 3rd Place Match - Oscar Aranday (Skyline) over Jovani Lopez (Niwot) (Fall 1:33)

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Niwot girls put the rough in Rough Rider Shootout



Photo by Jocelyn Rowley

Head coach Terri Ward talks with players during the Cougars loss to Roosevelt on Jan. 2.

By JOCELYN ROWLEY
Editorial@lhvc.com

The Niwot girls basketball team was without the services of top scorers Lily Sieben and Nikki Sims during

the Rough Rider Shootout, which led to some lopsided losses during the three-day tournament, held Jan. 2-4 at Roosevelt High. The Cougars averaged just 20 points-per-game as they fell to D'Evelyn

(68-26), host-team Roosevelt (56-18), and finally Steamboat Springs (38-16). Head coach Terri Ward once again did not have much to say afterwards, but admitted, "We're out of sorts."

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BASKETBALL

Continued from Page 13

"I knew they were going to come out and be good shooters," Sheldon said. "They did a good job setting up off-ball screens and finding the open man."

Niwot was able to contain that surge in the second quarter, but some newfound offensive struggles kept the Cougars from making a dent in Steamboat's lead, and they went into the break down 28-13. Niwot perked up in the second half, but its shooting woes continued, and the Cougars went on to lose 51-40.

"If you look at just the numbers, we figured out how to compete better in the second half and showed them that we could handle it," Wittrock said. "But they were big enough and deep enough that digging that hole really hurt us."

Overall, the Cougars went 13-for-50 (26 percent) from the floor, their lowest by far of the season, which Wittrock chalked up to some questionable shot selections early on.



Photo by Jocelyn Rowley

Senior Milo Ostwald gets into defensive position against DenverWest at the Roughrider Shootout on Jan. 3.

"Some of the shots we took in the first half, we were trying to force harder shots, and when those aren't going, they have to learn how to look for the easiest shot....Unfortunately, it took us deep into the second quarter to find that."

The Sailors' tall forwards also managed to neutralize senior Austin Rathburn, who has been a reliable presence in the post for Niwot so far this season, with 8.6 points per game. Against Steamboat, he was held to just two points on four shots.

"It's hard to get into a rhythm against those true bigs, because you're working so hard on defense," Wittrock said. "When you're battling a true big, even as strong as Austin is, it's a lot of work and it wears you out on both ends of the floor."

Niwot moved to 5-4 on the year as non-conference play wrapped up. The Cougars started their Northern League schedule on Jan. 7, and Wittrock is looking forward to getting the team back into a routine, especially on



Photo by Quinn Gossett

Senior Kyle Reeves with a free-throw attempt against Steamboat Springs on Jan. 4.

defense.

"We started the tournament guarding as we should, but for whatever reason, we didn't look like us defensively at all in the Denver West game and the first half of this game. Going into league where you see everyone twice, it's going to be key to getting back to what we know is our number one strength."

(1/2) — Niwot 54, Skyview 39

Wolverines (1-9) 5 14 18 14 — 51

Cougars (5-3) 13 13 13 16 — 55

(1/3) — Niwot 62, Denver West 26

Cougars (5-3)	26 19 15 2 — 62
Cowboys (1-8)	2 11 5 8 — 46
J. Noterman 4 (0-0)	11, Cooper Sheldon 4 (3-5) 11, Milo Ostwald 5 (0-0) 10, Austin Rathburn 5 (0-0) 10, Kyle Reeves 2 (1-2) 5, Dev Muduktore 1 (0-0) 3, B. Noterman 0 (1-2) 1, Rowan Granat 0 (1-2) 1, Team Totals 21 (6-11) 52
(1/4) — Steamboat Springs	51, Niwot 40
Cougars (5-4)	17 11 12 11 — 51
Lobos (4-7)	4 9 11 16 — 40
Cooper Sheldon 5 (0-1)	12, Kyle Reeves 2 (5-6) 10, J. Noterman 2 (1-3) 7, Milo Ostwald 2 (2-2) 6, Dev Muduktore 1 (0-0) 3, Austin Rathburn 1 (0-2) 2, Team Totals 13 (8-14) 40



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