



SPORTS
Niwot advances
to state
P.12

Going, going, gone...



Photo by Bruce Warren



Photo by Deborah Cameron

The large cottonwood tree east of the intersection of 79th Avenue and Niwot Road was removed by the Boulder County Department of Public Works after arborists determined it was at risk of falling.

On Sept. 27, the Boulder County Department of Public Works removed a decades-old cottonwood tree near the intersection of Niwot Road and 79th Street in Niwot.

Last spring, a team of county arborists determined that the tree was hollowing and decaying, and deemed it a safety risk. At the time, the tree was estimated to be between 50-100 years old.

The Boulder Apple Tree Project seeks expansion

By HANNAH STEWART

On a cool, cloudless Sunday morning, people flocked to the space between the Museum of Natural History and the Mary Rippon stage on the University of Colorado Boulder (CU) campus. The group was made up of students, educators and community volunteers, all sharing one goal: categorize and learn about apple trees as part of this year's Apple Blitz, sponsored by the Boulder Apple Tree Project (BATP).

"I'd say there's no other fruit that's adapted to this country as the apple," said artist and blitz attendee Sam Van Aken. "Before [the] modern era, apples were grown for fresh eating in the summer, they were grown for cider, and the winter



Photo by Hannah Stewart

How do you like them apples? The Boulder Apple Project is seeking to expand its ecological research across the state, uncovering history and saving it, all through the lens of ecology and researching apples.

varieties you could keep from December into July of the next year, so they, just in that, they don't ripen within one season, apples are something we have all year."

The BATP came about largely because of ecologist and CU professor Dr. Katherine Suding. She said every day she walked a path behind her house that

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A Rock & Rails favorite wins GABF gold following turbulent Covid 19 experience

By DEBORAH CAMERON

Blood Orange Kolsch, brewed by Crystal Springs Brewing Company in nearby Louisville, took home gold at the recent Great American Beer Festival awards ceremony, held earlier this month in Denver. Often served, and appreciated, during the Rock & Rails concert series, it's the second craft beer with a Niwot connection to take home top prizes in its category. The other medal winner was Bootstrap Brewing's Sticks Pale Ale, another



Photo by Crystal Springs Brewing

Blood Orange Kolsch Wins Gold at GABF and Crystal Springs customers celebrate in the brewery's taproom.

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FIRST FRIDAY ART WALK

Niwot's October First Friday Art Walk, sponsored by Osmosis Art & Architecture and the Niwot Cultural Arts Association, takes place on 2nd Avenue and in Cottonwood Square Shopping Center on Friday, Oct. 1, from 5 to 9 p.m.

CAR SHOW FRIDAYS

Niwot Market and Niwot Tavern are hosting classic car shows on Friday nights from 5 - 8 p.m. in Cottonwood Square. Car enthusiasts are invited to park their hot rods, muscle cars, and lowriders at the Market or just come by and look, and then head to Niwot Tavern for live music on the patio.

TREE SCULPTURE REPAIR

On Saturday, Oct. 2nd at

9 a.m., representatives from the Niwot Business Association will be starting the first phase of restoration of Eddie Running Wolf's tree sculpture Spear Lodge Man. The sculpture will be taken down and transported to a nearby home on Niwot Road for further work.

FALL GARDENING WORKSHOPS

The Boulder County Resource Conservation Division is hosting a series of virtual workshops about successful garden cleanup and backyard composting in the fall. Starting Oct. 4, master gardeners will be leading discussions on topics including getting perennials ready for winter and winterizing the compost pile. Registration is required

to get the event link. See additional details and register online: boco.org/compost-workshops.

NIWOT OKTOBERFEST

Niwot Oktoberfest is coming to 2nd Avenue and Cottonwood Square on Saturday, Oct. 9, from 2 - 8 p.m. The German-themed celebration will feature beer gardens, a chili and apple pie cook-off, a live Polka band plus family-friendly activities. The Niwot Community Semi-Marching Free Grange (Polka) Band will perform at 4 p.m. at Left Hand Corner, featuring The Chicken Dance among other tunes. For more information, visit Niwot.com/events.

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This sweet senior is an expert at making all of those around him feel right at home! Robert adores being with people of all ages and is happiest when he is with those that he cares about most. This social, 8-year-old fellow enjoys taking leisurely

walks, curling up on the couch and generally being involved with what is going on around him. Call (303)772-1232 for more information about Robert or come in for a visit at the Longmont Humane Society with this delightful dog today!



Niwot seeks to have zero waste events

By HANNAH STEWART

Niwot's summer concert series Rock & Rails is a special event. But it doesn't just provide the setting for people to chat and hang out while listening to live music. Rock & Rails was also the catalyst for Niwot to push toward a standard of zero waste.

Zero waste means limiting trash as much as possible, usually by swapping out single-use packaging, utensils, etc. for either recyclable or compostable options. "There's no such thing as total zero waste," said Jill Whitener, one of the people involved in Niwot's effort. "It's really hard, but it's just really working on trying to make people aware of how we can educate people on what's recyclable and compostable."

She emphasized the need for education of what's compostable and what's recyclable. Essentially, compostable materials do not leave anything behind and will decompose with time; recyclable materials are generally glass, paper, or certain plastics that can be repurposed and/or made into new objects.

This is where Rock & Rails and Whitener come into play. While the Niwot Cultural Arts Association and Niwot Business Association event is known for its variety of food



File Photo

Youth volunteers, known as Gargoyles, often assist patrons at Niwot events separating their waste into the proper containers.

trucks and alcohol bar as well as its music, what's unique about it is that all food and drink containers and utensils are either compostable or recyclable. What's also unique about the event are the youth-volunteers, dubbed "gargoyles" who sit on top of recycle/compost bins to help concert-goers dispose of their "trash" the right way.

"The kids came up with the name 'gargoyles,'" said Whitener. "They thought it was pretty creative. That's where it first started, where we were just

trying to get something set up. Other events have now started to kind of request different ways that they could help [minimize waste at Niwot events]."

Although the summer concert series has been around since 2006, it wasn't until 2012 that the zero-waste aspect was implemented at the suggestion of then-NBA president Tony Santelli working with concert managers Mike Anfinson and

Liz Darling. Since then the gargoyles have become a fixture at the event. Gargoyles also pick up cones and parking signs after each concert, holding competitions to determine which ones get to ride in the back of a pickup as they retrieve signs around Niwot.

The gargoyles took on the recent Niwot Jazz Festival, also an NCAA sponsored event, and

are looking into ways to expand to other events. Whitener said that it might be slightly more difficult to manage events that spread across town, such as the Honey Bee Festival. With events like those, it will be important for participants, businesses and others to be aware of recycling and composting themselves.

"We need to be open and educate people along the way," Whitener said. "It's an awareness, it's important for us to be composting and recycling. If we're going to have it, then we need a buy-in where people will look at it and respect that and hopefully go along that path."

The idea of education is another reason why the gargoyles are crucial to have at events. Many of the gargoyles are middle and high school students, some of whom are looking for service hours. Given that the older volunteers are usually veterans of the program, they are able to teach and guide younger volunteers.

"They work pretty hard and it's pretty amazing how hard they work and how they have really taken responsibility. It helps to start with younger kids--they do train a lot of adults," said Whitener.

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Crystal Springs

Continued from Page 1

crowd favorite at Rock & Rails.

This was the first GABF win and first entry into the biggest competition in craft beer for Crystal Springs. Owner and brewer Tom Horst said, "We're pretty excited about it," while adding that the competition category wasn't easy. "It's one of our best-selling brands, but there are 133 entries in the category."

Horst said the beer is the second Kolsch that they've brewed. The first was a Summertime Ale which came out when the brewery first opened in 2010. While they were happy with it, he looked to see how it could evolve.

"Most people use fruit in IPAs, but that approach doesn't appeal to me because I think that the fruit conflicts with the hops. Instead, I suggested we try it in the Kolsch and I really liked it." The beer debuted in 2017 and became a customer favorite as well as something Crystal Springs sold through distribution in kegs and at liquor stores.

As expected it's been in hot demand following the win. It's nearly sold out, but there is some available at the historic Louisville taproom for drinking and finishing in the fermenters for availabil-



Photo by Fritz Family Brewers

Fritz Family Brewers' Export Lager took home Gold at North American Beer Awards.

ity during the last week of September.

Though Horst is humbled about the win, it was more than welcomed after what has been a difficult 2020 for himself, his wife and the brewery. The pandemic was incredibly hard on restaurants, breweries and many others in the hospital-

ity industry. For Horst, his wife Kristy, and the Crystal Springs staff, their experience was no different, but it was all made worse when Horst and his wife had to be hospitalized for Covid 19 shortly after the March 17 business shutdowns.

"We weren't feeling well, and we called our doctor who

told us that we had better get ourselves to the emergency room. And we did," he said.

Horst was in the intensive care unit for 10 days, and his wife, though not in the ICU, was also hospitalized for 10 days. "My primary care doctor didn't think I'd make it, that's how bad it was," Horst said. Though the oxygen monitors kept going off and his levels were dropping, he was never put on a ventilator.

Horst and his wife weren't able to be present for many of the business operations during some of the most stressful times of the pandemic. When he left the hospital, he was placed in isolation at home and his recovery period took time. He was confined to home until the end of July, which meant even more time away from the brewery.

The staff came through, taking over everything related to the business from daily operations, to shifting to a take-out to-go model, to finding a restaurant to partner with when things did reopen. They also took care

of the heavy work of figuring out how to manage against ever-changing business regulations and applying for PPP loans.

"Our employees just took over," Horst said. "They are all like family, so loyal."

A visit to the taproom provided a firsthand look at their employees' focus during this difficult time, their loyalty to the Horsts, and a level of pride in how they were able to band together to help. But hopefully, those days are past. Certainly, everyone is ready for something brighter.

And a brighter future was led by their shiny gold medal at GABF. But, The medal comes along with other joyful family milestones: engagements and future weddings for two of their daughters.

Horst confirmed the events with a short laugh, "Yup. These are some bright things happening after some tough times." With a medal in hand, the Horsts and the whole Crystal Springs family are ready to turn the page from Covid-19 to better days.

Fritz Family Brewers medals at the North American Beer Awards

By DEBORAH CAMERON

NIWOT's Fritz Family Brewers took home their first medal at the North American Beer Awards for their Export Lager, a Dortmunder.

"The competition is a fairly large one, held in Idaho Falls every year," Fritz Family Brewing owner Cory Buenning said. "It's been around for about two decades and held in conjunction with a large beer festival that donates proceeds to the nonprofits."

Buenning entered the competition with a brew that he's had an extensive history with. "It's a beer I've been brewing since my days at Snake River Brewing Company. I've won a lot of medals with this beer, mostly at GABF."

He describes the beer as a balanced pale lager with medium malt and hops that's a little stronger than a typical German Lager. The beer is available for tasting at the brewery's Cottonwood Square taproom.

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Boulder County to host fall gardening workshops

By JOCELYN ROWLEY

Now that the summer harvest is in, what's next for your backyard garden? With cold weather coming, what goes in the compost pile? For answers to these questions and more, join master gardeners from Boulder County for a free virtual workshop on garden clean up and backyard composting in the fall.

"The workshop is ideal for anyone, and definitely accessible to the beginner level," Boulder County's Michal Duffy of the Resource Conservation Division said. "Folks who are having their first garden or interested in starting to compost, but haven't yet, or for folks who have been gardening and composting, but want some reminders, or maybe want some troubleshooting advice because we have plen-

ty of time for Q & A, and sharing of resources and ideas."

The two-hour workshop will be held via Zoom starting on Oct. 4, with four additional dates through the month (Oct. 14, Oct. 18, Oct. 23, and Oct. 28.). Topics covered range from putting perennials and vegetables to bed to preparing for spring composting. Leading the discussion will be Melanie Nehls Burow, a master composter, with support from

other master gardeners from the CSU Extension office. The county will also be offering participants a chance to buy composting bins at cost.

The workshops are a part of the county's "Zero Waste" initiative that aims to reduce pollution and trash. Duffy said that the goal of the workshops is to make actionable information available to everyone.

"We're offering this free education to try to empower our

residents to take this into their own hands and have a good experience," Duffy said.

For more information about the Fall Garden Cleanup and Backyard Compost Workshop or to register online, visit boco.org/compostworkshops. If you have any questions or trouble registering, reach out to Michal (they/them) at mduffy@bouldercounty.org.



Photo by 123rf.com

For tips on putting your summer garden to bed and getting ready for winter maintenance, register for Boulder County's free Fall Garden Cleanup and Backyard Compost Workshop, starting Oct. 4.

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Long delayed visit to Sand Creek Massacre site finally realized

By BRUCE WARREN

Silence and Respect. Thus reads the first trail sign greeting visitors at the Sand Creek Massacre National Historic Site.

Thirty Niwot-area residents, both young and old, traveled to the site on Saturday, Sept. 25, by bus exactly 17 months after the original excursion was derailed by the pandemic. What originally started as two busloads of Niwotians dwindled to a little more than half a bus, due to COVID concerns and the difficulty of finding a rescheduled date that fit everyone's schedule, but the half-filled bus made it easy to maintain social distances.

Many of those unable to attend the rescheduled trip donated their registration fees, with all funds in excess of the trip costs designated for the Native American Rights Fund in Boulder. The trip was organized by the Niwot United Methodist Church, originally as part of the church's 150th anniversary activities in 2020. Sponsors, including Cottonwood Square Shopping Center, the Niwot Historical Society, the Niwot Community Association and the Rotary Club of Niwot covered part of the trip costs.



Photo by Bruce Warren

A group of 30 Niwot-area residents traveled to the Sand Creek National Historic Site near Eads, Colo. Sept. 25.

The group arrived at the remote site, 12 miles from the nearest highway via dirt roads, at noon. The travelers walked the half-mile trail to an overlook, and many continued on a 1.5-mile trail along the bluffs overlooking the site of the Nov. 29, 1864 massacre, where Col. John Chivington led approximately 600 cavalry, including artillery, in a dawn attack on a peaceful village of Cheyenne and North-

ern Arapaho camped there.

The creek bed, though dry most of the year, is lined with cottonwoods which show where the underground water still flows. Nearby springs made it a popular campground for Cheyenne and Northern Arapaho tribes in the 1800s.

According to a 40-minute presentation by Park Ranger Teri Jobe, the 750 mostly women, children and elderly Native

Americans were attacked, murdered and mutilated in unspeakable ways over an eight-hour period by the U.S. troops. A replica of the 1850's era United States flag with 33 stars flies at the ranger station, an eerie reminder that the same U.S. flag with a white flag underneath was raised by the Native American chiefs at the outset of the attack, but the sign of peace was ignored by Chivington and most of his troops.

Jobe noted that the Sand Creek site is the only national park site which includes the word "massacre" in the name. She told of two soldiers, Captain Silas Soule and Lieutenant Joseph Cramer, who refused to join the fight. Their letters describing the massacre led the United States to acknowledge the atrocity less than a year later, and make reparations to the tribes. Depictions of the letters have been installed at the site.

Among the Native Americans who died of their wounds at Sand Creek was Chief Niwot, or Left Hand, of the Northern Arapaho. Col. Chivington, who organized a group of 100 volunteers, was also a Methodist minister at the time. The United Methodist Church

has made efforts to atone for the actions of Chivington 150-plus years ago, donating seed money for a Sand Creek Learning Center in the nearby town of Eads in 2008, as well as issuing a formal apology in 1996. More recently, the church has taken part in ceremonies at the site with Native Americans in an effort to heal the wounds with descendants of the victims.

Rhonda Tucker, recently retired social studies teacher at Niwot High School, made the trip. "It was an awesome opportunity to learn more about our local history," she said. "I had a wonderful albeit sobering day." Tim Wise, former NBA Historic Projects coordinator, said, "It was enlightening. Makes a person reflect on their own humanity."

Jeff Server of Niwot was accompanied by his in-laws, retired teachers Don and Irene Reeb, Server said, "[It] was worth the trip. Ranger Teri gave a great presentation of the events leading up to the tragic incident." Gary Rabourn of Gunbarrel was the first to sign up for the trip, and was not disappointed. "The site was impressive," he said. "All around, quite an experience."

Kevin Schoonover, a Niwot High graduate and a member of the Niwot United Methodist Church, felt the trip was worthwhile and educational. Oliver Fowler, a junior at Niwot High School who also made the trek, agreed and planned to write an article about it for the school newspaper. While most of the travelers had not been to the site before, several had, including Tony and Vicki Maurer. "The last time we were here our time was limited and we weren't able to walk the trail to the bluff", Vicki Maurer said. "Walking the trail gave us more insight about the area and the atrocities which took place."

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Gardening is exercise

By **CAROL O'MEARA,**
CSU Extension Boulder County

I recently underwent a health assessment which involved a lengthy questionnaire on how I care for myself. It was part of a getting acquainted process with a new medical company. Things went smoothly until the interviewer asked about any exercise I routinely do. I said "Gardening."

She nodded and said she was interested in what I did for exercise, ignoring my input on my green thumb activities. I reiterated, "Yes – I garden. Every day. Vegetable gardening." Again, I got the nod without any notation on her questionnaire while she said, "Ok, so, no routine exercise."

In retrospect I should have remembered I was trying to impress, not frighten, them but my gardener's heart was insulted. Taking a deep breath, I launched into what my friends describe as my oh-no-here-she-goes mode.

"Gardening is exercise, and there are many studies that back this up," I said. "And plenty of gardeners say it's like Pilates or yoga. But in my case, let me give you a glimpse: imagine yourself in my version



Photo by 123rf.com

Carrots aren't the only thing getting shredded in grandpa's backyard garden.

of the yoga Warrior position. This is where you stand with your legs as far apart as they can go front to back, forward knee bent, with your arms held out."

Patience, she nodded. "Now, add in downward dog, bending at your waist until you're eye-level with the mulch. It's basically a downward dog who thinks it's a warrior; I call it The Chihuahua. Hold the Chihuahua position while you pick every cherry tomato from the plants. It could be 30 seconds or 3 minutes. Are you with me so far?" I said with seriousness. Her stare became fixed.

"Now, let's sprinkle in the child's game The Floor Is Lava – do you remember that?" I asked and she nodded. "You can't put your feet anywhere else because you'd step in lava – or in this case, on your pumpkin vines. Keep holding that position until the tomatoes are picked; it's strength training for all sorts of muscles."

"Walking through the garden is a game of garden Twister, where you swoop your torso around to avoid squirrel-netted grapes, trellis outcrops, and lean over dog fencing. It's great for your glutes," I note. "All this time the basket you carry can't be tilted or it spills but it's

getting heavier and lopsided – that's for your arms and shoulders."

"Pumping iron in a gym is fine for some, but it's a whole-body routine when squashes and pumpkins come in. Some of them – pumpkins, Hubbards, and banana squash especially – often weigh 20 pounds or more. You'd better lift with your legs when moving them. And, while most of the other winter squashes are smaller, gardeners try to carry them all at once in a spectacular demonstration of the Human Wheelbarrow maneuver."

"This is just harvesting. Weeding, now there's an activity to rival any rowing machine," I say rocking back and forth while mimicking the grab and pull of the activity.

She starts rocking as well, in small motions that suggest her subconscious is getting into the conversation. "Bend-and-pull and bend-and-pull, plus there's the breathing activity, where you explosively scream, 'where do they all come from?' It's very therapeutic."

"Honestly, it's why many gardeners have a spring training routine, to get our bodies ready for the rigors of summer," I said. "It's also why plenty of us have stock in ibuprofen manufacturers." At this point, the interviewer acquiesced, noting that my exercise is gardening. I felt pretty good about making my point, but then she moved on to the next section: mental health. Looking up at me she said, "I think we have all the information we need."

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APPLES

Continued from Page 1

runs alongside a vast field. One day, to her surprise, her children came home with a sack of apples.

“One of those trees in that field that I had walked past hundreds of times was an apple tree. I had to go see,” she said in her 2019 TEDxCU talk. Suding’s talk focused on the idea of curiosity, but through the lens of her work with the B ATP, which continues to this day. She has since involved Dr. Lisa Corwin, who also teaches at CU Boulder, and Amy Dunbar-Wallis, a research associate and the B ATP’s Program manager.

“The greatest thing about this project is that it brings people together, who otherwise might not ever meet,” said Dunbar-Wallis. “It’s a really great day of exploration for everybody and in past blitzes when they come back, everybody is so happy and so chatty and they want to share the best apples. It’s a lot of fun.”

The B ATP splits focus between the science of finding and categorizing trees and exploring the history of them. Suding said many settlers would bring apple saplings or even seeds to plant in their new homes. Trees could be found on many homesteads and orchards were numerous. Worldwide, there are as many as 7,500 varieties of apples, Suding said. In looking at historical records, she and her team found that more than 400 varieties were grown in early 20th century Colorado.

While many of those early trees have since died, many still remain, and the B ATP seeks to find these trees, save his-



Photo by Hannah Stewart

Sunday’s apple blitz was focused on finding, mapping and tagging trees that date back to a 1938 aerial survey. Thanks to the work of one B ATP student, the team has been able to categorize and sample from various historic trees.

toric varieties and share their findings with the community. The autumn Apple Blitz is the program’s largest categorizing event, although some students will seek out and tag trees throughout the year as well. In December, students are able to share their research and findings with community members at their annual symposium, and in March, there’s a community grafting day.

“I love the grafting event, because it’s super fun to basically start a new tree,” said Corwin. “Grafting is a new beginning for these old, historic trees, so it’s super exciting to have these people who are so enthusiastic about planting these old varieties that, for all we know, we could lose if we don’t graft them.”

Corwin added that this project is also powerful because of the interaction between the CU community and the Boulder community at large. She said this year is special because it’s a good apple year--trees typical-

ly only bear substantial fruit every other year--and there aren’t as many restrictions in place due to the pandemic. “We’re excited to have the opportunity again to travel with students and get them to new sites and have them learn about things that could potentially make a big impact in the community.”

Being able to travel freely to collect data is crucial to B ATP’s research. The students hope to expand up to Lyons and beyond. Already, they are involving students at University of Northern Colorado and have partnered a number of times with Front Range Community College (FRCC) students.

Students are central to the

B ATP’s success--Terry Bilinski, a field ecologist who joined the project in 2019, focused on helping establish the curriculum for the CU class that works with the project. “Ecology is really a great field because it’s diverse in terms of what you can do...[it] can allow you to travel all over the world...[and] you’re always thinking about interconnections,” she said.

“Ecology here at CU Boulder teaches students a lot of critical skills...students are able to engage in real research that potentially will have an impact on how we manage urban apple trees...and because the project is relatively new, students have been able to be involved in refining the research, testing methods,” Bilinski said.

In addition to the established class for CU students, the B ATP has established a three week summer bridge program with FRCC, where students are responsible for tagging as many trees as possible within that time. Involvement with FRCC is ongoing, and three of their students were student leaders at Sunday’s blitz.

“A program like this is really important because we are hoping to empower new biology students and new undergraduates so they feel like their science skills have an impact, that they have something to offer,” said Dunbar Wallice.

This particular sentiment--of taking a class that has an impact--was shared by students who attended the blitz this year. Grace Nieuwendaal said that she wanted a science credit that allowed her to go beyond the classroom and be in nature. Jonathan Absalom, who’s also been in the Introduction to Ecology and Evolutionary Biology Research class, is excited for the hands-on aspect of this work. “It’s a really cool project, to bring a research project directly to the community,” he said.

Community member Doug Anderson, said, “I really love the story of apple trees. I like the history. I’m fascinated by the variety and the chance to find the kinds that are out there that people have thought were lost.”

Another volunteer was documentary filmmaker Elisabeth Glass, who heard about the B ATP through her research for a documentary about heritage apples. “I’m really excited about the historic nature of the trees,” she said. “I think the trees we’re going to see today were planted by early settlers in the Boulder Valley area.”

To stay up to date with the B ATP, sign up for their newsletter or share tips about apple trees you’ve found. You can contact the team via their website: <https://appletreeproject.com>

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ARTS STUDENT OF THE WEEK

Phoebe McLean

By JOCELYN ROWLEY

As someone who likes both being creative and working with her hands, Phoebe McLean excelled in Niwot's jewelry and 3D design courses during her first two years in high school. Now as a student in Advanced Metals class, the junior is outdoing even herself, and turning in work that is "meticulous and perfection," according to art teacher Jason Watkins.

"Phoebe is a force of nature," he wrote. "Her advanced metals work has been some of the best I have ever seen. She is soft spoken, but her art is very energetic. In every project this semester she has executed with delicate precision and creativity."

For her part, McClean just enjoys creating gifts for her friends, whether it's in class or while she's relaxing at home with an audio book.

"I like making simple jewelry that people will actually wear," she said of her art work. "I just like to do pretty designs, and not anything crazy."

Currently, she is working on a pair of flower ear-



Courtesy Photo

Junior and budding jewelry designer Phoebe McLean is the Niwot High Arts Student of the Week.

rings that are quickly becoming one of her favorite creations. McLean said she doesn't have any single source of inspiration, but tries to design her jewelry to fit the intended recipient. Still, coming up with original ideas remains a challenge. "A lot of times, I have to take something I see and try to make it my own."

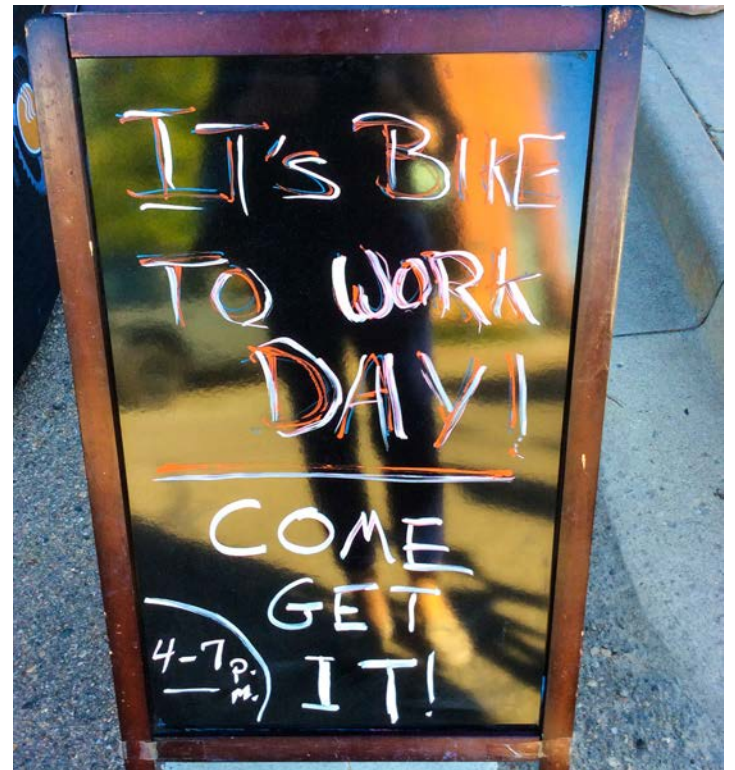
McLean doesn't have professional artistic ambitions, but said that jewelry

making will always have a place in her life.

"I just really enjoy it," she said. "I like using it as a time to calm down. It will always be a fun hobby for me."

Elsewhere at Niwot, McLean is a member of the cross country team. She is also a member of the Longmont Youth Council, which advises local governments on issues concerning youth.

Bike to Work Day returns



Photos by Ann Whitehill

Niwot Wheel Works commemorated the return of Boulder's annual Bike To Work Day on Sept. 22. Festivities kicked off with a breakfast for early commuters, and wound down with a rush-hour happy hour for those not sitting in traffic on the Diagonal.

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A sprouting entrepreneur at Niwot's Sidewalk Sale

By ANN WHITEHILL

Secorra Heinrichs founded Bean Tree Tea in 2020 when she was only 13 years-old. The middle-schooler believes in the principle that teas made from organic ingredients are better for people and better for

the environment, and that income from sales of teas should also support projects that make the world a better place for all of us. For each item sold, Heinrichs donates funds to plant one tree. See Bean Tree's full line of products at Beantreetea.com.



Photo by Ann Whitehill

Secorra Heinrichs at her Bean Tree Organic Tea booth at the Sept. 25 Sidewalk Sale in Niwot.



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Niwot boys clinch berth to Class 4A state championships

By JOCELYN ROWLEY

The Niwot boys golf team is heading back to the Class 4A championships, after a rock steady round at the Region 3 qualifying tournament on Sept. 21. Behind clutch putting from Christopher Gunlikson and some well-timed consistency from his teammates, the Cougars finished second overall out of a 16-team field, and secured an elusive team bid to the state tournament for the first time since 2017. For seventh-year head coach Ed Weaver, the Cougars' proficient performance was gratifying on several levels.

"It was a lot of fun," Weaver said of the regional tournament, held at Highland Hills golf course in Greeley. "I think everybody was prepared for the course, because we played it twice earlier this year. And I think they were deliberate or intentional about when they got in trouble to just get out, and save themselves from making big numbers. And that strategy worked really well."

Which is not to say there was no drama in Greeley. As the players were wrapping up their rounds, Niwot was holding off Windsor and closing in on leader Riverdale Ridge, with only Gunlikson still on the course. He was just three over, but had three bogeys on the back nine. To stay in contention, Niwot needed a par or better from the senior on the 18th hole. Much to Weaver's relief, Gunlikson went on to sink a "longish" putt to card a 4, and punched Niwot's ticket to the next level with two strokes to spare.

The memorable moment was also much to Gunlikson's relief. High-pressure situations haven't always been his strong suit, but that wasn't the case in his fourth and final regional appearance for the Cougars, a round he said was "my favorite of my entire



Photo by Joe Brown

Freshman Drew Stapp tees off at the 2021 Class 4A regional on Sept. 23.

high school career."

"I played well under pressure. They told me on the last hole that if I made par or birdie, all four of us would be going to state. So when I made it, I was super happy about it."

Gunlikson ended the day with a 74 (+3), which was good for second place overall. He will be making his third trip to the championships, but the first with his teammates along for the trip. Both he and Weaver are looking forward to a more competitive round in 2021, after disappointing finishes during his two prior state appearances.

"I think this year he's grown mentally," Weaver said of the fourth-year varsity golfer. "He's always had the physical swing and the ability. But to get to that next level, a lot of it's just mental."

Coming in behind Gunlikson was sophomore teammate Emmett Shell with a 75 (+4) that was good for third place overall. Like his senior teammate's, most of Shell's improvement has been in decision-making and attitude, Weaver said, which should bode well for him in the

sport's biggest event.

"He's got all the physical abilities, he's just got to learn to play on the course. He played a very smart round at regionals, and it showed."

Also playing for Niwot was number-three Carlos Kipkorir, who turned in one of his best rounds of the season, with an 84 (+13) to finish 25th. Likewise, freshman Drew Stapp carded an 87 (+16) on the day, for a 35th-place finish.

The 2021 Class 4A golf championships are slated for Denver's City Park golf course on Oct. 4-5. Though excited about their performance at regionals, Weaver has measured expectations for the Cougars at state, since the competitive atmosphere tends to be unfriendly to newcomers.

"It's a different environment, and the kids are going to put more pressure on themselves," he said. "I'm mostly concerned that they get the experience, and learn how to play at that level. If they do well, absolutely great. If they don't, I'm not that concerned about it, because I really want them to get the experience."



Photo by Joe Brown

Senior Christopher Gunlikson (white shirt) chats with his opponents as they walk down the fairway of the eighth hole at Highland Hills golf course during the Spartan Invitational on Aug. 9.



Photo by Joe Brown

Senior Christopher Gunlikson and his clutch putting were key to Niwot's second-place finish at the 2021 Class 4A Region 3 tournament at Highland Hills in Greeley.

STUDENT-ATHLETE OF THE WEEK

Christopher Gunlikson

By JOCELYN ROWLEY

During his first three seasons as a Niwot varsity golfer, talented left-hander Christopher Gunlikson was one of the league's strongest performers during the regular season, but struggled with consistency when it came to high pressure and postseason tournaments. He wanted his fourth and final season as a Cougar to be different, so he spent last off-season getting "tournament tough" at local and statewide junior golf events, while making a few adjustments to his game here and there.

The ultimate payoff to all of that hard work came on Sept. 21, when Gunlikson sank a crucial putt for par on the 18th hole at the Class 4A region 3 qualifying tournament, guaranteeing Niwot second place in the team standings, and one of the coveted team bids to the upcoming state championships. Gunlikson's putt also delivered a 3-over 74 and second place in the individual standings, his best-ever finish and score at a regional tournament. Looking back a few days later, the senior credited his chipping and driv-



Photo by Jocelyn Rowley

Senior Christopher Gunlikson will be making his third trip to the Class 4A state championships for Niwot, but this year he will have company, after the team qualified to go with him.

ing for the improvement on the scorecard, but was even happier with his decision making when it really counted.

"I played well under pressure," Gunlikson said of his performance. "I'm just trying to stay locked in, and think about the process of every shot. In the years before, I was

thinking about my swing, and I was way too mechanical. But now I'm trying to think about the process of the shots."

No one is happier to hear that than Niwot head coach Ed Weaver, who has been urging Gunlikson to do just that since his freshman season. Now that his number-one player has fi-

nally been convinced, Weaver said it should translate into a more competitive round at the 2021 state tournament, scheduled for Oct. 5-6 at City Park golf course in Denver.

"He's played at state a couple of times, but he hasn't performed the way he would have liked to. But I think this year he's grown mentally. He's always had the physical swing and the ability. But to get to that next level, a lot of it's just mental."

Gunlikson shares his coach's outlook, after seeing how his change in mentality paid off at regionals. But he is also excited to have some company on this year's trip to state, the fulfillment of a long-time goal.

"It's the first time I've made it as a team with all of my friends," Gunlikson said. "When I made that putt to get us all in, I was just super happy about it."

As a member of what he described as a "golfing family," Gunlikson took up the sport at a young age, but only started taking it seriously once he turned 12. He was also inspired by his older sisters,

Grace and Audrey, who had successful high school careers at Skyline. He currently plays the sport on a year-round basis, for at least an hour per day, even if he has to travel or stay in the garage to do it.

"My family and I go on trips, so I get to play in Arizona during the winter, and I also have a net in my garage when it's really cold outside or there's snow on the ground," he said.

When he's not playing or practicing golf, Gunlikson is a senior at Longmont Christian, a small private school he has attended since kindergarten. He counts gym and weightlifting as his favorite classes, and is looking forward to his third year on the varsity basketball team.

"I like that it's smaller, because everyone is basically family there," he said. "That can also be annoying, but I know everyone there, and we're all pretty close."

After graduation in May, Gunlikson is hoping to play golf collegiately, and is talking with several coaches. At the top of his list is the University of Denver, where he would potentially study business.

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Niwot boys cruise to fourth straight win



Photo by Jocelyn Rowley

Senior Azael Marrufo runs past a defender toward the Mountain View goal during Niwot's 5-0 win on Sept. 23.

By JOCELYN ROWLEY

Senior Jacob Elston scored twice, while three of his teammates also found the back of the net as the Niwot boys soccer team posted a 5-0 victory over Mountain View at home on Sept. 23. It was the fourth straight win for the Cougars, who improved to 6-2 on the year, and remain undefeated in Longs Peak League play.

"It's really good to start to see a variety of guys show up," sixth-year head coach Stephen Dimit said. "We're still a team working on things, and we're working the patterns consistently, we're working all the right stuff, and it's just a matter of getting it to click together."

As Dimit went on to note, it sometimes takes awhile for the offense to click, as it did against the Lions. Elston started the scoring in the ninth minute, but the Lions' defense kept the Cougars out of the net for the next 45 minutes of game play, despite a high pressure attack. Sophomore Jett Feiner finally broke through 15 minutes into the second half to make it 2-0 Niwot, and the goals kept coming after that, with another from Elston, and one apiece from seniors Azael Marrufo and Mason Wright. Marrufo also posted two assists, while ju-

niors Orlando Lopez and Lucas Haratsaris had one apiece.

"We have Azael contributing a ton right now," Dimit said of the forward, who has 10 goals and eight assists on the year, to lead the team. "But, in terms of scoring, we're getting more guys on the board, so it was good to see Jake with two today as well."

On the other side of the field, junior Javier Amaya had a quiet day in goal, stopping the few shots that made it through Niwot's defenders. Though not particularly challenged in the win against Mountain View, Dimit said the Cougars' defense has been a pleasant surprise so far this season.

"We've had more experienced guys on the outside and we've really put a lot of new guys and young guys in the center. They have stepped up so big over the last few games. We weren't sure how it was going to work out or what it would look like, but we're on a shutout streak of four games now, so you know it's really coming together."

Niwot is now heading into the second half of its 2021 season, and faces a tough league schedule in October, plus rivalry games against Silver Creek and Skyline to close out the year. Dimit said that he is happy with the team's direction so far, and



Photo by Jocelyn Rowley

Senior Jacob Elston scored two goals for Niwot in its win over Mountain View at home on Sept. 23.



Photo by Jocelyn Rowley

Senior Jacob Elston battles for possession as he takes the ball into Mountain View territory during the second half of Niwot's win over Mountain View at home on Sept. 23.

is looking forward to having his expectations exceeded in the run up to the postseason.

"The league's getting better, and we're seeing some of these teams put together better soccer and giving us new challenges.

And it's just, can we overcome those challenges? Today, we did."

9/23--Niwot 5, Mtn. View 0

Lions (1-7, 0-3) 0 0 — 0
Cougars (6-2, 3-0) 1 4 — 5

Goals — Elston (2), Feiner, Marrufo, Wright

Assists — Marrufo (2), Haratsaris, Lopez

Goalies (Min-Goals allowed-Saves) — J. Amaya (40-0-1)

Niwot teams claim first at Desert Twilight XC Festival

By JOCELYN ROWLEY

On Sept. 24, Niwot cross country added another data point to the growing body of evidence that its teams are among the best in the country. With a colorful Arizona sunset as a backdrop, both the Niwot boys and girls took first overall in the Sweepstakes races at the Desert Twilight XC Festival, a prestigious regional competition featuring nationally ranked teams from five western states.

As he has for the past two years, Zane Bergen led the way for the Niwot boys, finishing first in the 232-runner field with a time of 14 minutes 50.10 seconds, his first sub-15:00 time of 2021. Fellow senior Joey Hendershot was fifth, with a time of 15:03.10, followed by Carlos Kipkorir Cheruiyot (15:19.90) in 14th, Frederick Ambrose (15:52.00) in 35th, Isaac Robinson (15:56.20) in 40th, and Jeremy Gillett (16:09.70) in 61st. The Cougars ended with 63 points in

the team standings, more than 85 points better than second place El Paso Eastwood (Tex.).

There were also several Niwot names on the leaderboard of the girls sweepstakes race, starting with sophomore Mia Prok's. She took third overall with a time of 17:06.40, behind Utah's Lauren Ping in first and Air Academy rival Bethany Michalak in second. Junior Madison Shults (17:11.50) and senior Eva Klingbeil (17:19.10) also cracked the top-10 for Niwot, finishing 6th and 8th respectively. They were followed by Stella Vieth (17:36.70) in 13th place, senior Tessa Everett (17:56.40) in 21st, Olivia Allesandri (17:59.10) in 24th, Sarah Perkins (18:22.50) in 34th, and Lex Bullen (18:24.30) in 35th. With just 44 points in the team standings, the Niwot girls cruised to a 33-point win over second place Arapahoe.

The Niwot runners will be back on the course on Oct. 2 for the Pat Patten Invitational in Boulder.



Photo by Joe Brown

Among a crowded field of some of the nation's best programs, the Niwot Cross Country teams took first overall in both sweepstakes races at the Desert Twilight Cross Country Festival in Arizona.

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