

BOULDER COUNTY

HOME & GARDEN

WINTER 2015-16

MAGAZINE

COVER HOME

A HEARTWARMING FLOOD STORY

Creating awesome
from annihilation PAGE 46

FLOOR-FINDER GUIDE
**LOOK WHAT'S
UNDERFOOT**

BREATHE EASY!

**6 HEALTH-GIVING
HOUSEPLANTS**

plus **SPIRITUAL GARDENS**

THE
INNER
Beauty OF
UGLY FOOD

Check Out NEW Online Content at
BoulderHG.com

✧ Glass for EVERY Need, Inside and Out! ✧

YOUR GLASS SPECIALISTS



Creative Glass Designs



Curved Glass
Shower Enclosures

Custom
& Standard
Showers
& Steamers



Residential Window Systems, See page 3



Innovative New Hardware

- Windows – New & Replacement • High-Performance Glass • Double-Pane Replacements • Storm Windows & Doors
- Shower & Steam Enclosures • Glass Balusters & Handrails • Back-Painted Glass • Mirrors • Tabletops • Patio Doors
- Commercial Storefronts • Window Repair & Hardware • Screens • Skylights • Colored Glass • *And Much More!*

ALL MATERIALS & WORKMANSHIP HAVE A FULL WARRANTY AND A-ABILITY GLASS GUARANTEE!



A-ABILITY GLASS

CO., INC.

FREE Estimates & Consultations

303.440.7000 www.aabilityglass.com

Locally Owned & Operated Since 1978 • Mon-Fri 8-5 • 4593 N. Broadway, Boulder, CO

A close-up photograph of an orchid plant with several stems. One stem features a cluster of pink flowers at the top, while other stems have white flowers with pink centers. The leaves are large, green, and glossy. The background is a soft, out-of-focus light beige.

way to grow™

bring the sun indoors

Visit Way to Grow and get started!

BOULDER / 6395 W. Gunpark Dr. / 303.473.4769
C DENVER / 1051 S Platte River Dr. / 720.310.1984
N DENVER / 301 57th Ave. / 303.296.7900
FT COLLINS / 3201 E Mulberry St, Ste K / 970.484.4769
LAKEWOOD / 11989 W. Colfax Ave. / 303.546.3600
SILVERTHORNE / 265 Brian Ave / 970.368.7220

*lower
PRICES
higher
STANDARDS
expert
ADVICE*



waytogrow.net





We are all different. We all live differently.
But we all have one thing in common: helping
make our community better. When we are
United for Good, we can help make *real change*.

JOIN US TODAY AT
UNITEDWAYFOOTHILLS.ORG
GIVE. ADVOCATE. VOLUNTEER.



OUR WINDOWS SAVE YOU ENERGY & MONEY!

New & Replacement Windows with the Quality, Styles and Materials **YOU want.**



CALL US FIRST For Great Pricing and Value

- › Wood, Vinyl, Aluminum-clad & Fiberglass
- › Ultra-Efficient Frames & Glass
- › Stylish Choices in Woods, Hardware & Colors
- › Patio Doors, Bay Windows & Storm Doors

**Locally Owned and
Operated Since 1978 –
Free Estimates
and Consultation**



A-ABILITY GLASS CO., INC.

303.440.7000 www.aabilityglass.com

Prompt, Quality Service! • Mon-Fri 8-5 • 4593 N. Broadway, Boulder, CO



46



70



20

HOME FEATURES

20 GREEN GUIDE: The Beauty of Ugly Food

BY ELI WALLACE

Why imperfect food should find its way to our tables

32 Floor-Finder Guide

BY ELI WALLACE

Look what's underfoot these days

46 FEATURE HOME: After the Big One

BY LISA MARSHALL

A resilient couple that lost everything in the 2013 flood gained it back with the help of friends and strangers

68 Thinking Outside the Box

BY CAROL BROCK

Local mailboxes give a nod to fun, funky and other styles

70 Wild Things You Make My Heart Sing

BY RUTHANNE JOHNSON

Places to view amazing wildlife in Boulder County and beyond

76 Resource Directory

A directory of professionals for your every task and chore

77 Advertiser Index

An alphabetized list of home and garden pros

78 Back to the Cabin

BY DALE MULFINGER

These cabins are cozy hideouts for whiling away the winter



46

20

32

56

26



Monday-Friday 9:30am-6pm; Saturday 9:30am-5pm ♦ Sunday 11am-4pm

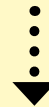


→ Boulder Magazine FOR YOU! **DELIVERS!**

→ **OUR CONTENT** covers the fun, innovations, events and people that make Boulder County SPECIAL!

→ **YOUR AD** gets seen by an at least 200,000-plus readers each issue – with a minimum **THREE MONTH** shelf life!

→ **YOU DESERVE the PROVEN AD RESULTS** that **ONLY BOULDER MAGAZINE** can provide!



*Locally Owned & Locally Read
Since 1978!*

**Fresh Content, Daily Events,
Virtual Edition -**

GetBoulder.com

To advertise or subscribe contact
info@Brockpub.com • 303-443-0600

BROCK *Media*



Buy Tickets Today for the Chocolate Lovers' Fling

Benefiting Safehouse Progressive
Alliance for Nonviolence

35th
annual

CHOCOLATE
LOVERS' FLING

02-06-16

Saturday, February 6, 2016
5:30–11:00 P.M.

Omni Interlocken Resort & Hotel
500 Interlocken Blvd. Broomfield

JOIN US FOR:

Chocolate • Wine & beer tastings • Full sit-down dinner • Silent & live auction • Dancing & live music

PERKS PACKAGE:

*Purchase a table for 8 before
December 31st and receive:*

- Champagne tableside
- Take home flower centerpiece
- Tray of exquisite chocolates
- Front row view table

For Tickets and Information

Visit Safehousealliance.org
You can also call 303.449.8623
or email events@safehousealliance.org



Safehouse Progressive Alliance for Nonviolence (SPAN) is a human rights organization committed to ending violence against adults, youth, and children through support, advocacy, education, and community organizing. SPAN has been providing healing, hope, and opportunity to domestic violence survivors and their children in Boulder County for 36 years, and we thank you for your generosity and support.

Thanks to our sponsors:





60



56



26

GARDEN FEATURES

14 Where to Go Who to Know

BY LISA TRUESDALE

Winter's here but there's still plenty to do indoors and out

26 Creating Nirvana in the Garden

BY TORI PEGLAR

Tips to help you create a spiritual essence in your garden

36 Farming the Front 40

BY LISA TRUESDALE

Urban gardens are springing up in front yards around the county

42 Treating Trees

BY MARY LYNN BRUNY

Trunk injections are an option for sick trees

56 Breathe Easy

BY ELI WALLACE

Six best houseplants to detox the air in your home

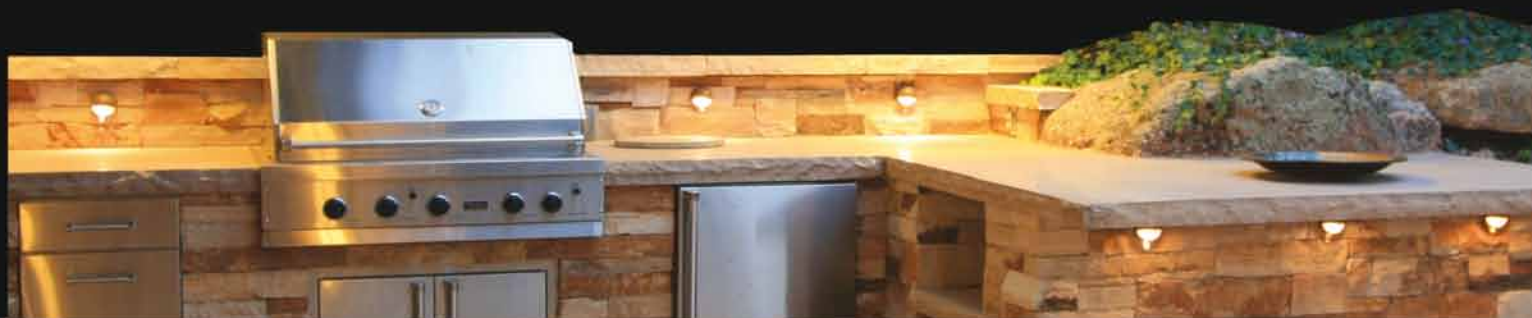
60 FEATURE GARDEN: Set in Stone

BY LISA TRUESDALE

Tour a garden carved out of a hillside

Visit our **NEWLY** designed, user-friendly website at **BoulderHG.com** to access online-only articles, garden blogs and videos, and to sign up for our free e-newsletter.





Locally owned & operated, Native Edge Landscapes is a full-service, award winning, landscape design-build-maintenance company emphasizing customer service, quality materials, and excellent workmanship.



WWW.NATIVEEDGELANDSCAPES.COM

| 303.245.9166



"With a dedicated and professional staff of 35 artisans and dedicated personnel, we approach each and every project and property as a team. United under one mission, we create inspired and beautifully crafted landscapes that exceed our customers' expectations. Call today and see the difference a great team can make."

Tom Sunderland, Founder & Owner Operator



PUBLISHER

Thomas W. Brock

EDITOR

Carol S. Brock

COPY EDITOR

Lisa Truesdale

EDITORIAL ART DIRECTOR

Karen Sperry

PUBLICATION ART DIRECTOR

Peggy Doyle

EDITORIAL ASSISTANT

Emma Smith

WRITERS

Mary Lynn Bruny
Ruthanne Johnson
Lisa Marshall
Dale Mulfinger
Tori Peglar
Lisa Truesdale
Eli Wallace

COVER PHOTO

Shannon Rood/Ben Rickard

STAFF PHOTOGRAPHER

Paul Weinrauch,
www.WeinrauchPhotography.com

ADVERTISING ACCOUNT EXECUTIVES

Nichole Greenley
Julie Grimm
Nicole Karsted
Linda Wigod
Jason Zvitt

OFFICE MANAGER

Amy Gosch

WEBSITE EDITOR

Kay Turnbaugh

E-NEWSLETTER EDITOR

Kate Jonuska

SOCIAL MEDIA COORDINATOR

Andie Hagemeyer

**BOULDER COUNTY HOME & GARDEN
MAGAZINE WEBSITE**

www.BoulderHG.com

**BOULDER COUNTY HOME & GARDEN
MAGAZINE EMAIL ADDRESS**

homes@brockpub.com

BROCK Media



Copyright © 2015-16 Brock Media, all rights reserved. Reproduction of any material in this magazine or on the *Boulder County Home & Garden Magazine* website, including publisher-produced advertising and videos, is strictly prohibited without publisher's permission. *Boulder County Home & Garden Magazine* is published by Brock Media, 603 S. Broadway, Suite A, Boulder, CO 80305. Phone: 303-443-0600; fax: 303-443-6627. Subscriptions: Send \$15 for four issues to the above address.



STUDIOSMART

Boulder's Sultriest

Financial Specialist

Mark

This karaoke lover has worked in our Boulder branch for over 5 years. Not only can he carry a tune, he will help tune up your credit. He is also the man to see to improve your Relationship Rewards score and boost your Member Bonus.



Work with Mark at our Boulder Branch, 2800 Arapahoe Ave.



Great Restaurants
& Breweries



Unique Boutique Shopping
art, jewelry, antiques & gifts



Small Town
Awesome Events



Only 10 minutes from Boulder or Longmont, Niwot is the close-by escape from your every day.

Learn more at

NIWOT.COM

When mass shootings grab headlines every day, it's easy to become suspicious and fearful. It's easy to think that arming yourself is the only way to greet violence head-on. It's easy to shed tears and say prayers and go on with our lives.

What's not so easy is doing what all memorable leaders—Gandhi, Jesus, Buddha, the Dalai Lama, Mother Teresa, Pope Francis, Martin Luther King Jr. and many others—have preached: to live compassionately.

But what does that mean, and how do we do it? I'm not sure, but for me I think it means living from the heart and knowing we all share dreams, hopes, sorrows and pain. We are all the same, no matter our station in this life, our skin color, our religion, our age.

I think the place to start to live compassionately is in our own community, by helping others, by volunteering, by strengthening the bonds that foster kinship. Knowing who we really are and the contents of our own hearts makes it easier for us to feel compassion toward others, especially those who might be different from us, with different beliefs and cultural systems. Bettering oneself is the one struggle we should all seek.

And though this magazine's contribution to that quest is tiny, and perhaps insignificant, we strive to bring you tools in every issue to make your life and our community better.

In this issue, for example, we highlight front-yard food gardens, plants for detoxing interior air, places to see amazing wildlife, and tips to create a spiritual garden.

A story that truly touches upon the compassion of our community is the Feature Home story. It's about Ben Rickard and Shannon Rood, a Niwot couple who lost all their belongings,



TOM BROCK

their truck and their home in the 2013 flood. Through the kindness and generosity of friends and strangers, and their own resilient spirits, Ben and Shannon gained back everything they'd lost—and more, as they watched the community and themselves pull together to build a new home for them, and their many pets, to live in.

We hope you enjoy reading about your neighbors and your community in the pages of this magazine. We always want to hear from you, so please drop us a line if you have a home or a garden we should feature, a story we should cover, or any thoughts you might have about the betterment of this magazine.

Go in peace and live compassionately this new year and beyond.

Enjoy the winter, and hope to see you again in spring.

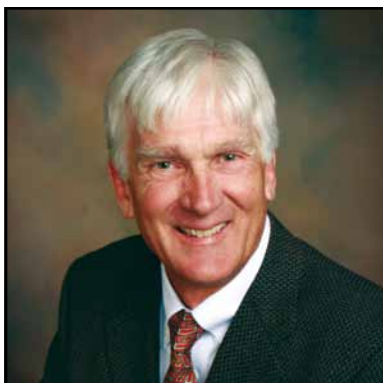
Carol S. Brock

Carol S. Brock, editor
carol@brockpub.com

Ni
Niwot interiors

240 2nd Ave.
in Historic Niwot
303-652-1727
www.niwotinteriors.com

Art & Accessories | Bedding
Carpet & Area Rugs
Ceramic & Stone
Custom Window Treatments
Flooring | Fine Home Furnishings
Furniture | Space Planning
Upholstery | Kitchen, Bath &
Basement Remodeling



James A. Cooke, PC

Attorney & Counselor at Law

*Former CU Adjunct
Professor in
Real Estate Law*

*Serving Boulder County
For Over 25 Years*

General Practice Law Specializing In:

REAL ESTATE

- Pre- & post-closing disputes
- Construction defects
- Property line disputes

GENERAL LAW

- Domestic relations & divorce
- Contract disputes
- Criminal matters

303.440.9400
2727 Pine Street, Suite 3 • Boulder

WHERE TO GO | WHO TO KNOW

The winter season offers sparkling, twinkling lights and more. Check out these events for pleasant diversions.

THROUGH JAN. 1

Blossoms of Light

More than a million lights twinkle at night at Denver Botanic Gardens, and some actually "dance" to the festive holiday music. There's also live entertainment and hot chocolate on select nights. From 5:30-9:30 p.m. at 1007 York St., Denver. Call 720-865-3500 or visit www.botanicgardens.org.

SCOTT DRESSEL-MARTIN



FIRST MONDAYS

Permie Potlucks

Monthly potluck dinners hosted by the Boulder Permaculture Guild feature permaculture practitioners discussing their latest projects and sharing expertise for those who would like to get started. Potluck hours are 7-8 p.m. at the Integral Center, 2805 Broadway in Boulder. Bring a healthy dish to share. Visit www.integralcenter.org.

JAN. 15

Growing Gardens Registration

The CSA program and the community garden plots at Growing Gardens always sell out quickly, so mark these dates: Community garden registration for new gardeners opens Jan. 15 at 9 a.m. (If you're renewing an existing garden, you have until Feb. 5.) CSA registration also begins in January; check online for updates. The gardens are at 1630 Hawthorn Ave. in Boulder. Visit www.growinggardens.org.

COURTESY GROWING GARDENS



THROUGH JAN. 1

Trail of Lights

Denver Botanic Gardens at Chatfield offers a beautiful stroll during the holiday season, with thousands of twinkling lights illuminating a winding path through the garden countryside. The lights sparkle from 5:30-9:30 p.m. at 8500 W. Deer Creek Canyon Road, Littleton. Call 720-865-4336 or visit www.botanicgardens.org.

SCOTT DRESSEL-MARTIN

THROUGH JAN. 3

Zoo Lights

The Denver Zoo's annual holiday light safari has nearly doubled in size this year to more than 70 acres. The festive lights complement the animated animal sculptures that swing through trees, hide in bushes and appear where you don't expect them. You'll also find nocturnal animals prowling their pens and other activities like fire dancers, ice carving, warming stations and food vendors. Hours are 5:30-9 p.m. each night at 2300 Steele St. in Denver. Call 303-376-4800 or visit www.denverzoo.org.

COURTESY DENVER ZOO



THROUGH JAN. 10

Living Lights

On selected evenings during the holiday season, you can stroll through the Butterfly Pavilion's tropical rain forest and gardens surrounded by twinkling, glowing lights that capture the magic of the season. The Pavilion is at 6252 W. 104th Ave. in Westminster. Visit www.butterflies.org.

JAN. 9-24

Coors Western Art Exhibit and Sale

Held in conjunction with the National Western Stock Show, this popular annual event features a mix of art styles from established artists and new talent. On the third level of the Expo Hall at the National Western Complex, 4655 Humboldt St. in Denver. Visit www.coorswesternart.com.

TERRANCE EMERSON



JAN. 9

Lafayette Quaker Oatmeal Festival & Health Fair

Participate in the 5k walk/run, then refuel with a healthy breakfast of oatmeal and all the best toppings. There's also an extensive health fair with screenings and other activities at the Bob L. Burger Recreation Center. See the schedule at www.lafayettecolorado.chambermaster.com.

VLADISLAV NOSIK



STAFF PICK



JAN. 16

"Houseplants 101" Class

This free class, beginning at 10 a.m., covers basic houseplant care including plant selection, pest identification and repotting. The instructor will also answer your specific questions. At Sturtz and Copeland, 2851 Valmont. Visit www.sturtzandcopeland.com.

VLADIMIRA

JAN. 16, 23

Foodies Taste Test Bonanza

This "gourmet examination of 20 foods" is a two-day culinary event in Boulder that includes a unique round-table tasting and discussion with world traveler and chef Cheyne Keith. Find more details and register at www.bvdsd.org/LLL.



APOSTOLOS MASTORIS

FULL-SERVICE PLUMBING-HEATING-COOLING-ELECTRIC COMPANY! 24-7!
NO OVERTIME CHARGES EVER! 100% SATISFACTION GUARANTEE.

Thinking **GREEN?**



High-Efficiency Technology for Year-Round Total Comfort

IT'S AN EVOLUTION in Energy-Smart Heating and Cooling...

- Most quiet and energy-efficient system we offer
- Delivers cost-effective heat pump power, switches to gas furnace heat when needed
- Solar Compatible and ideal for solar-powered homes
- Smart Technology
 - Will learn your preferences
 - Reads outside temps against inside temps and adapts
 - Can check humidity levels
- WiFi Integration allows you to control your settings from anywhere
- Its year-round value has earned it a Consumers Digest Best Buy recommendation



Models: 289B, 286B, 285B
HYBRID HEAT® Dual Fuel Systems

**Call us now for a FREE consultation or
FREE 2nd opinion on AC/Furnace, Water Heater & Gas Line Replacements.**
We back both product and performance with a 100-percent satisfaction guarantee.



Fix-it 24/7
Plumbing, Heating & Air



For all your Heating - Cooling - Plumbing needs 303-659-3400 | www.fix-it24.com

Bryant Factory Authorized Dealer program is a stringent, standards-based national endorsement. Less than five percent of HVAC professionals in the country are awarded this distinction. To be awarded this endorsement Fix-it 24/7 Plumbing, Heating & Air had to demonstrate a track record of superior customer service and high levels of technical expertise along with the appropriate industry insurance and licensing. Only HVAC dealers who meet the company's high standards are considered for this designation.

Xcel rebates are applicable to qualifying products



JAN. 21-23

Cheesemaking Boot Camp

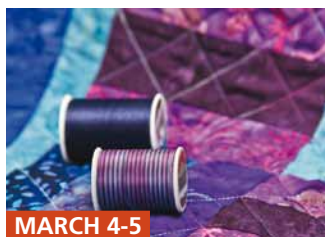
Attend one, two or all three days of this boot camp, which gives participants hands-on experience and the tools and techniques needed to make nine different cheeses. At Haystack Mountain Goat Cheese Creamery, 505 Weaver Park Road in Longmont; visit www.haystackgoatcheese.com. The Art of Cheese also has a full calendar of spring cheesemaking classes at www.theartofcheese.com.

SHUTTERSTOCK.COM

FEB. 13 & MARCH 24

"Starting Your Garden from Seed"

Learn how to produce all the transplants you could possibly need for the upcoming growing season (and go home with your own seed trays) with one of these classes at Denver Botanic Gardens, 1007 York St. in Denver. Other spring classes include "Advanced Vegetable Gardening" (Jan. 23) and "Berries and Grapes for the Front Range" (Feb. 20). Register at www.botanicgardens.org.



MARCH 4-5

Interfaith Quilters Show & Sale

Now in its 30th year, this big annual show and sale offers hundreds of volunteer-made quilts for sale. Some of the proceeds benefit Safe Shelter of St. Vrain Valley and Longmont's OUR Center. At First Lutheran Church, 803 Third Ave. in Longmont. Visit www.interfaithquilters.com.

LEENA ROBINSON

JAN. 25

Herbal Love Potions and Poppets

This workshop at Three Leaf Farm explores the way herbs can enhance your love life, both medicinally and magically, just in time for Valentine's Day. Other upcoming classes include "Making Spirit Shrines" (Feb. 29) and "Herbs and Animals" (March 28). A six-week introduction to herbalism begins April 11. The farm is at 445 S. 112th St. in Lafayette. Register at www.threeleaffarm.com.



FEB. 6

Chocolate Lovers' Fling

This annual benefit for the Safehouse Progressive Alliance for Nonviolence (SPAN) features all things chocolate, like a signature chocolate cocktail and decadent desserts, plus a full-course dinner, dancing, wine, and live and silent auctions. Find venue and ticket information at www.safehousealliance.org.

COURTESY SPAN

STAFF PICK

FEB. 13-21

Colorado Garden & Home Show

This annual nine-day event offers ideas for landscaping, gardening and home improvements, as well as professionally landscaped display gardens. At the Colorado Convention Center in Denver; take a free shuttle from Coors Field. Visit www.coloradogardenfoundation.org.

MARCH 18-20

Denver Home Show

Get advice, marvel at products and find great deals for all your remodeling and home-improvement projects. At the National Western Complex, 4655 Humboldt St. in Denver. www.homeshowdenver.com.



FEB. 26-28

Northern Colorado Home & Remodeling Show

Browse vendor booths pertaining to home projects; there's also a marketplace for local vendors, garden displays and educational sessions. At the Larimer County Fairgrounds and Events Complex in the First National Bank Exhibit Hall, just off I-25 in Loveland. Visit www.nocohba.com.

MARIUS SZCZYGIEL

FEB. 2, 13

Lafayette's Community Garden

The Wilson Community Garden, at 500 S. Miller Ave. in Lafayette, offers garden plots on a first-come, first-served basis. Reservations for Lafayette residents open Feb. 2; if you're a nonresident, you can submit a request beginning Feb. 13. Visit www.cityoflafayette.com.



FEB. 20

Let's Wine About Winter

Niwot's store-to-store tasting event helps raise funds for improvements to the town's parks. Purchase your mug online and then, with mug in hand, follow the map to participating merchants and taste beer and wine at each locale. Hours are 1-4 p.m.; find out more at www.niwot.com.

KONSTANTIN

MARCH 3-6

Boulder International Film Festival

This year, the film festival expands its fantastic offerings to locations in Longmont and Broomfield. So get ready to enjoy the hoopla, filmmakers, films and more. For a schedule, visit www.biff1.com.

STAFF PICK

APRIL 1-3

Boulder County Home and Outdoor Living Show

This three-day event showcases remodeling and renovation products, energy efficiency, landscaping, interior décor and garden design. Hours are noon-6 p.m. Friday, 10 a.m.-6 p.m. Saturday, and 11 a.m.-4 p.m. Sunday at Boulder County Fairgrounds, 9595 Nelson Road in Longmont. For details, visit www.greatwesternproductions.com.



MARCH 19

Empty Bowls Dinner

Help feed the hungry in Longmont, and choose a hand-painted ceramic bowl to take home; proceeds benefit the OUR Center. You can also donate a bowl for the event by purchasing and painting one at local ceramics studios from January through early March. Visit www.ourcenter.org.

NATHAN PULLEY PHOTOGRAPHY, COURTESY OUR CENTER



Calm After The Storm™

- Insurance Preferred
- Manufacturer Preferred
- Claim Experts
- Free Estimates
- No Creepy Door Knockers



Family Owned, Family Run

- Colorado Company for Coloradans
- 31 Years and Running
- Award Winning
- Residential and Commercial
- Dedicated Friendly Staff

303.425.7531

www.JKRoofing.com



RODWIN ARCHITECTURE

design [b]uild green



Call today
for your
FREE
consultation

303.413.8556

RODWINARCH.COM

STAFF
PICK



JUNE 4

Boulder Home & Garden Fair

Find everything cool for your home and inspiration for your garden at this open-air fair that features more than 60 vendor booths at Twenty Ninth Street Retail District. You'll also find giveaways, massages, children's activities, food trucks, live music and an exotic pack of live alpacas to pet. Hours are 10 a.m.-4 p.m. To register for a booth or for info, visit www.BoulderHG.com.

NICOLE KARSTED

WHO TO KNOW



A New "S*PARK" for Boulder

Congrats to Boulder's Sopher Sparn Architects for providing the "sparkling" design that integrates affordable housing, commercial and retail space, open space and parks, and energy efficiency.

In September, Boulder's city planning board approved a new modern urban village, said to be the first of its kind in the county. S*PARK, short for Sutherland Park—because it's on the site of the former Sutherlands Lumber Company—will be a mixed-use community with 20 buildings totaling more than 540,000 square feet spread over 7 acres.

S*PARK will include a community-oriented nonprofit space that will be the home of Community Cycles and 32 affordable rental flats; a commercial building with retail, commercial, office and restaurant spaces; and 12 mixed-residential buildings with both market-rate and affordable townhouses.

The neighborhood is committed to being Colorado's first LEED-Neighborhood-Development Platinum Neighborhood, and will also boast 120,000 square feet of parks and other open space. Sopher Sparn designed 14 of the site's 20 structures. Visit www.sophersparn.com.



The Essential Source

Longmont-based ExtractCraft recently unveiled its new Source, a small countertop appliance that lets users create essential oils and concentrates for alternative medicine, cooking, cocktails, brewing, winemaking, aromatherapy and more.

The Source uses vacuum and gentle warming techniques to extract and concentrate the oils. Most Source parts are dishwasher-safe. The company is taking preorders now, and shipping begins in March on a rolling basis. Visit www.extractcraft.com for details.



Welcome to Longmont!

Hi! My name is Kit Magley and I have raised my family here in town for the past 15 years. We are very involved in our community and proud of what a great place it is! My team is committed to giving you top notch professionalism all along the way of your journey of buying or selling real estate in the area. Call me today to learn more about how we can help you get your home search started and have the most up-to-date information out there at your fingertips. I look forward to showing you around!



Call Kit!

514 4th Avenue • Suite 101

303-775-5177

kitmagley@homesincolorado.com



REST ASSURED... ...IT'S A VERLO!



WE OFFER AN EXCLUSIVE
LIFETIME COMFORT GUARANTEE
ON ALL OF OUR MATTRESSES.



LONGMONT | 455 Weaver Park Road | 303-651-9024

BOULDER | 3080 Valmont Road | 303-447-1154

visit us online at verlo.com

verlo

M A T T R E S S



Garage Storage and Flooring



Closets



Home Offices

Garage

Garage Flooring
Custom Cabinetry
Adjustable Wall Racks
Overhead Storage & Shelving

Closet

Built-in Furnishings
Shoe Displays
Tie & Belt Racks
Integrated Hampers

Home Office

Cabinetry
File Drawers
Molding

\$200 OFF

Your Next Project!*

720-340-4743

TailoredLiving.com

*Minimum purchase of \$1000 or more. At participating franchises only. Offer valid at time of initial estimate only. Offer not valid with any other offers. Some restrictions may apply. Each franchise independently owned and operated. Ask for details.

CALL NOW FOR A FREE IN-HOME CONSULTATION

Imagine your space, tailored to the way you live.
Let Tailored Living® personalize your space today with a variety
of customizable solutions for your entire home.

tailored living

featuring PremierGarage

Your space. Defined.

©2012 Tailored Living, LLC. All rights reserved. Each franchise independently owned and operated.
Tailored Living featuring PremierGarage is a trademark of Tailored Living, LLC and a Home Franchise Concepts brand.

garages ■ closets ■ home offices ■ pantries ■ murphy beds

the *Beauty* *of* ugly food

Why imperfect food should find its way to our tables instead of the trash.

BY ELI WALLACE

Imagine you spend enormous quantities of time and resources making something. You do it well—so well that everyone you know eagerly waits for the things you make. You ship your things around the world. Far-flung friends and strangers want your product.

Would it surprise you, then, if 40 percent of what you made ended up in the trash?

Welcome to the modern agricultural system. “We put an enormous amount of resources into food, which is why minimizing food waste is so important,” says Hana Dansky of Boulder Food Rescue (BFR), a nonprofit devoted to placing perishables in hungry bellies. “Fifty percent of our land use and 80 percent of our freshwater resources go to agriculture. Then we throw 40 percent of it out, sometimes before it even reaches anyone’s home.”

Use less-than-perfect vegetables in soups and stews—no one will know how much you had to trim them. If they’re really homely, puree the soup, or throw your carrot nubs, half-onions, parsley stems, withered mushrooms and limp celery stalks into the stockpot. Just don’t use anything moldy.

BFR is currently working with the city of Boulder to audit food waste in the city, but Dansky sees food waste as a national, systemic problem more than a local one. She says, “A lot of it comes from the perception of abundance that we have in our country. It’s a perception of perfection. We’ll always have stacks and stacks of apples in every grocery store, no matter what season it is. Each apple not only has to have the

perfect shape, but also *be* perfect: no bruises, no brown spots. Then the produce is expected to last for the longest amount of time once it’s bought.”

In the agricultural chain, the biggest wasters are actually farms, which recognize that imperfect produce won’t sell to grocery stores. Farmers compensate for their losses by overproducing food and leaving the unsellable, ugly fruits and vegetables on the ground.



PHOTOS: SHUTTERSTOCK.COM

ANTIBIOTIC FREE | NO ADDED HORMONES | GMO FREE



www.FrontiereLongmont.com

**\$5 OFF
\$50 OR
MORE
WITH THIS
COUPON**



**Flavored Olive Oils,
Balsamic Vinegars,
Rubs & Spices**



**476 17TH AVE
LONGMONT
720-204-6813**

**ORGANIC BEEF & CHICKEN
ALL NATURAL BISON | ANGUS | ELK | PORK | LAMB**



*Make your winter
a little more magical...*



Winter Skate

Old Fashioned Outdoor Ice Skating

PRESENTED BY BOULDER CREEK EVENTS

303.604.1010 | 824 FRONT ST. LOUISVILLE | WWW.BCEPRODUCTIONS.COM



Moldy berries taste awful, so pick them over carefully. Trim salvageable berries, discard any leaves, and use them fresh or frozen in smoothies and other foods where perfection doesn't matter. Citrus fruits that look bad outside can stay juicy inside for weeks; squeeze them and freeze the juice for marinades and other uses.

Then there are the shipping losses. A truckload of perfect avocados may leave the farm, but by the time it travels across the country, many of the fruits end up nicked, bruised or overripe. Those will be culled from the group; then buyers will carefully scrutinize the ones that make it to the store shelf. "At grocery stores, they have to overstock. They cull the produce three times per day and throw out good food that isn't pretty enough," Dansky explains. "Stores always keep things overstocked, because people are more likely to buy something if there's more of it on the shelf, rather than if there's only one or two items left."

Spoiled Rotten

Even if they make it to your fridge, perishables may not make it to your mouth. A 2015 study by the American Chemistry Council reported that the average American dumps \$640 worth of food per year (the U.S. government estimates the cost per household per year to be around \$900). And sell-by dates encourage people to toss what's

often still perfectly good—especially when it comes to eggs, dairy products and meats.

If the waste of resources and money isn't enough, there's also pollution. As food decomposes in landfills (35 million tons in 2012, according to the Environmental Protection Agency), it creates methane, a greenhouse gas. And that adds up to trouble.

So what can we do to ameliorate a system that leaves people hungry, food uneaten, resources wasted, money lost,

and global climate change accelerating? Enter "Inglorious Foods."

In 2014, the European Year Against Food Waste was in full swing. Intermarché, France's third-largest grocery chain, launched a campaign called "*les fruits et légumes moches*," or in English, inglorious fruits and vegetables. The grocery bought lumpy lemons, bruised apples, deformed carrots and gnarly potatoes, and sold them in stores for 30 percent of the price of their picture-perfect counterparts.

In addition to the produce, stores sold fruit juices and vegetable soups made from inglorious produce to show consumers that these products tasted as beautiful on the inside as their ingredients were ugly on the outside.

The result? Sold-out stores, a rush of media attention, and according to the retailer, an average of 1.2 tons of ugly produce sold per store in the first two days. Some U.S. grocers have followed suit, including the new nonprofit discount retailer The Daily Table in Dorchester, Mass., founded by Doug Rauch.

The former president of Trader Joe's, Rauch cited the food waste he saw at that chain and the country's incredible amount of food insecurity—meaning you're not sure when or where your next meal will come—as motivators for creating the store. BFR's Dansky cites figures that show one out of six adults and one out of five children in America are food insecure.

"While homelessness is an issue in Boulder, there's much more to it than that," Dansky says. "I'm talking families with young kids who have more mouths than they can feed and are living in



Collect "inglorious" apples for a batch of delicious, ridiculously easy homemade applesauce. Dried-out as it looks, the apple on the left might still work fine for that purpose, while the spotted one only needs a little trimming. If you like pink applesauce, use as much of the red peel as possible.



PHOTOS: SHUTTERSTOCK.COM



Conceptsfurniture

contemporary • midcentury • modern • transitional

Boulder | **New Location!** | 5440 Arapahoe Ave. | 303.443.6900
 Longmont | 800 S. Main Street | 303.772.4174
www.conceptsfurniture.com

Design Services Available

Simply the Best Since 1921



\$5 OFF any order \$25 or more

186W12016
Not valid with any other offer.
Please present this ad prior to cleaning. Expires 3.31.16

- Full-Service Dry Cleaning, Laundry & Alterations
- Free Pick-Up & Delivery Service
- 10 Locations to Serve YOU!
- Environmentally Friendly



303.447.8700 • artcleaners.com

SERVING BREAKFAST, LUNCH, DINNER & WEEKEND BRUNCH

HAPPY HOUR EVERY DAY FROM 3-6PM | OPEN 7 DAYS A WEEK - YEAR ROUND




CHAUTAUQUA DINING HALL

900 BASELINE ROAD, BOULDER, CO 80302
WWW.CHAUTAUQUADININGHALL.COM

303-440-3776

a cycle of poverty. The flip side is the senior population, which is complicated by mobility issues and a lack of income.”

Ways to Pitch In

Unless you're the owner of a national grocery store, it's hard to know how individuals can reduce food waste in meaningful ways.

“The first step is awareness,” Dansky says. “Awareness had to grow in Europe before the grocery stores responded.” That can mean posting on social media or asking grocery stores that don't work with food redistributors about their food waste.

According to Dansky, Safeway, King Soopers and Trader Joe's do not work with BFR to redistribute last-minute perishable items. However, Safeway donates nonperishables locally through food banks like Louisville's Community Food Share (CFS). King Soopers confirmed that it supplies items to Boulder's Emergency Family Assistance Association (EFAA) and recently instituted a company-wide

composting program. Whole Foods, which works with BFR, also repurposes bruised produce in its prepared-foods section—as juices and salads, for example. Trader Joe's declined to comment.

Individuals can donate extra food, including excess garden produce, to food pantries or call BFR at 720-445-5237 for assistance. Dansky also recommends visiting www.lovefoodhatewaste.com for storage tips, last-minute recipes and planning ideas to reduce personal food waste.

Finally, volunteering with food pantries and redistribution organizations like BFR, EFAA and CFS is a hands-on way to tackle food waste. Assisting them financially is also a huge boon to getting nutrients into hungry mouths.

So perhaps it's time to get over our perception of perfection and start welcoming ugly food to the table. Our wallets, climate and communities will be fuller and better for it. 🏠

Aging bananas can go on to glory in breads, cakes and smoothies. If you can't use them soon enough, peel and freeze them, and compost the skins.



PHOTOS: SHUTTERSTOCK.COM



BUILDING BRIGHTER FUTURES FOR YOUTH

Realities for Children Boulder County distributes \$200,000+ in scholarship value to youth who have overcome significant adversity thanks to the CU Guardians Scholars program, corporate sponsors and individual donors. Join our efforts today!

rfcbc.org



About Realities for Children Boulder County

Realities for Children Boulder County provides support to youth who have faced abuse and neglect—through scholarships, transitional housing and more. We also offer an avenue for businesses to get involved in helping local youth through business memberships.

3980 Broadway, Ste. 203, Boulder, CO 80304
(720) 420-9780 | www.rfcbc.org



Boulder's Most Popular Spring Event!

9TH ANNUAL

T H E B O U L D E R

Home & Garden
FAIR



Saturday, June 4th

(Rain date: Saturday, June 11)



29th Street Mall - Free Parking!



MORE THAN 75 EXHIBITORS

Exciting **NEW** Products • Demonstrations

FREE Expert Advice • **FUN** for ALL!

AMAZING Door Prizes, Too!!



RESERVE Your Booth Today!

Contact Linda at Brock Media

720-305-9853

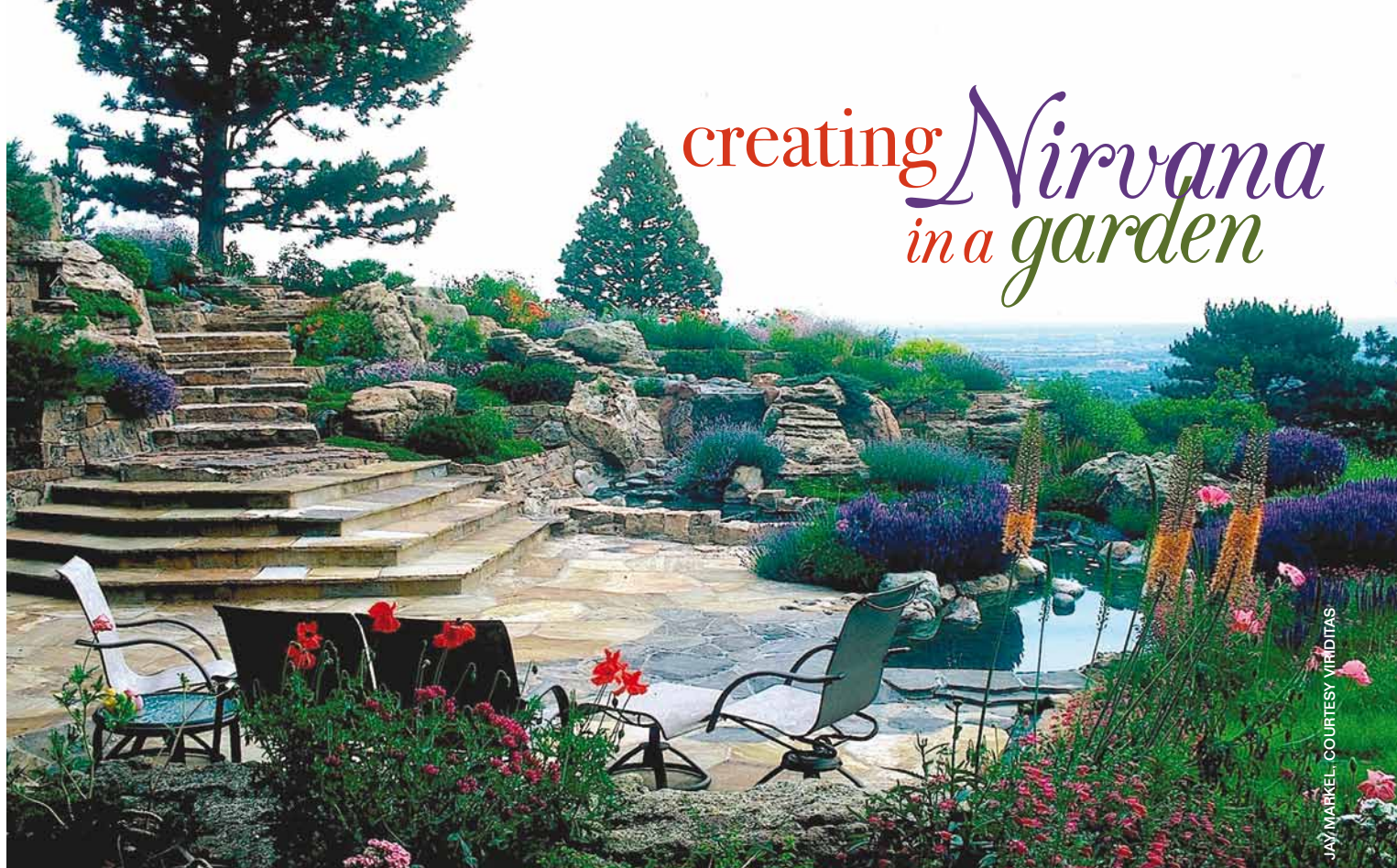
Linda@Brockpub.com



BROCK Media

www.BoulderHG.com/Fair





These tips can help generate a spiritual essence
in your garden.

BY TORI PEGLAR

The ancient Chinese philosopher and poet Lao Tzu once wrote, "A journey of a thousand miles begins with a single step." And so it may be said that the path to creating a spiritual garden begins with a single idea.

"Find out what brings you joy and then have a heart-to-heart with yourself," says Lauren Richardson, greenhouse manager at Growing Gardens, a Boulder nonprofit organization. "Some people find joy in order and some people tend toward chaos, or what I like to think of as 'whimsical.'"

The good news is creating a spiritual garden can be fun and relatively simple, and the best part is you don't need a large space or a huge budget. Think of your small garden as a beautifully made dress or an elaborately crafted wooden cabinet, says Jay Markel, founder and lead designer at Viriditas, a high-end garden design and landscape company in Boulder.

"Fundamentally, a garden is an individual's opportunity to experience nature in an intimate way," Markel says. "What we have in gardens is a convenient way to literally cultivate the earth and have a spiritual connection to the earth."

Here are tips to help you create nirvana in your yard.

Create a Destination

Landscapers often refer to the "rooms" that make up exterior spaces. In the same way that your house is divided into rooms with different purposes, so

should your yard. First, think about the types of things you need in your yard, in addition to your spiritual space. Do you need a fenced area for your dogs? A place for a rose garden? A tool shed? Answering these questions can help you decide where to put your spiritual garden.

"We love creating outdoor rooms," says Bill Melvin, owner and managing director of Ecoscape Environmental Design in Boulder. "The farther we get

Water is an important aspect of a spiritual garden, particularly in these landscape designs by Viriditas (top) and Ecoscape Environmental Design (bottom).





Start With Trust®



Always use a BBB®
Accredited Business...
findaccompany.org

Screened. Approved. Monitored.

**Downtown Condo
or Rural Estate?
Let's Talk Today!**



COLORADO
LANDMARK
REALTORS

— est. 1977 —



Candace Loving, Broker Five Star Award Winner CLR Elite Agent Award
Colorado Landmark Realtors 2350 Broadway | Boulder | CO 80304
303-443-3377 office | 303-332-4530 cell
www.candaceloving.com | candaceloving@gmail.com



INDOCHINE

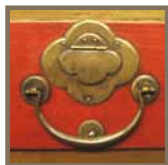
HOME + GARDEN



Warm Up Your Home

With Well-Traveled Furnishings

Cozy up your home for the chill of winter with a visit to Indochine where you will discover the area's most complete selection of elegant home furnishings, accessories, lighting and sacred art from all over Asia.



indochinehomeimport.com | 7123 Arapahoe Road, Boulder Colorado | 303.444.7734



Clockwise from left: Meandering paths, large boulders and labyrinths are features that help define these spiritual gardens, designed by Ecoscape Environmental Design, Viriditas and Native Edge Landscapes.

away from our homes, the more our minds can wander, even if it's 20 feet away rather than sitting on the patio right beside the house."

But how do you fashion an outdoor room?

Start by making it a destination in your yard. Perhaps you create a meandering path of stones that leads to the space. At the entrance, consider placing an arch, an arbor, a gate, large boulders or even tall grasses on either side of the entrance to make yourself and visitors feel like they're entering a private space.

Next, define your room. A trellis covered with clematis, trumpet vines or honeysuckle can provide a privacy screen to block unwanted views.

Plants and trees also help define your room, if you layer them. Use different-sized plants, starting with ground-cover plants on the edges, moving to medium-sized shrubs, grasses and flowers, and then to trees, space permitting. Doing this not only defines your space by creating a sense of depth and dimension, it also lets you enjoy light at different times of the day.

"The layering of plants offers a distinct sense of light, because plants diffuse light in different ways," Melvin explains. "In Colorado, we have such intense sunshine. When you have

larger canopy trees, like maples, they can create dense shade, whereas locust trees can create beautiful dappled shade that has a really interesting quality."

Give yourself a place to sit to observe the light, whether it's a bench, a boulder or a log.

Fragrant & Medicinal

Choosing the plants to grow in your spiritual garden is the fun part. Scent can be very powerful, and also therapeutic, Richardson says. She says tricolor sage and lavender are good choices for a spiritual garden, as is the vigorous nutmeg thyme that sprouts mauve-pink flowers in early summer. Thyme is great for planting in between cracks on stone paths. Mint varieties are aromatic, but be aware—they spread quickly.

Richardson also likes agastache (also known as hyssop), a beautiful fragrant perennial that blooms all summer and comes in an array of pinks, blues, oranges and lavender. Agastache's leaves can flavor drinks, and the flowers are great hummingbird and butterfly attractants. Goldfinches love to munch on agastache seeds, she says.

Medicinal plants can also enhance your space with their healing qualities and fragrant blossoms. Echinacea, evening primrose, roses, wild licorice,

yarrow and hyssop all have medicinal qualities. The elderberry shrub's berries are strong antioxidants. Be sure to plant it in an accessible space to harvest the berries, Melvin says.

Borrow the Views

Looking at the world around you is important as you plan your spiritual garden. The Chinese and Japanese have incorporated the landscapes around them in their gardens for thousands of years.

According to the 17th-century Chinese garden treatise, *Yuan Ye*, written during the Ming Dynasty, incorporating "borrowed views" is critical in garden design. Also referred to as "borrowing landscapes" and "borrowed gardens," incorporating borrowed views means you consider your surroundings and incorporate aspects of it into your garden.

Markel says he often uses the borrowed-garden concept. He points to one of his projects, *Le Jardin de Mon Coeur*, French for "The Garden of My Heart."

Before he started work on the steep, sloped mountain site, he noticed the property had magnificent Flatirons views but the existing garden separated the patio and the home's interior from the incredible views. Large shrubs emphasized this visual disconnect. To remedy

Bring Nature Home Wild by Design

Landscape Design | Management
Masonry | Irrigation | Construction



Wild by Design

Wildlife Garden Habitats

303.823.0856

WildbyDesignHabitats.com

Ultherapy®

Ready, Set, Rejuvenate

Start the New Year with the latest in anti-aging technology. Ultherapy® uses innovative ultrasound energy to stimulate natural collagen production to lift, tighten, and tone the brow, chin, neck and décolletage.



DermatologyOfTheRockies.com

Call (303) 532-2810 for a consultation and your personalized plan of care.





A spiritual garden connects and blends with nature in these landscapes designed by Viriditas (upper and lower left) and Ecoscape Environmental Design (above).

Go Zen

If creating a garden brimming with plants seems daunting, consider a Zen garden. Buddhist monks originally created Zen gardens more than 1,200 years ago as places to meditate. Today, Zen gardens remain peaceful places that are extremely low maintenance. For the most basic Zen garden, all you need are edging materials, sand, rocks and just a few well-placed plants, small trees or statues.

To define your Zen garden, dig about 4 inches of earth out of your garden, using a level to make sure the area is flat. Create a border with edging material or railroad ties anchored securely into the ground. Next, partially bury your rocks, place your plant(s) and pour sand into the space. Use a shovel and rake to spread the sand. Add a statue or two, if you want. Then, rake down about 3 inches in the sand to mimic ripples of water.

Whatever route you take to create a spiritual garden, be sure to enjoy the process as much as the result.

"It's so important to be able to appreciate nature," Melvin says, "because so much of the world around us is loud and fast-moving." 🏡

this he used the borrowed-garden concept to incorporate the mountain backdrop, which involved building a structural steel and concrete foundation that connected his rock work, walls, water features and the patio.

"The healing aspect of the garden is this connection to nature," Markel says. "That's how gardens serve people."

The borrowing concept doesn't need to involve a lot of construction or money. If large branches block your view, trim them to let your borrowed view become part of your garden. Simply adding a large boulder and some native plantings can help connect your garden to the natural landscape.

Essential H2O

Water's healing properties make it a popular element in spiritual gardens. "People think watching their water feature is calming, be it a pool, a fountain or a creek, but it's the sound that really creates the healing effect," Melvin says.

Placing a water feature upwind from an open bedroom or office window allows the calming sound and humidity to be carried inside, he says.

Water features also benefit birds, bees, butterflies, moths and other pollinators. Whether you buy a birdbath or work with a landscaper to create a koi pond, water's life-giving properties positively impact the local ecology.

PHOTOS (CLOCKWISE FROM TOP LEFT): JAY MARKEL, COURTESY VIRIDITAS; ECOSCAPE ENVIRONMENTAL DESIGN; JAY MARKEL, COURTESY VIRIDITAS

HOW DO YOU

BIFF

LOVE GREAT FILMS

on a BIG screen in a big dark room
full of exciting and excited people.

HAVE FUN

We only have one party — it starts when
you arrive and ends when you leave.

RUB EGOS

with directors, actors, celebrities and
industry experts from around the world.

SKIP THE LINES

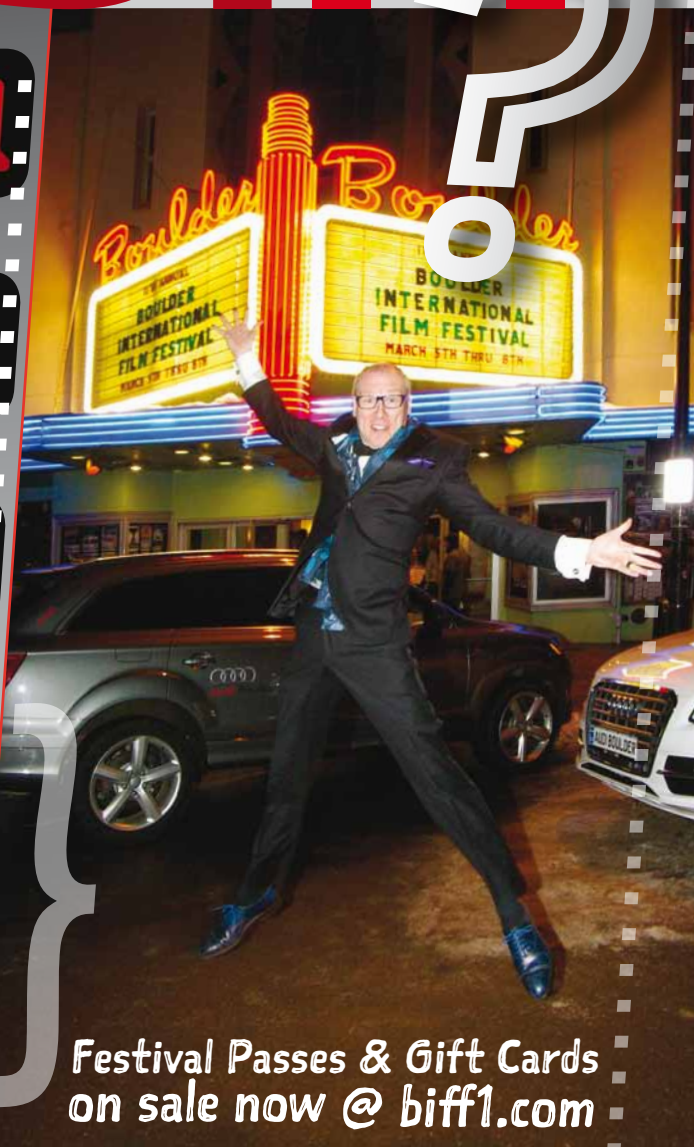
Get a Festival Pass, proving that you are a
cultured lover of the arts and therefore an
impressive and interesting person.

BUY BIFF GIFT CARDS

for friends and family this holiday season—
proving that you are a cultured ... (see above).

STUFF YOUR FACE

Go to CineCHEF and enjoy a gourmet,
movie-themed cook-off by Boulder's top chefs.



Festival Passes & Gift Cards
on sale now @ biff1.com

BOULDER INTERNATIONAL
FILM FESTIVAL

march 3 - 6 | 2016

BIFF1.COM



FLOOR-FINDER GUIDE

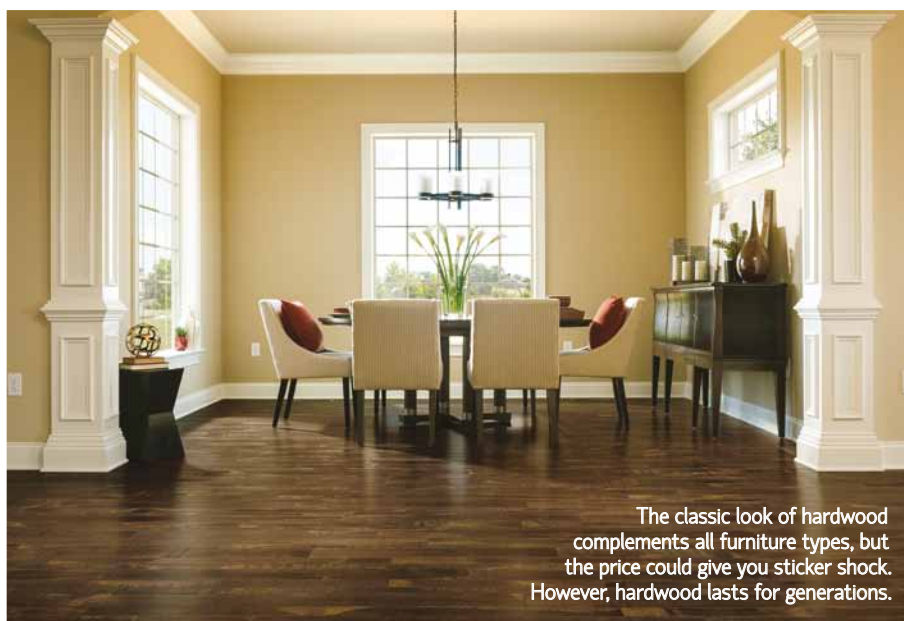
Flooring runs from classic favorites, like hardwood, to technologically inspired products. Here's a look at what's underfoot these days.

BY ELI WALLACE

When it comes to giving your home a makeover, there's nothing quite like getting to the bottom of the matter—floors. Though we often overlook the styles underfoot, flooring sets the tone for an entire room and can drastically affect the experience of a space.

But the sheer number of flooring materials, styles and options can be overwhelming. "From a practical standpoint, there are several things to consider," advises Scott Humphrey, CEO of the World Floor Covering Association. He recommends considering how long you plan on living in the home, how often you entertain, and whether you have children and pets.

Also consider how much aesthetics, functionality, durability and price matter to you. The answers will direct you toward the best flooring for your home and lifestyle.



The classic look of hardwood complements all furniture types, but the price could give you sticker shock. However, hardwood lasts for generations.

Here's a guide to some of today's options, including classic treatments and new technologies (prices do not include installation costs).

Hip Hardwoods

Always popular, solid-wood floors add warmth to any room. Hardwoods include oak, birch, maple, fir, cherry and pine, to name just a few, and different stains and finishes make hardwood a handsome choice for most rooms.

The best thing about hardwood is likely its look. Neutral wood tones complement practically every furniture style, from antique credenzas to minimalist couches. Plus, hardwood

floors last for generations, are easy to clean and add great value to a home. Rustic looks in oak and hickory are especially popular and plentiful, as are distressed hardwoods and textured wire-brushed planks.

However, this classic style has a few downsides. The first is price, as planks can run around \$5-13 per square foot. Hardwood floors also wear in high-traffic areas, and may need waxing and sanding and refinishing over time. They're also loud and not terribly pet-friendly; paws will clack and slip on this floor.

Hardwood can dent, too, although some manufacturers infuse woods with

PHOTOS: COURTESY ARMSTRONG FLOOR PRODUCTS, WWW.ARMSTRONG.COM

WE HAVE IT
ALL!



Fashion • News • Arts
Events • Dining • Sports
DAILY EVENTS!

GetBoulder.com
Place **YOUR** next ad!
303-443-0600
Info@BrockPub.com



Encore
Home & Décor



Inspiring Quality For Your Home

FURNITURE | ART | HOME DECOR

Quality Consignments at Affordable Prices

HOURS
Mon - Sat 10 a.m. - 5 p.m.

303.494.5646
encore-consignment.com
370 S. McCaslin Blvd. • Louisville

To consign email pictures to: encorehomeanddecor@gmail.com

STAR FLOORING - PROVIDING CARPET, TILE & HARDWOOD FOR OVER 50 YEARS



STAINMASTER
carpet®

SHOWCASE



We have one of the largest selections in Colorado with products available from hundreds of manufacturers from around the world. We work on both residential and commercial projects and with a variety of different materials such as tile, carpet, hardwood, cork, and linoleum. We can help you with selection of materials and help you come up with conceptual designs for your space. *Call or visit us today!*

Star Flooring, Inc.
& Design

5785 Arapahoe Ave., Unit D Boulder, CO 80303 303-443-9075
www.boulderstarflooring.com



Advanced printing technology allows laminate (above left) to appear identical to hardwood, and can even reproduce more complicated textures like skip plane (below left). For those who prefer real wood, some manufacturers infuse products with acrylic to resist dents, like Armstrong's Performance Plus flooring pictured here.

substances like acrylic to make them less susceptible to denting. Since wood is also vulnerable to water, it's not the best choice for mudrooms, laundry rooms, bathrooms or kitchens.

Lovely Laminates

Laminate flooring addresses the weaknesses of hardwood flooring while providing the same classic look. The smaller price tag—50 cents to \$5 per square foot—is only one reason why laminate is wildly popular and likely to stay that way.

"Laminate flooring has benefited enormously through the use of high-definition printing, allowing the finished product to be nearly impossible to differentiate from the real thing," Humphrey says.

Laminate flooring is made of multiple layers of synthetic-flooring products fused together through a lamination process. Laminates of yesteryear often looked fake, but advanced printing technologies now allow manufacturers to create a variety of laminates that look virtually identical to the products they mimic. Laminate flooring can simulate wood, but also tile, stone or slate.

Most laminates have a click-and-lock design, which connects boards like

puzzle pieces and doesn't require glue or nails. An enterprising DIYer could install it, provided he or she is comfortable using a saw. A rule of thumb is to allow one weekend per 300 square feet for installation, especially if you're working solo.

But the money you save installing your own floor "often comes at the expense of headaches down the road," Humphrey says. "If you hire a professional installer, it will be done quicker, likely better, and is often warranted for a period of time up to the life of the product."

Laminates don't dent like wood, and they resist moisture and stains, so they work well in places like kitchens, where hardwoods might buckle or warp.

As strides in laminate technology increase, the cons are becoming fewer. However, laminate doesn't feel quite the same as real-deal wood, and it's a little harder and more slippery than other flooring. Also, laminate won't give your home the resale value that hardwood will. The biggest downside is laminate can't be sanded and refinished. If it does get scratched, it has to be replaced.

Wooded by Engineered Wood

For those who object to laminate because it isn't real wood, another alternative is engineered wood flooring. This flooring type has the appearance of wood and costs roughly

the same—\$3-19 per square foot, depending on layer thickness and quality.

"Engineered flooring is a half-inch of plywood with real wood glued on to it. There's been a huge increase in the number of selections and the number of engineered-wood manufacturers recently," says Jeff Hindman, owner of Cottonwood Custom Builders in Boulder.

Because it's a newer technology, engineered flooring has yet to reach the popularity of laminate and hardwood, but Hindman says it's becoming more common in Boulder County, and for good reason.

"Engineered flooring is much better over radiant-heat systems, and it doesn't have the expansion issue that hardwood does. Also, it's pretty 'green,' because instead of having a three-quarter-inch piece of solid wood from trees that have to be processed, engineered flooring uses a third of that wood."

Many engineered hardwoods are made in the U.S., which reduces their carbon footprint, compared to sustainable but far-flung materials like bamboo, he adds.

However, the real-wood top layer can still dent, and wears more easily than laminate. And it may warp with moisture. Also, the glue used in engineered wood flooring's construction can release harmful chemicals into the air, especially during and directly after installation.

PHOTOS: ROOMS COURTESY ARMSTRONG FLOOR PRODUCTS. WWW.ARMSTRONG.COM; LAMINATE BY KYLE LEE



Timeless Tile

While printing technology has greatly improved laminate tiles, real tile still holds its own in both price (\$1-21 per square foot) and flexibility, as tiles can be ceramic, porcelain, stone, quarry or marble, offering a wide range of colors, textures and finishes.

"The great thing about tile is there are so many new looks, like the new porcelains that look like real stone. There are endless varieties, and they're reasonably priced. That never used to be the case," Hindman says.

Tile will likely always be a popular choice, especially in water-prone areas like mudrooms, kitchens and bathrooms. Because it lasts for decades when properly treated, tile increases a home's resale value. If you have radiant-floor heating, tile will work wonderfully; if you don't, winter mornings will probably require slippers.

But tile's strengths can be weaknesses in the wrong room. It won't absorb sound, which can make large rooms or spaces with high ceilings feel cold and clinical. Plus, installation isn't easy and requires the use of specialized saws to cut tiles in place, creating dust in the process. And though tile floors withstand foot traffic very well, they can chip or crack under centralized pressure, such as dropping a heavy object on one corner. If tiles do break, there's little to be done beyond ripping them up and replacing.

Vinyl Victories

Probably the cheapest form of flooring, vinyl has come a long way from the ugly yellowing patterns found in



Engineered stone (left) and luxury vinyl tile (pictured here) are durable and ideal for water-susceptible areas, like kitchens, entries and baths.

many a grandmother's kitchen. Per square foot, vinyl runs about 80 cents to \$6, depending on type and quality. These days, self-adhesive vinyl tiles make installation fast and easy, as the tiles stick straight to the subfloor. Like laminate, vinyl has benefited greatly from advances in printing technology, though some would say it has room to improve when viewed up close.

Durable and waterproof, vinyl is often the best choice for cracked or settling subfloors. But the range in quality varies widely. Sheet vinyl is cheaper, but it also feels cheaper, and it's difficult to install. On the other hand, luxury vinyl tile (LVT) is more functional, waterproof, easier to install, better looking and priced about the same as laminate.

In fact, LVT seeks to become a major laminate competitor, and there are now wood, tile, slate and stone styles of LVT widely available at home-improvement stores. The biggest difference between the two materials stems from their construction: LVT is made of plastic, which feels softer underfoot, while laminate is more rigid.

Carpet Comeback?

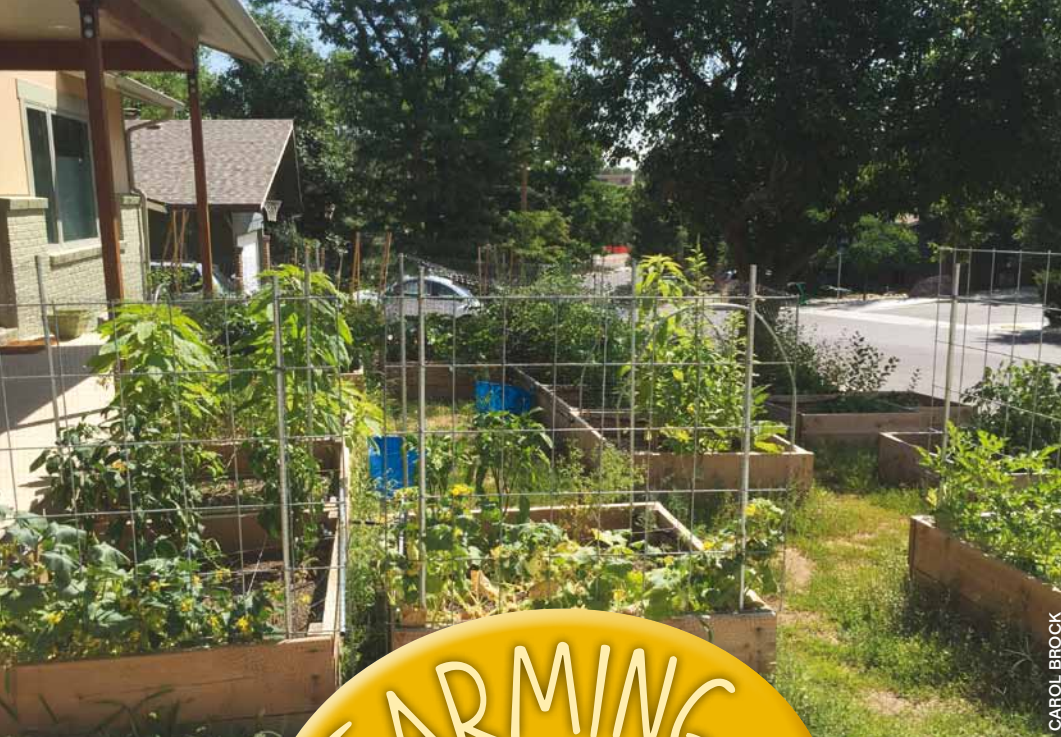
When talking about flooring, it's impossible to ignore carpet. Yet carpeting's popularity has dropped in recent years, possibly due to concerns about allergies and harmful volatile organic

compounds, or the material's short, roughly 10-year life span.

"We rarely see carpet these days," Hindman says. "Thirty percent of the homes we work on have no carpet at all. That's a good trend, I think. Carpet wears out and has to go to the landfill. Hard surfaces are greener, because they last longer and can be reused, so they're much less wasteful." With less-eco-friendly products, he says, "If you tear out tile, it's a trash-can's worth; if you tear out carpet, it's a truckload."

But you won't hear that viewpoint from everyone, and few other flooring options offer the same color and texture variety at a cost of \$2-13 per square foot. Plus, carpet helps absorb sound and insulates the home. The greener move toward carpet tiles may reduce waste, and recent strides in the feel of synthetics, like softer nylons and polyesters, and greener choices like cotton, wool and recycled pop-bottle carpeting, may boost a carpet comeback.

No matter which flooring you choose, first consider the room's purpose. Make a list of needs—must be kid-friendly, waterproof, cost-effective, attractive, etc.—to help you narrow your choices. Although new technologies have drastically widened the playing field, today's plethora of flooring material just means you have more options to pick the perfect base for every space. 🏠



CAROL BROCK



ROBIN TRUESDALE



Urban vegetable gardens are springing up everywhere, including front yards around the county.

BY LISA TRUESDALE

Who says a vegetable garden has to be in the backyard?

For whatever reason, that's the traditional way to do it, though a variety of factors might lead a gardener to choose the front instead.

For Bev Snyder of Louisville, the shade in her backyard made the decision easy. "It's just not sunny enough for a garden," she says, "and I wanted to get rid of the grass in the front anyway." She likes to mix in flowers for aesthetics, and thinks many veggies are just as pretty as flowers, like her squash blossoms. The garden attracts pollinators, too, along with a "resident toad."

"I love when people think outside the traditional standard of having a vegetable garden only in the backyard; personally, I don't see why there should be that separation of land use," says Carol O'Meara, horticulture extension agent with CSU Extension. "Vegetables are lovely plants...with shapes, textures and colors that can be part of a beautiful garden display; think about

the spiky texture of leek or garlic leaves, or the beauty of a glossy purple eggplant or red Mirasol chiles. They hold their fruit above the foliage, so you get the groovy effect of red popping above the deep-green leaves."

Doreen Smith says a front-yard veggie garden means there's no "out-of-sight, out-of-mind" mentality. "You pull into the driveway and your garden is staring right at you, begging to be weeded and

watered," Smith says. She's planning to install a front-yard garden at her Longmont home next summer. Her kitchen is also at the front of the house, so grabbing dinner fixings will be easier.

Whatever the reasons, edible landscaping in the front yard is catching on in Boulder County. Here are stories of three Boulder-area families who found that the decision of where to grow their veggies was easy.



ARINA P. HABICH

Creating landscapes to complement your dreams...



J & S LANDSCAPE
custom landscape & design



Since 1977

303-651-6897

5047 Rogers Road, Longmont, CO 80503

www.jandslandscape.com



Fostering the Growth of a Healthy Future



**Nature
Approved!**

Blue River Forestry & Tree Care...

reaching new heights in
modern arboriculture.

- 🌿 Organic Fertilization
and Soil Management
- 🌿 Botanical Emerald Ash
Borer Treatments
- 🌿 ISA-Certified Tree Care
Experts



www.BlueRiverTreeCare.com

720-256-9056

All You Need Is a Library Card

When Amy Benson May and her family moved into their new home in 2014, they knew they wanted “a big garden to grow massive amounts of food,” even though she and her husband didn’t have any experience with gardening.

But they did know the conditions in their backyard weren’t right for a vegetable garden. The numerous mature trees made it way too shady for vegetables. Benson May and her husband also wanted to be sure there was as much space as possible back there for their kids, ages 4 and 1, to play without worrying about trampling anything important.

Once they got to work on their sunny “front-yard farm,” as they call it, the couple realized something else: The concept of a traditional green lawn seemed strange in a semiarid place like Colorado, so they decided to turn the whole front yard into a vegetable garden instead.

“It makes sense to grow grass in a place with lots of natural water, like England or the northeast,” Benson May says, “but we thought a vegetable garden in our front yard would be a much smarter, more sustainable use of that space.”

Because they were landscaping novices, they checked out 40 books from the library. The books helped her husband learn to build 20 4-by-4-foot raised beds that he arranged in a grid pattern.



He also rigged up drip irrigation for the beds, which produce copious amounts of food. “You don’t really need to know anything to have a front-yard garden,” Benson May says. “You just need a library card.”

The couple planted a number of vegetables and fruits, including tomatoes, sugar snap peas, eggplant, carrots, onions, blueberries and strawberries.

Although gardens require water just like lawns do, Benson May feels

Nick Stong designed and built his front-yard garden (above and opposite page) to keep the veggies in and the critters out. Amy Benson May’s front-yard garden (below left) fills her entire front yard. Her husband learned how to build and irrigate the many raised beds by reading library books.

better knowing the water is being used to grow food. “You can’t get more local than outside your own front door.”

The front-yard garden is also a great family experience. “Our daughter loves to help us harvest the veggies and spread the compost, and we love how she ‘rediscovers’ the garden on a daily basis. She helps pull weeds, searches for ladybugs and delights at the volunteer sunflowers that must have sprouted up when a seed was accidentally dropped.” She also helps her mother cook meals with garden produce and is learning the concept of sustainability, her mom says.

Being out front all the time has helped them feel more connected to the neighborhood, too. People frequently stop to ask questions, share experiences and talk about their plans to make front-yard gardens.

“Our daughter feels so much pride showing visitors around our garden,” Benson May says. “She especially loves picking out a tomato or sugar snap pea for them to sample.”



PHOTOS LEFT AND OPPOSITE PAGE: AMY GOSCH; ABOVE: COURTESY THE STONGS



Lawn Gone

For several years, Nick Stong had “one of the greenest yards on the block,” and he was pretty proud of it. “But it cost me a hefty watering bill to keep it that way,” he says.

One fall, about five years ago, he winterized his sprinkler system as usual, thinking he wouldn’t need it again until spring. But Mother Nature had other ideas: “It was one of the driest winters ever, with a lot of strong Chinook winds. The dry, brittle grass completely blew away with the winds.”

When spring came, he was too discouraged to start all over again with the time, effort and cost of establishing a lawn. “I finally figured, ‘Hey, if we’re going to spend time and money watering, we might as well eat what we grow.’”

On the garden’s perimeter he installed upright trunk slabs to keep out rabbits and enclosed the growing area with wire to keep out deer. The wire also makes it easy to attach shade and hail cloths when needed.

Stong and his wife, Lisa, now want to learn about permaculture, and are considering adding berry bushes and fruit trees.

“Our neighbors often come over and ask what we’re doing when we’re



nls

napp landscape services, inc.

Proudly Serving
Boulder County Since 1981






11749 N. 75th Street : Longmont, CO 80503 : **303.651.0738**

www.naplandscape.com : nls@naplandscape.com



energySMART
Your Efficiency Solutions

DO YOUR PART

For Your Planet, Your Comfort, Your Wallet

- * Rebates and Incentives
- * Free Expert Energy Advisors
- * Home Energy Audits



SIGN UP TODAY 303.544.1000 | EnergySmartYES.com

EnergySmart services are available to homes and businesses in all Boulder County communities. EnergySmart is funded by Boulder County, the City of Boulder Climate Action Plan (CAP) tax and the City of Longmont. EnergySmart residential services are administered by CLEARresult.



CAROL BROCK



CAROL BROCK



ROBIN TRUESDALE

Clockwise from left: Andrea Dazzi and Dale Johns' garden takes up unused space in their driveway. Even a small area can become a vegetable garden, like this homeowner's strip of zucchini along the sidewalk. Bev Snyder's front-yard garden mixes flowers and food both for aesthetics and to attract pollinators.

out front," Lisa says, "and we're happy to share our story, and our veggies, with them.

"We find that there's a tomato missing now and then, but we don't mind."

Spilling Over

For Andrea Dazzi and Dale Johns, the problem wasn't that they couldn't have a garden in the back; it was the opposite. Their backyard garden was already huge, with nowhere else to expand, so they eventually spilled out into the front yard.

"At first, I wanted the front to be for my perennials, since my backyard was full of veggies," Dazzi explains. So Johns pulled out a big tree stump to make room, and then they planted a variety of flowers, grasses and ground covers.

"But after we amended the soil with our own compost, we were shocked when four different varieties of volunteer squashes started popping up. And

they were tastier than the squash we had planted from seed in the backyard." Excited about the idea of expanding their garden into the front, Johns built a series of planters to line the concrete driveway. Dazzi expected a few 1½-by-6-foot planters, but Johns ended up with six planters, each 4-by-4 feet.

"He then planted so much in each," Dazzi says. "Like cauliflower, corn, beans, peas, basil, cucumbers and tons of varieties of peppers. The corn was 10 feet tall and the basil leaves were as big as my hand."

Dazzi and Johns enjoy the experience of growing things, creating beauty and sharing (and eating) their bounty.

"People love the garden and think it's unique and amazing," Dazzi says. "We just like to see folks stop and look, and we enjoy their expressions."

Give It a Go

If you want to plant a front-yard garden, there are a few things to consider.

First, check with your city code and HOA covenants, if you have any. Some cities have regulations regarding the height of structures in the front, like trellises and fences, especially if visibility at an intersection is impacted.

Many HOAs dictate what percentage of a front yard needs to be grass, and HOA covenants supersede city code. "Many HOA codes forbid non-approved plantings," O'Meara says. "This has forced a few people to guerrilla garden by quietly mixing veggies into the approved plants out front."

O'Meara also advises careful design. For instance, you don't want your veggies right next to the sidewalk where dogs and road deicers may contaminate them. Keeping the garden closer to the house might reduce pilfering, too, O'Meara says.

"I've heard about the pilfering of front-yard veggies—pumpkins and tomatoes, mostly. But nobody steals zucchini!" 🏠

LAFAYETTE COLLECTIBLES & FLEA MARKET

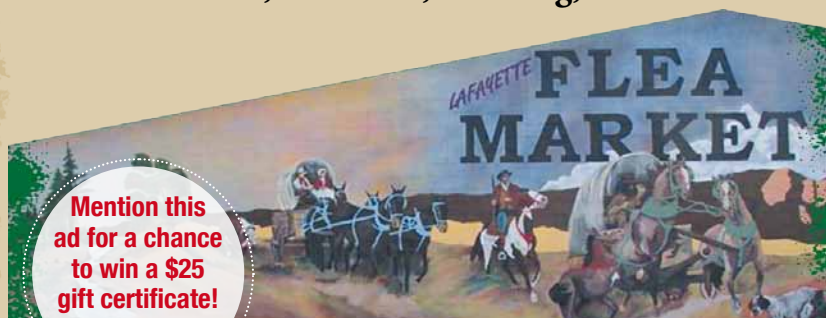
Named the 12th-Best Flea Market in the Country by *Good Housekeeping Magazine*!

20,000 Square Feet with Over a Half a Million Items!

Open Mon. - Sat. from 10 until 6, Sunday from 11 until 5

Antiques, Collectibles, Secondhand Items

New Items, Furniture, Clothing, Lots More!



130 E. Spaulding Street • Lafayette, CO 80026

Just East of S. Public Rd. (303) 665-0433

— you need it —
WE HAVE IT

OVER
67,000
ITEMS IN
STOCK!

fast & free delivery to our store!

THREE convenient ways to shop!

1. VISIT OUR STORE!

Our knowledgeable staff is ready to help.

2. SHOP ONLINE!

Visit our website for over 67,000 products.

3. CALL TO ORDER!

If it's not in our store,
we can get it from
our warehouse —
quickly!



691 S. Broadway (Table Mesa Shopping Center)

303-499-7211

TableMesaHardware.com



EXPLORE YOUR CREATIVITY AT SEW-VAC BOULDER

Join us this winter for
Sewing and Sandwiches

baby lock JANOME



RICCAR **Miele**



SEW-VAC

OF BOULDER

Sewing Machine
& Vacuum
Sales & Service

- Free sewing orientation classes w/purchase
- Free carpet cleaner rentals w/ vacuum purchase

3175 28th St. #3 (28th & Glenwood)

303-449-1281

www.sew-vac.com

TREATING TREES



RIMMA RII

A trunk injection may be the best way to treat a sick tree, and the kindest treatment for the environment.

BY MARY LYNN BRUNY

It's been a tough year for trees in Boulder County. November's early deep freeze stressed trees, while a wet spring encouraged insects, fungi and bacteria to take hold. Not to mention the ongoing invasion by emerald ash borers.

If you have a cherished tree that's sick, maybe you haven't called a tree-care professional because you don't

want toxic substances sprayed about your yard or poured into the soil. But trunk injections are a less environmentally invasive method that can cure many tree issues.

Trunk injections are like a pressurized IV for a tree. Instead of a liquid material (like a fungicide, pesticide or fertilizer) sprayed on a tree or poured into the soil,

a trunk injection puts that substance straight into the tree's vascular system.

The process takes less than an hour, during which small holes are drilled around a tree's base to insert plugs. Tubes are attached to the plugs and the injected material is pushed into the tree via air pressure. The tree's vascular system pulls the liquid up through the process of transpiration.

"Afterward, the plug stays in forever," explains Craig Hayes, owner of Healthy Trees LLC in Boulder. "The tree grows over this wound and it seals off. There's no long-term harm to the tree."

Trees should be at least 4 inches in diameter, and trunk injections work best if trees are well watered beforehand. Hayes points to a recent procedure in which he treated 102 trees, but they failed to respond. "We had the people flood the area around these trees. Then it just went beautifully." Tree injections work best, he adds, when the tree is in leaf and it's not a hot day.

While trunk injections have been around for years, they've become more sophisticated. "I've been an arborist for 20 years in Boulder, and trunk injections weren't as great an option as they are now," says Dustin Brown, co-owner of Blue River Forestry & Tree Care in Boulder and an ISA (International Society of



Jim Rome of Healthy Trees sets up injection plugs at a tree's base, allowing medications to enter the tree's vascular system through a pressurized application. The tree grows over the plugs (pictured at right) and there is no long-term harm to the tree.



MARY LYNN BRUNY

Arboriculture)-certified arborist. "Now you have so many different types of injection systems from different companies, and there are more options for more varieties of pests."

That includes safer options. "There are products that are environmentally friendly that pose next to no threat to the environment," says Fred Berkelhammer, president of Berkelhammer Tree Experts Inc. in Boulder and an ISA-certified arborist.

Sometimes products can be combined, which is especially effective for a tree with overall compromised health. For instance, a pesticide can be combined with a fertilizer or other health-boosting product.

"I feel pretty good about trunk injections, because arborists can time them specifically to where they don't affect a tree's flowering stages so bees aren't as affected," says Boulder resident Kim Keech, who decided to use injections for her large elm and ash trees. "Spraying can kill a lot of beneficial insects along with the horrible ones."

Depending on the product, trunk injections last from one to three years, and weather won't affect their efficacy. They're especially good for scale

Clockwise from top left: European elm scale; emerald ash borer; elm leaf miner; elm leaf beetles.



PHOTOS: EMERALD ASH BORER: DEBBIE MILLER, USDA FOREST SERVICE, BUGWOOD.ORG; ELM LEAF MINER, ELM LEAF BEETLES: WHITNEY CRANSHAW, COLORADO STATE UNIVERSITY, BUGWOOD.ORG

Let's talk about the birds and the bees (and your trees)

Caring for the urban forest is our mission — we seek to always improve our environment. Even when managing an epidemic such as Emerald Ash Borer, we diligently look for safe, effective, and organic solutions.

Pest and Disease Diagnosis and Treatment
Organic Treatment for Emerald Ash Borer
Tree Pruning · Shrub Pruning · Tree Removal
Stump Grinding



TADDIKEN TREE co

wehearttrees.com • 303.554.7035



insects, which are difficult to control. "Scale insects have a shell that protects them," Hayes explains. "You have a two-week period in the whole year to get them when they're in their crawler stage, out from underneath the protective shell. With spraying, it sometimes felt like hit or miss. Injections are far more effective."

Perhaps no issue has brought local tree care to the forefront like the emerald ash borer invasion. This destructive pest has killed thousands of trees, but it doesn't have to be an automatic death sentence, says Josh Morin, co-owner and general manager of Taddiken Tree Company in Boulder and an ISA-certified master arborist. "In research trials the TREE-age trunk injection for emerald ash borer resulted in a

99-percent reduction of the emerald ash borer larvae compared to control trees," he says. "So it's an incredibly effective treatment." If you have an ash tree within 10 to 15 miles of an affected tree and want to save it, he advises treating it preventively with a trunk injection.

Berkelhammer exclusively uses Tree-Azin—a neem-seed-derived product—to treat emerald ash borers, elm leaf beetles, elm leaf miners and European elm scale. "It's completely nontoxic to honeybees and other pollinators," he says.

Tree injections can also address mismatches between trees and soil. "Our soils have high pH, and people love trees with brilliant fall colors, like Autumn Blaze maples," Morin says. "But they really require a lower soil pH for them to absorb nutrients properly. So

Clockwise from top left: sunscald; locust borer; iron deficiency; horse chestnut leaf miner; trunk damage.

we do a lot of injections to maples and oaks to provide them with two major micronutrients—iron and manganese." Fall is the best time to administer that injection, he says.

Weigh the Risks

Despite the benefits of trunk injections, they don't work in every situation, especially when trees have physical wounds or sunscald damage to their trunks. "You don't get even uptake to the crown of the tree," Morin explains. "And if stems are choked or they've been damaged in the past, an injection may not be effective."

In some instances, spraying or ground injection *is* the better option. "If you're trying to do a preventive treatment, like a repellent, then spraying is the best choice," Morin says. "It repels the insect before it does any damage to the tree. Whereas with most injections, the insect has to feed on the tissue of the tree."

And sometimes the best decision is to do nothing. "In general, with lesser pests, it's just not worth spraying the tree. The environmental risk is greater than the benefit," Morin says. For example, aphids generally won't kill a tree and can be sprayed off with a hose. Balancing environmental risks versus benefits is a discussion to have with your tree-care professional.

You should also discuss the recommended products, as opinions vary on the best option for specific conditions.

Berkelhammer says homeowners should also understand the long-term consequences of products they're considering. "With any tree that flowers, you don't want to use any lethal product that lasts over a year," he believes, "because it will be there in the flowers next year. It will be in the falling leaves. And it will be in the tiny beads of water that leaves expire, which insects then ingest."

The cost of trunk injections is based on the diameter of the tree and how many injections are needed. "People in Colorado recognize that trees are an asset," Morin says. "They're also aware that this is a very harsh environment

PHOTOS: SUNSCALD: GERALD HOLMES, CALIFORNIA POLYTECHNIC STATE UNIVERSITY; BUGWOOD.ORG; LOCUST BORER: WHITNEY CRANSHAW, COLORADO STATE UNIVERSITY; BUGWOOD.ORG; IRON DEFICIENCY: JOSEPH O'BRIEN, USDA FOREST SERVICE; BUGWOOD.ORG; HORSE CHESTNUT LEAF MINER: OLENA ZASKOCHENKO; TRUNK DAMAGE: KOVALEV EVGENY



MARY LYNN BRUNY

Boulder resident Kim Keech chose trunk injections for her ailing ash trees because they don't harm beneficial insects, like honeybees.

to grow trees in, so pretty much any tree planted here is going to need some type of care throughout its life, whether that's irrigation, fertilization, pruning or a protective treatment."

Keech recognizes that, and factors tree care into the budget. "Our big trees are more important than our house," she says. "They define our lot, they provide privacy, and they cool our hot little house, so they mean everything. Tree care is now just part of our budget."

Signs that your tree could need care include foliage discoloration, significant branches that lose leaves or needles, or leaves that come out much later in spring or drop much earlier in fall than in previous years.

But by the time you see the symptoms, sadly the issue is very far along. For that reason, tree-care professionals recommend an annual walk and review of your property, which most offer at no charge. It allows you to head off problems before they become serious or terminal, and to set priorities. "We're injecting our big important trees, but we have one ash tree we're just going to let go," Keech says. "It's little and misshaped, and when it dies we'll replace it with a different type."

If you do need tree care, hire a certified arborist who is a licensed applicator through the Colorado Department of Agriculture. And ask for references, Morin suggests. "With the outbreak of emerald ash borer, we're seeing people coming out of the woodwork who are suddenly tree experts. We see all kinds of goofy stuff done to trees that causes a lot of damage down the road." 🏠



Brian Bergen injecting a White Ash tree



**Bee-Friendly
Emerald Ash
Borer Control**
with TreeAzin®
systemic biopesticide.



**BERKELHAMMER
TREE EXPERTS INC.**

303-443-1233
www.berkelhammer.com
SERVING BOULDER SINCE 1988

HEALTHY TREES LLC

Formerly Hayes Tree Service Since 1976

- **Save your ash trees from the emerald ash borer**
- Environmentally friendly trunk injections (bee safe) organic options available
- Call now for **10% off** (offer expires Feb. 1, 2016)
- Treatment guaranteed
- Sign up now / treat in May



Craig Hayes

303-449-4612 healthytreesllc@gmail.com



AFTER THE BIG ONE

A couple who lost everything in the 2013 flood gained it back through the charity of friends and strangers, and their own resilient spirits.





Shannon Rood and Ben Rickard's original Niwot home (pictured below) had to be scraped after it was inundated with floodwater and mud in the September 2013 flood. Although the couple struggled to save it, they finally built a new house on the property with the help of friends, volunteers, contractors, donations, and many, many months of their own sweat equity. The new, more contemporary house (pictured here and at right) is sited a little higher up and away from Left Hand Creek.



PHOTOS COURTESY SHANNON ROOD & BEN RICKARD

BY LISA MARSHALL

At 4:50 a.m. on Sept. 12, 2013, a ringing phone jolted Ben Rickard awake: School was canceled for his 17-year-old daughter, due to *rain*. Annoyed, he rolled over to go back to sleep. "I thought, 'I guess they're just canceling school for anything these days,'" he recalls. But once his wife, Shannon Rood, tried to step outside, reality struck.

Foot-deep water pushed against their front door and brown waves crashed across their flat, typically arid 7-acre property in Niwot. The split-rail fences they'd spent years installing—to keep their pig, goat, 10 chickens and three dogs from roaming—floated by, alongside massive cottonwood branches and uprooted fruit trees they'd planted.

Left Hand Creek had breached its banks amid the heaviest rainfall in

Boulder County's history. Their dream property was directly in its new path, and as the sun came up, the water was rising fast. "I said, 'Shannon, we've got to go NOW,'" Ben recalls. They grabbed one Tupperware box of important documents, dropped off their 150-pound pig, Geraldine, at the fenced higher-ground Niwot Cemetery across the street, and bade a sad farewell to their missing goat, Barry. Then they drove away. "We had just lost everything," Ben says.

Or so it seemed.

Fast-forward two years and thanks to the generosity of a long list of strangers, and heaping amounts of their own sweat equity, the couple and their menagerie of animals are back at home in a sleek and modern new house, with one hell of a story to tell. "They say tragedy brings out the best and the worst in people," Shannon says. "We've seen the best."



(Don't) Ask and You Shall Receive

The couple met at the Humane Society of Boulder Valley in 2001, drawn together by a mutual love of animals and a similar dream of owning a big property where they could have lots of them someday. They got married and started a Boulder business, the Dog Spot Dog Daycare and Boarding, in 2004.

Four years later, they sank their savings into a funky fixer-upper on a sprawling property with sweeping views of the Front Range. By the eve of the flood, they'd installed a new sprinkler system, built a fence and a barn for the animals, and turned the large cinder-block outbuilding into a

Top: After the water receded, tons of mud was left. When they deconstructed the ruined house, the couple kept the massive stone chimney as a powerful memento of their ordeal.

Middle: The airy, open feel of the new home is complemented by clerestory windows, high ceilings and concrete floors.

Bottom: When you have three dogs, a tub to wash them in is a prudent addition to a new home.

hangout where Ben could play guitar with friends and his band. A brand-new Toyota 4Runner sat in the driveway.

Post-flood, the 4Runner was totaled, all their photos and personal belongings were gone, and their home, while still standing, was uninhabitable. For weeks, the two slept on the floor of their business and bathed in the dog-grooming tub.

High Performance Luxury Living – Defined

Step across the threshold of a Sopris Home and experience excellence. From the highest quality construction standards to superior green building techniques, we focus on customized luxury and award-winning efficiency. Ask us about our innovative Comfort and Energy Efficiency Guarantee. To reserve a lot in one of the area's most sought-after communities or to learn more about building on your lot, call Tracie Thede at 303-522-3911.


www.soprishomes.com

JON WALTER ROOFING

*Building our reputation
one satisfied customer at a time!*

BBB A+ Rating



**From a hole in your roof to a whole new roof,
We're here for all your roofing needs.**

Don't live with a drip... **Call Now!**

Contact Us 303-828-5480 • jonwalterroofing.com

Locally Owned and Operated • Over 35 Years' Experience • Licensed and Insured • CertainTeed Master Shingle Applicator
Owens Corning Preferred Contractor • GAF Certified • Member of the Erie Chamber of Commerce • BBB Gold Star Member
Proudly Donating to Our Community!

JON WALTER ROOFING
offers Senior and Military Discounts!

Don't Trust Storm Chasers - Trust Local!



Clockwise from top: Color offsets the gray concrete floors, and the dogs always find the softest spot for dozing. Red lockers in the front entry hold leashes and other essentials. Sliding wood doors hide the laundry room and dog-washing tub.

At first, they were hopeful they could save their house. With the help of volunteers, including cyclists and motorists who often stopped to help when they passed by and saw the devastation, the couple ripped out the carpet and dry-wall and shoveled out tons of mud. At one point, they hired a mold-mitigation company. But when a concerned construction-savvy neighbor saw that company's truck outside, he stormed over and threw the workers out, fearing the couple was being taken advantage of. "He told this dude, 'You shut this operation down now and stop charging these people,'" Ben recalls. In reality, the house was a total loss.

With no flood insurance, meager FEMA assistance, and no way of qualifying for a second high-interest mortgage, they toyed briefly with the idea of letting their property go into foreclosure and filing for bankruptcy. But it didn't feel right. When a client's parents offered them a place to stay for several months, they almost turned it down. "We don't ask people for help. That's just not our thing," Ben says.

But the help came anyway. A neighbor, Left Hand Excavating owner Doug Lyle, showed up with a backhoe to help them tear down the old house. The Small Business Administration gave them a very low-interest loan to help them rebuild. A man from Left Hand Water District knocked on the door and handed them a \$500 check "no questions asked." A friend set up a GoFundMe page for them, and strangers sprang to their aid. "A little girl insisted on giving us money from her piggy bank, and a woman appeared at our door with a pizza and a hundred bucks," Ben says.

"From free services to volunteer work, to shelter, to countless cookies, treats, meals, gift cards, cash, checks, care packages from afar, hugs, tears and words of



BECAUSE
BAD ISN'T
ALWAYS SO
OBVIOUS.

findacompany.org



ARCHITECTURE
& DESIGN, LLC

COLORADO LOCAL
FOR 35 YEARS

CUSTOM HOMES REMODELS INTERIOR DESIGN



WWW.MQAD.COM 720.565.3929

Boulder County's Most Trusted Source for Everything Glass

SHOWER ENCLOSURES, CUSTOM GLASS, MIRRORS, TABLETOPS AND MUCH MORE!



sladeglass.com



SLADE GLASS
RESIDENTIAL + COMMERCIAL

*Unsurpassed Quality
and Craftsmanship Since 1961*

*Visit our beautiful showrooms
in Boulder & Longmont for a
complimentary design consultation*

303-442-3662
1770 38th St. Boulder

303-776-3400
504 5th Ave. Longmont



encouragement, you have lifted us up, refusing to allow us to stay down,” Ben wrote on their GoFundMe page.

A highly coveted general contractor, Tom Stanko, offered to waive the fee for his time. And then his subcontractors started showing up at the jobsite with free insulation, windows and solid 9-foot doors. “When I first met Ben and Shannon, I was truly overwhelmed,” recalls Stanko, cofounder of Harrington Stanko Construction in Longmont. “You have two people who were dealt a disastrous blow and instead of complaining, their attitude was, ‘We are going to move ahead as positively as we possibly can.’ We tried to help in any way we

could, and we took away far more from the experience than we gave.”

Framing the Issue

The couple hired David Barrett, of Boulder’s Barrett Studio Architects, after getting a recommendation from an acquaintance who had lost her house in a fire and hired him to design the new one. Barrett is known for clean, modern layouts that take advantage of a property’s surroundings, and he knew how to work within their tight budget.

“They aren’t attached to material things as much as just the space,” Barrett says. He suggested they rebuild farther away from the road in a spot that took

Top: Harrington Stanko Construction lent the couple a helping hand and provided their services for free. Ben and Shannon (at right) did much of the work themselves.

Bottom: The new kitchen has plenty of space for making merry.

better advantage of their views of the Flatirons and Longs Peak. And he kept it simple, using a 2,000-square-foot L-shaped design, shed roof, and utilitarian materials like corrugated metal and painted HardiePanel siding.

To save on labor, Shannon and Ben built much of the house with their own hands. He would come home after a 13-hour-day at their business to



400 E. Simpson Street | Suite #109 | Lafayette, CO
720-295-7584 | www.TruDesignColorado.com



**ALWAYS
ONLINE!**



**FRESH CONTENT –
COOL HOMES!**
BoulderHG.Com
Place YOUR next ad!
303-443-0600
Info@BrockPub.com

Whole House Audio & Video • Media & Theater Rooms
Systems Integration • Lighting Control • Home Security



RCS
ELEGANT + TECHNOLOGY

RESIDENTIAL CONTROLS SERVICES, LLC
303.725.4578 • resiservices.com



Above: After a hard day of play, it's nice to chew on a bone and soak in the stupendous views from the 7-acre property.



Left: Shannon (kneeling) and Ben (left) celebrate their pets and their employees during a holiday get-together at their new home.

pound nails with the lone framer helping them build their walls. She spent her days off operating a backhoe and a crane. "At the time it felt so exhausting," Shannon says. "But now we look back on it and say, 'Look what we did!' It was just awesome."

"We always had a great relationship, but we never had anything that really challenged us," Ben adds. "It's a powerful thing to know that even when you are knocked flat, that person is going to be right there beside you."

Happy Ending for All

Today, life is starting to feel normal again, they say, as they tour a visitor around a modestly sized home that feels bigger than it is. High ceilings with a clerestory and glass walls on the southwest lend a spacious, cheery feel. The concrete floors are easy to keep clean, despite the many muddy paws that tread on them.

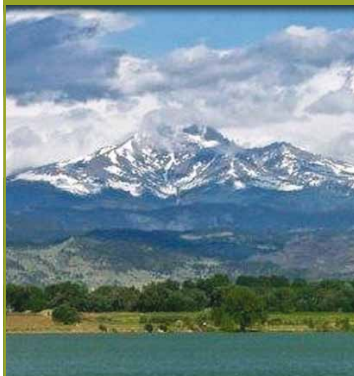
Friends often gather in the central great room, where Ben—the chef in the family—can easily visit with

them from across the granite island in the roomy new kitchen. Nearby is a dog-washing room, complete with a vintage galvanized steel tub. Cheerful red lockers by the front door keep leashes and other necessities out of view, while the bedrooms are tucked away in quiet corners.

In the pasture just south of the house roam their dogs, cat, chickens, pig and even that presumably lost goat, Barry. (He miraculously turned up in the cemetery 36 hours post-flood, thanks to a neighbor who placed him there after he found Barry breathing through an air hole amid floodwaters filling a stall.) On another corner of the property, where their first house once stood, towers their old stone chimney—a powerful memento of all that they've been through.

"The worst of humanity often gets the headlines," Ben says, his voice catching as he looks out on that chimney. "But the bottom line is: People are awesome." 🏠

LET KATHY'S 28 YEARS OF REAL ESTATE EXPERIENCE BE YOUR GUIDE



Kathy has loved living in Longmont for 32 years. She is involved in the community and has extensive knowledge of the area and market trends. Whether you're moving up, down, sideways or relocating, **she's your Longmont expert!**

"KATHY'S CUSTOMERS SAY..."

I have worked with Kathy Crowder as my realtor for almost 25 years. As a real estate investor, I have found her knowledge of the market, counsel in negotiations, and expertise with contracts to be invaluable. She has contributed significantly to my success in reaching my real estate goals. Also, she has helped my wife and I with our personal residence, both buying and selling. We cannot recommend her services highly enough. -- Will Limon

I thoroughly enjoyed working with Kathy this past summer when I sold my house. Kathy was a true professional and made the selling of my house which contained a lot of memories a very easy process. She sold my house in two days! She also helped me find a condo ten minutes away from my daughter which is a perfect fit for me. I truly recommend Kathy Crowder for your real estate needs! -- Donna

Kathy Crowder
RE/MAX Alliance
512 4th Ave., #101
Longmont, CO 80501
Cell: 303-775-0206
www.kathycrowder.com
kathycrowder@remax.net



details
DESIGN STUDIO



Let Barbee James make your dream a reality!

www.detailsdesignstudio.com | (303) 442-7887



breathe *easy*

These houseplants can eliminate stale air and toxic pollutants inside your home.

BY ELI WALLACE

There's nothing quite like a nice breeze through an open window to freshen up a stuffy room. But unless you're ready for an arctic blast, you'll have to come up with another option for clearing the air during blustery winter months.

Though it's often overlooked, cleaning the indoor air is immensely important; the Environmental Protection Agency ranks indoor pollution in the top five environmental risks to public health. In fact, EPA studies found that, on average, indoor pollutant levels may be two to five times higher than outdoor pollutant levels.

Pollutants can be toxins, allergens or carcinogens, and often come from household chemical products like solvents and cleansers, as well as carpeting, vinyl flooring, wood finishes, mattresses, secondhand smoke, mold, dust, pests and poorly vented furnaces.

Formaldehyde is the most common household pollutant, stemming from its wide commercial use in adhesives. Particle-wood products, new carpeting and new wood furniture can bring formaldehyde and other VOCs (volatile organic compounds) into a home.

Fortunately, a variety of widely available houseplants act as filters against these common toxins through a process called phytoremediation. NASA's Clean Air Study, which was performed in 1989 to find new ways to clean the air in space stations, compiled the first list of effective plants.

Although all plants turn carbon dioxide into oxygen, which will help freshen up any room, the plants listed here actually help diffuse chemicals that are harmful to humans. According to their findings, researchers recommend having one plant for every 100 square feet of living space.

(continued on page 59)

Go in Peace

Peace lilies (*Spathiphyllum*) were found to be one of the best cleaners of all, as the plants effectively reduced all six chemicals studied: benzene, formaldehyde, trichloroethylene, ammonia, xylene and toluene. Place the plant near a north- or west-facing window, out of direct sunlight.

"Peace lilies are one of the best at cleaning air. They're really easy to grow, as long as you keep them moist," says Corinna Bozella, houseplant specialist at Longmont's The Flower Bin.



PHOTOS: SHUTTERSTOCK.COM

A breath of fresh air
for your home.

STURTZ & Copeland
FLOWERS AND PLANTS

2851 Valmont • 303-442-6663 • www.sturtzandcopeland.com
Mon. through Fri. 8 to 6, Sat. 8 to 5, Sun. 10 to 5 • Like us on Facebook!

FUN-LOVING FREE Newsletters!



Great Stuff
Every
Month!
(Subscribe
Online)



GetBoulder.com/subscribe

BoulderHG.com/newsletter

Snake Your Way

Even easier to grow is the snake plant (*Sansevieria*), which removes five of the six chemicals studied: benzene, formaldehyde, trichloroethylene, xylene and toluene. Also called mother-in-law's tongue, this succulent is extremely hardy. Place it in a sunny window and water sparingly, every few weeks.

Short on sun? Give snake plant a try anyway—it's known to thrive even in less-than-ideal conditions. "The dark-green one works just as well as the variegated one when it comes to cleansing the air," Bozella notes. "They're great because you don't have to baby them."



Wild One

Add heightened interest to your home with red-edged dracaena (*Dracaena marginata*). Dracaena grows slowly, but can eventually reach up to 15 feet if conditions allow. Put dracaena in a taller room with bright filtered light, and water it when the soil is dry. These succulent shrubs tolerate shade and dry air, and they're equal to snake plant at removing benzene, formaldehyde, trichloroethylene, xylene and toluene.

But they're not for everyone: "They can get a wild growth pattern. They kind of remind me of Dr. Seuss," Bozella says. "If you want something uniform, you don't want this one."



Fantastic Filters

Ficus (*Ficus benjamina*) is an elegant, easy-to-grow plant that filters formaldehyde, xylene and toluene from the air. Also known as the weeping fig, this staple of office parks and low-light homes tolerates limited sun and iffy watering, as long as temperatures remain roughly the same. To keep the plant healthy, place your ficus away from the door in as much light as your house allows, and trim off dead leaves.

"All ficus plants are good at cleaning the air, especially the rubber plant," Bozella says, referring to *Ficus robusta*. "Rubber-leaf ficus are especially good, because they put a lot of oxygen back into the air."

The rubber plant thrives in dim rooms and removes formaldehyde at a higher rate than any other plant studied. "They vary in size and can get nice and big. If you keep them pruned, they stay nicely shaped." The downside? The leaves are toxic if ingested, and can be especially dangerous to house cats and puppies. If you have pets, be sure to place this plant out of reach.



Pots of Power

The cheerful exterior of potted chrysanthemums belies their cleaning power. These flowers remove benzene, formaldehyde, ammonia, trichloroethylene, xylene and toluene, and have the added bonus of making great gifts during the holidays. However, potted mums are a floral variety that's different than the mums widely available for planting outdoors. Potted mums generally won't last as indoor plants beyond a few weeks. Plenty of light and water will increase their longevity.



PHOTOS: SHUTTERSTOCK.COM

The most effective way to reduce indoor air pollution is to get rid of the source, so buy a test kit to check indoor air quality, air out new carpeting and mattresses, buy formaldehyde-free furniture, and make sure you have proper air ventilation and an efficient furnace, and that you change the filters regularly.

Filling a home with the natural cleaning power of plants will accomplish two things: You'll beat the winter blues and breathe a little easier through the winter months and beyond.

Wandering Wonder

Building on NASA's findings, a 2009 University of Georgia study identified several additional ornamentals that remove contaminants. One of the prettier ornamentals is purple-heart plant (*Tradescantia pallida*, also called wandering Jew), which adds splashes of bright purple color.

"Purple-heart plant is good indoors and does great outdoors as an annual," Bozella says. "They propagate really easily; if you stick cuttings in water, they'll root." Purple-heart plant does well in hanging containers or pots, and produces small lavender blooms in spring. Give this plant bright filtered light, and water when dry. 🌿



PHOTOS: SHUTTERSTOCK.COM

Improve the Beauty and Air Quality in Your Home with plants from The Flower Bin



We have over
100 varieties to
choose from! Ranging
from small 2" pots
all the way to 14" pots

Family-owned and operated since
1971. The Flower Bin has been
proudly serving Colorado gardeners
for over 45 years!

BUY LOCALLY

Open every day!

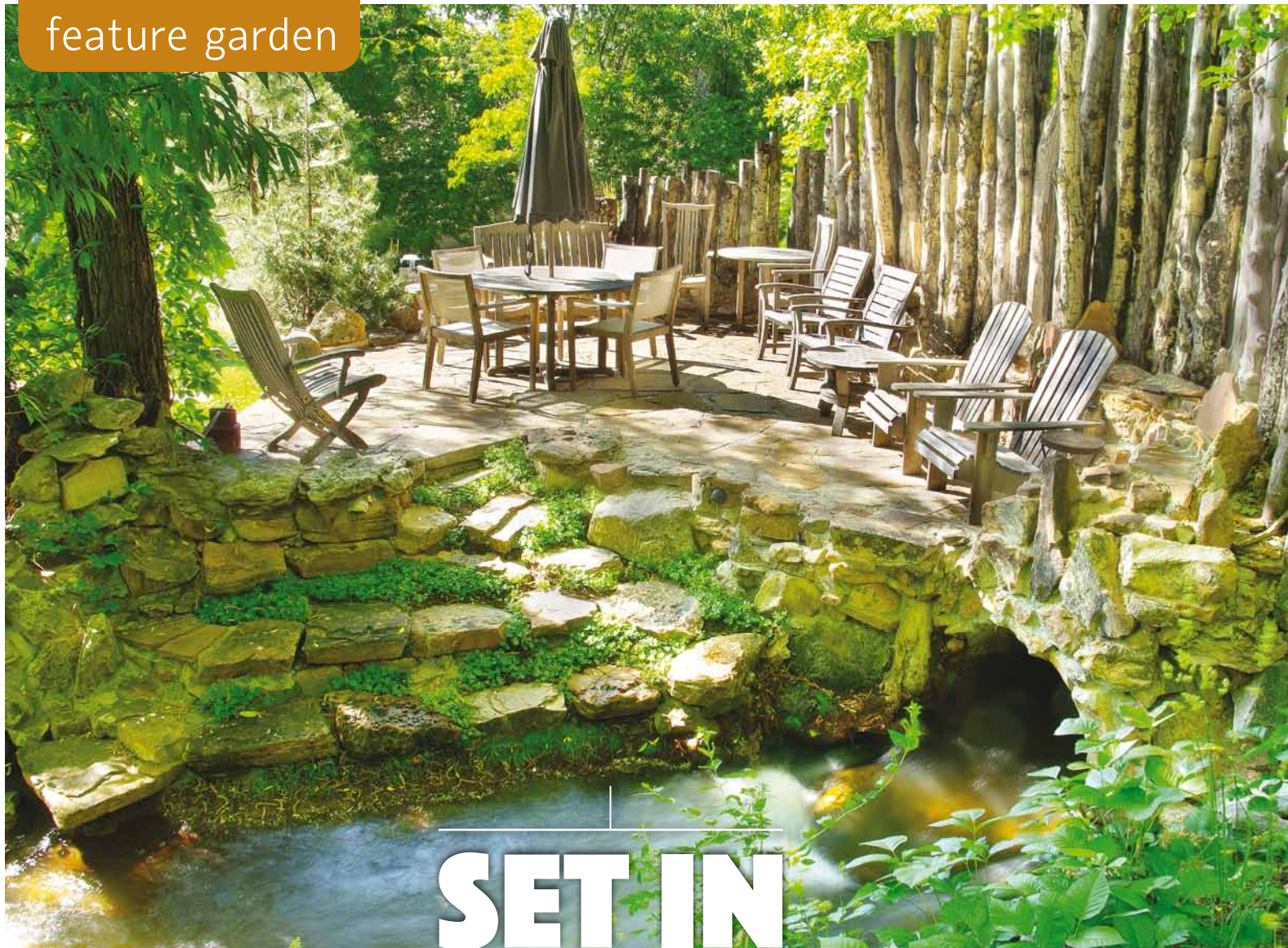
The Flower Bin

Garden Center
& Nursery

1805 Nelson Rd
Longmont, CO
303-772-3454

www.theflowerbin.net





SET IN STONE

This garden was carved out of a hillside and “set” in amazing stonework.

BY LISA TRUESDALE

To a kid, a steeply sloped yard is a dream come true—for rolling down in the summer or sledding down in the snow. But for a gardener, it poses numerous problems and rarely succeeds without some help.

George Emmons is the founder and owner of Boulder’s popular Into the Wind kite store, and an architect by trade. In 1990, he designed his home in west

Boulder that he shares with Scott Shevlin. To make the most of the terrain, the house is cut right into the hillside.

But when it came time to landscape, Emmons recalls being a little frustrated with the wildly steep, 5,532-square-foot rocky acreage that’s crammed against the foothills and shares space with an irrigation ditch.

At first, he planted minimally, sticking with natives that he was sure

would thrive. And they would have made it, he says, had they not kept washing away down the hillside.

Then, about 10 years ago, Emmons decided to install a hot tub, but it required a sturdy rock base behind the house to put it on. So he enlisted the help of Marco Viera, who owns an “artscaping” company in Boulder called Handy Latin.

Viera made a stone base that was both decorative and functional and

PHOTOS BY ALLISON M. FLEETWOOD JR., WWW.AMFJPHOTOGRAPHY.COM



Working with “artscape” Marco Viera, George Emmons and Scott Shevlin made their steep, rocky lot into a perfect place to garden, relax and entertain. The imposing stone arch—the focal point of the front yard—was added after a huge cottonwood fell and crushed its metal predecessor.



Lush ground covers and hidden terraces soften the rocky terrain and draw the eye upward.

then, borrowing techniques learned in his native Ecuador, he completely terraced the yard, creating breathtaking stonework planting beds and meandering pathways that perfectly blend with the rocky terrain. He also created an elevated stone patio on the west side, snuggled against the hillside with water from the ditch streaming peacefully by. "We call it our 'balcony,'" Emmons says of the patio, "because we have a great people-watching view of the street down below us."



The Cottonwood Incident

But Viera's work wasn't over. Emmons clearly remembers the morning about five years ago when he heard an earth-shattering boom outside the front door. A massive cottonwood had plunged off the steep hillside abutting his lot and crashed into the front yard. Miraculously, it missed the power lines and the house, but it "beheaded" the chair he usually sat in on the patio.

The next day, city workers removed the tree, which they estimated weighed a whopping 27,000 pounds. They used a huge chain saw to chop it into big sections and a crane to remove them.

"When they cut it up, thousands of gallons of water came gushing out of the trunk," Emmons says.

Once the cottonwood was gone, the couple discovered there was much more damage to repair than just Emmons' favorite chair. They called in Viera to completely rebuild the patio, which ended up being slightly larger than before. He also redesigned and repaired several terraced sections below it, and then crafted a gorgeous stone archway—now the focal point in



Our artistry creates
a year-round
outdoor living experience
curated to your
individual taste
and lifestyle.



Landscape Architecture

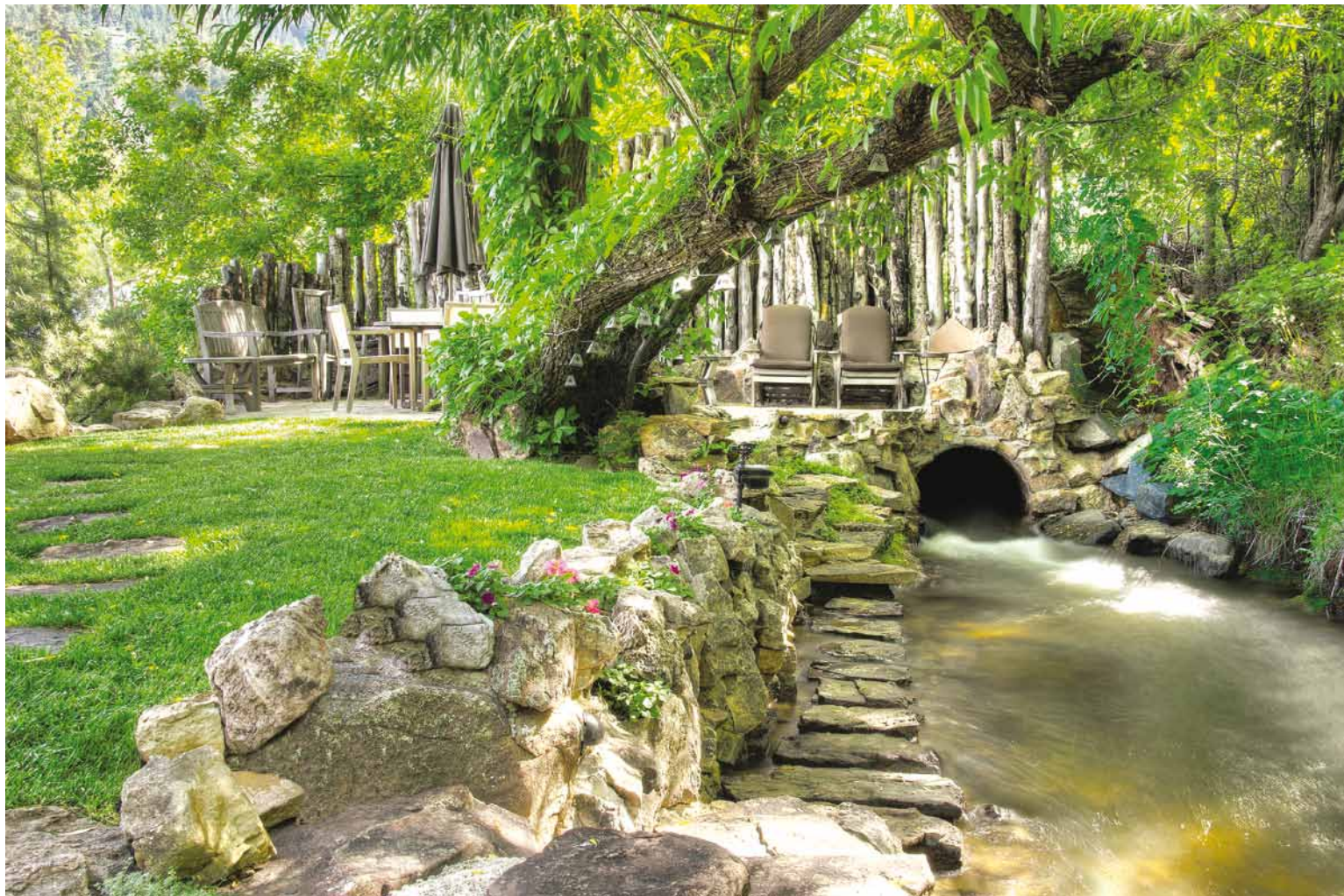
Construction

Maintenance

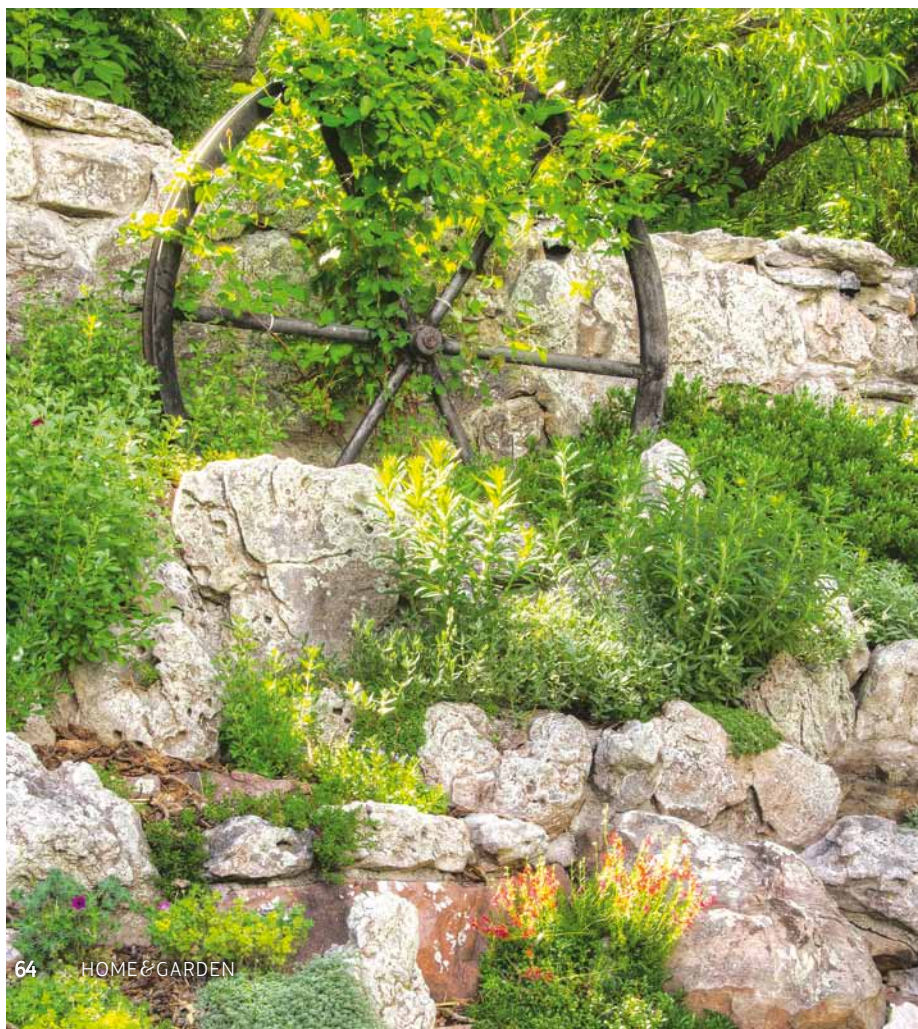
1503 Highway 52 Erie, CO
303.828.0408
outdoorcraftsmen.com



OUTDOOR
CRAFTSMEN



The raised stone patio behind the house is the homeowners' "balcony," affording them a people-watching view of the street below as the Farmers Ditch flows by. The water sometimes flows over the stone steps along the ditch, so Scott and George have to splash over them.



the front yard—to replace a metal one that was crushed under the tree's massive weight.

Like before, Emmons says, "I would say what I wanted, and Marco would do it. Sometimes he wouldn't do it quite the way I thought, but I would end up liking it even more."

"It's a great collaboration," Viera agrees. "We both have an open mind and we've learned how to make our separate ideas come together into one."

For several years, Emmons and Shevlin spent every minute of their free time maintaining the expansive garden that wraps in a U-shape all the way around their house. When Shevlin retired a few years ago, he took over the seasonal gardening chores, which opened up the

Wild Earth Gardens

Design | Build | Maintenance | Irrigation
Locally Owned & Operated Since 1996



Unique & Beautiful Design Quality Construction
Skilled & Responsive Service Authentic Client Relationships

Professional
Landscape Services

BOULDER COLORADO

303-641-5361

www.wildearthgardens.com



Greenwood Wildlife Consignment Gallery

Our Consignment Gallery raises operational funds for the Rehabilitation Center while serving the public's need for a place to consign and purchase high-quality, gently used and reasonably priced home furnishings, jewelry, artwork, and home decor. **Stop in today to consign and shop!**



3600 Arapahoe Ave. • 303-245-0800 • info@greenwoodconsignment.org
Sunday 12 - 4 pm, Monday - Saturday 10 am - 5:30 pm

Local nonprofit benefiting the Greenwood Wildlife Rehabilitation Center in Lyons

Junk Removal • Cleaning Services
Hoarding Help • Senior Discount

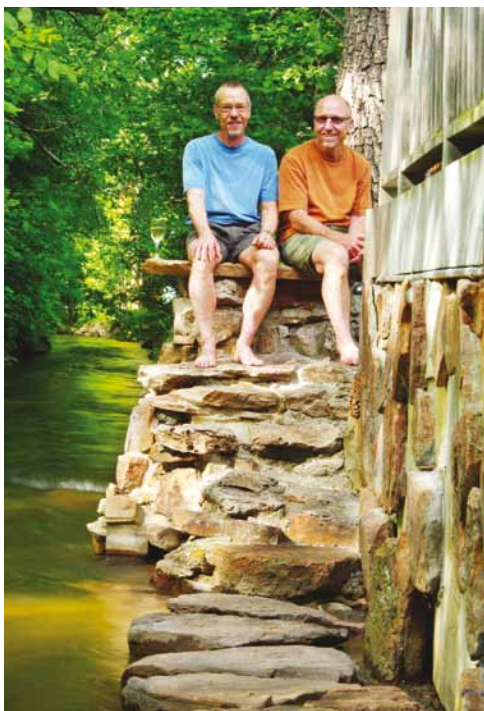


720-982-7856 • www.ClutterTrucker.com

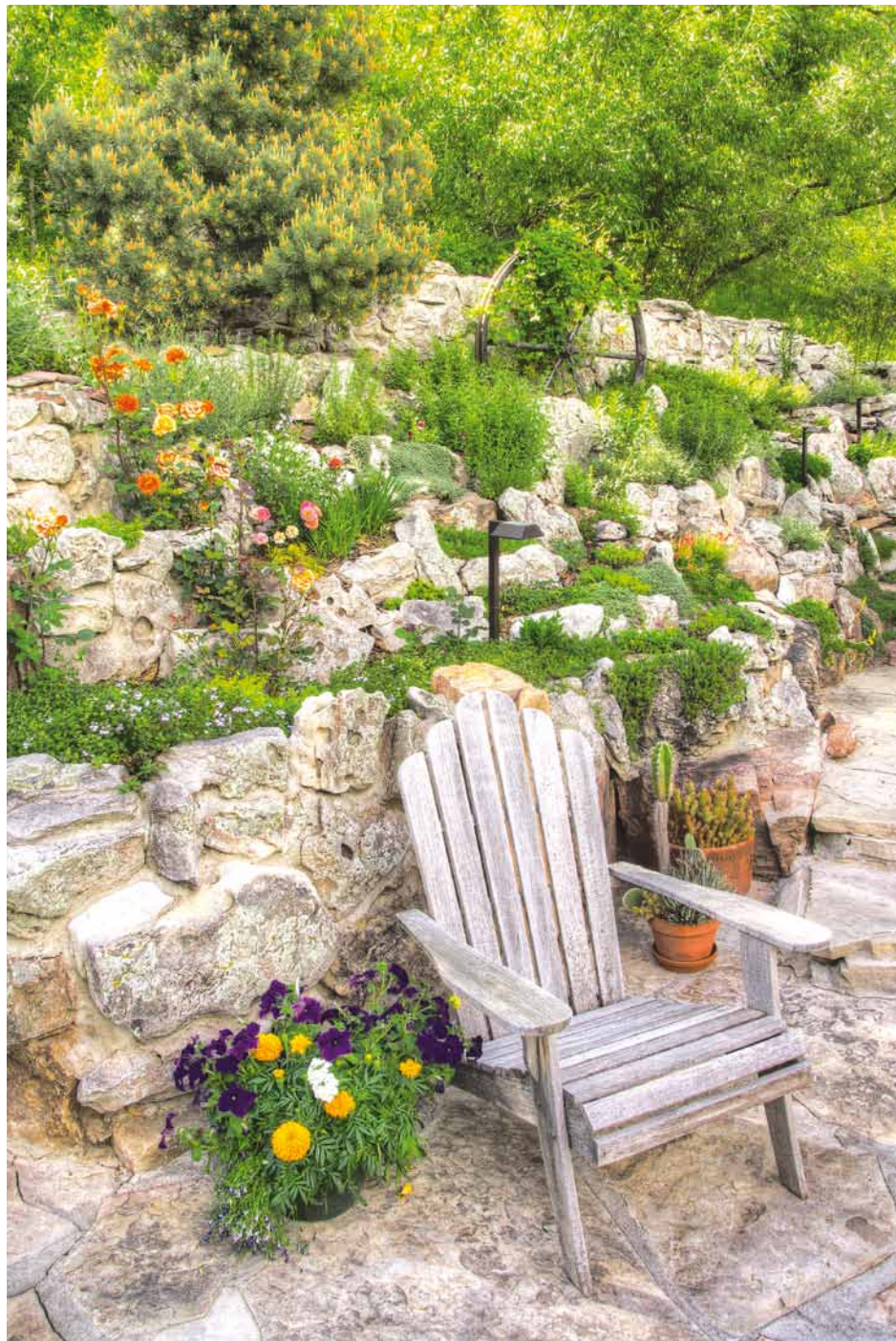
Emergency Response 24/7 • Water Damage Mitigation
Mold Remediation • Carpet Cleaning & Stretching
Fire/Smoke Remediation



RestorationWithCare.com • (303) 588-6796



The couple used to spend every free minute maintaining the garden that wraps around their house. Nowadays they've scaled back a bit, but George (above, in blue) still does much of the planting, while Scott (in orange) does the weeding and trains the clematis vines.



couple's weekends for soaking in the scenery, relaxing by the water, walking the stone paths and hosting parties up on the "balcony."

Shevlin does all of the weeding and also likes to train clematis vines up the wooden trellises. Emmons still does much of the planting, like the stunning impatiens he starts from seed under grow lights every spring.

The garden also features a variety of other plants, like cyclamen, kinnikinnick, hepatica, penstemon and primroses. Japanese painted ferns—"the secret fern that people in

Colorado don't know about," Emmons says—peek out here and there, while trunks of different sizes stand upright to create unique fencing and secluded sitting areas along the pathway. "I think of the wet, muddy hillside as our giant evaporative cooler," says Emmons, noting it allows him to grow thirstier plants and keeps the garden lush and green throughout the growing season.

For his part, Viera is proud he helped the couple create a space they enjoy: "My goal in life is to make people happy with what they have." 🏡



Home & Garden Services



Goodbye Junk. Hello Relief!

We recycle as much of the junk we collect as possible, and donate reusable household or commercial items to local charities.

Book now and save **\$25** off your next junk removal*

Call or book online today!

1800gotjunk.com | 1-800-468-5865

*Present ad at time of pickup. Cannot be combined with any other offer and is not redeemable for cash. Not valid on single item or minimum charge pickups.



1-800-GOT-JUNK?
THE WORLD'S LARGEST JUNK REMOVAL SERVICE

Regenerative Landscape Architecture + Planning

Creating spaces to engage people, value place and inspire purpose.



PRODUCTS/SERVICES:

- landscapes & gardens that evolve
- site-integrated architecture
- indoor-outdoor living
- regionally relevant makeovers
- low-water & native landscape
- passive rainwater strategies
- high-efficiency greenhouses
- permaculture & urban gardening

Licensed landscape architects • 30 years' experience in the intermountain West

As seen in: Better Homes & Gardens, Sunset, and Cowboys & Indians



t barnabas kane & associates
ENVIRONMENTAL DESIGN®



Tbkadesign.com • 928-899-6489 • Leadville, Colorado



ReStore

We have a wide selection of custom wood cabinets, flooring, appliances, tools and more - at a fraction of the cost of the BIG box stores.

Visit www.flatironshabitat.org for store hours and how to donate goods.



Winter, spring, summer or fall...



Now YOU have a friend in the decking business!

Visit Our Dream Deck display at Fruehauf's, 1665 33rd St. in Boulder

squarerootCONSTRUCTION
Quality Design & Construction From Concept to Completion

303-517-8742
squarerootconstruction.com

CUSTOM DESIGNED GLIDING SHELVES



50% OFF
INSTALLATION

with purchase of 5 or more
Glide-Out shelves.
Expires 1/31/2016.*

-OR-

\$250 OFF

with purchase of 5 or more
Glide-Out shelves.
Expires 1/31/2016.*

Limit one offer per household.

*Valid on Classic or Designer Glide-Out purchase with offer. Cannot be combined with other offers. Lifetime Warranty valid for Classic or Designer products only.

**NOW HIRING DESIGNERS
AND INSTALLERS:**
SHELFGENIE.COM/CAREERS

**FREE IN-HOME
DESIGN
CONSULTATION**

ShelfGenie®
EVERYTHING WITHIN REACH™

888.491.6191

shelfgenie.com

THINKING OUTSIDE THE BOX

Mailboxes throughout the county give a nod to fun, funky and other styles.



BY CAROL BROCK

When I was a kid, children had pen pals and handwritten letters to relatives and friends. The daily mail was a much-anticipated event, and the surprise of finding a letter addressed to you was a thrill.

With the advent of email, texting, Facebook and Instagram, the poor old mailbox doesn't get much love these days. But did you know a whole week and a whole month of each year are dedicated to celebrating mailboxes and their contents?

Yep, the month of April is the designated "National Card and Letter Writing Month." The U.S. Postal Service launched the campaign in 2015 to promote the slogan, "It's a Delight to Write!"

"National Mailbox Improvement Week" follows close on its heels, with the days of May 21-27 dedicated to sprucing up your box. "Neat, attractive mailboxes make a significant contribution to the appearance of the countryside and streets



◀ DUPLICATE DESIGNS

These mailboxes, designed by Jeffery Buechler, mimic the appearance of the two A-frame cottages the mailboxes belong to. The homeowner likes to liven up her landscape with unusual things, she says. She also commissioned Buechler to make a large birdhouse that was an exact replica of her former home.

PHOTOS: AMY GOSCH

in suburban areas," the USPS says on its website.

We agree, so we went prowling for unique mailboxes and found that homeowners in Boulder County have mailboxes that run from contemporary, fun and funky to whimsical, artistic and wacky. Here are a few of the boxes we found (thanks to all the homeowners for letting us share them with you).

◀ BOX OF STONE

This stoic box appeals in a solid, masculine way, with hard, stacked stone shrouding a tall black box set into the earth and encircled by stones. It says, "Deliver the mail—and don't mess with me."

COCK-A-DOODLE-DOO ▶

The farm features of this quaint box include a shingled roof with a cock on top, rosebushes below and a basket of blooms out back. Makes you want to pour a cup of tea, put rashers in the pan, and fry a couple of sunny side ups. Oh, and clip roses for the vase while you're at it.





AMY GOSCH

LEAPING LIZARDS ▲

Lizards get about as much love as mailboxes these days, but this homeowner decided to celebrate slithering creatures (although I'd be wary of smooth-talking geckos). Hand-hewn lizards in all makes and materials completely cover this box on all sides—hope the mail carrier's a fan!



LISA TRUESDALE

ALL ABOARD ▲

You might think this homeowner is a railroad enthusiast, but no. "I work at a desk all day, so I need something creative to do," she says. She swaps out train decorations with the seasons, adorning the box with hay and pumpkins in fall, flowers in spring and summer, and Christmas decorations over the holidays to create a choo-choo with class.

GONE FISHIN' ▼

"Little Man" has a full wardrobe of outfits and decorations for every season and holiday. He decided to go fishing last summer, say his owners, who took Little Man with them when they moved from Longmont to Louisville. A neighbor who was a metal worker made Little Man for them more than 15 years ago.



ROBIN TRUESDALE



JULIE GRIMM

▲ LOCAL LANDMARK

This fish has been through at least three homeowners, says the current resident, and it's been featured on scavenger hunts as well as hit by cars a few times—"it still has a small piece of someone's reflector embedded in it," he says. The homeowner's wife is Hawaiian, so if the bass ever gives up the ghost, "she says we should replace it with a *humuhumunukunua* [Hawaii's state fish]. Luckily, I don't think they make one of those."



AMY GOSCH

◀ SLEEK-SIDED

This thoroughly modern mailbox is handsome and sophisticated. Made of sandstone and stainless steel, the box's natural materials command attention, saying "Look at me" in a big way. Très chic!

DOE A DEER ▶

This back-to-nature box has serene beauty, with fawn-colored stonework and a doe statue peacefully grazing atop. Encircled by a wooded lot, this box blends into its surroundings much like a deer in the landscape. 🏡



AMY GOSCH

WILD THINGS

You Make My Heart Sing



© PAM NICKOLES, WWW.NICKOLESPHOTOGRAPHY.COM

Our county and state offer amazing wildlife watching. Visit these places at the appropriate times and you're sure to see spectacular things.

BY RUTHANNE JOHNSON

Watching wildlife is exhilarating—so much so that people pay big bucks to see nature's amazing spectacles, like thousands of wildebeests thundering across the Serengeti or grizzlies catching salmon in Alaska.

Boulder County is blessed with free wildlife viewing, from hummingbirds and foxes to eagles and mule deer. But the rest of the state also offers extraordinary wildlife watching, including the nine spots listed here. Take binoculars and a camera to document it, so friends will believe your wild tales.

What: WILD MUSTANGS

Where: Sand Wash Basin, Craig

When: Spring through fall

Tip: The best times to see mustangs are early morning and dusk, when they gather at watering holes.



At first glance, the basin looks harsh and uninviting. But a drive through the nearly 158,000 acres of Bureau of Land Management land in northwest Colorado reveals abundant foxes, coyotes, jackrabbits and hawks. However, it's the 500 or so wild mustangs that make this place shine.

Remnants from Spanish settlement and pioneer days, the mustangs roam in bands. Larger bands usually consist of a stallion, his mares and their foals. Smaller bands are often bachelor groups of young stallions not yet mature enough for their own harem, or older males who lost their bands to other stallions.

The mustangs are robust and colorful, like one brown-and-white paint

Picasso (left) has roamed Sand Wash Basin for nearly 30 years. The paint stallion is pictured with his mare, Robin, and colt, Van Gogh. The mustangs have a following on their Sand Wash Basin Facebook page.

named Picasso who still roams the basin at nearly 30 years old. The mustangs are accustomed to people, so it's easy to get close, says Wendy Reynolds, field manager of the BLM office in Craig. But these horses are wild, so keep at least 100 yards distance for safety.

Off-road driving is not permitted, but visitors can primitive camp anywhere in the basin, except near watering holes. "Eons ago, the land here was under water," Reynolds says, so observant hikers can see unusual treasures like tiger chert and even turtle fossils. You can also visit nearby Brown's Park and Dinosaur National Monument. For information and a map that includes a horse-viewing loop, stop by the BLM office in Craig.

Donate your old vehicle to



*Free pickup

*Tax receipt given

*Running or not

*Benefits KGNU

Call

(844) KGNU-CAR

(844) 546-8227

or

visit

kgnu.org



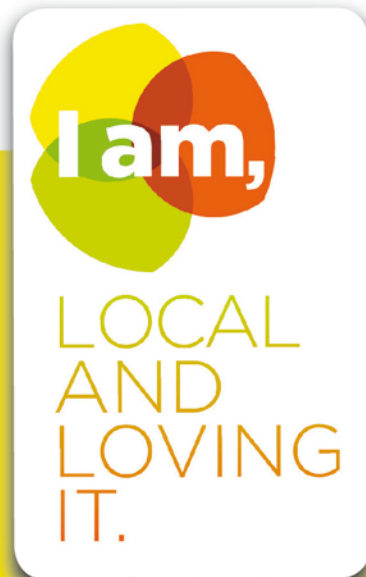
BOULDER COUNTY
INDEPENDENT BUSINESS ALLIANCE

FIX OUR ECONOMY

Shifting our spending to local, independent businesses is the first step in stabilizing our economy. Local businesses are engines for economic growth – consistently employing more than half of the US workforce. Each time you make a purchase locally, 45–68% of that money stays locally – which means cleaner roads, more parks, more diverse businesses, better products and services, higher wages, and greater donations to area nonprofits/charities.

BIBA (Boulder County Independent Business Alliance) is your resource for finding locally owned, independent businesses, as well as helping your own independent business succeed.

**BUY LOCAL.
BUILD COMMUNITY.**



VISIT WWW.BOULDERIBA.ORG FOR MORE INFORMATION



RUTHANNE JOHNSON

What: **MOUNTAIN GOATS**

Where: Blue Lakes, White River National Forest

When: Spring through fall

Tip: The trailhead to Quandary Peak is near Blue Lakes. Weekday visits are advised if you want to miss the weekend 14er crowd.



Blue Lakes just south of Breckenridge practically guarantees an up-close experience with mountain goats. Located at the top of Blue Lakes Road off Colorado Highway 9, the lake is basically a reservoir that collects snowmelt from the surrounding 14ers, Quandary Peak and Mount Lincoln. About 50 mountain goats live there year-round, and it's not

unusual to see goats on the road and in the upper parking lot below the dam.

Their shaggy white coats are sleek and full until the end of June. In fall, their coats thicken up again for winter. But even at their scraggiest, the white goats stand out against the granite backdrop and deep blues and greens of the mountains.

In spring, nannies and their kids stake out the reservoir, licking minerals from the parking lot and roads, and sometimes from beneath cars. There are usually a few juveniles in the mix, along with one or two older bucks. Don't let their calm demeanor fool you; give them room or you might have a run-in with a set of very sharp horns.

What: **BATS**

Where: Orient Mine, San Luis Valley

When: Mid-June through early September

Tip: Lodging and camping are available at the adjacent Valley View Hot Springs, a clothing-optional hot springs, but book well in advance. Lodging is also available in nearby Crestone.



Every summer around mid-June, hundreds of thousands of bats start arriving at the Orient Mine. Their journey starts in wintering grounds in Mexico or as far away as South America. Once they've all arrived, their population tops a whopping 250,000.

The colony of mostly male Mexican free-tailed bats comes to feast on the bounty of insects in the San Luis Valley, a predominantly agricultural community. They roost in the mine by day and forage at night.

Orient Land Trust, a nonprofit conservation group, owns the mine and 2,200-acre surrounding property. It offers free dusk tours throughout summer to watch the bats emerge. The tour includes a 1.7 mile (one-way) guided hike and about an hour to watch the bats fly out. "The bats typically start with this serpentine column that rises from the mine and snakes onto the horizon," says bat specialist Kirk Navo. Quite often, great horned owls and other predators gather nearby to try and snatch a mid-flight meal.

RUTHANNE JOHNSON

What: **ELK**

Where: Rocky Mountain National Park

When: Early September to mid-October

Tip: Turn off your car after you've found a viewing spot so you don't disturb other viewers.

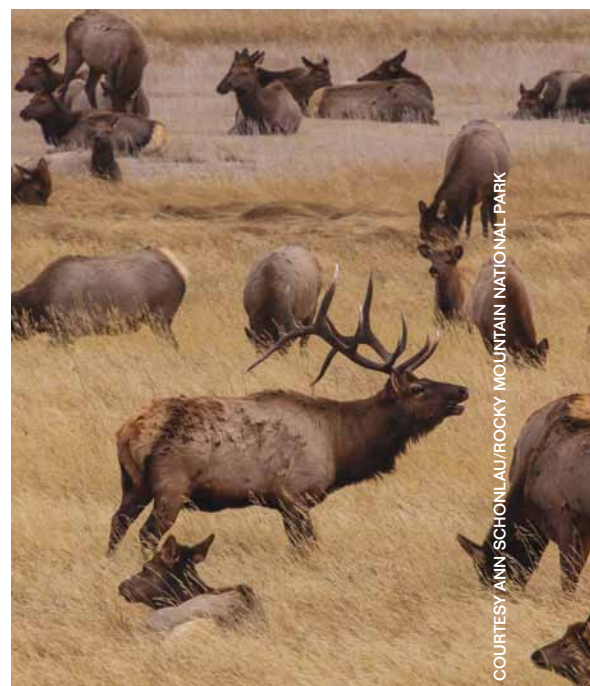


A massive bull elk stands amid tall meadow grasses as the setting sun lights up his 12-point rack like candles. He suddenly stretches his neck and lets out a long, high-pitched bugle. Another bugle answers from the distance. Then another.

This scene is common during the fall elk rut. "It's really majestic," says Kyle Patterson, spokesperson for Rocky Mountain National Park. "The bugling attracts cows and intimidates other bulls." The elk's call rises over three octaves, she says, and "if you're there at dawn or dusk, you can see their breath in the air as they bugle."

Some 600 elk winter in the park, and it's not uncommon to see 50 or more in larger, open meadows like Horseshoe Park, Upper Beaver Meadows and Moraine Meadows on the east side, and Harbison Meadow and throughout Kawuneeche Valley on the west side.

The town of Estes Park holds an annual elk festival in early October, with free elk lectures, bugling contests, and arts and crafts booths. RMNP offers nightly elk presentations, with maps available online or at the visitor centers.



COURTESY ANN SCHONLAU/ROCKY MOUNTAIN NATIONAL PARK



© BARBARA MAGNUSON/LARRY KIMBALL, WWW.PRONGHORNWILDLIFEPHOTOGRAPHY.COM

What: **SANDHILL CRANES**

Where: Monte Vista National Wildlife Refuge, San Luis Valley

When: Mid-March and mid-September through October

Tip: For the most dramatic viewing, park on a shoulder pullout right outside the refuge just before dawn.



It's a twice-a-year phenomenon, when 20,000 or more greater sandhill cranes descend on wetlands in Monte Vista National Wildlife Refuge to rest and refuel during spring and fall migrations.

After overwintering in New Mexico's Bosque del Apache National Wildlife Refuge, the cranes head to San Luis Valley, where they mass in the 5,000-acre wetland refuge. "It's pretty incredible," says refuge biologist Scott Miller. "We can have anywhere from 24,000 to 26,000 cranes almost completely concentrated on the refuge." Their rattling calls can be deafening, he notes, "and when they lift off from the water at first light, you can hear their wings and a rushing of wind."

Spring is when you'll see their courting dances. "They jump up and down, flapping their wings and moving their necks," Miller says. "They're these big, lanky birds but incredibly graceful." Adjacent barley fields—owned by the refuge to feed the cranes—on the refuge's southern edge off County Road 8 South are a good place to spot courting birds.

In fall, the cranes return from their summer nesting grounds in the Greater Yellowstone Ecosystem. They aren't as concentrated, because water and food sources are more scattered, Miller says. But you can still see some 5,000 to 6,000 cranes at the refuge. The San Luis Valley Crane Festival is usually in mid-March.

What: **BIGHORN SHEEP**

Where: Bighorn Sheep Canyon, Cotapaxi

When: Mid-October through December

Tip: Because of their color, bighorn sheep blend right into the steep, rocky terrain, so look closely.



Bighorn sheep routinely scale the canyons on the Arkansas River from Parkdale to Coaldale along U.S. Route 50. About 300 or so bighorns live in the canyon year-round. In summer, you can go river rafting through the canyon, but seeing sheep is hit or miss, as they're typically higher up the canyons and more difficult to spot.

Fall is when you'll really get a show, says wildlife photographer Larry Kimball (www.pronghornwildlifephotography.com), who took the photo above. That's when males congregate in open areas and cliff ledges to compete for ewes. "I've seen them butt heads and knock one another off fairly steep terrain," he says. Fortunately, these sure-footed animals can spin in midair and regain their footing.



MARK BAUER/USGS UAS PROJECT OFFICE



What: OSPREY, BALD EAGLES and GREAT HORNED OWLS

Where: Sawhill Ponds, Boulder County

When: Year-round

Tip: Take a nature hike with the park naturalist in each season to see migrating wildlife and pond inhabitants.



"There's never a bad time to visit Sawhill Ponds," says park naturalist Dave Sutherland, who leads hikes for Boulder Open Space and Mountain Parks. You'll see bald eagles in winter, a nesting osprey pair in spring and summer, and great horned owls in February and March.

Winter full-moon hikes are spectacular, Sutherland says, when the owls are hooting, nesting and acting territorial. The dirt trails are wide, flat and wheelchair accessible. For information, visit boulder.colorado.gov/osmp/sawhill-ponds-trailhead.



PHOTOS: WENDY MARIE STUART; CLOUD PHOTOGRAPHY

What: MOOSE

Where: State Forest State Park, Jackson County

When: Winter and spring

Tip: Moose may seem approachable, but these large beasts can run fast and charge suddenly, especially mothers with calves. Always leash your dog.



West of Fort Collins, this park was ground zero for Colorado's moose reintroduction in 1978. Since then the population has swelled to about 600.

The tall, lanky animals typically hang out in the park's willow bottoms and associated uplands, especially around Cameron Pass and throughout the southern third of the park. "They aren't heat tolerant and are best seen in the early morning and at dusk," says Colorado Parks and Wildlife district wildlife manager Josh Dillely.

Peak calving season is late March to early June. That's when you'll likely get to see their still velvet-covered antlers. Last August, the park's visitor's center held its first annual moose festival.



CHRISTINE KIRKPATRICK



RAY FETHERMAN

What: BISON, BURROWING OWLS and BALD EAGLES

Where: Rocky Mountain Arsenal National Wildlife Refuge, Commerce City

When: Year-round

Tip: You can drive the wildlife-viewing loop, but the trails are where you'll really get away from crowds.



This 15,000-acre refuge in the Denver metro area is home to about 330 wildlife species, from eagles and bison to prairie dogs, burrowing owls and meadowlarks. This year, the refuge reintroduced 30 endangered black-footed ferrets and opened a ferret exhibit.

"In winter, it's amazing to see the bison with snow on them," says Cindy Sauter of the refuge's visitor programs. Spring is when birds migrate through and you'll see prairie dog pups and bison calves.

"The calves are a spectacular cinnamon color," Sauter says. "There are so many places here where you feel like you're in the country, even though you're a stone's throw from the city." 🏠



Boulder County Home & Garden
is a GREAT Magazine!
The articles are informative
and fun to read,
and the photos are amazing.
Best of all – it's LOCAL!
Everyone should read it
cover to cover – I do.

*Barbee James -
Owner, Details Design Studio*

Keep up with the latest trends and
ideas in Boulder County design.

READ and enjoy
Home & Garden Magazine!

Don't miss an issue!
Always online at
BoulderHG.com

BROCK *Media*



RESOURCE DIRECTORY

ACTIVITIES/FESTIVALS

- 35th Annual Chocolate Lovers' Fling, a benefit for
Safehouse Progressive Alliance for Nonviolence _____ 7
303-449-8623; www.safehousealliance.org
- Boulder Creek Events _____ 21
303-449-3137; www.bceproductions.com
- Boulder Home & Garden Fair _____ 25
303-443-0600; www.boulderhg.com
- Boulder International Film Festival _____ 31
303-449-2289; www.biff1.com

ARCHITECTS

- MQ Architecture & Design _____ 51
720-565-3929; www.mqad.com
- Rodwin Architecture _____ 17
303-413-8556; www.rodwinarch.com
- TBK Environmental Design _____ 67
1-928-899-6489; www.tbkdesign.com

ASSOCIATIONS/ORGANIZATIONS

- Better Business Bureau Serving
Denver/Boulder _____ 27, 51
303-758-2100; www.bbb.org/denver
- Boulder Independent Business Alliance (BIBA) _____ 71
720-565-3854; www.boulderiba.org
- Flatirons Habitat for Humanity _____ 67
303-447-3787; www.flatironshabitat.org
- Foothills United Way _____ 2
303-444-4013; www.unitedwayfoothills.org
- Niwot Business Association _____ 11
www.niwot.com/business-association

ATTORNEYS

- James A. Cooke, PC _____ 13
303-440-9400; www.jamesacookepc.net

AUDIOVISUAL SYSTEMS

- ListenUp _____ Outside Back Cover
303-444-0479; www.listenup.com
- Residential Control Services _____ 53
303-725-4578; www.resiservices.com

BANKING/LENDING/CREDIT UNIONS

- Community Financial Credit Union _____ 11
303-469-5366; www.yourlocalcreditunion.com

BUILDING RESOURCES

- EnergySmart _____ 39
303-544-1000 (residential), 303-786-7223 (commercial);
www.energysmartyes.com

CABINETS/CUSTOM CLOSETS/ GARAGE STORAGE SYSTEMS

- Shelf Genie _____ 67
888-663-3818; www.shelfgenie.com/denver
- Tailored Living of Boulder _____ 19
720-340-4743; www.tailoredliving.com

CARPETING/FLOORING/RUGS

- McDonald Carpet One Floor & Home _____ 5
303-449-0011; www.mcdonaldcarpetoneboulder.com
- Star Flooring & Design _____ 33
303-443-9075; www.boulderstarflooring.com

COMMUNITY SERVICE ORGANIZATIONS

- Flatirons Habitat for Humanity _____ 67
303-447-3787; www.flatironshabitat.org
- Foothills United Way _____ 2
303-444-4013; www.unitedwayfoothills.org
- Realities for Children _____ 24
720-420-9780; www.rfcbc.org
- Safehouse Progressive Alliance for Nonviolence _____ 7
303-449-8623; www.safehousealliance.org

CONTRACTORS/BUILDERS/REMODELING

- Sopris Homes _____ 49
303-527-0000; www.soprishomes.com

DECKS/PORCHES/ OUTDOOR STRUCTURES

- Squareroot Construction _____ 67
303-517-8742; www.squarerootconstruction.com

DERMATOLOGY MEDICAL & COSMETIC

- Dermatology Center of the Rockies _____ 29
303-532-2810; www.dermatologyoftherockies.com

DRY CLEANERS

- Art Cleaners _____ 23
303-447-8700; www.artcleaners.com

ENERGY AUDITS/CONSERVATION

- EnergySmart _____ 39
303-544-1000 (residential), 303-786-7223 (commercial);
www.energysmartyes.com

ENVIRONMENTAL RESTORATION MOLD/FLOOD/FIRE

- Colorado Advanced Restoration Experts _____ 65
303-588-6796; www.restorationwithcare.com

GARDEN CENTERS/NURSERIES

- The Flower Bin _____ 59
303-772-3454; www.theflowerbin.net

- Sturtz & Copeland Florists & Garden Center _____ 57
303-442-6663; www.sturtzandcopeland.com

GLASS/MIRRORS/SHOWER DOORS

- A-Ability Glass Co. Inc. _____ Inside Front Cover, 3
303-440-7000; www.aabilityglass.com

- Slade Glass Co. _____ 51
303-442-3662, 303-776-3400; www.sladeglass.com

GOURMET FOODS

- Frontière Natural Meats _____ 21
720-204-6813; www.frontierenaturalmeats.com

HARDWARE/BUILDING MATERIALS

- McGuckin Hardware _____ Inside Back Cover
303-443-1822; www.mcguclkin.com

- Table Mesa Hardware _____ 41
303-499-7211; www.tablemesahardware.com

HEATING/AIR-CONDITIONING

- Fix-It 24/7 _____ 15
303-659-3400; www.fix-it24.com

HOME FURNISHINGS

- Concepts Furniture _____ 23
303-443-6900, 303-772-4178;
www.conceptsfurniture.com

- Encore Home & Décor _____ 33
303-494-5646; www.encore-consignment.com

- Greenwood Wildlife Consignment Gallery _____ 65
303-245-0800; www.greenwoodconsignment.org

- Indochine _____ 27
303-444-7734; www.indochinehomeimport.com

- Lafayette Collectibles & Flea Market _____ 41
303-665-0433; www.facebook.com/
lafayettecollectiblesfleamarket

- McGuckin Hardware _____ Inside Back Cover
303-443-1822; www.mcguclkin.com

HOME THEATERS

- ListenUp _____ Outside Back Cover
303-444-0479; www.listenup.com

HYDROPONIC/ORGANIC GARDENING

- Way to Grow _____ 1
303-473-4769; www.waytogrow.net

INTERIOR DESIGN

- Details Design Studio _____ 55
303-442-7887; www.detailsdesignstudio.com

- Niwot Interiors _____ 13
303-652-1727; www.niwotinteriors.com

- Tru Design _____ 53
720-295-7584; www.trudesigncolorado.com

JUNK REMOVAL SERVICES

- Clutter Trucker _____ 65
720-982-7856; www.cluttertrucker.com

- 1-800-GOT-JUNK? _____ 67
1-800-468-5865; www.1800gotjunk.com

KITCHEN & BATH REMODELS/PANTRIES

- Sopris Homes _____ 49
303-527-0000; www.soprishomes.com

- Tailored Living of Boulder _____ 19
720-340-4743; www.tailoredliving.com

LANDSCAPE ARCHITECTS/DESIGNERS

- J & S Landscape _____ 37
303-472-1096; www.jandslandscape.com

- Napp Landscape Services Inc. _____ 39
303-651-0738; www.napplandscape.com

- Native Edge Landscapes _____ 9
303-245-9166; www.nativeedgelandscapes.com

- Outdoor Craftsmen _____ 63
303-828-0408; www.outdoorcraftsmen.com

- Wild by Design _____ 29
303-823-0856; www.wildbydesignhabitats.com

- Wild Earth Gardens _____ 65
303-641-5361; www.wildearthgardens.com

MATTRESSES/CUSTOM MATTRESSES

- Verlo Mattress _____ 19
303-447-1154; www.verlo.com

MEATS/NATURAL/ORGANIC

- Frontière Natural Meats _____ 21
720-204-6813; www.frontierenaturalmeats.com

PLUMBERS

- Fix-It 24/7 _____ 15
303-659-3400; www.fix-it24.com

ADVERTISER INDEX

RADIO STATIONS

KGNU Community Radio 88.5 FM/1390 AM _____ 71
303-449-4885; www.kgnu.org

REALTORS

Kathy Crowder, RE/MAX Alliance _____ 55
303-775-0206; www.kathycrowder.com

Candace Loving, Colorado Landmark Realtors _____ 27
303-443-3377; www.candaceloving.com

Kit Magley, RE/MAX Alliance _____ 18
303-459-7299

RESTAURANTS

Chautauqua Dining Hall _____ 23
303-440-3776; www.chautauqua.com

ROOFING

J & K Roofing _____ 17
303-425-7531; www.jkroofing.com

Jon Walter Roofing _____ 49
303-828-5480; www.jonwalterroofing.com

SEWING MACHINES/SEWING CLASSES

Sew-Vac of Boulder _____ 41
303-449-1281; www.sew-vac.com

SHOPPING

Concepts Furniture _____ 23
303-443-6900, 303-772-4178;
www.conceptsfurniture.com

Encore Home & Décor _____ 33
303-494-5646; www.encore-consignment.com

Frontière Natural Meats _____ 21
720-204-6813; www.frontierenaturalmeats.com

Greenwood Wildlife Consignment Gallery _____ 65
303-245-0800; www.greenwoodconsignment.org

Indochine _____ 27
303-444-7734; www.indochinehomeimport.com

Lafayette Collectibles & Flea Market _____ 41
303-665-0433;
www.facebook.com/lafayettecollectiblesfleamarket

McGuckin Hardware _____ Inside Back Cover
303-443-1822; www.mcguckin.com

TREE SERVICES/REMOVAL

Berkelhammer Tree Experts Inc. _____ 45
303-443-1233; www.berkelhammer.com

Blue River Forestry & Tree Care _____ 37
720-256-9056; www.bluerivertreecare.com

Healthy Trees LLC _____ 45
303-449-4612

Taddiken Tree Co. _____ 43
303-554-7035; www.taddikentree.com

VACUUMS/SEWING MACHINES

Sew-Vac of Boulder _____ 41
303-449-1281; www.sew-vac.com

WINDOWS/SCREENS

A-Ability Glass Co. Inc. _____ Inside Front Cover, 3
303-440-7000; www.aabilityglass.com

Slade Glass Co. _____ 51
303-442-3662, 303-776-3400; www.sladeglass.com

A

A-Ability Glass Co.
Inc. _____ Inside Front Cover, 3

Art Cleaners _____ 23

B

Berkelhammer Tree Experts Inc. _____ 45

Better Business Bureau Serving
Denver/Boulder _____ 27, 51

Blue River Forestry & Tree Care _____ 37

Boulder Creek Events _____ 21

Boulder Home & Garden Fair _____ 25

Boulder Independent Business
Alliance (BIBA) _____ 71

Boulder International Film Festival _____ 31

C

Chautauqua Dining Hall _____ 23

35th Annual Chocolate Lovers' Fling _____ 7

Clutter Trucker _____ 65

Colorado Advanced Restoration
Experts _____ 65

Community Financial Credit Union _____ 11

Concepts Furniture _____ 23

James A. Cooke, PC _____ 13

Kathy Crowder, RE/MAX Alliance _____ 55

D

Dermatology Center of the Rockies _____ 29

Details Design Studio _____ 55

E

Encore Home & Décor _____ 33

EnergySmart _____ 39

F

Fix-It 24/7 _____ 15

Flatirons Habitat for Humanity _____ 67

The Flower Bin _____ 59

Foothills United Way _____ 2

Frontière Natural Meats _____ 21

G

Greenwood Wildlife
Consignment Gallery _____ 65

H

Healthy Trees LLC _____ 45

I

Indochine _____ 27

J

J & K Roofing _____ 17

J & S Landscape _____ 37

Jon Walter Roofing _____ 49

K

KGNU Community Radio
88.5 FM/1390 AM _____ 71

L

Lafayette Collectibles &
Flea Market _____ 41

ListenUp _____ Outside Back Cover

Candace Loving,
Colorado Landmark Realtors _____ 27

M

Kit Magley,
RE/MAX Alliance _____ 18

McDonald Carpet One Floor & Home _____ 5

McGuckin Hardware _____ Inside Back Cover

MQ Architecture & Design _____ 51

N

Napp Landscape Services Inc. _____ 39

Native Edge Landscapes _____ 9

Niwot Business Association _____ 11

Niwot Interiors _____ 13

O

1-800-GOT-JUNK? _____ 67

Outdoor Craftsmen _____ 63

R

Realities for Children _____ 24

Residential Control Services _____ 53

Rodwin Architecture _____ 17

S

Safehouse Progressive Alliance for
Nonviolence _____ 7

Sew-Vac of Boulder _____ 41

Shelf Genie _____ 67

Slade Glass Co. _____ 51

Sopris Homes _____ 49

Squareroot Construction _____ 67

Star Flooring & Design _____ 33

Sturtz & Copeland
Florists & Garden Center _____ 57

T

Table Mesa Hardware _____ 41

Taddiken Tree Co. _____ 43

Tailored Living of Boulder _____ 19

TBK Environmental Design _____ 67

Tru Design _____ 53

V

Verlo Mattress _____ 19

W

Way to Grow _____ 1

Wild by Design _____ 29

Wild Earth Gardens _____ 65

BACK TO THE CABIN

As winter closes in, there's nothing nicer than a warm fire in a cozy cabin with a good dog and a good book.

PHOTOS © CHERYL KORALIK

BY DALE MULFINGER

Leaving the city and arriving at the beautiful stillness of nature—water, rocks, trees and sky—is the reason many people love having a cabin.

Life is simple at a cabin—the mudroom is entry enough for all and burning wood is done for more than just the charm of it.

I searched across North America for new and old projects that demonstrate the breadth of ideas unique to cabins. Some of these themes are tried and true, and natural extensions of the traditions of cabin building. Others are fresh, new and test the boundaries of what it means “to cabin.”

SING ALONG

Mary and Jim Krook bought this Wisconsin property (below) from the Scalise family, who had enjoyed the home for nearly 50 years. Rather than raze it and start anew, the Krooks decided to renovate and preserve the building after receiving a letter from a builder of the original cabin. The renovation retained the old entry.

With the cabin now used in all seasons, space was created at the entry (right) for coat and boot storage, as well as a convenient built-in seat for taking shoes off.





OLD GLORY

Rancher and logger John Hardin built this cabin (left) near Red Feather Lakes, Colo., in 1874. Alex and Ana Bogusky purchased it in 2007 and set about refurbishing the more than century-old living space, one of the oldest log cabins in northern Colorado.

The Bogusky cabin (below left) is surrounded by 800,000 acres of Roosevelt National Forest. The porch is positioned to catch the sun setting over the Rocky Mountains.

New cabinets (below) were made to look timeless, and add a sparkle of color to the living space.



SUBTRACT AND ADD

Cabin owner Marlene decided to renovate and make additions to this Minnesota cabin (right). The new porch makes an evening in the fresh lake air most enjoyable with the bugs screened out.



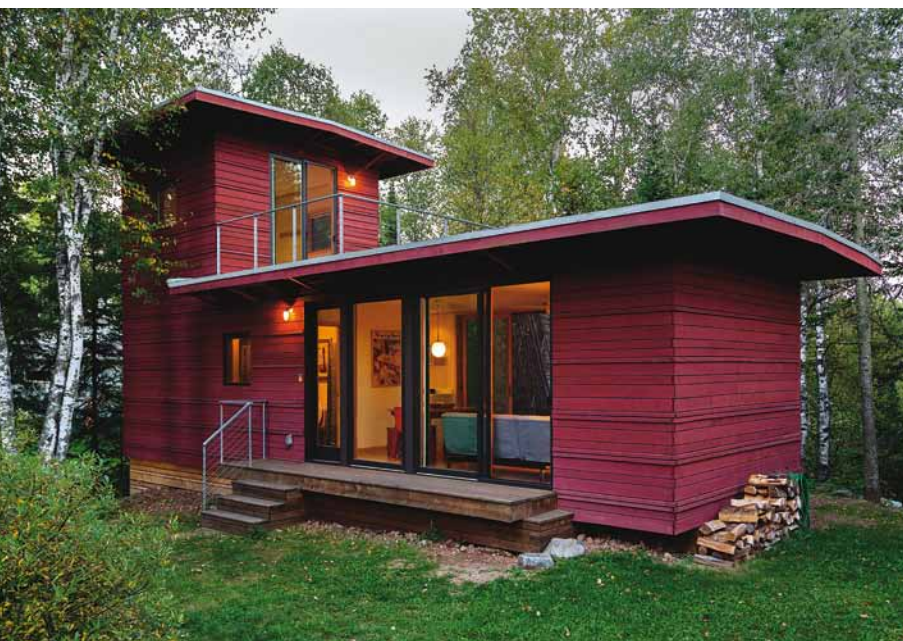


PARKS AND REC REDO

Dick and Diane Beattie wanted their Montana “Soddy” (far left) to sit along the bank of a trout pond and look much like the old stone pump house Diana had seen in *Park and Recreation Structures*, a 1938 book by Albert Good. The stone path and dock anchor the structure to the setting and the water.

The cabin is but a single small room (above) where fishermen can take a break from the cold stream or a wet day, to relax and tell a tall fish tale. Twig furniture was selected to stay in tune with the timeless nature of the stone structure.

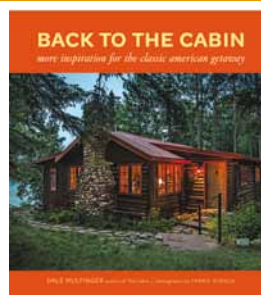
A warm fireplace (left) takes the chill off the stone walls of The Soddy as well the bones of a fisherman. The stone is from a defunct gold mine nearby.



INSTANT CABIN

Scott and Lisa McGlasson wanted “just a wee little house” when they bought lakefront property in Minnesota. Their “weeHouse” (above left) arrived at the site as two boxes, one the single-story portion of the cabin, the other the second-story portion.

Scott McGlasson designs and builds furniture, including the wheelbarrow table (above right). The living room is made to feel larger by the double opening onto the lake-facing deck. 🏠



Minnesota architect and renowned “cabinologist” Dale Mulfinger has designed cabins all over North America and is the author of four books. This article is excerpted from his book *Back to the Cabin*, published by The Taunton Press in 2013.



MH55.

Rock and roll all
night and McGuckin
every day.

Nicole, Soren, Steve & Will.
Green Vests since 1998.



FREE PARKING:

Available on all four
sides in the Village at
Arapahoe & Canyon

STORE OPEN

7 DAYS A WEEK:

Visit MCGUCKIN.COM
for store hours

PUBLIC TRANSIT:

RTD stops on
Folsom, Arapahoe,
& Canyon

VISIT US: 2525 Arapahoe Ave. Boulder, CO 80302 GIVE US A RING: (303) 443-1822
OR CHECK US OUT ONLINE: WWW.MCGUCKIN.COM





Don't make it just beautiful, make it smart. What can a Control4 system from ListenUp do for you?

What if your remote controlled more than just your home theater? What if you could use it to dim the lights, lock the doors, turn up the heat and arm the alarm? What if you could do all these things from any room in your house — or anywhere in the world?

Imagine living in a home that obeys your every command... where virtually every device can be remotely controlled, and virtually every system can be fully automated.

Introducing Control4, a smart home solution designed for every home. Control4 makes it easy for you to intelligently control every aspect of your home — from TVs to thermostats, door locks to drapes — no matter where you are, using one simple-to-use interface. Control4 solutions make your house more comfortable, more efficient and more secure.

Best of all, Control4 gives you the power to customize your home — and live your life — in ways you've never dreamed.



Lights



Watch



Listen



Comfort



Security



2034 Arapahoe Ave., Boulder, CO 80302

303-444-0479

listenup.com

LOCATIONS IN: DENVER, COLORADO SPRINGS AND ALBUQUERQUE, NM