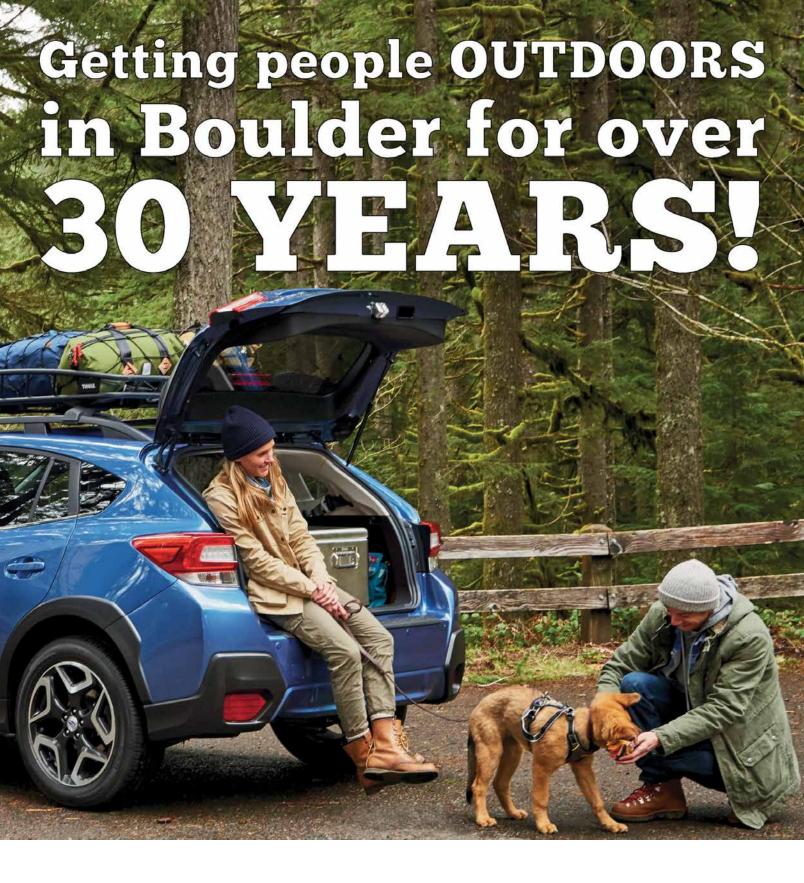


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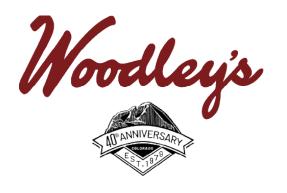


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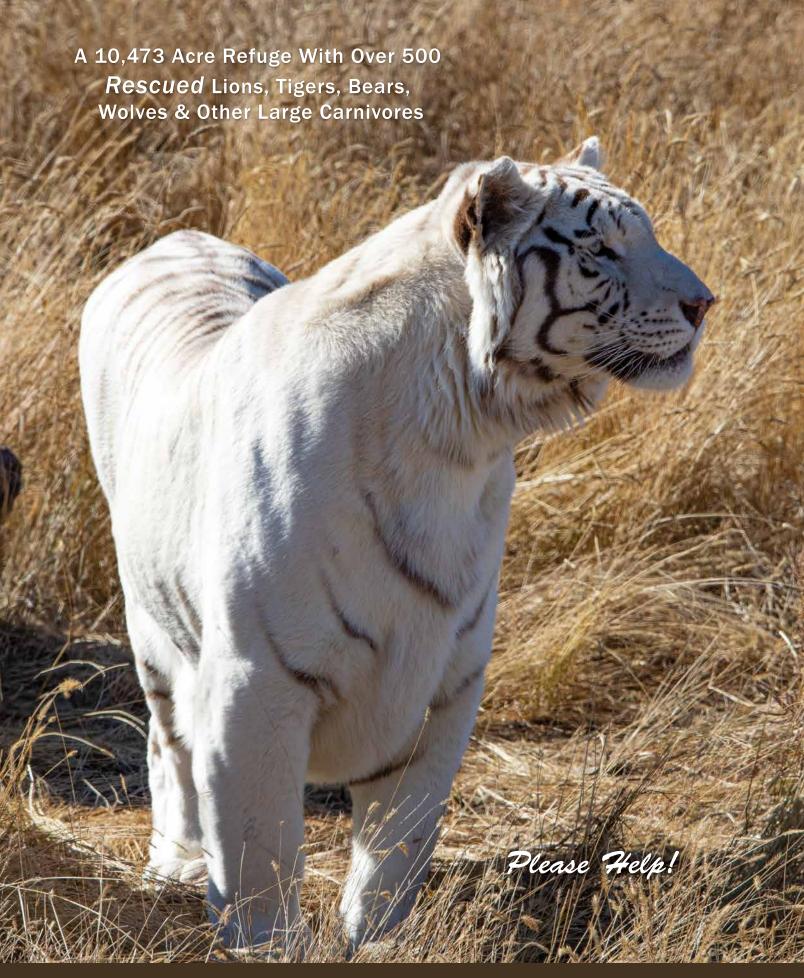




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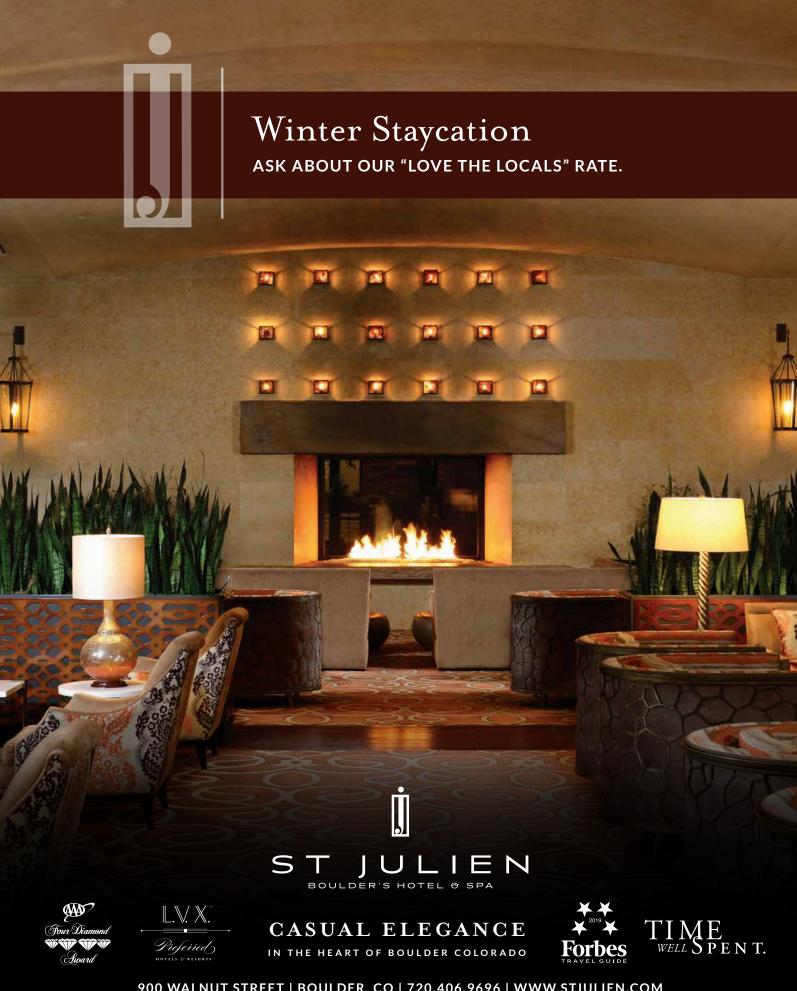
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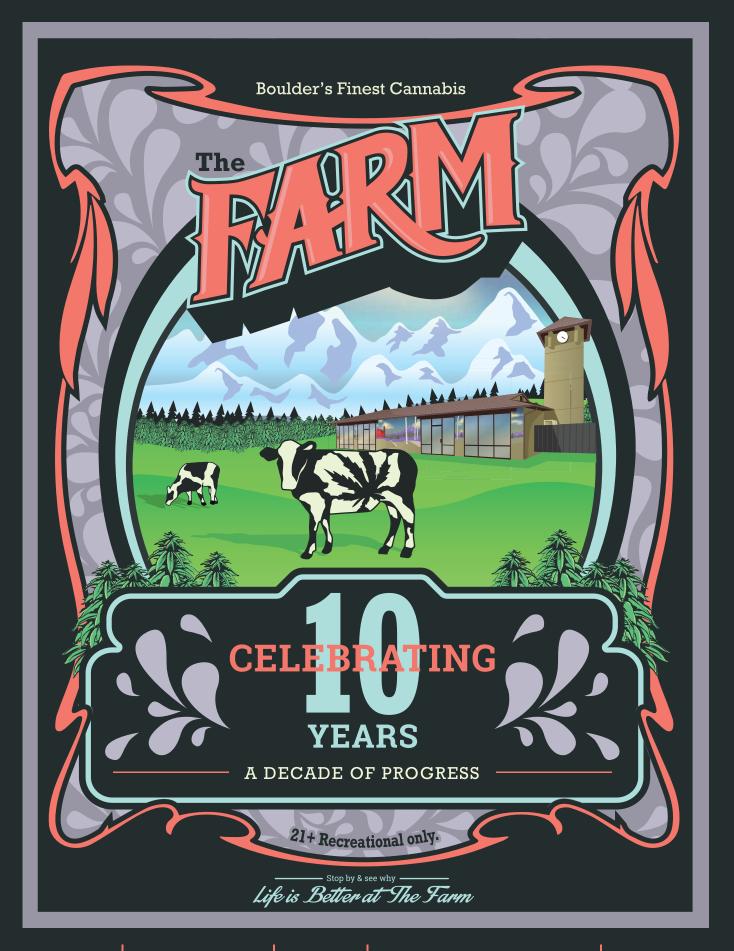
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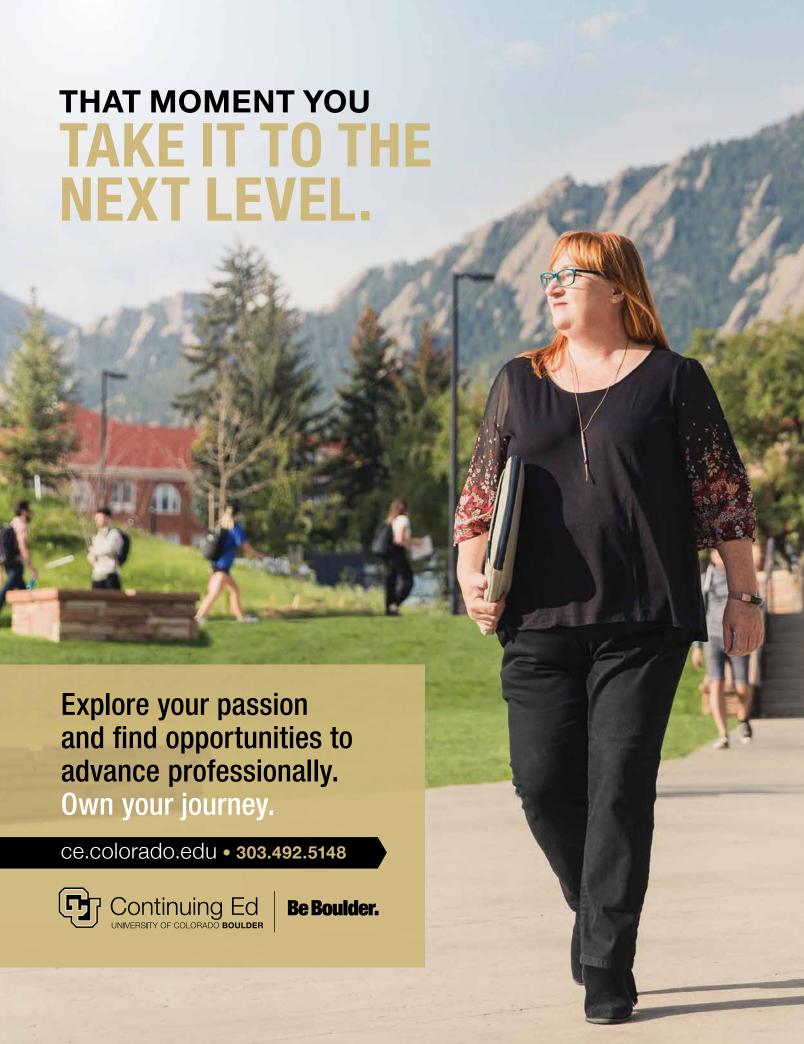




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UMMER IS SWEET. Fall is mellow. Winter can be tedious. The downsides are short, cold days, frequent shoveling and dark, dark, dark. Upsides are beautiful blue-sky days, snow-filled fun and spectacular sunsets. For the hyperactive members of our community, winter can be a challenge. Even the most creative of us get cabin fever — always looking for new things to do and ways to get out and explore. By January, it's "Oh my, this sucks, what's NEW to do?"



Winter sunset over Boulder – pretty, huh?

Need a perfect solution? **Boulder Magazine** is your GREAT ESCAPE from winter! This issue is designed for YOU ... with more than **One Thousand** suggestions of ways to enjoy the season. Want to find something fun? Explore our chock-full guide to **Events & Local Fun** on Page 78. Want to soak up some culture? Check out our **Arts & Culture** listings on page 102. Eager to hit the slopes or ski a trail? Peruse our **Get Out & Enjoy** section on page 120. Hungry after all of that activity? Our **BoCo's Best Dining Guide** will treat you right. And — best of all — you can cozy up and read great articles about exciting local people and cool new ideas.

The mission of Boulder Magazine for 42 years has been to entertain and educate readers. I'm very proud of what our team has done to support local businesses, arts, culture and nonprofits, and to share local innovations and bold ideas with you. Money isn't the only currency by which we are judged, and I wouldn't change a thing we've done to

assist our local communities. I ask everyone reading this to support the independently owned businesses across Boulder County. No kidding — they are key to your survival.

I write this in mid-November, knowing that there are six more weeks of diminishing daylight before the arc of the sun starts rising again. And knowing that, the VERY BEST thing about winter is that it softly, slowly turns to spring!

Enjoy the season, and be kind to each other.

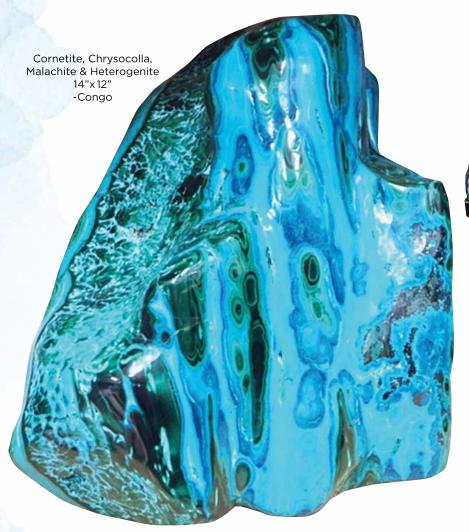
Tom Brack

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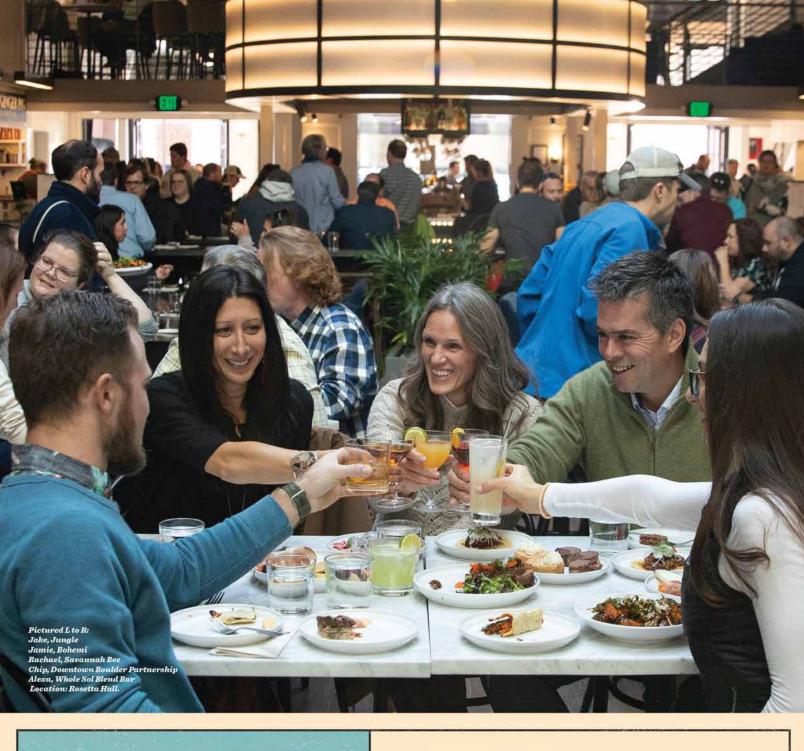
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Cheers to All Things New in Downtown Boulder

Hey! Chip here from downtown Boulder. Since I'm new to town, I've been spending a lot of time meeting the people behind the businesses that make our downtown so special. I thought I'd check out some of the newest additions to the downtown Boulder experience including Rosetta Hall, Jungle, Bohemi, Whole Sōl, Blend Bar and Savannah Bee Company to name a few. If it's been a while since your last visit, there are plenty of hot-on-the-scene reasons to get back.

- Chip

See what's new with Chip at FollowChipDowntown.com













No Friends on Powder Day (Except for Hazel)



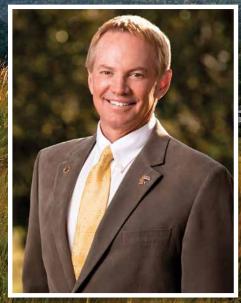
More than 1,500 veterans are buried at Longmont's Mountain View Cemetery, and this December many will be honored with a holiday wreath. Volunteers for Wreaths Across America — a national nonprofit organization founded in 2007 to continue and expand the annual wreath-laying ceremony at Arlington National Cemetery — will place holiday wreaths on veterans' graves to honor their sacrifice for our country.

The ceremony will begin with the Pledge of Allegiance, followed by a nationwide moment of silence in all participating cemeteries. The ceremony will continue with American Legion Post 32's Honor Guard, the laying of the seven ceremonial wreaths (representing each military branch and POW/MIAs), a Taps bugle rendition and more.

Arrive early, as the moment of silence begins promptly at 10 a.m. on Dec. 14, 2019.

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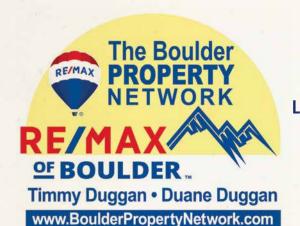






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Great Gizmos!



Cartoonist Rube Goldberg (1883–1970) is the only person to ever be listed in Merriam-Webster's Dictionary as an adjective. That's because the zany machines he drew in his Professor Butts cartoons were eventually named after him. These cockamamie inventions, also called chain-reaction machines, aim to perform the simplest tasks in the most overcomplicated, inefficient, comedic way possible — like the contraption involving a cracker, a toucan, a pail, a rocket, a pendulum and more, all for the end result of a napkin wiping a drop of soup off a man's chin.

On Dec. 8, Maker Bolder presents the 2nd-annual Wacky Contraption Challenge, showcasing the final projects of 12 teams who worked all fall on their crazy, hand-built machines. Watch and cheer as their creative creations move a golf ball from one end to the other using very Rube Goldberg means. The competition is free and open to the public beginning at 2 p.m. at the Boulder Jewish Community Center, 6007 Oreg Avenue.

Maker Bolder is a nonprofit dedicated to connecting children (of all ages) to STEAM (science, technology, entrepreneurship, arts and "making") activities. The group also sponsors the Rocky Mountain STEAM Fest, March 7–8 at the Boulder County Fairgrounds in Longmont. Find out more about both events at www.makerbolder.com.

TOUCHDOWNfor the Environment

Boulder's 2019 football season features a brand new coach for the CU Buffs and brand new beer cups for Folsom Field. Although Mel Tucker needs more time to establish his legacy, the aluminum cups made by Ball Corporation have been an instant touchdown.

The new cups were introduced to reduce plastic use in the stadium, and they're "infinitely recyclable," meaning the quality of the metal will not degrade, no matter how many times it's processed and recycled. Dave Newport, director of the Environmental Center at CU, says the amount of



beverage containers getting recycled at Folsom Field has nearly doubled from last season, although people don't always toss their beer cups on the way out. "Fans like the cups so much we've observed many, many fans taking large stacks of used cups home from the games," he says.

Enjoy the souvenirs and recycle those cups when you're done, Buffs fans!

Keeping County Roads Safe

Attention drivers/cyclists/pedestrians: If you've spotted an intersection, crosswalk or other transportation area that needs maintenance, don't keep it to yourself!

A lot of us complain when streets develop potholes or overgrown bushes create blind turns, but who hears us except the person in the passenger seat? Make your voice heard by reporting these issues.

Each city in Boulder County has a forum or contact for reporting unsafe traffic conditions. Find the full list at www.getboulder.com/safe-roads or Google your city's transportation maintenance resources.

Emergency hazards that present immediate danger should be reported to the police.

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PETPROBLEMS



Most people are familiar with CPR and may know how to respond when a person collapses from a heart attack. But what if your dog or cat had a heart attack?

Wait — pet CPR, that's a thing?

"Yes, and it's a very important thing," says Amy D'Andrea, cofounder of Pet Emergency Education, a national organization that teaches pet CPR and first aid for dogs, cats and horses.

March is Pet Poison Prevention Month and April is Pet First Aid Awareness Month. Jordan Di Marco has seen his share of pet poisonings and first aid emergencies. As the local co-owner of Dogma Catma Pet Sitting and a certified instructor of Pet Emergency Education, Di Marco says animals love to eat things they shouldn't, including toxins. "But poisons can be inhaled as well," he notes, and run the realm from plants to human foods to medications. The ASPCA has a 24-hour poison control hotline (888-426-4435) to advise pet owners in poisoning emergencies.

Common first aid emergencies include bites and stings, which most often occur on noses and paws. "Not all animals will have a bad reaction," Di Marco says, "but like humans, pets can go into anaphylactic shock. In cases like that, it's important to keep the pet calm and get it to the vet immediately."

Di Marco plans to offer pet CPR and first aid classes this winter.

Contact him at dogmacatmapetsitting@gmail.com for information.



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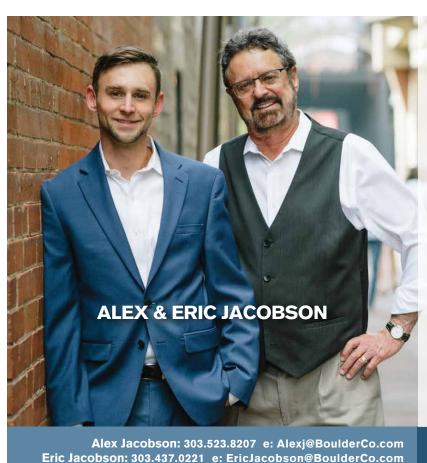
They call it the House of Horrors, but it's not filled with chainsaw-wielding maniacs or zombies. Instead, visitors encounter improper wiring, structural integrity issues, and plumbing code violations. The Colorado House of Horrors (HOH), operated in Gunbarrel at the International Association of Certified Home Inspectors (InterNACHI) headquarters, is one of only two locations for this type of training by the organization in the U.S.

It's a defect-filled home inspector's nightmare spearheaded by InterNACHI founder Nick Gromicko. "The average home only has about 20 defects," explains Gromicko. "You really don't learn much by inspecting actual homes. So, we built the House of Horrors which has thousands of intentional defects ... it's like a flight simulator for inspectors."



The House of Horrors is more than an eyes-on training facility for inspectors. It's also open to the public during normal workday hours and admission is free. "Grab an iPad and take a self-guided tour," says Gromicko. "It's a very fun venue for the Boulder community." Find more information at www.nachi.org/school.

- Vicki Allsopp



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It's a sculpture! It's a jungle gym!

No, it's a Luckey Climber! And, if all goes according to plan, the Museum of Boulder will feature the first one in Colorado.

Spencer Luckey, president of Luckey Climbers, describes these maze-like climbing structures as an interplay of problem-solving, spatial thinking, balance, social interaction and cooperation. More than 80 unique climbers exist worldwide, and each is a novel design, crafted of steel pipes, bent plywood or rotationally molded plastic climbing platforms, and thousands of feet of vinyl-coated cable.

To move forward with this one-of-a-kind \$550,000 project, funding is still needed.

According to museum executive director Lori Preston, one of their challenges is dispelling the misconception that the city of Boulder is a wealth of funding. "We must raise our own funds every year to stay in operation," she says. "We are pursuing several grants, but the grant acceptance percentage is sometimes less than 12 percent." Any donation — individual, business and corporate, no matter the amount — makes a difference

To learn more about the Luckey Climber project and how to make a donation, visit www. museumofboulder.org/exhibits/#child.

–Vicki Allsopp

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Sugar Tax at Work

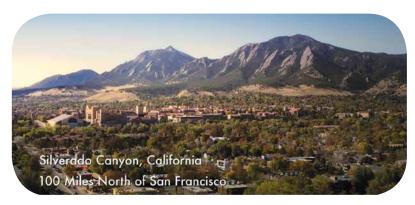
The Sugar Sweetened Beverage Product Distribution Tax took effect in Boulder in July 2017, and with the funds generated, the city hoped to improve local health equity by initially investing in existing programs. One of those programs is the YMCA of Northern Colorado Weekend Nutrition Bag program.

The YMCA partnered with Boulder Valley School District and Community Food Share to begin the nutrition bag program because, at the time, they found that one out of every seven children in Boulder County was going to bed hungry every night, not knowing what they'd have to eat in the morning — if anything at all. The bags are full of shelf-stable, whole, unprocessed food and fresh fruits and vegetables, given to high-need students to take home over the weekend and extended breaks, free of charge.

During the 2014-15 school year, when the program launched, they gave out 70 bags per week. Now, thanks in part to the "sugar tax," they send bags of food home with 500 children each week.

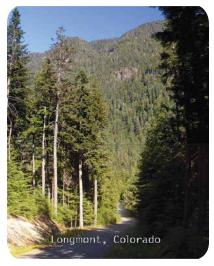
Not as Seen on TV

Faking locations is a common practice in the film industry, but these Boulder County blunders aren't fooling anybody.



Accidentally Boulder: Netflix's movie "Secret Obsession" opens with this beautiful landscape that's supposedly in California. Look familiar?

And not to be nitpicky, but Silverado Canyon is actually 400 miles southeast of San Francisco.



Longmont Impostor: In the show "Supernatural," the character Castiel finds himself in Boulder County in season 9, episode 1. Someone should have told Warner Bros. Television that Longmont is not a densely forested mountain town.







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n the portraits, their bearings are proud, their faces weathered and furrowed. But the encaustic coating on those photos blurs their faces to chilling effect. The historical portraits depict six chiefs of the Arapaho, Cheyenne, Sioux and other tribes wearing "peace" medals presented to the warriors by the U.S. government after it forged — and sometimes forced — peace treaties with their tribes. Each treaty was broken, each tribe decimated by the very nation that negotiated the treaties.

The exploitation of indigenous peoples was the theme of a recent "Its Honor Is Hereby Pledged: Gina Adams" art exhibit at the CU Art Museum on the University of Colorado campus. A descendent of mixed Ojibwe and colonial American heritage, Adams portrayed the Native Americans' stories through quilts, clay relief, historical photographs, banners and other mediums. Curated by CU Art Museum director Sandra Firmin, the exhibit was one of three at the evocative, contemporary space.

Adams' exhibit closed in November, to be replaced by the upcoming fall 2019 master of fine arts thesis exhibition by artist Jasmine Baetz. The museum also offers gallery talks, lectures and workshops and two ongoing exhibits: "Art Elements: Materials, Motive and Meaning" and "Body Language: Picturing People." All the exhibits do what art is supposed to: provoke thought, discussion and discourse.

The CU Art Museum is open daily and offers free admission to everyone. Stop in and become part of the conversation. ■

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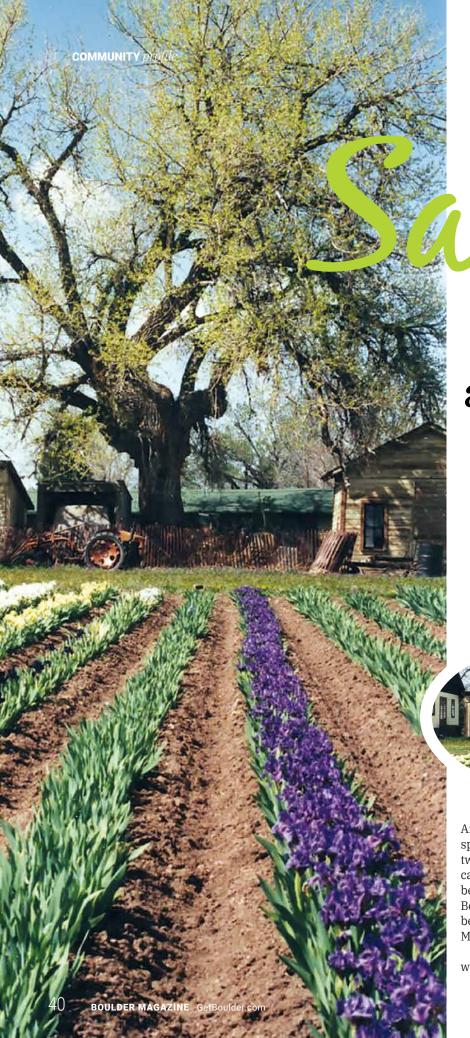
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a Boulder Landmark and Legacy

A November ballot issue to preserve and maintain Boulder's vast trail system and open space also helps a piece of Boulder history to truly bloom

BY VICKI ALLSOPP

Amid the 45,000-plus acres of Boulder open space lays a 25.52-acre parcel nestled between 17th Street and Broadway. Viable because it's a working community farm. Unique because it's the last agricultural enterprise in Boulder city limits. And, legacy-*un*interrupted because Boulder residents voted Yes! on Ballot Measure 2H.

Long's Gardens has been planting and weeding and growing right in the heart of



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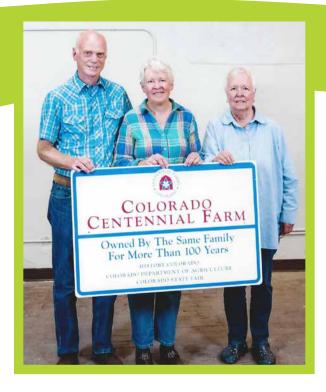
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Members of the Long family, Dennis, Catherine and Margaret, with their Colorado Centennial Farm sign.

Boulder for more than a century. What began as a variety store with a small seed department in downtown Boulder is now a thriving iris farm. Sharing space with the bearded irises are some very mischievous goats from Mountain Flower Goat Dairy, and Growing Gardens, a nonprofit providing urban agricultural opportunities, which leases 11 acres of the property.

Voter-Approved, Boulder-Loved

In November 2019, Boulderites voted to pass Ballot Measure 2H: "Sales and Use Tax Extension for Open Space and Long's Gardens." The measure will use revenues from an already-existing \$0.15 city sales tax to preserve the 25-acre farm — a long-standing desire of the Boulder community. "Being the only Centennial Farm in the city of Boulder points out the unique aspect of the land and particularly its histori-



cal significance," says Catherine Long Gates, granddaughter of JD Long, who set the history of Long's Gardens in motion back in 1905. Long Gates is the third-generation owner-operator. Keeping the farm in the family is what earned Long's Gardens its Colorado Centennial Farm designation — an award issued by History Colorado to farms and ranches owned by the same family for a century or more.

Through Ballot Measure 2H the city will purchase a conservation easement on the Long's property, using the first year's tax revenue (an estimated \$5.3 million). With the conservation easement, the land remains privately owned by the Long family, but the 25 acres cannot be subdivided or developed, ensuring the property is used for agricultural purposes, conserving open space land and this Boulder landmark. The conservation easement also means the 13th Street bike path that runs through the property remains permanently open for public access.

A Rainbow of Spring Colors

Much of the farm's business is devoted to catalog orders. Workers spend July and August preparing irises for shipping and filling mail orders. For years, Long's Gardens has opened its farm to the public. During iris bloom season — typically late April to early June — the farm is open seven days a week (9 a.m. to 5 p.m.). Whether you're an iris aficionado, want to participate in the garden's "Dig It Yourself" bulb option, or simply want to take a moment to stop and smell the irises, Long's Gardens is the perfect place to wander.

"There will always be a farm in the middle of the city providing a place for the community to connect to the natural world, to the source of their food and to our agricultural heritage," says Long Gates. "We hear from people that our farm is a place of respite and renewal, a place that inspires a deep, calming breath, even if they are just driving by. No doubt the need for such a place will only become more important as our society increases in its complexity and craziness."

For more information, visit: www.longsgardens.com.



Fighting Opioid Access



BOULDER MAGAZINE GetBoulder.com



Instead, Hayes uses a drug called Exparel. It's a local anesthetic injected around the surgery site that lasts for up to three days, without numbing the whole mouth or face. This gives patients pain relief and complete functionality during the worst of the recovery period, after which they can take ibuprofen or acetaminophen as needed for a few days. Upward of 95% of Hayes' patients choose the Exparel option, even though it's slightly more expensive and isn't readily covered by insurance companies, which Hayes is lobbying to change. Even with IV sedation, Hayes uses nonopioid alternatives. "It's great not having drugs like Fentanyl in my office, making me less of a target for break-ins."

Hayes was born and raised in Colorado and attended the U.S. Air Force Academy, where he obtained his undergraduate degree in biochemistry. He received his D.D.S. degree from the University of Colorado and served as a general dentist with the Air Force in Texas, later specializing in oral surgery and becoming chief of oral and maxillofacial surgery at Ramstein Air Base in Germany, where he treated trauma patients coming out of Afghanistan.

In addition to his thriving private practice, Hayes also serves in the Air Force Reserve, after serving 13 years of active duty. He and his wife of 20 years have four children and are foster parents.

Hayes retired from active duty to provide the stability of one location for his kids. Still, he believes in giving back to the community.

Hayes mentors doctors in this area through study clubs and personal interaction, as well as volunteer teaching at the University of I had a young man who had become addicted to opioids when he was like 15 or 16. He was now in his early twenties and in pain because of his wisdom teeth. The thing was, he had been clean for six months. Why would I subject him to opioids?

-Dr. Curt Hayes

Colorado School of Dental Medicine. He shares his experiences and philosophies with the upcoming generation of doctors. "I believe part of being a good surgeon is providing the best care we can," Hayes says, "and my non-opioid philosophy is part of that."

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PHOTOS COURTESY FROZEN DEAD GUY DAYS

Frigid Fun

Frozen Dead Guy Days Returns from the Icy Brink



Burning Man ain't got nothin' on Frozen Dead Guy shenanigans.

Grandpa Bredo Morstoel moved to the U.S. from Norway in 1989. But unlike most people who relocate here from overseas, he didn't have to pack, find a job, or even secure a passport. Grandpa Bredo was dead, surrounded by dry ice and shipped straight to a cryonics facility in California.

Long story short: Gramps ended up in Nederland, his family-members-turned-caretakers eventually went back to Norway, and his frigid fate was uncertain until a new town ordinance was passed,



Coffin race contenders try to avoid a dead heat.

allowing him to stay frozen in the family's shed indefinitely (or at least until he's someday revived).

Like Bredo, the wintry celebration of this wacky-buttrue story also had an uncertain future. After 2019's 18th-annual Frozen Dead Guy Days (FDGD), festival coordinator Amanda MacDonald thought there was absolute-zero chance the event could survive without some serious intervention. Then a life-saving miracle occurred — Sarah Martin, a Nederland resident who was involved with FDGD for years as a volunteer, stepped in to assume majority ownership of the festival.

"We're very grateful for Sarah," MacDonald says. "She has a long history with the Colorado and Nashville music community, so we are especially looking forward to showcasing a highly diverse music lineup, featuring more than 30 of the best and upcoming bands from around the country."

Fans of the festival — which draws about 25,000 to town for three days in March — will be pleased to see cherished FDGD events on the schedule, like coffin races, a polar plunge and Snowy Human Foosball. The Frozen Salmon Toss is making a comeback, and there's also a frozen T-shirt contest, an ice-carving competition, the Newly Dead Game, a Frozen Dead Auction and more frosty fun.

"Frozen Dead Guy Days is not dead yet," says MacDonald. "Come 'freeze the day' with us!" ■

FDGD is March 13–15 at venues throughout Nederland. Find out more and register for some of the larger events at www.frozendeadguydays.org.



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TAKING NAMES

Not only has Sara Davidson kicked some a** in her career, she's got the names to prove it

BY AMANDA MCCRACKEN

luxury living room in Beverly Hills surrounded by an astonishing collection of Impressionist paintings. She waited for 45 minutes. It was late 1985, and she needed this interview for her biography of Rock Hudson, who had recently died. But when Elizabeth Taylor finally appeared, she was not eager to cooperate.

ara Davidson sat in a

"When I said I was interested in her memories of Rock Hudson, she responded with, 'Those are MY memories,'" says Davidson.

Boulder writer Sara Davidson has made a career of asking questions and recording famous people's memories. Some have been easier than others.

The best gig she says she ever had was traveling with a giant tape recorder doing celebrity interviews for Reader's Digest. Her impressive, star-studded interview roster includes Meg Ryan, Jennifer Lopez and Tom Hanks. So, who hasn't she interviewed?

"I'm a huge fan of comedian John Cleese. If I were in the prime of my career, I would try valiantly to interview him. I think he's the funniest person alive," says Davidson.

The most memorable interview Davidson says she ever had was with Alfred Hitchcock. She was at the start of her career when she sat with Hitchcock on a boat in the Boston Harbor interviewing him one-on-one for the Boston Globe. "It was thrilling to hear him speak with that rich accent. He would paint a picture with his words."

Davidson's own illustrious writing career began in the '60s, writing for the Daily Cal while attending UC Berkeley. After completing her graduate work at Colombia's School of Journalism, she worked as a national correspondent for the Boston Globe covering culturally iconic events like Woodstock and the election campaigns of Richard Nixon and Bobby Kennedy. Davidson went on to freelance for publications, including Harper's Magazine, The Atlantic, Esquire and The New York Times. The mid-'70s took her back to California. where she began her 25-year career writing for television - most notably as co-executive producer of "Dr. Ouinn. Medicine Woman."

By 2000, Davidson reached another turning point in her career. She was a divorced empty-nester in her late 50s and felt she'd aged out of the television business. So she did what many of us have done — she took a leap of faith and moved to Boulder County, a very different scene from the big cities on the East and West Coasts where she'd previously lived. Davidson came for a three-month writer residency at CU's School of Journalism and never left. She says the community of quality friends she developed anchored her in Boulder.

Befriending and maintaining friends is not an easy thing for a writer. The two people who've most influenced her writing, Joan Didion and Tom Wolfe, taught her the same crucial lesson: A writer's goal isn't to make friends with the subject; it's to tell your truth as you see it.

"Writers are always selling somebody out," wrote Joan Didion, Davidson's mentor for many years. "I've lost a friend with every book I've published, and I've written eight," says Davidson.

Her last book, "The December Project," is based on the two years she spent with now-deceased Boulder Rabbi Zalman Schachter-Shalomi talking about how to prepare for the mystery of death.

"It's a process of accepting, letting go, making sure that nothing is left to be forgiven. I feel you don't want to leave this life with grudges," says Davidson.

The book she has left to write is about a group of female friends who have loved cannabis since they were students and never expected it to become legal in their lifetime.

Davidson has interviewed people in Colorado "since the turning of the wheel" and prefers to interview people who have never been interviewed before. She's also taken on a new project as a volunteer with TRU Hospice Care Center. There, she interviews, videotapes and writes life reviews of those in hospice. That too might become a book.

The mother of two and grandmother of four believes, "Anybody you sit down with and listen to has a story."

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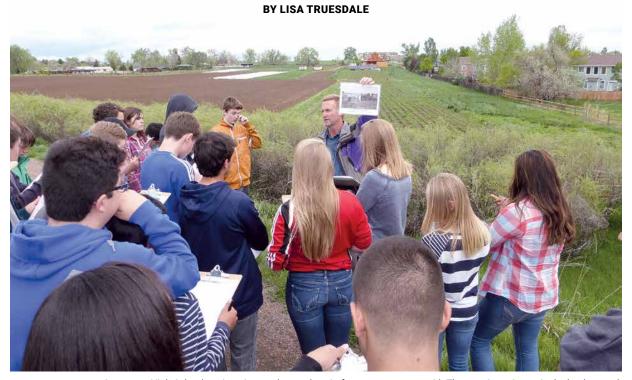
-Sara Davidson



PHOTOS COURTESY LAFAYETTE OPEN SPACE

A HIGH BAR FOR ENVIRONMENTAL EDUCATION

Lafayette Open Space stretches the boundaries of traditional programming



Centaurus High School engineering students take a Lafayette energy tour with Thomas Open Space in the background.

artin Ogle was never too fond of the term "nature center." He likes what nature centers *do*, of course, but he explains that by calling them that, we're distinctly separating out those "natural" things from everything else in our lives. This perpetuates the incorrect notion that nature is "over there" and people are "over here."

"If we are to truly honor and exemplify the basic concept of ecology — that everything is interrelated — then we must make sure to integrate all aspects of our lives with the life of our planet and our life on it," he says.

Ogle is in a position to do just that. He feels fortunate to be a contractor for the City of Lafayette Open Space department, working closely with superintendent Rob Burdine and the heads of other city departments, city committees and local organizations. Together, they create allinclusive programs that reinforce the connection

between the human community and the planet's other living systems.

"We have a master plan," Burdine says, "and Martin and I allow this plan to guide us, and each year we add color to it, and ride the momentum of citizen interest. This plan, developed with and approved by a citizen committee, seeks to increase awareness and appreciation for the environment and its natural systems."

The way they do this, explains Burdine, is by stretching the boundaries of traditional open space programming so that it's more than just nature walks.

"We work hand in hand with the art community, sustainability groups, our schools, CU, Colorado Parks and Wildlife, local farms, businesses, our Youth Advisory Committee and others, forming partnerships that result in more than 20 public programs per year, dozens of school field trips and large-scale efforts similar to Lafayette Birds."



In addition to his work with Lafayette Open Space,
Ogle also works with local youth, including Boulder County
Youth Corps, to discuss how environmental principles can
apply to their future careers.

Lafayette Birds is the community-wide program that ultimately led to Lafayette officially being named Colorado's first "Bird City" in September. Earning the designation was a community-wide effort that required meeting a set of criteria, such as using native plants, controlling invasive plants, restoring habitat and addressing sustainability and energy issues.

"It's not just about watching birds," Ogle says. "It's learning about them, appreciating them and ensuring that our community can maintain healthy populations of them."

In November, Lafayette Open Space partnered with the Lafayette Energy Sustainability Advisory Committee to present a program featuring "hands-on and feet-on" activities exploring renewable energy, energy efficiency and the history of energy in the community. On Dec. 4, there's a talk for teens and adults called "Geology of Colorado: Foundation of History," and on Dec. 8, Ogle is hosting a workshop where participants can make holiday ornaments out of materials found in open space, like milkweed, pine cones, branches and leaves.

Ogle was still working on the 2020 calendar of events at press time, but he says it will include a unique mix of offerings such as a "Deep Time Walk" and lots of art, sustainability and history programs.

Burdine and Ogle both say they feel fortunate to be able to provide such a wide variety of programming to the community.

"The administrative support we have is outstanding," says Burdine. "Each year, we've pushed the envelope a little further, and after about five years, we now have a significant presence in our community.

"It's not very common for a town this size to be making such a substantial investment in its environmental education and outreach, but Lafayette is setting the bar high."

For an updated listing of winter/spring events, check www. cityoflafayette.com/openspace.



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Extrication from the past is sometimes the only path to a healthy future

BY VICKI ALLSOPP

eele Burgin — known then as Kathleen – grew up in a beachfront home on the New Jersey coast. Her father was a successful corporate attorney in New York City. Her mother wore designer clothing. They employed a woman named "Shirley" — housekeeper, cook and caretaker. But the normalcy of her childhood stops there. Under the influence of a Catholic cult, her family life was anything but normal. >



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Despite a seemingly sunny upbringing, her childhood was a long, dark era of systematic mental and physical abuse. During a weeklong sunfilled, fun-filled family houseboat vacation on Lake Powell, Keele's father marched her into the surrounding hills, pointed a gun at her and told her he was going to kill her. In her teens, the only boyfriend she was allowed to have abused her in the most unthinkable way. After which, her mother ran her a warm bath, offered her a Sprite and swept the violation under the rug.

Her memoir, "Wholly Unraveled," is a raw recounting of a childhood defined by emotional and physical abuse, and the difficult journey to find and trust her voice in order to heal.

Now a successful author, businesswoman, philanthropist and mother of three unconditionally loved boys, Burgin graciously opened her Boulder home to share more of her story.

Not long after publishing "Wholly Unraveled," you received a package from 'Grace,' the closest thing to a childhood BFF you were allowed to have. Tell us about that.

It was a letter from me she had kept all these years. I wrote: "There were some bats in the boat last night ... and some other scary stuff I want to tell you about ..." It was a powerful moment because there's something that happens with abuse victims, there's an uncertainty like, maybe I made that up. But then I got the letter. It was postmarked Lake Powell, 1981, written in my own 12-year-old cursive.

After years spent trying to kill yourself in socially acceptable ways — binge drinking, drugs, dangerous boyfriends — you walk off a bus, landing at Madonna House*. You talk a lot about finding your voice, yet at Madonna House, talking was discouraged.

I paid a really high price, being silent all those years; too scared and ashamed to use my voice. It harmed me for decades. But there's a level of healing that needs to be reached before you're ready to listen to your true voice. Madonna House was a paradox for me because there, I found power in silence. As I healed, I began trusting my voice.

Since then, you've been driven to empower other women, especially those in underdeveloped countries, to find and use their voices. Yet it took you a while to decide to write your memoir. How did you find the courage to finally use the voice you'd found?

I'd been working in the microfinance sector, advising nonprofits on how to operate like businesses. I heard so many women's stories of abuse and survival during my work and travels with Friendship Bridge in Vietnam and MAIA in Guatemala. I started to feel like a hypocrite. I'm hearing their stories, but not sharing mine.

And I don't want to walk around trauma-oriented. I'm so passionate about changing our traumas into something beautiful because we paid a price for them. So, if anything I've said in my book helps someone, I win.

Are you currently doing work to empower women?

Yes. I'm really excited about getting involved with Girl Rising. The challenge is: How do we get them to tell their stories so they can begin to heal? Because when it's locked inside, the healing can't begin. There's a



I THOUGHT OF OUR FAMILY PICTURES DISPLAYED SO PROMINENTLY ABOVE THE PIANO ... I THOUGHT WE LOOKED LIKE A CROWDED FAMILY OF STRANGERS STANDING UNCOMFORTABLY CLOSE TO ONE ANOTHER ... THE PICTURE WOULD BE EXHIBITED TO THE MASSES TO ENSURE THAT WE WERE SEEN AS A PERFECT FAMILY.

— KEELE BURGIN, SPEAKING AS KATHLEEN, "WHOLLY UNRAVELED"

gift we give each other when we tell our stories. That gift is connection. And when we connect, it can be profound and healing.

The constant theme of your empowered life revolves around breaking the silence or finding your voice. What does 'finding your voice' mean?

There's a truth inside us all. It's the one that's been in there the whole time but we're not paying attention to it. I call it our 'essence.' That's where our voice comes from. And when we take our masks off and we say what's really inside us, that's when we've found our voice.

You were opened to your own essence while in your poustinia (a small, sparse cabin for sitting "in silence with God so that he can speak to your heart" says Catherine Doherty, Madonna House cofounder) at Madonna House.

Yes. My essence came to me decades ago: 'I am Keele. I am Worthy. Powerful, Connected and Sensual. Experiencing life with Abundance, Laughter and Vulnerability.' And now, I'm finally, really living it.

To read the full story of Burgin's journey from broken to mended, get your copy of "Wholly Unraveled" at www. keeleburgin.com. ■

*Madonna House is a self-sufficient community of men and women who take vows of poverty, chastity and obedience through silence.



'YOU ARE UNPACKING SOME TRICKY STUFF.
JUST BREATHE,' SHE SAID. 'YOU TALKED, YOU
TURNED THE LIGHT ON. YOU ARE SO BRAVE,'
SHE COMBED MY HAIR DOWN MY BACK WITH
HER FINGERS, AND I CRIED UNTIL THERE WAS
NOTHING LEFT. FINALLY, THE THOUSANDPOUND SACK OF SHAME I HAD BEEN CARRYING
AROUND SINCE CHILDHOOD LAY IN A PUDDLE
ON THE GREENHOUSE FLOOR.

— FROM "WHOLLY UNRAVELED"



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Some of the most marginalized people from Boulder and around the country have been cared for in a building you've possibly never seen

BY AMANDA MCCRACKEN

n the heart of the Hillcrest neighborhood, overlooking affluent downtown Boulder and in high contrast to its own surroundings, sits Mesa Vista — an institution for, arguably, Boulder's most underserved (and often unseen) population.

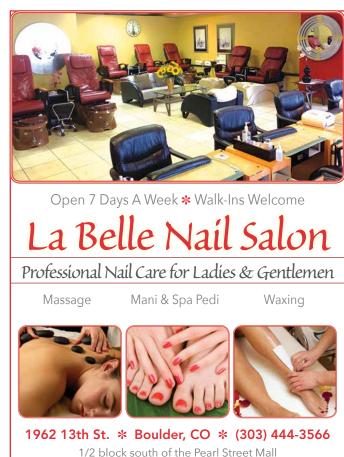
"What's your move?" nursing assistant Tenzin asks Ron*, who peers over the chessboard on the dining room table. Ron, a black man in his 70s who lost his legs, wears a U.S. Marine Corps hat and sits at dinner with another resident, Becky. She's a well-traveled white woman in her late 40s who was struck with Huntington's disease more than 10 years ago — the same illness that took the lives of her sister and father.

"Ron is respectful! That's why he can sit here with me," says Becky, who often sits by herself. A tiny delayed grin emerges on her face. Tenzin, an immigrant from Tibet, clears the table of plates and goads Ron, "You think you can win?"

These residents are sharing space in Mesa Vista's sunlit dining room because they can no longer live on their own and don't have local family who can meet their medical needs. While the facility has changed structures, names and target populations over its 101 years of existence, it has remained a place for those in need.

Mesa Vista Sanatorium was opened in 1918 by Dr. O.M. Gilbert to treat patients with tuberculosis who were encouraged to move to the West. One of Mesa Vista Sanatorium's first advertorial brochures claimed, "The pure, dry, bracing air — the cloudless, sunny days of Colorado's far-famed climate — are unexcelled for their curative effects on tuberculosis cases." In 1930, the Cowgill sisters of Boulder, Josephine and Marthana, bought the sanatorium (then housed in a residence built in 1880). They had







COMMUNITY profile





The U.S. government allocated funds to treat Navajo tuberculosis patients at Mesa Vista, though they ultimately limited the patient base to Navajo children.

previously cared for TB patients out of their own home at $747\,12^{\text{th}}$ St., now a landmarked property.

These Quaker sisters managed Mesa Vista through several decades of transitions and were rumored to never turn away a patient who couldn't pay. In 1952, they entered into a contract with the federal government to treat a new population of tubercular patients in need of help: Navajo people (eventually just children) from reservations in Arizona and New Mexico, where TB had become an epidemic of national concern.

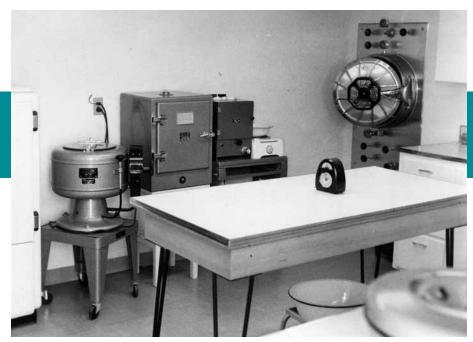
Making Room for Marginalized Patients

The U.S. government allocated funds to treat Navajo patients at offreservation sites, and Mesa Vista was one of only three institutions chosen in the Western U.S. to care for the Navajo. However, the treatment of the Navajo tuberculosis epidemic is not without scrutiny.

"Researchers exploited the opportunities made possible by the ill-health of a marginalized population, but did so with the cooperation and gratitude of the Navajo," writes David S. Jones, professor of the Culture of Medicine at Harvard University, in his article, "The Health Care Experiments at Many Farms: The Navajo, Tuberculosis, and the Limits of Modern Medicine, 1952-1962."

He goes on to say, "They introduced new antibiotics that liberated patients from hospitals, but erected an intrusive system of outpatient surveillance. They provided innovative health care services, but failed to reduce the dominant causes of morbidity and mortality."

Mesa Vista Sanatorium seemed well supported, though, by Navajo leaders like Annie Dodge Wauneka, a Navajo politician and health care educator, who visited Mesa Vista. Several archived Daily Camera articles talk about the education Navajo children received at Mesa Vista that they wouldn't have received on their reservations, although this education was often scrutinized as "whitewashing." One brochure reads: "School in the



hospital helps the boys and girls get well and learn at the same time. Study begins with instruction while in bed, later in his room, then in the classroom and finally out-of-doors."

Shedding a Tempestuous Past

Eventually Mesa Vista's population shifted to the elderly and chronically ill, and the last tubercular patient left in 1970. Over the next three decades, the facility changed owners, becoming Beverly Manor and then Terrace Heights Care Center. In 2016, VIVAGE Senior Living took over the business and restored its name to Mesa Vista.

The facility offers short-term rehabilitation for hospital patients who need to get stronger and recover before going home, memory-care programming for individuals living with Alzheimer's disease and other forms of dementia, and supportive care for those with Huntington's disease, traumatic brain injuries and behavioral health needs. Mesa Vista continues the Cowgill sisters' trend by caring for the underserved — more than 80% of its population's total care cost is covered by Medicaid.

Heather TerHark, VP of ancillary services at VIVAGE Senior Living says, "The people who reside at this home are part of the larger community and want to be included in the close-knit town of Boulder, which has always been a place of inclusivity for all those who reside there, and many of our residents are a rich part of Boulder's history."

Residents include former CU professors, a local music and dance teacher, NCAR scientists, a waiter at Dot's Diner, local physicians, a horticulturist from the original Elitch Gardens (when it was a zoological park) and several people from Boulder's homeless population.

During his 13 years as a social worker at Mesa Vista, Scott Seskind worked with a variety of different residents. "Many years ago I decided to help people who appeared to be having a more difficult time than I was having. It feels good to treat people with respect and dignity, especially people who may not have been as lucky as I've been — people who may have been left out of their family photos," he says.

Boulder community members have been volunteering at Mesa Vista for nearly a century. Volunteer opportunities include going on walks with or reading to residents, participating in or leading fitness classes or religious events, doing art projects with residents, giving educational presentations, or leading book discussions. ■

Mesa Vista Sanatorium opened in 1918 with examination rooms, living quarters and activity/learning spaces.

^{*}Names of residents changed to protect their identities

COMMUNITY profile





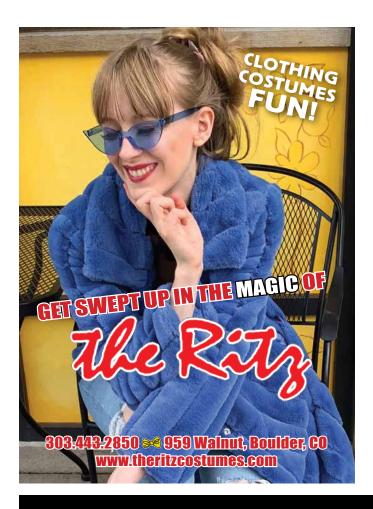
Boulder County paints graffiti in a new light

BY KERRY PARRY

ccording to "The History of American Graffiti" by Roger Gastman and Caleb Neelon — one-time "taggers" themselves — graffiti is "an art form distinctly American in flavor yet global in its reach." It was started by a high school boy in 1967 Philadelphia, who was attempting to catch the attention of a girl. The artform exploded in the 1970s, from freight train tagging to widespread displays of raw — albeit often anonymous — talent throughout large metropolitan centers across the country. The progression from tags to full-blown murals hastened. In the '80s, galleries began to exhibit graffiti as artwork, sealing its place in the lexicon of modern American visual arts. Despite this, graffiti still straddles a tenuous line between acceptable and eyesore. Today, Boulder County communities are making it a priority to embrace street art while balancing the needs and rights of property owners.

Leah Brenner Clack, a fierce advocate for art and artists, has been tackling this challenge through the organization she founded, And. Art. Space., a mural art consultancy and advocacy project in Boulder. More recently, she also launched Street Wise, which matches muralists with wall space. Brenner Clack told the Boulder City Council that artists in Boulder need support. "Many young, emerging, contemporary artists don't fit into the traditional galleries we have here in Boulder," she says. "These artists don't feel seen."

Lack of support and a need for freedom is, in part, what led anonymous street artist Smile to create his own path. Smile sees street art as a form of rebellion, a means of expression no matter what the setting, where the medium is an integral part of the message. "Art communicates on a lot of levels, and I think it also communicates on a







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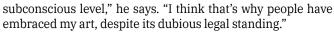
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Lindee Zimmer, a muralist and recent participant in the Street Wise project, understands Smile's perspective. "I love Smile's work. There is something so pure about art for art's sake. But I think it's really important for artists to get paid. Getting rewarded for the energy you're putting out there makes art valuable to society. Art *can* be elitist, which is why public art is so important, making it accessible to everyone. I support all art."

Patrick Maxcy, the artist responsible for the mural in the Twenty Ninth Street Retail District's parking garage (a Street Wise project), admits to previous unsanctioned street art out of a need for expression, but claims it was mostly in his youth.





He says one way to counterbalance some of the negative, ego-fueling energy that can come with being a full-time, paid artist is to look for ways to give back to the community through education and pro bono work.

Janet Russell and Bill Carlson, cofounders of Louisville Arts District, see firsthand the benefits of welcoming art and artists. They helped commission two muralists to do an alley project.













The response was so favorable, city officials renamed the area Via Artista. Russell and Carlson say the art installment invigorated the neighborhood and started a beautification movement where property owners and businesses added improvements and installed additional artwork on their own. The Arts District is also responsible for the city's popular First Friday Art Walk program.

Kimberly McKee, executive director of the Longmont Downtown Development Authority (LDDA), helped coordinate Longmont's Rally in the Alley, which matches property owners in the Longmont creative district with muralists, such as renowned local artist Gamma Acosta. "The response has been great," McKee says. "People are loving the public art. We're hoping to fund more projects."

Lafayette has an active street art program, says Stacey Bernstein, public art coordinator for the City of Lafayette. They sponsor an Art on the Street program, which places 18 to 20 sculptures throughout the city. They also support Alley Art Amazin', which is run

DoaDriveby



by volunteers who have painted nearly 70 murals. Bernstein attributes the success of the city's arts program to the support of city officials, and the many artists who live in the area, as well as business owners who recognize it as an economic driver.

While there is no doubt that illegal graffiti as a means of expression will persist and is punishable by fines and/ or jail time in Colorado, it's progress to know that, at least in Boulder County, it will be alongside planned art designed to beautify our community and give a platform for local artists and social issues. If art greets you on the street and makes you think, or even just smile, the artist has given you a gift we can't think of anything more local in flavor yet global in reach. ■

Location: 2720 Baseline Road. Boulder Artist: UC Sepia: Leah Brenner Clark of Street Wise (shown) Photo by Lauren M. Click

Location: Twenty Ninth Street Mall parking garage 1710 29th St., Boulder **Artist: Patrick Maxcy** Photo by Lauren M. Click

Location: Alley side of Scrumptious 508 Main St., Longmont Artist: Bryce Widom Photo courtesy Bryce Widom

Location: 3550 Frontier Ave.. Boulder Artist: Chelsea Lewinski, Growlove and the Designosaur Photo by Lauren M. Click

Location: Behind Rio Grande Mexican Restaurant 1101 Walnut St., Boulder Artist: Smile Photo courtesy Smile

Location: Alley side of **SAMPLES Restaurant** 370 Main St., Longmont Artist: Pher01 Photo by Kanoe Wentworth

Location: Via Artista Alley and Walnut Street, Louisville Artist: Frank Garza Photo courtesy Louisville Art District

Location: Sports Garage 2705 Spruce St., Boulder Artist: So Gnar Creative Division Photo by Lauren M. Click



Do It for the Kids

Local charities need year-round support

BY AMANDA MCCRACKEN

Boulder County is home to a wealth of much-deserving, many-serving nonprofit organizations.

And while many people's thoughts turn to giving at the holidays, the truth of the matter is:

These organizations need help all year long. While there are dozens of worthwhile causes to support, we've put together a shortlist of those that directly serve local children that you can use as a cheat sheet for giving now and throughout the upcoming months. And to make giving that much easier, you can make monetary donations to each of these nonprofits on Colorado Gives Day, Dec. 10, through www.coloradogives.org. But consider giving money or time the rest of the year, too!

Thorne Nature Center

WITH MOST AMERICAN CHILDREN spending on average 5 to 7 hours a day in front of a screen, time spent outdoors is dangerously decreasing. Thorne Nature Center works to ensure all children have the opportunity to connect with nature. With the help of its generous donors, Thorne helps



more than 16,500 kids engage in nature every year (60% are low income and/or Latino). It's also able to award \$500,000 in scholarships annually to allow youth (ages 3–15) to participate in its summer camps and school programs. Thorne offers environmental education on topics such as decomposition, climate change and wetlands, and it serves

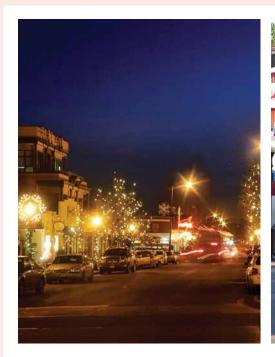
as the leader of the Nature Kids/Jóvenes de la Naturaleza Lafayette (NKJN) collective impact project. Through NKJN, Thorne and its partners offer environmental education and outdoor recreation activities for Lafayette's underserved youth and build parks and trails to ensure all Lafayette youth live within a safe 10-minute walk of nature. During the coming year, Thorne will be leading efforts to pilot a similar program in Boulder.

1466 63rd St., Boulder 303-499-3647 www.thornenature.org

Emergency Family Assistance Association (EFAA)

ast year Emergency Family Assistance Association celebrated 100 years of helping Boulder's families in need with food, housing and financial assistance (medical costs, utilities, etc.). On average, EFAA's food bank distributes \$767,874 in food per year. Sometimes saving \$100 in grocery bills per month enables a family to pay rent. EFAA oversees more than 50 short-term and transitional housing units in Boulder County and provides families in need the tools to become self-sufficient. There are 1.000 homeless children registered in Boulder County Schools. More than 7,000 children in Boulder County live in poverty — families that are on average earning less than \$25,000 per year. EFAA's children's program works to create a sense of normalcy for homeless children by providing socio-emotional support, after-school and summer activities, and case management. EFAA relies on donations from individuals and volunteer support to make these programs available. Its greatest needs are children's hats, gloves, coats and scarves. Items must be new or in like-new condition.

1575 Yarmouth Ave., Boulder 303-442-3042 www.efaa.org







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Growing Gardens

FOR MORE THAN 20 YEARS, Growing Gardens has been enriching our community through sustainable urban agriculture practices. A variety of programs allows everyone from children to seniors to connect with the land and each other. Through its year-round programs at the gardens and visits to local schools, Growing Gardens offers 8,000 children a year - with more than half being low income – free produce. The Children's Peace Garden program teaches children (ages 5–11) environmental stewardship. the source of their food and organic gardening practices. The Cultiva Youth Project provides youth (ages 12–18) the opportunity to grow produce for the community while operating an urban organic farm. In Boulder, the children seed, tend and harvest produce for Growing Gardens' CSA program, which provides a weekly share of vegetables for 69 community members. In Longmont, produce is donated to community partners that give the food shares to residents who are food insecure. This year, the Growing Gardens Food Project donated 24,000 lbs. of produce and 34,000 plant starts and seed packets to low income individuals and families. In order to continue running these programs, Growing Gardens relies on grants and generous donations from individuals and local businesses.

1630 Hawthorn Ave., Boulder 303-443-9952 www.growinggardens.org



The Family Learning Center of Boulder

ocused on advancing racial equality, The Family Learning Center (FLC) of Boulder strives to give all Boulder County children equal opportunity to succeed in school. This means not only providing bilingual enrichment activities for 150 minority, low-income children in elementary through high school each year, but also offering training opportunities for the entire family. It helps families with basic needs like food and clothing, and offers referral services for housing and health care. Every week FLC offers preschool education to 60 children from low-income families. The organization provides quality and affordable childcare for working parents. FLC's health and wellness program is another way it supports 250 local families through nutritional education and physical fitness activities. FLC is the fourth-largest distributor of food in the county. Through its varied programs — college prep, school age, early childhood, back-to-school supplies, health and wellness, and annual health fair — FLC serves 750 families in Boulder County. It costs \$1,000 to supply all of its services for one child per year.

3164 34th St., Boulder 303-442-8979 www.flcboulder.org

"I Have a Dream" Foundation (IHDF) of Boulder County

THIS ORGANIZATION HAS SERVED more than 1,100 local youth and provided more than \$3 million in college scholarships since it started here in 1991. IHDF's dream is "a world where all children have equal access to the educational and career opportunities that will ignite their innate potential." The current 12 active Dreamer Scholar classes (a total of 50–60 youth) are modeled after the national organization's one-on-one mentorship program. Scholars receive 10–12 years of after-school and summer programming and scholarship funding for a post-secondary school of their choice. Parents of scholars are also provided the skills and support to advocate for their children.

5390 Manhattan Circle, Boulder 303-444-3636 www.bouldercounty.ihdf.org

Enjoy the spirit of Louisville!







PHOTO COURTESY YWCA OF BOULDER COUNTY

Voices for Children CASA (Court Appointed Special Advocates) of Boulder County

EACH OF THE 1.700 CHILDREN in Boulder County reported as experiencing abuse or neglect need advocates. That's where Voices for Children CASA steps in, offering the only mentorship program in Boulder County that serves court-involved children and youth. The majority of the children VFCCASA serves have experienced abuse, neglect or other serious childhood trauma (e.g. mental illness, homelessness, incarcerated parents). These children have been removed from their families and put into foster care. The rest of the children served are in the juvenile court system or referred by school districts for chronic truancy. So far, Boulder County CASA volunteers have served more than 265 of the most vulnerable children in Boulder County. They spend time with them at school, in the community, and at home. Every three months a CASA volunteer submits a report to the court to help decide what's in the child's best interest.

Volunteer trainings are offered five times a year and only require individuals to be over age 21 and clear a background check.

Volunteers can choose the age and geographic location of their child, and the type of case, so they can have the biggest impact. For more information on how to get involved, attend one of VFCCASA's information sessions offered the first Thursday of every month. VFCCASA is currently seeking funding to support work with juvenile justice and chronic absenteeism at school. Volunteers are particularly needed who are interested in stopping the school-to-prison pipeline and supporting court-involved youth who have experienced trauma.

6672 Gunpark Drive, Suite 100, Boulder 303-440-7059 www.vfccasa.org



YWCA of Boulder County's Children's Alley

ith the average annual cost of quality childcare in Boulder County at more than \$15,000 per child, many parents are in a bind. This is why YWCA of Boulder County is expanding its childcare facility, Children's Alley — the only childcare facility in Boulder County that provides an affordable two-generation approach, supporting both parents and their children with emergency drop-in and long-term childcare.

This approach includes nontraditional hours, separate infant care, services for children needing additional support, a meal program, parenting classes, a health/wellness and active play program, and a preschool program. YWCA is seeking donations to support the expansion of Children's Alley. The construction of the new classrooms, expanded kitchen and outdoor learning center will allow space for 24 additional children.

2222 I4th St., Boulder 303-449-1951 www.ywcaboulder.org

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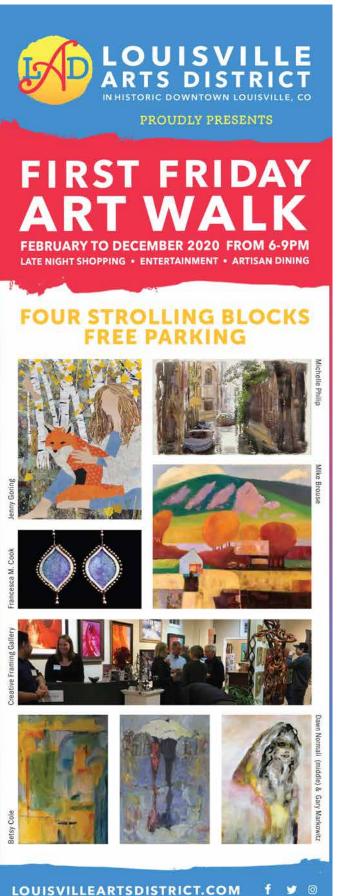
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TWO SOLE



"If the shoe fits, wear it!" say the two sisters behind Two Sole Sisters, an eclectic shoe and accessories boutique on Pearl Street's east end

BY CAROL BROCK

tep inside Two Sole Sisters and you'll enter a glittering, dazzling shoe palace where you might discover your own version of Dorothy's ruby shoes or Cinderella's glass slipper. Those shoes magically transformed their owners' lives, and Two Sole Sisters is pretty confident its footwear will transform your life, too. "Shoes are the one thing that — no matter what size a woman is or how she feels about her body — make her feel great," says co-owner



Laurel Tate, one of the sisters behind Two Sole Sisters, the other being Tate's sibling, Lindsey Yocum.

Well, perhaps not *any* old shoe. Two Sole Sisters' shoes are fashion statements with artisan details created by master craftsmen. You'll find brands from Italy, Spain, Japan, Turkey, Australia, Portugal and other countries, all artfully displayed in silver frames and reflected in floor-to-ceiling mirrors.

The sisters source their shoes with a keen eye toward fashion, functionality and uniqueness. "We like to work with small artisan brands," says Tate, who sometimes receives photos of shoes from clients. "It's usually when they recognize a brand that they bought here and they're like, 'Oh my gosh! I saw this shoe when I was in Paris!"

Tate's personal favorite is La Bottega di Lisa from Le Marche, Italy. "It's a wonderful family-owned business and we were their first U. S. customer." The brand's name translates to "Lisa's Workshop." "They named their company after a daughter who passed away, so every shoe they make is in her honor, her memory," Tate says. "The shoes are really special, and there aren't many shoes being made in the craftsmanship artisan way that they do."

Lest you equate "craftsmanship artisan" with pricey — and yes, some Two Sole Sisters' shoes are pricey — Tate says, "We have all price points, so it's really for anyone."

Shoes are the main merchandise, but not the only offering. The boutique also sells exceptional handbags, jewelry and accessories — again, sourced from worldwide artisans. You'll find Marcia Moran jewelry from Brazil and gloves from American accessory designer Carolina Amato, among many others.

"But shoes are our number-one category," says Tate, who admits to having a "shoe problem." In fact, it's why she and Yocum opened their store, which Tate says Yocum cleverly named. "I have always liked shoes. I have always had a shoe problem," Tate declares, "Lindsey not as much as me." When Tate couldn't find the fashionable shoes she desired locally, the sisters jumped in with both feet after Yocum called one day to say she was "officially unmanageable" and wanted to leave her computer industry job. "We put together a business plan, went to our first shoe convention in Las Vegas, signed the lease on our Pearl Street location on New Year's Eve 2007 and opened in late March of 2008."

Seventy-five percent of the store's clientele are repeat customers, Tate estimates. No doubt due to the warm welcome and knowledgeable advice from the storeowners and seven salespeople. "We're not the quintessential snooty boutique; we're very accessible, warm and friendly," she says. Even furry friends are welcome, and a door sticker proclaims "dog friendly." An animal lover with multiple dogs, cats

and a horse, Tate passes out pet treats, and knows all the names of her clients' four-legged friends.

"The fact that we're here now, 12 years later, I'm so proud to say that we're part of this community," Tate says.

But don't ask her how many shoes she owns. "Oh my word! I can't divulge that!" she laughs. "It's more than I can count!" ■



TWO SOLE SISTERS

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Birthday Blunder

You'd think snow would be easy to find in the mountains in winter, right?

BY VICKI MARTINEZ



Location: The middle of somewhere, Colorado. Note: sick-boy not pictured.

Ah. The February birthday in Colorado. After a while, it gets to be a challenge (there's only so many times you can go to the indoor trampoline place, right?). So, this year would be different. This year would be an adventure. And it was ... just not the one we planned.

It had been a typical Colorado January — a few snowstorms to keep the ski resorts packed, but no huge blizzard so the roads were dry and friendly. Perfect for scheduling a Sledding Birthday Bonanza!

So, I planned. And I executed.

Step 1: Pick up partygoers from school. Let's get this party started! Jam some tunes. (What? No ... I don't think the playlist included Sir Mix-A-Lot singing "I like big butts." But I cannot lie; maybe it did).

Step 2: Arrive home. Usher party pals outside to expend energy. A combination of Nerf guns, dodgeball and a trampoline. Yes, all at the same time.

Step 3: Pizza, cake and ice cream. (Why is there always one boy who knows 14 different melodic happy birthday verses about looking and smelling like a monkey?) **Step 4:** Late-night video games, but not too late. We'll be up bright and early to start

the REAL adventure.

Step 5: Early breakfast, then hit the road. This is where the plan begins to go awry. Apparently, Mom and Dad slept through all the hijinks. Late-night video games did indeed last all night, resulting in a couple of super-grumps and one kid who flat out

refused to get out of his sleeping bag. I was contemplating a swift toe-jab to the side when peer pressure won out. We hit the road about an hour late.

Step 6: Drive up Highway 285. Final destination: Meyer Ranch Park (family fave). Watch out, snow. Here we come!

Step 7: Sled, sled, sled. Eat lunch. Sled some more. Maybe a snowball fight — I brought the fancy snowball makers, just in case.

Yeah, so that last step ... it never happened!

As we pull off the highway, I'm hoping my husband took the wrong exit. But, no. There it is. Our beloved sledding slope, a muddy hill of disappointment.

Questions from the back ensue: "Where's the snow?" "Are we gonna sled on that?" "Is there a bathroom here?"

What the h-e-double hockey sticks? It snowed two days ago. And a week before that. In my head, I panic. Why is there no snow!? Out loud I say, "No worries boys. We'll just drive up a little further and find another great place to sled."

So, we drove. And drove. And drove, turning here and there searching for snow we would never find. After about an hour of false alarms, a tremulous voice from the back squeaks, "I think I'm carsick."

Sure enough, he was. And there was nothing that a window-rolled-down-for-fresh-air could do about it. I don't know what was worse, the retching or the commentary. "Did you see those chunks?" "Why is it pink?" "It smells like poop!"

But, for once, fate was on our side. There was a picnic table not far from where we pulled over to "evaluate the situation." My husband called lunch duty (insert eye-roll here). And I — for the first time in years — cleaned up puke from a child who wasn't my own.

After lunch, the boys went exploring. (This was good because the Suburban was still airing out!) And for the rest of the day:

- · played the grandest game of hide-and-go-seek ever
- built a bridge across the 6-foot-wide, 4-inch-deep creek using a little ingenuity and a lot of cooperation
- kicked mounds of deer scat at each other (shhh, don't tell the parents about that one)
- laughed and giggled and didn't want to leave when it was time to go

Final Step: Deliver boys back to their respective homes, exhausted and fulfilled.

Mission accomplished. I survived. And so did our adventure.

(I hate to admit this, but after a second throw-up incident during a summer Elitch Gardens trip, sick-boy has been blacklisted from all future adventures. Just keepin' it real, folks!) ■







How a chance encounter at a local festival helped elevate Banshee Tree from disarray and uncertainty to burgeoning success

BY DAVE KIRBY

It was August 2017, and Thom LaFond had a problem.

The future of his longtime musical project known as Banshee Tree had grown murky. Rooted in old-time swing and gypsy jazz stylings, with himself on vocals and archtop guitar, and vocalist Kalyn Pembridge on washboard, Banshee Tree had been a regular and popular draw along the Front Range, playing rooms like Gold Hill Inn, Nederland's Caribou Room and the Boulderado's License No. 1. Their self-release album from 2014, "In the Company of Crows," deftly captured the band's lithe and limber folk and gypsy soul.

But in 2017, Pembridge decided to leave the group to pursue her own music and artwork under the moniker "Edgling," and while his bassist and fiddle player were still essentially onboard, LaFond suddenly found himself fronting a three-piece band.

At the ARISE Music Festival in August that year, LaFond bumped into Michelle Pietrafitta. The two had known each other from a decade earlier when they were both in college and moved between bands in upstate New York, although they hadn't actually played together. Both had moved to the Front Range area separately.

Pietrafitta was a drummer. And that's what LaFond needed.

"I got on some gigs [with Thom]," remembers Pietrafitta. "I think the first gig I played with them was [Leftover Salmon banjoist] Andy Thorn's wedding. And then I played a couple more gigs that had been lined up, and the chemistry was just so good we kept it going.

"When I joined the band, the whole thing shifted from a swing band that kind of catered to Thom and Kalyn's style, to these extended jams that come from Thom and my jamband and psychedelic rock roots, and we started blending that in with the swing, and totally revamped the sound."

Banshee Tree's Chapter Two?

"Yeah, we view it like that. It's come such a long way from where it started to where it is now, it sounds like two completely different bands," says Pietrafitta.

Except, of course, things are never *quite* that simple. LaFond's enduring romance with gypsy jazz isn't completely extinguished (the band still hashtags Django Reinhardt online as a reference to their influences). Much of the band's current aesthetic as a four-piece, with amplified violin (Nick Carter) and upright bass (Jason Bertone) - draws its inertia from pieces LaFond wrote and conceived in the band's earlier years, but the band still delivers in a decidedly old-school fashion: dropping into swing interludes, structured solos and frequent visual cues for tempo or harmonic changes. LaFond's training in a wide array of musical influences – swing, jamband, jazz, EDM, big band - allows him to draw from a deep well of stylistic flourishes, and it's those influences that give the current outfit its distinctive sound. The new lineup will be dropping their debut single "Hard Winds," a rework of a single from the band's earlier incarnation, available Dec. 6 on all streaming platforms.

"A lot of the songs we play now come from me really wanting to have an electric band for a long time," says LaFond. "I didn't try to force those songs or that style on the acoustic band — a lot of them just wouldn't have worked.

"One of my favorite things about this group, sometimes when we're playing a festival or something, we'll be in the middle of a long trance jam, and I'll look out at the audience, and I'll give a cue for us to get incredibly quiet, bring it down to kind of a swing feel at the same tempo for sixteen measures, then jump back into what we were doing. One of our favorite improvisation elements is to kind of shrink the band into our old sound.

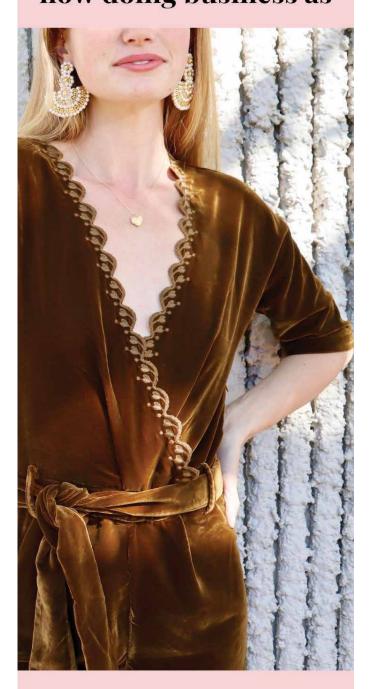
"Our fiddle player is really into Romanian folk music, so sometimes we'll drop into a Romanian folk melody, completely change the sound of the band."

Adds Pietrafitta: "Every band member has training in a wide array of influences that is key to the sound of the band. One of my favorite parts of this group is that each individual member has such a distinct and unique voice. It's a complete joy to play with a group of people who not only come to the table with something to say, but also support powerfully when it's someone else's turn to say something."

The band will support Devotchka at the Bluebird Theatre for New Year's Eve, followed by a run in the mountain towns Jan. 2–4 (Glenwood Springs, Breckenridge and Steamboat Springs) and Hodi's Half Note in Fort Collins on Jan. 18. In the spring, they hit the road for a tour of the western half of the country, including Wyoming, Montana, Idaho, Washington, Oregon, California and more.

For additional show information, please visit www.banshee-tree.com.

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EVENTS + LOCAL FUN!

Events listed in this section are located in or around Boulder County. Some schedules change after we go to press; please contact sponsors to confirm your plans.

Visit our website, www.GetBoulder.com, for a daily calendar of local events.

Animal Affairs 78 Benefits & Fundraisers 80 Bicycling Events..... 81 Business Events 81 Children & Teens 82 Community & Cultural Festivals ... 84 Food & Drink Festivals Forums/Lectures/ Workshops 84 Garden & Home Events..... 84 Health/Fitness Events 86 Just for Fun...... 87 Literary Events...... 88 Nature/Outdoor Events..... 88 Races/Walks..... 88 Senior Events 91 Shopping 91 Singles' Events 91 Social Meetups 91 Sports Events 91 Star & Laser Shows 92 University Events......92 Volunteer Opportunities......... 92

ANIMAL AFFAIRS

For information about volunteering for other animal-related nonprofits, see listings under Volunteer Opportunities.

Butterfly Pavilion

Explore a lush tropical rain forest brimming with butterflies, then settle in for a visit with Rosie, the center's "famous" (and friendly) tarantula. 6252 W. 104th Ave., Westminster. 30469-5441. See a list of events for all ages at www.butterflies.org.

1st Saturdays: Low Sensory Mornings

April 18: Cub Scout Day

Denver Zoo

See more than 4,200 amazing animals during your visit, and enjoy one of the many daily talks and demonstrations, like "Meet the Llamas" at noon. The zoo's calendar is also full of special events and classes all year long. 2300 Steele St., Denver, 303-376-4800; www.denverzoo.org.

Through Dec. 31: Zoo Lights

Greenwood Wildlife Rehabilitation Center

Greenwood rehabilitates sick, injured and orphaned wildlife for release into appropriate habitats, and it treats nearly 3,500 mammals, birds and waterfowl every year. The center offers education programs, release-site programs and numerous volunteer opportunities, plus a thrift shop

and consignment gallery at 3600 Arapahoe Ave., Boulder. www.greenwoodwildlife.org.

Humane Society of Boulder Valley

The shelter cares for more than 8,000 animals each year, and more than 90% are successfully adopted or reunited with their families. The society also offers classes for dogs, trains volunteers to work with the animals or at the thrift store, and provides veterinary services. 2323 55th St., Boulder, 303-442-4030; www.boulderhumane.org.

April 18: Puttin' On the Leash, see listing under Benefits & Fundraisers

Longmont Humane Society

Besides caring for more than 4,000 animals every year, LHS offers dog training and low-cost veterinary services such as vaccinations, spaying, neutering and dentistry. 9595 Nelson Road in Longmont. The thrift store is at 700 Ken Pratt Blvd., Suite 216. 303-772-1232; www. longmonthumane.org.

March 21: Homeward Bound fundraiser, see listing under Benefits & Fundraisers

Medicine Horse Program

Medicine Horse Program is a nonprofit that enhances the mental health and life skills of youth, adults and families through therapeutic interaction with horses. Volunteers always needed. MHP is at 8778 Arapahoe Road, Boulder. www. medicinehorse.org.

National Western Stock Show

Jan. 11-26: Popular two-week event is billed as the "super bowl of stock shows." It features everything from rodeos, horse shows and livestock shows to competitions, demos, sheep shearing, kids' activities, vendors and much more. The National Western Complex is at 4655 Humboldt St., Denver, www.nationalwestern.com.

The Wild Animal Sanctuary

Keep your eyes and ears alert for Eddy the black leopard, grizzly bears Gaika and Masha, Kanookie the lynx, and hundreds of other large carnivores as you meander along the "Mile into the Wild" elevated catwalk. The sanctuary is east of Boulder in Keenesburg, off Highway 52. Check online for ticket prices and other info before going. 303-536-0118; www. thewildanimalsanctuary.org.

ART EVENTS

For art classes, see listings under Classes. For holiday arts and crafts fairs, see listings under Holiday Events. Also see our Galleries section.

Art Parts Creative Reuse Center

The nonprofit Art Parts accepts donations of reusable art, craft and school materials from individuals and businesses, and sells them at a discount to the public. It also hosts



Boulder Arts Week

March 27-April 4: This annual event, now in its 7th year, showcases the full scope of the arts in Boulder, with art walks, exhibitions, lectures, readings, workshops, free and discounted performances, and so much more. The full schedule of events wasn't available at press time, and will be updated until the event, so check www.boulderarts week.org for venues and other details.



Public Shows Thursday, Friday, Saturday & Sunday

Fulldome films, star talks, liquid sky & laser fantasy music shows, artistic programs, live concerts, & more.



Bricolage Gallery, which exhibits art made from found objects. 2870 Bluff St., Boulder; check www.artpartsboulder.org for hours and donation information.

Boulder Art Association

Rotating works by BAA members are on display year-round at businesses throughout the county; check the website for a schedule. The association also holds monthly meetings and other events. 303-444-9922: www.boulderartassociation.org.

Boulder Arts Week

See photo and listing on page 78.

Boulder County Arts Alliance

BCAA provides information and resources for and about artists and art organizations in the area. The group also maintains an online calendar of countywide arts events and hosts Business of Arts workshops. www. bouldercountyarts.org.

Dec. 18: Death, Divorce & Downsizing: What Happens to the Art? 5pm

Boulder Creative Collective

BCC is an event space and gallery offering art exhibits, classes, social hours for artists and a Community Critique (every other month) where artists can share their work and get constructive feedback. BCC is at 2500 47th St., #10 (the yellow door), Boulder. www. bouldercreativecollective.com.

Boulder Metalsmithing Association

2nd Saturdays: BoMA's monthly events at 9:30am feature experts demonstrating metalsmithing processes and techniques; these are open to the public. Then, monthly open studio sessions are free and open to BoMA members or anyone who has taken a BoMA class. The group also hosts

events, sales and hands-on workshops at 4919 Broadway, Unit 14, Boulder. www. bouldermetalsmiths.com.

Boulder Potters' Guild Spring

Spring, TBA: See www.boulderpottersguild. org after the first of the year for updated details about the guild's spring sale.

Colorado Indian Market & Southwest Art Fest

Jan. 17-19: This three-day event, now in its 39th year, showcases the works of 200 juried artists and craftsmen. There's also tribal dancers and other live entertainment, artist demos, culinary booths and hands-on activities. The National Western Stock Show is going on at the same time nearby. At the Denver Mart, 451 E. 58th Ave., Denver. www. dashevents.com.

Coors Western Art Exhibit

Jan. 11-26: This show and sale is held in conjunction with the National Western Stock Show, and entrance is included with stock show admission. 4655 Humboldt St., Denver. www.nationalwestern.com.

Farmers' Market Artisan Shows

Juried shows are held in conjunction with the Boulder and Longmont Farmers' Markets—2nd Saturdays in Boulder and 4th Saturdays in Longmont, beginning in April. www.bcfm.org.

Firefly Handmade

Dec. 14-15: Firefly Handmade's Holiday Market is a festive event showcasing the work of more than 100 artisans, plus live music, food options and demos. At Balch Fieldhouse on the CU campus; check www fireflyhandmade.com for times and other details

Interfaith Quilters Annual Show & Sale

March 6-7: See listing under Benefits & Fundraisers.

Longmont ArtWalk

May, TBA: ArtWalk is a twice-yearly evening of free live music, art exhibitions, live theater, dance and children's activities. Longmont's Main Street is closed for the event, which runs from 4-8pm. Check for updates at www.artwalklongmont.org.

Longmont Second Fridays

2nd Fridays: Galleries and arts organizations in downtown Longmont join to present special openings, promotions and activities for all ages, 6-9pm. www. downtownlongmont.com.

Louisville Art Association

The nonprofit LAA hosts members' shows, student shows, meetings, demos, workshops and classes; check www. louisvilleart.org for a schedule. LAA is at 801 Grant Ave., Louisville, www.louisvilleart.org.

Rigid Heddle Weavers Meet-Up

2nd Fridays: Beginning and amateur weavers meet up once a month with loom in hand to share ideas and spark new ones. 11am-1pm at Boulder Public Library, 1001 Arapahoe Ave. www.boulderlibrary.org.

BENEFITS & FUNDRAISERS

Autism Society of Boulder County: Grapes for Good

March 7: Annual wine-tasting event raises funds to support all those affected by

autism. Check www.autismboulder.org for undated details

Boulder JCC: Reflections

Feb. 22: The Boulder Jewish Community Center's annual fundraiser helps raise funds for the center's programming and youth scholarships. 6:45pm at Boulder JCC, 6007 Oreg Ave. Tickets: www.boulderjcc.org.

Central City Opera: Theatre of Dreams Gala

April, TBA: Check www.centralcityoperagala. com for ticket information, venue and time.

Chocolate Lovers' Fling

Feb. 8: This huge (and delightfully decadent) fundraising event benefits Safehouse Progressive Alliance for Nonviolence (SPAN), which supports victims of domestic violence. Enjoy a signature chocolate cocktail, a full dinner, dancing, wine, and live and silent auctions. New this year: A Vegas-themed program, complete with casino games. Details: www. safehousealliance.org.

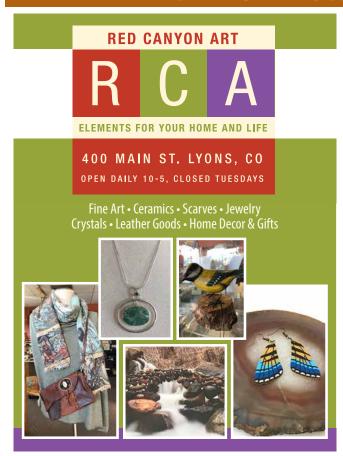
Hotel Boulderado Nutcracker Tea

Dec. 15: Special afternoon-tea event at the Hotel Boulderado helps raise funds for Boulder Ballet, with some of the troupe's performers on hand to greet guests. The Boulderado is at 2115 13th St. Register at www.boulderado.com.

Humane Society of Boulder Valley: Puttin' on the Leash

April 18: The Humane Society of Boulder Valley's signature fundraiser features a live and silent auction, food from local

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restaurants, and beer and wine. Tickets: www.boulderhumane.org.

I Have a Dream: Dream-Maker Breakfast

March, TBA: Participants in the local "I Have a Dream" program present testimonials while attendees enjoy breakfast. Updated info: www.bouldercounty.ihdf.org.

Imagine! Celebration

Jan. 25: 19th-annual fundraiser helps Lafayette-based Imaginel fund its programs, like housing and programs for people with developmental, physical and health-related needs. Tickets and other details: www. imaginecolorado.org.

Interfaith Quilters Annual Show & Sale

March 6-7: Big annual show and sale offers hundreds of volunteer-made quilts for sale; proceeds benefit the Safe Shelter of St. Vrain Valley and the OUR Center in Longmont. 4-8pm Friday (preview 4-6pm) and 10am-4pm Saturday at First Lutheran Church, 803 3rd Ave. in Longmont. www. interfaithquilters.com.

Longmont Gift of Home Tour

Dec. 5-7: See listing under Holiday Events.

Longmont Humane Society: Homeward Bound

March 21: LHS's spring fundraiser raises funds for the shelter's many programs and includes visits with adoptable animals, live music, tasting stations and microbrews. www.longmonthumane.org.

Nederland Area Seniors Pancake Breakfast

March 14-15: Held during Nederland's Frozen Dead Guy Days, this annual event with all-you-can-eat pancakes and other goodies helps the Nederland Area Seniors fund their many programs. 8-11am both days at Nederland Community Center, 750 Highway 72 North. www.mountainpeaklife.org.

Our Center: Empty Bowls Dinner

March, TBA: Empty Bowls raises awareness and helps feed the hungry in Longmont, with proceeds benefiting the OUR Center. Ticket price includes a handmade bowl and two soups from area restaurants. Donate a bowl to the event by purchasing and painting one at Crackpots in Longmont before March 1. Find out more at www. ourcenter.org.

St Julien Gingerbread Teas

See listing under Holiday Events.

Taste of Pearl

April, TBA: Boulder, "America's Foodiest Town," presents culinary arts and distinctive wines during strolls through Downtown Boulder's most vibrant galleries and retail stores. A portion of proceeds benefits a local nonprofit. www.tasteofpearl.com.

BICYCLING EVENTS

Boulder Area Bicycle Adventures

See listing under Sports Events.

Boulder B-cycle

Boulder's nonprofit bike-sharing system offers access to 300 bikes 24/7 at 40 stations around the city. Register at www.boulder. bcycle.com so you're always ready when you want to ride—the tires are always

inflated and there's a handy basket on the front to carry your stuff.

Lonamont Bike Nights

Wednesdays beginning May 13: Fun, family-friendly rides gather weekly in Longmont. See the Longmont Bike Night Facebook page for details.

Oskar Blues Old Man Winter Rally

Feb. 9: Bundle up and get ready to ride or run on some of Boulder County's best trails. Includes luxury aid stations, cold beer at the finish line, and a post event celebration. Register at www.oldmanwinterrally.com.

BUSINESS EVENTS

Boulder Chamber

The Boulder Chamber, at 2440 Pearl St, hosts business-skills seminars, weekly leads groups, women's leadership groups, Business After Hours and other programs; see www.boulderchamber.com for details and to register.

Dec. 19: New Member Orientation **March, TBA:** Celebration of Leadership

Boulder County Arts Alliance

BCAA hosts Business of Arts workshops for artists, with topics like grant writing and audience development. www. bouldercountvarts.org.

Boulder County Independent Business Alliance

BIBA hosts two series that bring together local business owners for lunchtime and happy-hour networking, plus meetings and how-to sessions. See www.boulderiba.org for the event calendar.

Boulder Small Business Development Center

The Boulder SBDC offers low-cost workshops on a variety of topics in both Boulder (at Boulder Public Library) and Longmont (528 Main St., Suite A). Check the event calendar at www.bouldersbdc.com.

Dec. 4: 12 Tips for Getting Fast Marketing Results (Lonamont)

Dec. 11: Start-Up Essentials (Boulder)

Feb. 27: Contract Opportunities Fair

Colorado Green Building Guild

CGBG is a nonprofit association of building professionals promoting healthier, resource-efficient homes and workplaces. It hosts monthly lunch presentations, roundtable discussions, house tours, member happy hours and other resources for professionals, homeowners and students. www. coloradogreenbuildingguild.org.

The Latino Chamber of Commerce of Boulder County

This Longmont-based organization is the main voice for Latino businesses and the issues affecting them in and around Boulder County. Members have access to business training, professional development, networking opportunities and advocacy. The group's office is at 332 Main St. in Longmont. www.thelatinochamber.com.

Longmont Area Chamber of Commerce

The Longmont Chamber, 528 Main St., offers ongoing business networking events for members and nonmembers, plus members-only seminars, regular newmember orientations, leads groups, and







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occasional seminars that are free and open to all. www.longmontchamber.org.

Dec. 5: Jubilee Awards

CHILDREN & TEENS

For more events geared toward children, see listings under Animal Affairs, Classes and Nature/Outdoor Events.

Art Stop at BMoCA

Saturdays, April-Nov.: The Boulder Museum of Contemporary Art offers free, hands-on art activities for families every Saturday during the Boulder Farmers Market. Museum admission is also free during the market. 9am-1pm at BMoCA, 1750 13th St. www.bmoca.org.

CU Community Brain Expo Day

March 13: This event, part of CU Brain Awareness Week, offers hands-on activities for children and teens to learn about brains and brain science. 4-7pm at 1777 Exposition Drive, Boulder. See more info about CU Brain Awareness Week under Health Events or by visiting www.tinyurl.com/CUBAWEvents2020.

CU Science Discovery

Science Discovery hosts after-school science classes, with hands-on STEM (science, technology, engineering, math) activities. Visit www.colorado.edu/sciencediscovery for the schedule and registration information.

CU Wizards Program

Dec. 7, Jan. 25, Feb. 22, March 7, April 25 & May 16: Wizards shows during the school year are free science programs geared toward 5th-through-9th-graders, but all ages are welcome. Shows begin at 9:30am and no reservations are required, but CU



Citizenship Classes

Intercambio offers free weekly classes around Boulder County that help participants learn English and give them information about the U.S. citizenship process and the citizenship interview. For locations and other details, call 303-996-0275 or visit www.intercambioweb.org.

venues vary, so check www.colorado.edu/cuwizards.

Firehouse Art Center Saturday Art Experience

Saturdays: Crafty and creative kids can take part in weekly art classes at Firehouse Art Center, 667 4th Ave. in Longmont. Ages 5-8, noon-12:45pm; ages 9-12, 1-2pm. \$10; free for members. www.firehouseart.org.

The Living Arts School

The Living Arts School is a "folk school" for children, teaching traditional living skills,

crafts and music. Classes are held at various locations throughout Boulder County. See the winter break camp schedule at www. livingartsschool.com.

Longmont Museum Discovery Days

Discovery Days for ages 2-6 run throughout the school year, and kids up to age 11 can also attend on no-school days. There are also special music or movement sessions on Tuesdays; see the schedule and more info at www.longmontmuseum.org. The museum is at 400 Quail Road in Longmont.

National Center for Atmospheric Research (NCAR)

Touch a cloud, tangle with a tornado, create a little chaos—NCAR's science exhibits help kids learn about weather, climate and other earth-science topics. Free. Open 8am-5pm weekdays at 1850 Table Mesa Drive, Boulder. www.scied.ucar.edu/exhibits



Pages & Paws

Wednesdays: See listing under Literary Events

Rocky Mountain STEAM Fest

March 7-8: Maker Bolder's 7th-annual "fantastical STEAM celebration" features hands-on, interactive activities in hacking, building, tinkering and imagining. It's a two-day event for all ages, 10am-5pm at the Boulder County Fairgrounds, 9595 Nelson Road in Longmont. Tickets and more info: www.makerbolder.com.

Tinker Art Studio

This Boulder art studio offers classes for all age levels in many subjects, including painting, pottery and drawing. 693-B S. Broadway, Boulder: www.tinkerartstudio.com.

University of Colorado Museum of Natural History

The CU Museum of Natural History hosts workshops and other events all year long, including many geared toward children and teens. The museum is in the Henderson Building on the CU campus, 15th Street and Broadway. www.colorado.edu/cumuseum.

Wacky Contraption Challenge

Dec. 8: Watch crazy-but-ingenious handbuilt machines (made by 3rd-8th graders) move a golf ball from one end to the other during the Wacky Contraption Challenge finale. 2-4pm at Boulder JCC, 6007 Oreg Ave.. Boulder. www.makerbolder.com.

Wild Bear Mountain Ecology Center

See listing under Nature/Outdoor Events.

YMCA Teen Activities

The YMCA of Boulder Valley offers programs that help teens grow and give them a chance to connect with adults in a safe environment. 303-442-2778 (Mapleton Center), 303-664-5458 (Arapahoe Center); www.ymcabv.org.

CLASSES

For more classes, see listings under Food & Drink, Garden & Home, and Nature/Outdoor.

The Art Underground/ The Arts Hub

The Art Underground, 901 Front St. in Louisville, and The Arts Hub, 420 Courtney Way in Lafayette, are nonprofit centers that offer classes for all ages in dance, theater, music, photography, film and visual arts. www.artunder.org.

Boulder CPR & First Aid

Certified American Red Cross instructors teach first aid, CPR, babysitting and lifeguarding. Classes are held at various locations throughout Boulder County. 303-668-8079; www.bouldercpr.com.

Boulder Digital Arts

BDA offers workshops, classes (in-person and online), certificate programs and events for digital artists and creative professionals working in film/video, marketing, social media, photography and graphic design. Register at www.boulderdigitalarts.com. BDA is at 1600 Range St., Suite 100.

Dec. 14: Food and Product Photography **Jan. 4:** Adobe Photoshop Hands-On

Boulder Potters' Guild

The Potters' Guild offers classes and practice sessions for all skill levels, from beginner to master. Check www.boulderpottersguild. com for a schedule, and sign up for email alerts about sales and other special events.

Center for Musical Arts

The Center for Musical Arts, located at 200 E. Baseline Road in Lafayette, features 13

teaching studios with private and group lessons for all ages. www.comusic.org.

Citizenship Classes

See photo and listing on opposite page.

Drop-In Tech Help

Tuesdays & Saturdays: Want to be more tech-savvy? The Boulder Public Library offers drop-in help sessions every Tuesday evening 6-7pm and Saturday morning 10:15-11:15am. The library also offers online tutorials on computer basics, social media and other tech-related topics. 1001 Arapahoe Ave. www.boulderlibrary.org.

EXPAND Program

Boulder Parks and Recreation Department's EXPAND program provides opportunities for children, teens and adults with disabilities to experience recreation and leisure activities that improve their quality of life. Programs include sports, fitness, camping, swimming and adventure. www.bouldercolorado.gov/parks-rec.

Front Range Anglers

See listing for free fly-fishing classes under Sports Events.

Herb Walks/Herbalism Classes

Boulder-based herbalist, nutrition consultant and author Brigitte Mars offers a variety of herb-related workshops and classes, including short herb walks around Boulder. www.brigittemars.com.

Lifelong Learning Program

Boulder Valley School District offers classes for all ages in subjects like writing, cooking, technology, health and fitness, money and gardening, www.bvsd.org/LLL.

Longmont Yarn Shoppe

Learn how to knit, crochet, weave, spin and do needle-felting at this Longmont store. See the full schedule of classes at www. longmontyarn.com. 454 Main St.

Dec. 11: One Skein Gifts: Hats!

Jan. 15: Fixing Your Knitting Mistakes

Mudslingers Pottery

Mudslingers offers small-group lessons and workshops for beginning and experienced potters, and open studio sessions for experienced ones. 920 Main St., Suite 1, Louisville. 303-926-0996; www. mudslingerspotterv.com.

Nomad Bead Merchants

Saturdays: Free Beading Basics classes happen on a drop-in basis from 10am-1pm. At 2pm, "make-and-take" sessions let you create your own unique jewelry (materials fee applies). There are also fee-based classes most Sundays. Registration required. 1909 9th St. 303-786-9746; www.nomadbeads.com.

Parlando School of Musical Arts

Parlando offers group and private lessons for all ages, including Cello Group Class, Chamber Music, and Flute Choir for Adults. Parlando is at The Dairy Arts Center, 2590 Walnut St., Boulder; there's a satellite location in Denver. www.parlando.org.

Recreation Centers

Recreation centers throughout Boulder County offer a wide variety of classes in sports and fitness, healthy living and nutrition, arts and crafts, social dancing and more. Visit each center's website for a schedule and registration information, or pick up a brochure in person.

Boulder: East Boulder Community Center, 5660 Sioux Drive; North Boulder Recreation Center, 3170 Broadway; South Boulder

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Recreation Center, 1360 Gillaspie Drive. 303-413-7270; www.boulderparks-rec.org.

Erie: Erie Community Center, 450 Powers St. 303-926-2550; www.erieco.gov.

Lafayette: Bob L. Burger Recreation Center, 111 W. Baseline Road. 303-665-0469; www. cityoflafayette.com/recreation.

Longmont: The main rec center is at 310 Quail Road. Classes are also offered at the St. Vrain Memorial Building, 700 Longs Peak Ave., and at Centennial Pool, 1201 Alpine St. 303-774-4800; www.ci.longmont.co.us/rec.

Louisville: 900 W. Via Appia Way. 303-666-7400; www.louisvillerecreation.com.

Nederland: Nederland Community Center, 750 N. Highway 72, 303-258-9721; www. nederlandcommunitycenter.org.

REI Boulder Classes

The Boulder REI store, 1789 28th St., offers classes and workshops (many off-site) on outdoor topics such as backcountry navigation and how to climb a fourteener. www.rei.com/boulder.

Dec. 7: Avalanche Awareness **Dec. 14-15:** Wilderness First Aid **March 3:** Snowshoeing Basics

COMMUNITY AND CULTURAL FESTIVALS & EVENTS

Boulder Creek Festival

May 23-25: This huge family-friendly festival, presented by the city of Boulder, has served as the county's unofficial kickoff to summer. It features a carnival, a Makers Market, hundreds of vendor booths, live entertainment, food and drink stations, Wellness World classes and demos, and Boulder Futures, a showcase of Boulder's newest business ventures and startups. In downtown Boulder, in Central Park and the Municipal Building lawn. Find the full schedule of events and times for each day at www.bouldercreekfest.com.

Chinese New Year Celebration

Feb., TBA: The Asian-Pacific Association of Longmont hosts this annual celebration featuring food tastings, traditional dance, arts and crafts, musical performances, and activities from groups representing 60 cultural backgrounds. 2-5pm at Silver Creek High School, 4901 Nelson Road, Longmont. www.apalconnect.org.

Estes Park Winter Festival

Jan. 18-19: Boulder County residents often head up the canyon for this annual celebration of all things wintry, featuring high-flying skiers and snowboarders demonstrating their skills on indoor trampolines, plus demo snowshoes, award-winning chili, beer and wine, kids' activities, vendor booths, and giveaways. Saturday is also Winter Trails Day in Rocky Mountain National Park. Schedule: www. visitestespark.com.

Frozen Dead Guy Days

March 13-15: "Freeze the day" at Nederland's quirky annual winter festival, featuring activities like polar plunging, coffin racing, ice turkey bowling, human foosball, a parade of hearses, a frozen salmon toss and more, plus live music, food/drinks, poetry slams from the Frozen Dead Poet Society, and a new Frozen Dead

Auction. For more info and the schedule of events, see www.frozendeadguydays.org.

Lafayette Oatmeal Festival

Jan. 11: See photo and listing on page 88.

Longmont Cinco de Mayo

May 2: Annual event celebrates culture and honors the health of the Longmont community with traditional food, live entertainment, shopping, a car show and other free family activities. www. longmontcincodemayo.com.

Martin Luther King, Jr. Celebration

Jan. 20: Annual community celebration honors the life and work of Dr. King with gospel choirs, dancers, an art exhibit and dramatizations. 10am-noon at Silver Creek High School, 4901 Nelson Road, Longmont. www.longmontcolorado.gov.

FOOD AND DRINK FESTIVALS & EVENTS

For tours of local wineries, breweries and distilleries, see listings under Tours.

Ales For Females

Select Mondays: Ales for Females is a female-only membership club that gathers a few times per month on Mondays (6:30-8pm) to discuss all things beer and learn how to pair beer with food. Learn how to join at www.lefthandbrewing.com. The Left Hand Tasting Room is at 1265 Boston Ave. in Longmont.

The Art of Cheese Cheesemaking Classes

Longmont's artisanal cheesemaking school offers classes covering everything from soft cheeses like chevre to firm cheeses like cheddar and Jarlsberg. Find the full schedule and more details at www. theartofcheese.com.

Dec. 14, 27 & 29: Mozzarella, Ricotta & Burrata (single sessions)

Boulder Public Library: Hands-On Pasta Making

BPL's Seed to Table program offers events and resources with a focus on sustainable living, including cooking and gardening classes. Most are held at the main library branch, 1001 Arapahoe Ave., Boulder. Free, but space fills up, so registration is required. Some classes are listed below; see www. boulderlibrary.org for more.

Jan. 9: Adultology: Coffee, Tea & Herbal Drinks

Jan. 22: BeeChicas: First Aid from the Hive Jan. 25: Artistic Plating for All Ages

Growing Gardens Classes

This Boulder nonprofit's mission is to enrich the lives of our community through sustainable urban agriculture. It offers regular cooking classes for adults for reasonable fees. The gardens are at 1630 Hawthorn Ave. Find registration details at www.growinggardens.org.

March, TBA: Spring Gardening Series begins March, TBA: Beekeeping Series begins

Kitchen Company

The Kitchen Company in Longmont offers a variety of low-cost cooking classes and demonstrations on topics like knife skills, cooking with seasonal ingredients, and cheesemaking. The store is at 464 Main St.

Find more classes and registration info at www.kitchencolongmont.com.

Dec. 3: A Very Vegan Christmas **Dec. 6:** Colorado Lamb for Christmas

Lafayette Oatmeal Festival

Jan. 11: See photo and listing on page 88.

Pettyjohn's Liquor & Wine 50th Anniversary Celebration

Dec. 7: To celebrate 50 years in business, this locally owned family business is having a big party open to all, with cupcakes and ice cream, giveaways, a wine raffle and store specials. Pettyjohn's is at 613 S. Broadway, Boulder. www.pettyjohns.com.

Redstone Meadery

See listing on page 92.

Taste of Pearl

April, TBA: See listing under Benefits & Fundraisers.

FORUMS/LECTURES/ WORKSHOPS

Boulder Center for Conscious Community

"BC3" offers workshops, classes, coaching sessions, art exhibits and book groups. 1637 28th St., Boulder. 303-449-5417; www.consciousboulder.com.

Boulder Public Library Adult Programs

BPL hosts several discussion groups that meet weekly or monthly at the library's branches. There are also business workshops through the Boulder Small Business Development Center. www.boulderlibrary.org.

1st Mondays: Arabic Literature Discussion Group, 6-7:30pm (Main)

3rd Wednesdays: Flatirons Mineral Club, 6-8:30pm (Main Branch)

4th Wednesdays: High Crimes Book Club, 5:30-7pm (Meadows Branch)

Boulder Shambhala Center

This Tibetan Buddhist studio offers discussions, lectures, meditation classes and workshops; many events are free. 1345 Spruce St., Boulder. www.boulder. shambhala.org.

Chautauqua Talks

Chautauqua presents a number of author talks and other special programs each season. Check www.chautauqua.com for times and details about the programs listed, and other events on the schedule. Get tickets soon, as many events sell out. 900 Baseline Road, Boulder.

Jan. 23: Collective Speakers Series: Dessa

Jan. 30: Joe Sertich: Dinosaurs in Your Backyard

Feb. 27: Boulder County's Birds of Prey **April 20:** Storms and Seas on Titan

City of Boulder Home Ownership Program

Monthly orientations sponsored by the city of Boulder instruct prospective buyers on affordable housing and using city programs to buy a house. Check the schedule at www. boulderaffordablehomes.com.

Conference on World Affairs

April 6-10: The CWA is a premier forum for the discussion of world affairs, featuring 200 panels and 100 speakers and performers from all over the world. All events are free and open to the public, and sessions range from small groups of less than 100 to large groups numbering in the thousands. On the CU campus in Boulder; see

www.colorado.edu/cwa for the 2020 lineup, which wasn't available at press time.

Elevations Credit Union Reality Check Seminars

Elevations Credit Union offers dozens of free presentations each year at its branches on topics like Social Security, retirement, real estate, investing and wills. You don't have to be a credit union member to attend. Visit www.elevationscu.com to RSVP, find venues and see the rest of the schedule.

Dec. 11: Buying Residental Investment Property, 6pm

Longmont Public Library Lectures, Forums & Meetups

The Longmont Public Library hosts a number of authors and speakers on a variety of timely topics, plus regular meetups. The library is at 409 4th Ave. in Longmont; find out more about each event at www.longmontcolorado.gov.

Tuesdays: Writer's Group, 6pm

4th Wednesdays: Anime-niacs: Anime Club for Adults, 6-8pm

4th Saturdays: Longmont Genealogy Society, Genealogy Basics, 10am-noon

University of Colorado Museum of Natural History

The CU Museum of Natural History offers numerous workshops, lectures, classes and forums all year long, and many are free. For a schedule, see www.colorado.edu/cumuseum. The museum is located on campus in the Henderson Building, Broadway and 15th streets, Boulder.

GARDEN & HOME EVENTS

Boulder Public Library

BPL offers a number of garden-related events and activities at its many branches, including sessions for volunteers to help with harvesting produce from the Edible Learning Garden at the main branch. Check www.boulderlibrary.org for details about the events listed.

Jan. 22: BeeChicas: First Aid from the Hive, 4pm (Main)

Denver Botanic Gardens

Denver Botanic Gardens offers acres of plant displays, classes for all ages, lectures, plant shows, gardening certification and a great deal more. The main gardens are at 1007 York St.; the Chatfield location is at 8500 W. Deer Creek Canyon Road in Littleton. www. botanicgardens.org.

Through Dec. 22: Santa's Village (Chatfield)
Through Jan. 3: Blossoms of Light (York
Street)

Growing Gardens

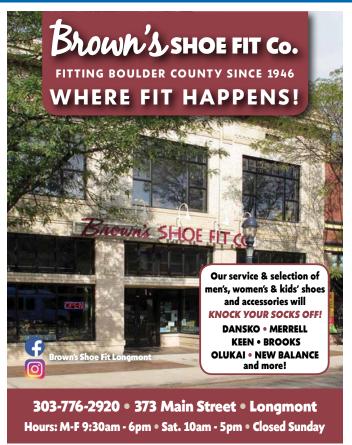
This Boulder nonprofit's mission is to enrich lives in our community through sustainable urban agriculture. It offers camps for kids, community gardens, adult classes, classroom visits during the school year and community events. The gardens are at 1630 Hawthorn Ave. www.growinggardens.org.

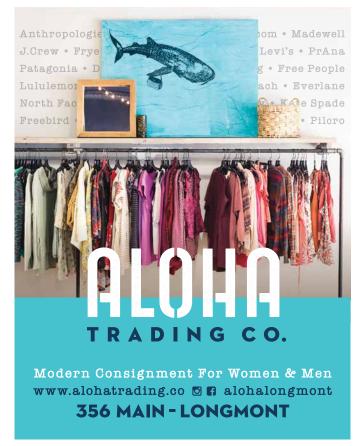
February: Register for spring gardening and beekeeping classes

Harlequin's Gardens

Harlequin's Gardens, 4795 N. 26th St., Boulder, offers low-cost classes on a variety of garden topics; a few are listed below. The on-site display gardens include a xeriscape

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Baby & Gifts

Check Us Out!

24th Annual Lafayette Oatmeal Festival

Saturday, January 11, 2020 7:30am-12:00pm

Public & Baseline Rd. in Old Town





Oatmeal Breakfast • 5K Walk/Run



SATURDAY August 15, 2020 9:00am - 4:00pm Public Road in Old Town Lafayette



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SATURDAY
September 12, 2020
2:00-7:00pm
South Public Road

For more information:

www.lafayettecolorado.com events@lafayettecolorado.com 303-666-9555



herb garden and ornamental grasses. www. harlequinsgardens.com.

Through Dec. 22: Holiday Gift Market

Historic Boulder: 34th Annual Homes for the Holidays Tour

Dec. 7-8: See listing under Holiday Events.

Longmont Gift of Home Tour

Dec. 5-7: See listing under Holiday Events.

Sturtz & Copeland Classes

Sturtz & Copeland offers free gardening classes on a variety of topics, and attendees also get a discount on materials purchases. 303-442-6663; www.sturtzandcopeland.com.

Dec. 7: Holiday Tablescapes and Gift Wrap

Dec. 10: Floral Design with Evergreens and Rerries

Three Leaf Farm

Three Leaf Farm in Lafayette offers gardenrelated classes and workshops on topics like herbal medicine and soap making. Check the schedule and other details at www.threeleaf farm.com. 445 S. 112th St., Lafayette.

March 16: Introduction to Herbal Medicine
April 13: Your Garden Pharmacy

May 11: Stories of the Forest: Myth and Mystery of the Trees

HEALTH/FITNESS EVENTS

Boulder Community Health Workshops

Free and low-cost health sessions and classes sponsored by Boulder Community Health are held at BCH facilities across the county; upcoming topics include Infant CPR & First Aid and Walk with a Doc (multiple dates). See the event calendar at www.bch.org.

Boulder County Death Cafe

Monthly community gatherings bring people together to discuss "all manner of fascinating things about the D word" in a safe (and sometimes a little silly) environment. See the group's Facebook page for more information.

Boulder Psychic Institute

BPI offers low-cost readings by the institute's students two nights per week, plus a number of free healing sessions. See events below, and check the website for more details. 1332 Pearl St.; www. boulderpsychicinstitute.org.

Tuesdays & Thursdays: Low-cost psychic readings, 7-8:30pm (call to schedule)

Thursdays: Free 15-minute aura & chakra healings, drop in between 6-7pm

Fridays: Free healing & meditative sessions (different theme each week), 6-7pm

Boulder Shambhala Meditation Center

Wednesdays: Once a week, the Boulder Shambhala Center offers a free drop-in meditation session where participants can learn basic techniques, ask questions and deepen their practice. 5-6pm. Free openhouse orientations are held in the parlor every Sunday, 10:30am-noon. 303-444-0190; www.boulder.shambhala.org.

Casting for Recovery

Casting for Recovery hosts three-day retreats for breast-cancer survivors to learn the art of fly-fishing at no cost. Check www.

castingforrecovery.org for 2020 registration information.

March 27: Last day to apply for June 2020 retreat

July 3: Last day to apply for Sept. 2020 retreat

CU Brain Awareness Week

March 12-19: The Institute of Cognitive Science/Intermountain Neuroimaging Consortium presents a week of free lectures and workshops to teach participants how the human brain works and how to keep it healthy. Some events are listed below, but check www.tinyurl.com/CUBAWEvents2020 for the full schedule and more details.

March 12: Understanding the Teen Brain

March 13: CU Community Brain Expo Day

March 19: Inflammation, Stress, and You

March 19: *Inflammation, Stress, and Your Brain*

Grief Support Network

Processing your grief through ritual can help you move from agony to acceptance. Community rituals, led by Wendy Kaas, are meant to help those who are grieving feel less isolated and more connected. www. griefsupportnet.org.

Infused, A CBD Marketplace

Thursdays: Weekly happy hour events from 4-7pm feature product demos, educational talks and special savings, plus light refreshments. The store is at 1909 9th St. in Boulder. www.infusedcbd.co.

Lafayette Oatmeal Festival & 5K Walk/Run

See photo and listing on page 88.

Longmont United Hospital Community Classes

LUH, 1950 Mountain View Ave. in Longmont, offers free and low-cost classes for community members and healthcare professionals; topics include CPR and childbirth prep. Check the schedule at www.centura.org.

2nd Wednesdays: Stroke Support Group, 6-7:30pm

Jan. 9-30: Childbirth Prep by the Week

March 4: Newborn Care

Pranic Healing Clinic & Meditation

1st Fridays: Start your weekend with Pranic healing and Twin Hearts meditation during these monthly sessions open to all. 7pm at The Meditation Place, 324 Main St. (back alley entrance) in Longmont, and first-time meditators are welcome. For info, email Susan@pranicharmony.com.

Psychic Horizons Center: Free Healing Clinics

Tuesdays: Psychic Horizons Center offers free weekly aura and chakra healing sessions to help maintain well-being or help move energy in relation to an acute or chronic illness. 5-6:30pm at 5485 Conestoga Court, Suite 110, Boulder. Details: www.psychichorizonscenter.org/healing-clinics.

Veterans' Acupuncture Clinics

Wednesdays: Free acupuncture sessions for veterans and members of their households are offered weekly from 6-8pm at the Institute of Taoist Education and Acupuncture, 317 W. South Boulder Road in Louisville. Register by emailing registrar@ itea.edu or calling 720-890-1577.

HOLIDAY EVENTS

Art in the Barn

Dec. 7: Three Leaf Farm's holiday gift market showcases the work of local artisans. The event also includes visits with two tiny

"reindeer" (the farm's miniature horses). 10am-3pm at 445 S. 112th St., Lafayette. www.threeleaffarm.com.

Boulder JCC Chanukah Events

The Boulder Jewish Community Center, 6007 Oreg Ave. in Boulder, offers a number of free and low-cost Chanukah events throughout December. A few are listed below, but check the calendar and find more details at www.boulderjcc.org.

Dec. 11: Chanukah Celebration (for teens), 5-7:30pm

Dec. 15: Jeff and Paige Chanukah Concert, 4-5pm

Dec. 23: Chanukah on Pearl, 5:30-8pm

Dec. 29: Chanukah on Ice, 4-6pm

Callahan Holiday Open House

Dec. 6: Longmont's historic Callahan House, 312 Terry St., is decorated for family visits from 4-7pm, featuring visits with Santa and tours of the home. www.longmont colorado.gov.

Downtown Boulder Holiday Events

Several annual holiday events take place on or near the Pearl Street Mall in Boulder; check the details at www.downtownboulderholidays. com; 303-449-3774.

Dec. 7: Lights of December Parade, 6pm **Dec. 7, 14 & 21:** St. Nick on the Bricks, visits with Santa from 11am-2pm

Erie Country Christmas and Parade of Lights

Dec. 6: Erie's annual holiday event includes Santa's workshop, caroling, complimentary s'mores, a living nativity, free hayrides and

a parade. 5-8pm in downtown Erie. www. eriechamber.org.

Historic Boulder: 34th Annual Homes for the Holidays Tour

Dec. 7-8: Historic Boulder's "Farmhouses in Winter" tour features traditional holiday decor, history lessons, food trucks, wagon rides, live performances, visits with farm animals, and arts and crafts booths. 11am-4pm both days; find ticket info and other details at www.historicboulder.org.

Holiday Mountain Market

Dec. 7-8: Dozens of vendors offer unique gift ideas, from candles to handknits to fine art. There are also refreshments, photos with Santa, and raffle prizes. 10am-5pm Saturday and 10am-4pm Sunday at Nederland Community Center, 750 Colorado Highway 72 303-758-0799

Hotel Boulderado Holiday Tea Series

The Hotel Boulderado hosts a series of annual holiday-themed teas, often paired with holiday bazaars and live entertainment. Check www.boulderado.com for details and registration. The Boulderado is at 2115 13th St.. Boulder.

Longmont Gift of Home Tour

Dec. 5-7: Colorado's longest-running Christmas home tour draws more than 1,500 attendees from around the region, and proceeds benefit Longmont Meals on Wheels. The VIP ticket option includes a dinner on Thursday evening before the two

days of self-guided tours. Find ticket info and other details at www.thegiftofhome.org.

Longmont Museum Holiday Events

Dec. 7: The Longmont Museum continues its holiday tradition with two live performances featuring holiday songs from the Longmont All Star Jazz Band, the Rocky Mountain Ringers and more. Shows are at 2 & 7pm. Get your tickets early, as these shows sold out last year. The museum is at 400 Quail Road. www. longmontmuseum.org.

Dec. 20: Santa Story Time & Brunch, 9am & 11am

Louisville Parade of Lights

Dec. 6: Louisville's annual Parade of Lights is paired with December's First Friday Art Walk, resulting in a full evening of holiday-themed family events including visits with Santa, live reindeer, carolers, and cookies and cocoa. 5:30-9pm throughout downtown Louisville. www.louisvilleco.gov.

St Julien Gingerbread Teas

Dec. 1, 8, 15 & 22: Holiday-themed afternoon teas at the St Julien Hotel help support There With Care, a Boulder nonprofit that supports families facing critical illness. Teas include traditional beverages and treats, plus live music. The St Julien is at 900 Walnut St. Register at www. stjulien.com.

Saturdays: Charlie Brown Goes to the Nutcracker, 6:30-9:30pm (free live music performance)

JUST FOR FUN

Adult Coloring Sessions

Sundays: Coloring isn't just for kids. Settembre Cellars offers Sunday coloring

sessions that include a glass of wine. 1-6pm at 1501 Lee Hill Road, #16, Boulder. www. settembrecellars.com.

Barley-Har-Har Open-Mic Comedy Night

1st & 3rd Fridays: Amateur comedians take the stage at these free bimonthly comedy nights at 7:30pm. To sign up to perform, email info@bubcomedy.com. There's also trivia every Thursday night. 300 Suns Brewing, 331 First Ave., Longmont; www.300sunsbrewing.com.

Boulder Comedy Show

Sundays: Every Sunday evening at 7pm and 9pm, the Bohemian Biergarten (2017 13th St., Boulder) hosts a comedy night with a big lineup of comedians and a nationally known headliner. Find the weekly schedule on the Bohemian Biergarten Facebook page or at www.bohemianbiergarten.com.

Boulder Model Railroad Club Expo

Dec. 13-15: Big annual show is open to the public; see a variety of railroad layouts in different scales, browse vendor booths and sign up for raffles. Held in conjunction with the Flatirons Mineral Club Gem & Mineral Show (see listing under Nature Events) at the Boulder County Fairgrounds, 9595 Nelson Road in Longmont. www. bouldermodelrailroadclub.org.

Carousel of Happiness

Head to Nederland for a ride on the restored 1910 Looff carousel with 36 whimsical hand-carved animals and 25 smaller animals keeping them company. The Carousel is a nonprofit organization, and rides are only \$2; it's also wheelchair- and walker-

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Lafayette Oatmeal Festival & 5k Walk/Run

Jan. 11: This popular event, now in its 24th year, features an oatmeal breakfast, a 5k walk/run for all ages (and dogs on leashes), a blood drive and a health fair. 7:30amnoon at different Lafayette locations; see the schedule at www.cityoflafayette.com.

friendly. 20 Lakeview Drive in Nederland, right beside the train cars. Check www. carouselofhappiness.org for special holiday hours and events.

Geeks Who Drink

Geeks Who Drink hosts free, live pub quizzes at more than 60 bars and restaurants in the region, including some in Boulder (like Wednesdays at Twisted Pine Brewing Co.) and Longmont (like Mondays at Wibby Brewing). www.geekswhodrink.com.

Rocky Mountain STEAM Fest

March 7-8: See listing under Children & Teens.

WinterSkate

Through Feb.: See photo and listing on page 90.

LITERARY EVENTS

Barbed Wire Books

This large bookstore hosts a variety of literary events, including story times, classes, workshops and book discussion groups held in the "Hobbit Hole." For a full schedule, see www.barbedwirebooks.net. 504 Main St, Longmont. 303-827-3620.

Boulder Book Store

Boulder Book Store, 1107 Pearl St., offers book clubs and frequent book signings and readings by local, national and international authors. www.boulderbookstore.com; 303-447-2074.

Boulder Public Library Author Talks

The Boulder Public Library, 1001 Arapahoe Ave., often hosts talks with well-known authors; check www.boulderlibrary.org for the speaker schedule.

Boulder Public Library: BAFS Poetry Workshops

2nd Sundays: The Beyond Academia Free Skool (BAFS) is a writer's collective that offers free public poetry workshops every second Sunday 2-6pm. All are welcome in

the Arapahoe Room at the main library, 1001 Arapahoe Ave. www.boulderlibrary.org.

BoulderReads

BoulderReads offers literacy programs for all ages, like literacy tutoring and conversation groups for adults and "Reading Buddies," a program for children that pairs them with a CU student for help with reading, writing and literacy skills. See www.boulderlibrary. org/boulderreads for details.

Dogs Enjoy Afternoon Reading (D.E.A.R.)

2nd Saturdays: Children of all ages are invited to read to specially trained dogs from 1-2pm. No preregistration required. At Longmont Public Library, 409 4th Ave. www. longmontcolorado.gov/library.

Firehouse Art Center Poetry Night and Writers Workshop

1st and 4th Fridays: Longmont's Firehouse Art Center offers two opportunities each month for aspiring and established writers: Writing Workshops on 1st Fridays at 7pm, and Poetry Night (original works only) on 4th Fridays at 7pm. These events are open to all. FAC is at 667 4th Ave. in Longmont. www.firehouseart.org.

Innisfree Poetry Bookstore & Cafe

Tuesdays: Open poetry readings from 7-8:30pm weekly are hosted by Troy Suben. Sign up by 6:55pm to read. Innisfree also offers regular poetry readings, live music and other events; check the calendar at www.innisfreepoetry.com. 1301 Pennsylvania Ave., Boulder.

Longmont Public Library Author Talks

Check the updated schedule at www. longmontcolorado.gov (click"Departments" tab) for upcoming author talks at the Longmont Public Library, 409 4th Ave. The library also hosts a number of adult meetups on different topics.

Pages & Paws

Wednesdays: Kids (and even adults) can sign up for 15-minute sessions to practice their reading skills with the library's therapy dog. Sessions begin at 3:45pm at Boulder Public Library's Meadows Branch, 4800 Baseline Road. www.boulderlibrary.org.

Public Libraries

Find the latest must-read, join a book club or research a topic you've always wondered about. Area libraries offer residents the opportunity to explore new worlds, and they have children's story times, reading programs, free entertainment, book discussion groups, teen activities and special events.

Boulder: Main Branch: 1001 Arapahoe Ave.; Meadows Branch Library: 4800 Baseline Road; George Reynolds Branch: 3595 Table Mesa Drive; NoBo Corner Library, 4600 Broadway; 303-441-3100; www.boulderlibrary.org.

Lafayette: 775 W. Baseline Road. 303-665-5200; www.cityoflafayette.com/library.

Longmont: 409 Fourth Ave. 303-651-8470; www.longmontcolorado.gov/library.

Louisville: 951 Spruce St. 303-335-4849; www.louisvilleco.gov/library.

Lyons: 405 Main St.; www.townoflyons.com. **Nederland:** 200 Highway 72. 303-258-1101; nederland.colibraries.org.

'So, You're a Poet' Reading Series

Mondays: This poetry-reading series takes place at the Laughing Goat Coffeehouse, 1709 Pearl St., Boulder, Monday evenings from 8-11pm. www.thelaughinggoat.com.

Stories on Stage

Stories on Stage is a nonprofit arts organization that features great actors reading great literature by exceptional authors. Shows are at various venues in Boulder and Denver; check www. storiesonstage.org for more details and ticket info.

Dec. 14-15: Making Merry

Jan. 11 & 24: Crushes, a collaboration with Buntport Theater

March 7-8: Wilder Women

"Write Your Story" Writing Class

1st Fridays: Lisa Jones, author of the award-winning memoir "Broken: A Love Story," helps writers get their words down on the page. No writing experience required. 2-4:30pm at Boulder Public Library, 1001 Arapahoe Ave. www.boulderlibrary.org.

NATURE/OUTDOOR EVENTS

For more outdoor events, see listings under Sports Events.

Boulder County Audubon Society

BCAS offers monthly nature programs, field trips, bird counts and other events around the county. Check www.boulderaudubon. org for more info about the events listed.

1st Sundays, April-Nov.: *Bird-Watching at Greenlee Preserve in Lafayette, 1-3pm*

Boulder County Parks & Open Space Programs

Boulder County Parks & Open Space offers free nature programs, hikes and culturalhistory events. See listing under Senior Events for Senior Hikes. Find an updated list of winter/spring events at www. bouldercounty.org.

Dec. 7, Jan. 4, Feb. 1, March 7: Agricultural Heritage Center in Longmont open 10am-5pm (spring/summer hours resume in April)

Butterfly Pavilion

See listing under Animal Affairs.

Casting for Recovery

See listing under Health Events.

City of Boulder Open Space & Mountain Parks

Natural Selections is the city's ongoing series of free educational programs on wildlife, ecology, local history and children's programs. All events are open to everyone, but please leave dogs home. For more upcoming events, see www.naturehikes. org. 303-441-3440.

Colorado Mountain Club

CMC offers thousands of activity options, including adventure travel, service projects, and classes and seminars covering everything from climbing, skiing and avalanche preparedness to wild plants, birds and geology. Many programs are at the American Mountaineering Center, 710 10th St., Golden, but some are in Boulder. www.cmc.org.

Flatirons Gem & Mineral Show

Dec. 13-15: Annual event features rocks, gems, minerals and jewelry vendors. Find gifts for all ages, then head to the other side of the hall for the Boulder Model Railroad Club Expo (see listing under Just for Fun), held at the same time. At the Boulder County Fairgrounds, 9595 Nelson Road in Longmont. www. bouldermodelrailroadclub.org.

Herb Walks/Herbalism Classes

See listing under Classes.

Lafayette Open Space

Lafayette Open Space offers a number of public programs, hikes, bird-watching events, classes and camps all year long. Check www.cityoflafayette.com/openspace for the updated schedule.

REI Boulder Classes

See listing under Classes.

Thorne Nature Experience

Boulder-based Thorne has been connecting youth to nature through hands-on experiences for nearly 60 years. Find more programs and events at www.thornenature.org.

Walter Orr Roberts Weather Trail

This self-guided tour introduces you to the weather and climate surrounding NCAR's Mesa Lab beside the Flatirons. The half-mile loop extends west, connecting to the Boulder Mountain Parks system. 303-497-1174; www.scied.ucar.edu/exhibits.

Wild Bear Mountain Ecology Center

Wild Bear is a nonprofit nature center offering affordable kids' camps, after-school programs and adult and family workshops. It maintains an information center at 20 Lakeview Drive in Nederland, and also has property at Mud Lake. www.wildbear.org.

NEWCOMERS

See our new Social Meetups category.

RACES/WALKS

Saturdays: South Boulder Creek Park Run is a totally stress-free run/walk for anyone that happens every Saturday,





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all year long! Register once and attend forever. 9am October-April and 8am May-September. Afterwards, the group heads to a local café for coffee. www.parkrun.us/ southbouldercreek.

Dec. 7: The ColderBOLDER 5K on the CU campus awards "Cold Medal" penguin trophies to top finishers. www. bolderboulder.com.

Dec. 15: Superior Stocking Run 5K is fun, festive and family-friendly, with jingling bracelets and hot chocolate waiting at the finish line. Register at www. racingunderground.com.

Jan. 11: Lafayette Oatmeal 5K Walk/Run is held each year in conjunction with Lafayette's popular Oatmeal Festival. 7:30am in Lafayette; registration info at www.lafayettecolorado.com.

Jan. 19: Arctic Prairie Dog Half Marathon also includes 10K or 5K options. At Coal Creek Golf Course in Louisville. There's also a race in Arvada on April 12. www. prairiedoghalf.com.

Feb. 9: Old Man Winter Rally in Lyons lets participants choose a running or biking route. www.oldmanwinterrally.com.

Feb. 15: Longmont Heart Throb 5K raises funds for the OUR Center. Starts at Sandstone Ranch Park Pavilion. www. runsignup.com.

April & May, TBA: Dash & Dine 5K Series is a series of qualifying races, held on select weeknights at Boulder Reservoir. Register at www.dashndine5k.com.

May 25: The BOLDERBoulder 10K draws thousands of people to town to run or walk the course, or to cheer on participants along the route or in Folsom Field. The huge race is separated into waves so everyone can run or walk at their own pace. Memorial Day



WinterSkate

Through February: Old-fashioned outdoor ice skating lives on at the historic Steinbaugh Pavilion in Louisville, featuring traditional holiday music, and free horse-drawn carriage rides on selected dates. Admission includes skate rental, and discount punch cards are available. 824 Front St.; see hours and other details at www.bceproductions.com.



39th Colorado Indian Market & Southwest Art Fest

January 17-19

The Denver Mart

DashEvents.com

PHOTO COURTESY WINTERSKATE

events follow the professional racers. www. bolderboulder.com.

June 7: Skirt Sports 13er in Louisville features an all-women 13.1-mile course plus 5K and 10K options. www.skirtsports13er.com.

SENIOR EVENTS

Active Minds

Active Minds offers dozens of free programs and events for seniors in Boulder and Longmont, at a variety of venues. Find more info about the events listed here, and others on the schedule, at www.activeminds.com.

Dec. 19: Ukraine (Longmont)
Jan. 8: Leonardo da Vinci (Boulder)
Feb. 14: The Civil Rights Act (Longmont)
March 23: Eleanor Roosevelt (Boulder)

Boulder County Parks & Open Space Senior Hikes

Last Thursdays: On the last Thursday of each month, seniors get their own hikes sponsored by Boulder County Parks & Open Space. The hikes run from 10am-noon, and include information on the area's history, wildlife and resource management. Check www.bouldercountyopenspace.org for the winter/spring schedule.

Circle of Care

Circle of Care is an enrichment program that provides seniors with free transportation, companions, and tickets to community arts and cultural events. 303-449-8884; www. circleofcareproject.org; office@circleofcare project.org.

Cultivate

Cultivate, formerly called CareConnect, helps seniors thrive by reconnecting them to their communities. Programs include grocery delivery, transportation, SnowBusters and YardBusters. Find out more at www.cultivate.ngo.

Mountain MidLife Club

See listing under Social Meetups.

Senior Centers

With area senior centers, older residents have a welcoming place to meet other seniors and stay connected to the community with activities like day trips, classes, entertainment, support groups, fitness options, health screenings and meals. Check each center's website for details and a complete schedule.

Boulder: West Boulder Senior Center, 909 Arapahoe Ave., 303-441-3148. East Boulder Senior Center, 5660 Sioux Drive, 303-441-4150. www.boulderseniorservices.com.

Lafayette: 103 S. lowa Ave., 303-665-9052; www.cityoflafayette.com.

Longmont: 910 Longs Peak Ave., 303-651-8411; www.ci.longmont.co.us/sen_ctr.

Louisville: 900 W. Via Appia Way, 303-666-7400; www.louisvillerecreation.com/senior welcome.php.

Lyons: Lyons Golden Gang, 335 Railroad Ave., Bldg. B, Lyons. 303-823-6771; www.lyonsgoldengang.weebly.com.

Nederland: *Various locations.* 303-258-0799; *www.nederlandareaseniors.org.*

Via Mobility Services

Via is a "mobility manager" offering transportation for older or disabled

travelers, travel training, information on mobility options, referrals and a range

of other community resources. www. viacolorado.org.

SHOPPING

For arts and crafts fairs featuring handmade items for sale, see Art Events and Holiday Events.

McGuckin Hardware Spring Tent Sale

May, TBA: This massive sale, usually held the second weekend in May in McGuckin's parking lot, offers thousands of items up to 70% off, and some proceeds benefit local nonprofits. The store is at 2525 Arapahoe Ave. in Boulder. www.mcguckin.com.

Strawberry Festival Vintage & Antique Market

May 16-17: Big spring celebration is a fundraiser for the St. Vrain Historical Society. Browse the antiques booths of vendors from around the region and enjoy fresh strawberry shortcake with real whipped cream. At the Boulder County Fairgrounds, Nelson and Hover roads, Longmont. www. stvrainhistoricalsociety.org.

SINGLES' EVENTS

See our new Social Meetups category.

SOCIAL MEETUPS

Boulder Area Singles

BAS is a meetup group of men and women 40+ who go on hikes, organize book clubs, attend social hours, bowl, go dancing and more. www. bcn.boulder.co.us/community/bas.

Boulder Newcomers Club

The nonprofit BNC hosts monthly activities like hikes, book clubs, wine tastings, potlucks and game nights. All ages are welcome. www.bouldernewcomers.org.

Mountain MidLife Club

Nederland-based social club meets on 4th Fridays for dinner at 5pm, and 2nd Saturdays for breakfast at 8am. The purpose of the group is for residents to socialize with other area couples and singles; "midlife" is whatever age you wish it to be. Call for reservations at least a week ahead: 303-258-0799. Meals are at Nederland Community Center. 750 Highway 72 North in Nederland.

SPORTS EVENTS

For more sports-related events, see listings under Bicycling Events, Nature/Outdoor Events, Races/Walks and Tours.

Boulder Area Bicycle Adventures

Full-day, half-day and two-hour tours by bicycle explore Boulder's history, scenery, geology and popular businesses; off-road mountain bike adventures are also available. Suitable for all ability levels and ages (except the Brews Cruise Tour), and Boulder residents get a discount. 303-918-7062; www. boulderareabicycleadventures.com.

Boulder Bike Tours

Boulder Bike Tours offer rides for beginning, intermediate and expert riders in and around the city of Boulder and sometimes beyond. There are full- and half-day rides for mountain bikes and road bikes. See the ride schedule at www.boulderbiketours.com.

Boulder County Bombers

Boulder County's flat-track women's rollerderby league hosts bouts and tournaments at the Boulder County Fairgrounds; check online for the full schedule. They're also



Colorado Wilderness Rides and Guides

Professional tour guides lead participants on adventures like backpacking, bike tours, rock climbing, skiing and snowshoeing. 720-242-9828; www.cwrag.com.

Front Range Anglers

Saturdays: Free, one-hour classes most Saturdays from 10-11am feature some of the best tyers around spinning up their signature patterns (includes free coffee and a 15% discount on purchases). The shop also hosts regular four-hour fee-based classes that include two hours on-site at a nearby park. FRA is at 2344 Pearl St., Boulder. www. frontrangeanglers.com.

WinterSkate

Through Feb.: See photo and listing on page 90.

STAR & LASER SHOWS

Fiske Planetarium

Fiske Planetarium on the CU Boulder campus presents cutting-edge planetarium shows on a fulldome projection system. See the schedule of laser shows, live star talks, movies, planetarium shows, family shows, concerts and other events at www. colorado.edu/fiske.

Little Thompson Observatory

3rdFridays:TheLittleThompsonObservatory,at850SpartanAve. inBerthoud, offersPublicStarNights, withguestspeakersdiscussingastronomy-related topics. The rest of the time, it's open



Medicine Horse Program

MHP, at 8778 Arapahoe Road, Boulder, is a nonprofit organization dedicated to enhancing the quality of life for adolescents, families and adults through equine-assisted therapy sessions that focus on healing. Volunteers train as muckers before moving on to horse handling. Volunteer orientations are the third Saturday of each month at 10am. 720-406-7630; www.medicinehorse.org.

by appointment only. 970-613-7793; www. starkids.org.

TOURS

For sports-related tours, see listings under Sports Events.

Banjo Billy Bus Tours

Banjo Billy gives history tours of Boulder and Denver from an old school bus tricked out to look like a traveling hillbilly shack. Tours run Tues-Sun, with special brewery tours on Thursdays. 720-938-8885; www. banjobilly.com.

BrewHop Trolley

Ride in style on a vintage trolley to all of Longmont's breweries and distilleries, hopping on and off as you wish. Reserve your spot online: www.brewhoptrolley.

BookCliff Vineyards

Tour the winery and sample the wines in the tasting room. Thurs-Sun 1-6pm at 1501 Lee Hill Road, #7, Boulder. www. bookcliffvineyards.com.

Celestial Seasonings

Tours of this enormous tea-processing plant are free and run daily, except for major holidays. See how these popular teas are blended, packaged and shipped; then taste free samples, browse the gallery of original artwork from the famous tea boxes, and check out the gift shop. Don't miss the "mint room." Children under 5 are not allowed in the factory. Tours are on the hour Mon-Sat from 10am-4pm, and Sunday 11am-3pm. 4600 Sleepytime Drive, Boulder. www. clestialseasonings.com.

Leanin' Tree Tours

Leanin' Tree offers free 45-minute tours of its greeting-card manufacturing plant. Watch as flat sheets of blank paper are transformed into full-color cards, and see impressive machinery—like printing presses the size of school buses. Leanin'Tree is at 6055 Longbow Drive, Boulder. www. leanintreemuseum com

NCAR Public Tours

Find a flood of fun facts about atmospheric science, climate change, and the NCAR mesa and building. There's also a photographic display of meteorological optics, a telescopic camera, working supercomputers, a gravity well and the

Walter Orr Roberts Weather Trail. Guided tours are Mon-Fri at noon; a self-guided tour is available in English and Spanish. 303-497-1174; www.scied.ucar.edu/visit.

Redstone Meadery

Honey wine, the world's oldest alcoholic drink, is made right here in Boulder. Visit Redstone Meadery at 4700 Pearl St., Unit 2A, for free tours weekdays at 1 and 3pm and Saturdays at 12:30pm. Tasting room opens at noon. 720-406-1215; www. redstonemeadery.com.

UNIVERSITY EVENTS

University of Colorado

The official CU Boulder events calendar gives you up-to-the-minute information on campus happenings that are open to the public. Search by date, title or category of interest. Each event listing gives a description, contact and cost (if any). www. colorado.edu/eventscalendar.

University of Colorado Alumni Association

The CU-Boulder Alumni Association hosts a variety of events year-round and across the nation to help alums stay connected. www. cualum.org.

University of Colorado UMC

You don't have to be a student or staff member to take advantage of the University Memorial Center. Check out the UMC's postings for art exhibits, live music, free pool and poker tournaments, cheap bowling and a variety of classes and forums. www.colorado.edu/umc.

VOLUNTEER OPPORTUNITIES

Boulder County Parks & Open Space

From single-day events to ongoing projects, there are a number of ways volunteers can help preserve, improve and enhance the



area's open space. See volunteer info at www.bouldercountyopenspace.org.

Boulder Philharmonic

Volunteers are needed on an ongoing basis for audience relations, fundraising, education and office management. 303-449-1343, ext. 104; www.boulderphil.org.

Children First of the Rockies

Longmont-based nonprofit helps families in conflict or crisis to improve their quality of life and ensure their children's safety and well-being. The organization is in need of volunteers, including those interested in serving on the board of directors and those with experience in fundraising and finances. To find out more, visit www.ccfor.org.

Circle of Care

Volunteers are needed to accompany a senior to a concert, offer a ride, or assist at parties and dances. 303-449-8884; www. circleofcareproject.org.

Colorado Horse Rescue

Nonprofit CHR provides emergency shelter, care and adoption services for abused and unwanted horses. Volunteers are always needed to prepare feed buckets, muck out stalls and pens, and keep the barn organized. 18 or older; ages 14-17 can volunteer with an adult. 10386 N. 65th St., Longmont. 720-494-1414; www.chr.org.

Colorado Therapeutic Riding Center

More than 1,000 volunteers help with the center's programs, which serve children and adults with disabilities. To learn more, visit www.ctrcinc.org or call 303-652-9131. 11968 Mineral Road, Longmont.

Emergency Family Assistance Association

Help provide food, basic household furniture and emergency shelter to those in the community whose immediate needs cannot be met. Volunteers operate the food bank, support the front desk, meet with program participants, spend time with children and help coordinate special events. 303-442-3052: www.efaa.org.

Greenwood Wildlife Rehabilitation Center

Greenwood rehabilitates sick, injured and orphaned wildlife for release into appropriate habitats, and it treats nearly 3,000 mammals, birds and waterfowl every year. The center offers education programs, release-site programs and numerous volunteer opportunities, plus a thrift shop and consignment gallery at 3600 Arapahoe Ave., Boulder. Center: 303-823-8455; thrift shop: 303-245-0800; www. greenwoodwildlife.org.

Humane Society of Boulder Valley

Volunteer information sessions are held regularly; see www.boulderhumane.org for a schedule. The Humane Society is at 2323 55th St. 303-442-4030.

Imagine!

Volunteers support adults and children with disabilities in reaching their goals in the classroom and in the community. Help with classes and activities like yoga, swimming, music, computers, bowling and creative writing. 1400 Dixon St., Lafayette. www. imaginecolorado.org.

Lafayette Cultural Arts Commission

The Lafayette Cultural Arts Commission and the Public Art Committee are seeking enthusiastic volunteers to serve as committee members for events like Art Night Out, Arts in Education and the Arts in the Community Grant Program. Lafayette residents are encouraged to apply at www. cityoflafayette.com/joinlcac or /joinpac.

Longmont Humane Society

Help with animal care, administrative duties, maintenance, the thrift store and more. Teens 13-18 can get involved; younger kids can help with parents. LHS is at 9595 Nelson Road, Longmont. 303-772-1232; www.longmonthumane.org.

Medicine Horse Program

See photo and listing on opposite page.

Mile High United Way

Mile High United Way, which serves the entire Denver/Boulder region, connects community members with community needs through the Volunteer United program. Find volunteer opportunities based on your location, interests and availability. 303-433-8383; www.volunteer. unitedwaydenver.org.

Moving to End Sexual Assault (MESA)

Volunteer-counselor training consists of 40 hours of intensive education



Thorne Nature Experience

Help support this nonprofit with a variety of tasks, including general office duties, assisting with outreach events, program registrations and database management. Thorne is at 1466 N. 63rd St., Boulder. 303-499-3647; www.thornenature.org.

before working on the 24-hour crisis hotline or accompanying survivors to the hospital, police interviews and court appearances. Bilingual counselors are particularly needed. 303-443-0400; www. movingtoendsexualassault.org.

OUR Center

Longmont's OUR Center, a nonprofit that helps people move toward self-sufficiency, can always use volunteers for a variety of tasks. The center is at 220 Collyer St. in Longmont. www.ourcenter.org.

Safe Shelter of St. Vrain Valley

Mandatory classroom training takes about 30 hours and covers a broad range of domestic-violence issues; the handson training is about eight hours. www. safeshelterofstvrain.org.

There With Care

There With Care, an organization that helps families with critically ill children, needs volunteers for sorting and packing donations in Boulder and/or delivering them to various locations around the metro area. www.therewithcare.org.

Thorne Nature Experience

See photo and listing above.

WEDDING EVENTS

Boulder Wedding Showcase

Jan. 2 6: Meet with the finest wedding experts in Boulder County to plan the wedding of your dreams. This annual showcase is held at two venues, the historic Hotel Boulderado and Rembrandt Yard. The theme of this year's event is "Love in Every Color" and includes dozens of vendors and a raffle. 11am-2pm; learn more at www. boulderweddingshowcase.com.

Colorado Bridal Show

Feb. 16: Admission to this event includes free wedding-planning magazines and a gift card for titanium wedding rings. At Omni Interlocken Hotel, 500 Interlocken Blvd. in Broomfield; www.theexpopros.com.

Rocky Mountain Bridal Show

Jan. 12: 11am-4pm at Colorado Convention Center, Mile High Ballroom, 700 14th St., Denver. www.rockymtnbridalshow.com. ■





Two painters twist traditions to create contemporary **Buddhist artworks**

DEITIES

BY KERRY PARRY



deity's realm as a mandala. Strict traditions define the methods, layout, dimensions and materials used to create these depictions.

According to Norbulingka Institute in India, which teaches the art of thangka, "The proportions are considered sacred, as not only are they exact representations of Buddhist deities, but also the visual expression of spiritual realizations that occurred at the time of a vision." Aspiring thangka artists spend years studying the iconographic grids and proportions of different deities, and then master the technique of mixing and applying mineral pigments.

Karma Phuntsok and Faith Stone are trained in the formal thangka process, but the two artists are challenging the art form's norms by placing their Buddhas in contemporary settings and using modern techniques and materials.

Phuntsok, born in Tibet, fled the Chinese occupation as a child in 1959 and apprenticed with a master thangka painter in Nepal. After marrying and moving to Australia, Phuntsok became inspired by the local indigenous people and bucked thangka traditions by blending Tibetan culture with his expanding worldview. His new designs included politically satirical takes on Chinese communism, as well as contemporary icons like Batgirl and Superwoman. His bending of ancient Tibetan practices caught the eye of the Dalai Lama, which led to Phuntsok's world-renowned recognition as an important contemporary Tibetan artist.

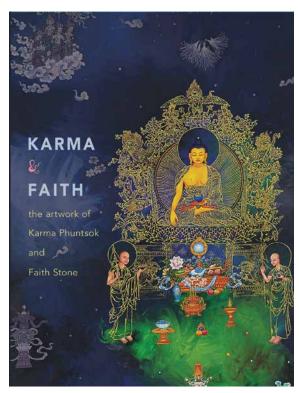
Stone, part of a large Irish-Catholic family, grew up in the Boston area. Her world radically changed after her father died in an automobile accident. It shook Stone to her core and caused her to guestion her faith and seek something more meaningful. Her search led her to a spiritual practice that combines Buddhism and Hinduism. Eventually, she moved to an ashram in Boston. She and her husband later founded ashrams in Rollinsville (Shoshoni Yoga Retreat), Boulder (Eldorado Mountain Yoga Ashram) and Hawaii. Stone went to art school in Massachusetts, but received training in thangka painting at Naropa University, along with guidance from several Tibetan lamas.

Like Phuntsok, Stone places her Buddhas in contemporary settings. Stone recalls the impression Phuntsok's work had on her when first she saw it at CU. "Seeing Karma's work was so inspiring. It gave me permission to move beyond the parameters of the traditional materials and settings," she says. "My intention is to make goddesses more accessible."

In 2006 Stone wrote to Phuntsok to tell him how he inspired her. To her surprise, he wrote back and the two became friends. A show at Denver's Chancery Art Space and a recently released book, "Karma and Faith," resulted from their friendship and passionate pursuit of the art form.

You can view Stone and Phuntsok's thangka Buddha paintings at the Chancery Art Space through Jan. 30, 2020. ■

For exhibit information, visit www.chanceryartspace.com.

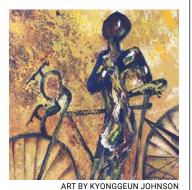


Cover art from Karma and Faith's new collaboration.



ARTS + CULTURE

Events listed in this section are located in or around Boulder County. Some schedules change after we go to press; please contact sponsors to confirm your plans. **Visit our website, www.GetBoulder.com, for a daily calendar of arts events.**



NOBO ART DISTRICT

Art Walks

Monthly Friday-night events feature opening receptions at galleries, live entertainment, food and drink, and extended hours at retailers.

NoBo Art District First Friday:

1st Fridays, 6-9pm, along north Broadway in Boulder; www.noboartdistrict.org

Lafayette Art Night Out:

2nd Fridays, May-Sept., 5-9pm, at Festival Plaza and at businesses along Public Road; www.cityoflafayette.com

Longmont Second Fridays:

2nd Fridays: 6-9pm along Main Street; www.downtownlongmont.com

Louisville First Friday Art Walk:

1st Fridays (except Jan.), 6-9pm, in historic downtown; www.louisvilleartsdistrict.com

Niwot First Friday Art Walk:

1st Fridays, 5-8:30pm; www.niwot.com

Dance

Avalon Ballroom

The Avalon Ballroom, 6185 Arapahoe Road in Boulder, hosts a variety of dance events every day of the week year-round, hosted by a variety of dance groups. There's a large, cushioned dance floor, and most events include a lesson. See the full schedule and (low) prices at www.avalonevents.org.

Mondays: Clown Dance Class, 5:30pm

Fridays: Argentine Tango (for all levels), 6:45-8pm 2nd Sundays: Vintage Ballroom "Tea" Dance, 1pm Dec. 31: New Year's Eve Dance Party, 7pm-1:30am March 27-29: Scandi Dance and Music Weekend

Boulder Ballet

Feb. 21-23: "Modern Masters: Taylor & Wheeldon" showcases works from Paul Taylor and Christopher Wheeldon, with matinee and evening performances at Dairy Arts Center, 2590 Walnut St., Boulder. www.boulderballet.org.

Dec. 7-8: The Nutcracker (Longmont)

May 15-17: Sleeping Beauty May 30-31: Ballet in the Park

Centennial State Ballet

April 25: After the success of the troupe's Fall Showcase performance of "Around the World in 80 Days," they present an abridged version, intended for young audiences. 11am at Niwot High School Auditorium, 8989 Niwot Road. The rest of the "storybook season" schedule is below; check www. centennialstateballet.org for venues and other details.

Dec. 20-22: The Nutcracker

April 25-26: The Lion, the Witch, and the Wardrobe

Cindy Brandle Dance Company

See photo and listing on this page.

Colorado Ballet

Jan. 31-Feb. 9: "Peter Pan" takes audiences on a high-flying adventure to Neverland, complete with amazing special effects. At the Ellie Caulkins Opera House in Denver; check www.coloradoballet.org for tickets.

Through Dec. 29: The Nutcracker

March 6-8: Tour de Force

April 3-12: Ballet Masterworks

Cindy Brandle Dance Company

Feb. 7-8: "From the Ashes," CBDC's second installment of the "A World on Fire" project, is on stage at 7:30pm Friday and 4pm and 7:30pm Saturday at Dairy Arts Center, 2590 Walnut St., Boulder. www.cindybrandledance.com.

CU Presents

CU's Artist Series brings dozens of world-renowned acts to the CU campus each year, including well-known dance troupes like those listed below. Check www.cupresents.org for tickets and other details.

Jan. 17: Cirque Mechanics

March 2: Pilobolus

April 4: Hubbard Street Dance (Chicago)

Dance Bridge

Dance Bridge, a project of the Boulder Arts Commission, is a vital resource for dance classes, companies, workshops, festivals, grant and audition info, and upcoming dance events in and around Boulder County. Sign up for the newsletter to stay updated. www. artsresource.org/dance-bridge.

Dance Etoile Ballet

Jan. 31-Feb. 2: See Lewis Carroll's timeless story "Alice in Wonderland" interpreted through original choreography by Danse Etoile's own Marie-Jose Payannet, with original music by composer Bruce Klepper. Matinee and evening performances at the Broomfield Auditorium, 3 Community Park Road. www. danseetoile.org.

Frequent Flyers Aerial Dance

Dec. 13-15: Frequent Flyers presents "Wonder," featuring nine amazing aerialists and three musicians "bringing together an exaltation of nourishment, light, movement and music medicine for the soul in the dark of winter." At Dairy Arts Center, 2590 Walnut St., Boulder. www.frequentflyers.org.

Dec. 7-8: Musical Legends in the Air (Youth Student Company)

Dec. 7: Airborne (Adult Student Company)

Golden Bridge Movement Mass

Sundays: "Movement Mass" group dances celebrate community as dancers remember their wholeness "in these times of great change." Open to all, and no dance experience is necessary. The 10:45am-noon event is usually at the Avalon Ballroom, 6185 Arapahoe Road, Boulder, but check www.bdanced.com for the schedule and venue.

Irish Dance Theatre

Dec. 2 & 18: Irish Dance Theatre is a new Colorado-based nonprofit that seeks to "preserve and embolden the art of Irish dance." The group's latest show, "The Celtic Gift," is on stage at Broomfield Auditorium, 3 Community Park Road, on two evenings in December at 7pm. www.attheaudi.com.

Lyons Old-Time Square Dances

Feb. 1, March 7, April 4: Live dance callers, old-time string bands and three hours of reels, mixers and squares for the whole family! 7-10pm at Oskar Blues, 303 Main St. in Lyons. Check the group's Facebook page for more details and updates.

1940s White Christmas Ball

Dec. 7: This popular annual holiday event is in Denver, but lots of Boulder County dance fans are always in attendance. Find out more at www.1940sball.org.

Production Company Dance Centre

Jan. 25: PCDC's Company Showcase is the culmination of all the hard work the performance, competitive and preprofessional company dancers did throughout the fall. 1pm at Silver Creek High School, 4901 Nelson Road in Longmont. www. productioncompanydance.com.

Dec. 7: Holiday Show (Niwot High School)

Reverence Academy of Dance

Dec. 15: "Searching for Christmas," RAD's annual holiday dance performance, celebrates the season with a colorful cast of favorite characters like Frosty the Snowman and The Grinch. 2pm at Manhattan Middle School, 290 Manhattan Drive, Boulder. www. reverenceacademyofdance.com.

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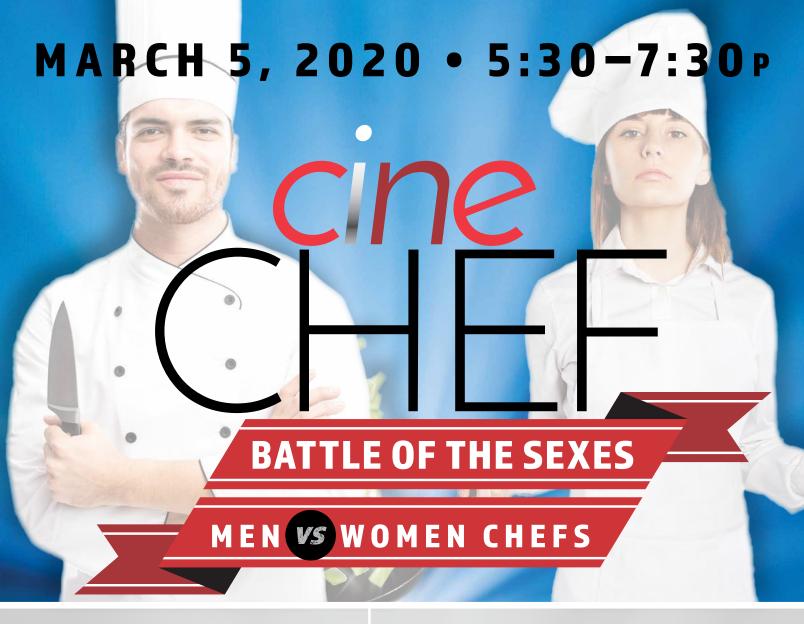
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POWERHOUSE CHEFS

will pick a movie theme and prepare small plates. Taste the scrumptious fare, and vote for your favorite. Who will win this fun contest featuring some of the best chefs of one of the foodiest places in America?

Enjoy live music, a selection of Francis Ford Coppola wines, local craft beers, and decadent desserts. Tickets on sale now at

BIFF1.com

CINECHEF 2019 INCLUDED:

From DFNVFR

Jennifer Jasinski, Executive Chef/ Owner,

Rioja, Bistro Vendôme, Euclid Hall Bar & Kitchen, Stoic & Genuine, Ultreia

Liliana Meyers, Head Pastry Chef,
Safta in The Source Hotel

Jaita III The Jource Hote

Linda Hampsten Fox, Executive Chef/Owner,

The Bindery

Carrie Baird, Executive Chef/Partner **Bar Dough**

From BOULDER

Jessica Emich, Chef/Co-Owner Shine Restaurant

Sheila Lucero, Executive Chef

Jax Fish House & Oyster Bar, and Lola

Coastal Mexican

Corina Johnson,

Research & Development Chef,

The Kitchen Restaurant Group

Anna Zoe, Chef & Inspiration

Zoe Ma Ma

Desserts by Shamane Simons of **Shamane's Bake Shoppe**





Beautiful Ballerina Tribute



Peggy Turchette

The Dairy Arts Center will host a little girl's — OK, any ballet lover's — dream exhibit this winter. Local Boulder artist Peggy Turchette has created an homage to the late ballerina Anna Pavlova (1881-1931) by crafting one-quarter-scale reproductions of Pavlova's costumes and couture. More than 85 outfits will be displayed on 16″ mannequins from Dec. 6, 2019, through Jan. 12, 2020, with a Boulder Ballet ballerina dancing Pavlova's signature piece, The Dying Swan, on December 29, at 3 p.m. For tickets and more information, visit www.thedairy.org.



GET YOUR **BIFF ON!**

Mark your calendar for the 16th Boulder International Film Festival, March 5-8

Boulder and Denver's best chefs are back for the CineCHEF culinary showdown — with a twist! Eight chefs — four men, four women — will create filminspired dishes for a fun and friendly competition. "Badass Women Chefs" sold out at last year's CineCHEF, so we'll see how the ladies stack up against the men at BIFF 2020. As an attendee, you can taste and vote on your favorite culinary creation, while also enjoying live music, wine, beer and dessert. And, new this year is the "Amuse Bouche" Champagne Preview for those who want the ultimate CineCHEF experience!

Also new this year — a festival within a festival! — is the BIFF Adventure Film Pavilion. It's a state-of-the-art downtown theater exclusively dedicated to a suite of the world's greatest new adventure films. Catch the shorts, features, and discussions with world-class adventure filmmakers.

Visit www. www.biff1.com for tickets and more information.

BELTING IT OUT

The ladies of Key of She are making music throughout the county as a small, elite women's choir/a cappella group with members from Louisville, Lafavette, Broomfield and Boulder. Don't miss these vocalists crooning holiday tunes at the Arts HUB in Lafavette on Dec. 19. Throw on some Fab '40s garb, and join them for some fullswing fun at their Valentine's dance performance where they will be accompanied by Don Elwood Big Band to perform swing-era tunes at the Avalon Ballroom in Boulder on Feb. 14. For more information or to find out about joining the ensemble, visit the groups Facebook page www.facebook.com/ KeyofSheLouisville.



Front row: Karen Early, Annie Pyper, Mindy Hoffman, Deborah Snyder Back row: Stacey Monahan, Savanna Lake, Steph Fairbanks, Rachel Newson, Leslie Lewis

T2 Dance

March 24-28: SPRINGbreak ChoreoFest provides dancers and choreographers time throughout the week to create a new dance work; the pieces are then performed for a public audience on Saturday evening at 7:30pm at the Arts Hub, 420 Courtney Way in Lafayette. T2 also presents the Versatility Dance Festival (see separate listing below). www. t2dance.org.

3rd Law Dance/Theater

April 17-19: 3rd Law's spring concert "looks to nature to inform humanity's path through the extreme changes befalling our planet." Visit www.3rdlaw.org for details about this performance and the others listed.

Jan. 16: BMoCA Collaboration

April 21: Boulder Philharmonic Collaboration

University of Colorado Department of Theatre & Dance

BFA and MFA students and faculty members in the University of Colorado's dance program present a number of free and low-cost performances throughout the school year; see www.colorado.edu/theatredance for the full schedule and more details.

Jan. 31-Feb. 2: Catapult: A BFA Dance Program

April 10-19: The Current: Dance works by faculty and quest artists

April 24-25: FRESH: Spring 2020, a CU dance concert

Valentine's Swing Era Dance

Feb. 14: Special Valentine's Day dance event includes dance instruction by American Vernacular Dance from 7-8pm then live swing dance music (8-10:30pm) featuring music by Key of She and the Don Elwood Big Band. At Avalon Ballroom, 6185 Arapahoe Ave., Boulder. www.boulderdance.org.

Versatility Dance Festival CO 2020

Jan. 10-12: VDF brings together the best in emerging and established dance companies and dance filmmakers from Colorado and beyond. Friday is Dance Film Night and Saturday is Dance Performance night; there's also a contemporary dance workshop on Sunday. At Dairy Arts Center, 2590 Walnut St., Boulder; find details and tickets at www.thedairy.org.



Fox Theatre

This nationally known club at 1135 13th St. on the Hill in Boulder presents live shows several nights a week. A few highlights are listed below; check www. foxtheatre.com for updates. 303-443-3399 or 303-447-0095.

Feb. 6: Magic City Hippies

Feb. 22: North Mississippi All-Stars

March 13: Lawrence

Film

Backdoor Theatre

Fridays & Saturdays: Watch first-run foreign and classic movies most Fridays and Saturdays at 7pm; there are also 2pm matinees most Sundays at Nederland's nonprofit film venue. Admission is only \$6 for adults and \$3 for kids. At Nederland Community Center, 740 Highway 72 North. Sign up at www.thebackdoortheatre.org to get a weekly email schedule.

Boedecker Theater

The "Boe," a plush, 60-seat art-house theater at Dairy Arts Center, is outfitted with stadium seating and surround sound. It screens high-quality cinema nearly every night of the week, including "Friday Night Weird," a cult-film series. 2590 Walnut St., Boulder. The cinema calendar is posted monthly at www.thedairy.org.

Boulder International Film Festival

March 5-8: BIFF is a huge annual festival that draws more than 25,000 people to Boulder and Longmont each year for the chance to see dozens of world-class films. There are also visits from well-known actors, producers and directors; forums and workshops; and networking parties and awards ceremonies. There will also be a smaller festival in Fort Collins March 27-28. Many events sell out early, so check www.biff1. com after the first of the year for ticket details and the full standard.

Boulder Public Library Cinema Program

The Boulder Public Library screens a variety of free films open to all, and the lineup includes classic and silent films. The library and its branches also host other movie events, including movie nights just for teens. A few events at the main library branch are listed, but check the full events schedule at www.boulderlibrary.org.

Sundays: Doris' Sunday Matinee, 1pm

3rd Thursdays: Old School/New School Film School, 7pm

Jan. 9: Stan Brakhage Local Filmmakers' Showcase, 7pm

Jan. 23: "Akeelah and the Bee" Family Viewing, 5pm

Chautauqua Films

Boulder's Chautauqua, at 900 Baseline Road, screens a



number of low-cost films in the historic auditorium. See www.chautauqua.com for the complete schedule.

Feb. 1: "Return to Send'er" ski movie

Colorado Environmental Film Festival

Feb. 20-23: CEFF screens features and shorts from foreign, local and youth filmmakers. At the American Mountaineering Center in Golden; check www.ceff.net for the schedule.

Elevations Classic Film Series

Elevations Credit Union presents a Classic Film Series at different area branches. A few are listed here, but check www.elevationscu.com for more

Dec. 16: The Lion in Winter (Broomfield)

Dec. 17: Desk Set (Broomfield)

Front Range Film Festival

Feb. 23-24: This festival, now in its 8th year in Longmont, focuses on "Colorado Craft Cinema" and also includes an Oscars viewing party. Check www.coloradofests.com for more details.

International Film Series

This popular art-house film festival—Boulder's oldest—screens more than 100 films every school year at CU. The fall season ends Dec. 8 with a 2pm matinee of "The Iron Giant." Check www. internationalfilmseries.com for the winter/spring schedule, and to sign up for email updates.

Lyons International Film Festival

April, TBA: This festival celebrates independent films, in categories ranging from environmental and music documentaries to outdoor recreation. Find updates at www. coloradofests.com.

New Trojan Movie House

This new movie house at the Longmont Performing Arts Center showcases "off-the-beaten-path" cinematic treasures. 513 Main St., Longmont. Check the group's Facebook page.

Phipps IMAX Theater at Denver Museum of Nature and Science

Movies shown in 3D on DMNS's huge IMAX screen make the action and adventure more realistic and spine-tingling. 2001 Colorado Blvd. in Denver. www.dmns.org.

Through Jan. 1: Apollo 11: First Steps Edition 2D; Superpower Dogs 3D; Turtle Odyssey 3D

Music

Ars Nova Singers

April 30-May 2: "Music Beyond Words: Peace in Our Time" features music for transformation and inner peace, with Renaissance works by Byrd and Sheppard and modern works by Boulder's own Bill Douglas and more. Check for updates, venues and the full season schedule at www. arsnovasingers.org.

Dec. 6, 8, 12 &13: Holiday Concert: Northern Lights

Feb. 8, 13, 20, 22 & 23: Music of the Renaissance: The Earthquake Mass

Boulder Bach Festival

This unique music series showcases the talents of CoRE (Compass Resonance Ensemble) and FAVE (The Fellowship Artist Vocal Ensemble) and also brings in special guests from around the world. Get the full schedule and ticket/venue details at www.boulderbachfestival.org.

Feb. 6: Art of Duo

March 3: J.S. Bach's Goldberg Variations with piano soloist Angela Hewitt

May 21: Vanishing Point

Boulder Chamber Orchestra

BCO's mission is to promote classical musical arts and education to all people "through an engaging and profound musical experience." The 16th-anniversary season, "Suite Sixteen," features the performances listed below and others on the calendar at www. boulderchamberorchestra.com.

Jan. 2: "Pastiche" with the Patten-Hielmstad Duo

May 7: American Extravaganza with Nadya Hill

Boulder Chorale

The Boulder Chorale's 54th season, called "A World in Harmony," features performances by the Concert Chorale, the Chamber Chorale and the Children's Chorale, plus special collaborations with the Boulder Chamber Orchestra and the Colorado MahlerFest. Find the full schedule and venue details at www. boulderchorale.org.

Dec. 8: Celebrate!

March 14-15: A World in Harmony May 17: Mahler Symphony No. 2

Boulder Concert Band

The Boulder Concert Band, under the direction of Dr. Kenneth Singleton, is comprised of about 70 volunteer musicians from around the area. All concerts listed are at 7pm at First Congregational Church, 1128 Pine St. in Boulder. www. boulder.concertband.org.

Dec. 14: A Family Holiday

March 14: Americans We: A Panorama of American Music

May 2: An Old-Fashioned Band Concert

Boulder Friends of Jazz Monthly Jams

1st Sundays: BFJ is a nonprofit organization dedicated to the preservation, promotion and performance of traditional Dixieland jazz. Monthly jam sessions are held the first Sunday of every month from 1-4pm at the Avalon Ballroom, 6185 Arapahoe Road, Boulder. Everyone who signs in is guaranteed to play. 303-449-9596; www. boulderfriendsofjazzorg.

Boulder Opera

Feb. 1, 2 & 8: Boulder Opera's performance of "Puss in Boots" is suitable for ages 3 and up. The show is just an hour long and is followed by a Q&A with the cast. Venues in Boulder and Lafayette; see the details at www.boulderoperacompany.com.

Boulder Philharmonic Orchestra

Boulder's professional symphony orchestra, founded in 1958, performs at CU's Macky Auditorium and other locations across the Front Range. The 2019-20 season, "Let's Play," features the events listed below and others on the schedule at www.boulderphil.org.

Dec. 22: Christmas with the Phil

Feb. 15: Concert with Face Vocal Band **April 25:** Koh Plays Beethoven

Daviday Dublic Libya

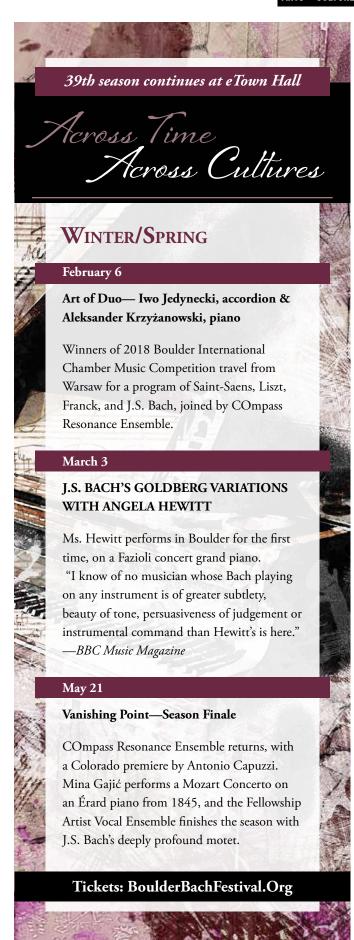
Boulder Public Library Concert Series

Boulder Public Library presents dozens of outstanding concerts each year that are free and open to the public. The events listed below are at the main library, 1000 Canyon Blvd., Boulder. Check www.boulderlibrary. org for the full schedule, which is updated regularly.

2nd Wednesdays: *Midday Music Meditation,* noon

3rd Tuesdays: Lunchtime Concert Series, noon **Dec. 7:** Holiday Harps, 11am

Jan. 26: Charmed Rendezvous: Parisian Music for Two Pianos, 2pm



Dec. 2 & 9: "To Shorten Winter's Sadness" is a concert of early Christmas and seasonal music. The Dec. 2 performance is at 7pm at Grace Lutheran Church, 1001 13th St. in Boulder; the other is in Denver. www. boulderrenaissanceconsort.org.

Boulder Symphony Orchestra

April 17-18: "Dance" features special guest Patrick Orr on piano; he's the International Keyboard Odyssiad & Festival Concerto Competition Winner. Check www. bouldersymphony.org to find venues and ticket info for this and the events listed below.

Dec. 6 & 8: Fire Jan. 30-31: Genius

Boulder Theater

The historic Boulder Theater, just off the Pearl Street Mall, hosts national music acts yearround. A few are listed below, and more are always being added to the schedule. The Boulder Theater is at 2034 14th St. 303-786-7030: www.bouldertheater.com.

Dec. 30: KT Tunstall
March 14: Los Lobos

Broomfield Auditorium

The Broomfield Auditorium hosts a number of free and low-cost musical performances all year long. Some are listed below, but check www.attheaudi.com for more. 3 Community Park Road, Broomfield.

Dec. 21: Rocky Mountain Brassworks: A Christmas Festival in Brass

March 4: Brad Goode

Cantabile Singers

May 1 & 3: Cantabile's spring performance, "Listen to the Future," features world premieres from new high school–aged composers in Boulder. 7:30pm Friday and 3pm Sunday at First Congregational Church, 1128 Pine St., Boulder. www. cantabilesingers.org.

Feb. 9 & 23: Johannes Brahms' "A Requiem for the Living"

Chautauqua Concerts

The historic Chautauqua Auditorium and Community House draw popular performers from all over the world. Visit www.chautauqua.com for a full schedule of concerts, plus ticket information (many sell out quickly). 900 Baseline Road, Boulder. 303-442-3282 ext. 35.

Feb. 15: Meadow Mountain April 4: Acoustic Eidolon

April 17: An Evening with Jeff Black

Colorado Fiddle Championships

Jan. 11-12: The annual Colorado Fiddle Championships for fiddlers of all ages are held in conjunction with the National Western Stock Show in Denver; see www. coloradofiddlers.org for all the details.

Colorado MahlerFest XXXIII

May 12-17: MahlerFest offers a number of events including open rehearsals, chamber concerts, master classes in conducting and a symposium. Events are held at Macky Auditorium on the CU campus and at Dairy Arts Center in Boulder; check www.mahlerfest.org for the full schedule, which was not finalized at press time

Colorado Music Festival/ Center for Musical Arts

This one-of-a-kind organization provides a broad spectrum of music education and world-class performances, including the Colorado Music Festival held each summer. For a list of events and classes for all ages,



St Julien Hotel

Catch live music on the terrace or in the lovely lobby at St Julien Hotel, 900 Walnut St. in Boulder. Check the latest events calendar at www.stjulien.com; it includes the Strangebyrds and the Delta Sonics.

visit www.comusic.org. The center is at 200 E. Baseline Road, Lafayette.

1st Fridays: Main Stage performances, open mic, free

CU Presents & CU College of Music

The University of Colorado's Artist Series has been bringing world-class musical performances to Boulder for more than 70 years. A few winter/spring events are listed below, but check www.cupresents.org for more

Dec. 17: Natalie MacMaster and Donnell Leahy: A Celtic Family Christmas

Jan. 22: Undergraduate Vocal Competition Finals

Feb. 11: CU Symphony Orchestra

March 19: Kronos Quartet

Dickens Opera House

Longmont's historic 1881 opera house, downtown at Third and Main streets, hosts live music several nights per week, and many events are low-cost or free. See the lineup at www.dickensoperahouse.com.

Eklund Opera Program

March 13-15: "The Marriage of Figaro" is Mozart's "infamous Italian caper" about the differences between the working and ruling classes. At Macky Auditorium on the CU-Boulder campus; check www.cupresents.org for times and ticket info.

eTown Hall

eTown Hall is a live-music venue in downtown Boulder that also has a full-service recording studio and is the setting for most tapings of the "eTown Live Radio Show." See www.etown.org for information about the center and more upcoming shows. eTown Hall is at 1535 Spruce St., Boulder. 303-443-8696.

Dec. 22: Hippie Bluegrass Church

Fox Theatre

See photo and listing on page 100.

Key of She

Dec. 19: Key of She, a small a capella group with members from around the county, presents a Christmas concert from 7-8pm at the Arts HUB, 420 Courtney Way, Lafayette. www.artshub.org.

The Laughing Goat Coffeehouse

The Laughing Goat, at 1709 Pearl St. in Boulder, hosts an eclectic variety of musical events every night of the week, including Ben Dixon on Jan. 16 and Narea the Fiddler on Feb. 22. www.thelaughinggoat.com.

Longmont Chorale

Dec. 8: The Longmont Chorale's current season, "Destinations," has a travel theme. The December concert, "Musical Gifts from Many Lands," showcases holiday music from around the world. 3pm at LifeBridge Christian Church, 10345 Ute Highway, Longmont. www.longmontchorale.org.

Jan. 6 & 13: Rehearsals open to new members, 7pm (see info online)

Longmont Symphony Orchestra

May 9: "LSO at the Movies!" features life-affirming music from favorite films. 7:30pm at Vance Brand Civic Auditorium, 600 E. Mountain View Ave., Longmont. See the full season's schedule at www. longmontsymphony.org.

Dec. 15: Handel's "Messiah" (with the Longmont Chorale)

April 4: A Fanfare for All

Longmont Ukulele Club

2nd Tuesdays: Ages 16 and up can learn to play the ukulele at these free monthly sessions, and those who can already play are encouraged to come and share their talents. Bring your own ukulele. 7-8pm at Longmont Public Library, 409 Fourth Ave. www.longmontcolorado.gov.

Messiah Sing-Along

Dec. 21-22: The Boulder Messiah Sing-Along is such a popular and beloved holiday tradition that it's held in three sessions so more community members can participate. All audience members are invited (but not required) to sing along. At St. John's Episcopal Church, 1419 Pine St., Boulder. Get tickets and more details at www.messiahsingalong.org.

Nissi's

Nissi's hosts live music several nights per week, and serves tapas and drinks. See the website for the winter/spring schedule, which includes Nelson Rangell, Dueling Pianos, and Funk Knuf. 2675 North Park Drive, Lafayette. www.nissis.com.

Oskar Blues

Check the website calendar to see who's playing at the four Oskar Blues locations: the original in Lyons; the Tasty Weasel Taproom in Longmont; Oskar Blues Homemade Liquids and Solids in Longmont; and the Oskar Blues Boulder Taproom on the Pearl Street Mall. www. oskarblues.com.

Planet Bluegrass

Check www.bluegrass.com in early December for ticket details about Planet Bluegrass' summer festivals, which always sell out.

Rocky Mountain Revels

Dec. 20-26: "The Christmas Revels: A Midwinter Night's Revels" celebrates Shakespeare in story and song. Matinee and evening performances at Dairy Arts Center, 2590 Walnut St., Boulder. www. rockymountainrevels.org.

Seicento Baroque Ensemble

March 13-15: "Airs & Graces" showcases song and dance in the French baroque; the performers are joined by Elena Mullins, a baroque dancer from Chicago. Friday's performance is in Denver (check online) but Sunday's performance at 3pm is at the Longmont Museum, 400 Quail Road. Visit www.seicentobaroque.org for updates.

St Julien Hotel

See photo and listing on this page.

Tara Performing Arts High School Candlelight Festival

Dec. 20-22: Tara's annual holiday celebration for all ages showcases choral and handbell music, plus community carol singing by candlelight. At Pine Street Church, 1237 Pine St., Boulder; check www.tarahighschool.org for times and ticket info

Theater

BDT Stage

BDT Stage has been entertaining theatergoers since 1977 with Broadway-quality shows, live accompaniment and dinner before the show. BDT Stage (formerly Boulder's Dinner Theatre) is at 5501 Arapahoe Ave., Boulder. www.bdtstage.com.

Through Feb. 22: Mamma Mia! March 7-May 30: Ragtime: The Musical Opens June 5: The Sound of Music

Boulder Comedy Show

Sundays: Comedy shows featuring nationally known headliners happen weekly at 7pm and 9:15pm at Bohemian Biergarten, 2017 13th St., Boulder. Check the lineup at www.bohemianbiergarten. com or on the Bohemian Biergarten Facebook page.

Boulder Ensemble Theatre Company

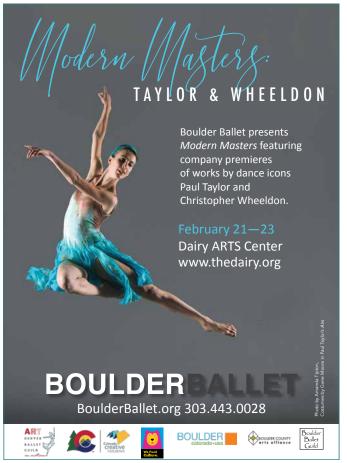
April 16-May 9: "Oslo" by J.T. Rogers won the 2017 Tony Award for Best Play; it tells the surprising true story of the unlikely friendships and quiet heroics that led to the Oslo Peace Accords between the Israelis and Palestinians. Performances are at Dairy Arts Center, 2590 Walnut St., Boulder. Find ticket info for all shows at www.betc.org.

Dec. 5-28: A Christmas Carol Feb. 6-March 1: Bloomsday

Candlelight Dinner Playhouse

Candlelight is at 4747 Marketplace Drive, Johnstown, off I-25 just north of Longmont.





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Broadway Boomers for people who love musicals
Music Together® for toddlers and caregivers



200 E Baseline Rd centerformusicalarts.org 303-665-0599 x100 www.coloradocandlelight.com. Jan. 30-March 29: Jekyll & Hyde

April 9-May 31: Curtains

CenterStage Theatre Company

Feb. 21-March 1: "Into the Woods" is a "fractured fairy tale" featuring characters from other fairy tales, like Cinderella, Little Red Riding Hood, and Jack (the one with the beanstalk). At CenterStage Black Box Theatre, 901 Front St., Louisville. www.centerstagetheatrecompany.org.

Coal Creek Theater

May 1-16: When blind date newbie Aaron is set up with serial dater Casey, a casual drink at a busy New York restaurant turns into a hilarious high-stakes dinner with an unexpected twist. "First Date" by Austin Winberg is on stage at the Louisville Center for the Arts, 801 Grant Ave. www.cctlouisville.org.

Feb. 28-March14: The Runner Stumbles

Colorado Shakespeare Festival

Save the Date: Tickets are already on sale for CSF's 2020 season, which begins June 5 and includes "A Midsummer Night's Dream," "All's Well That Ends Well" and "Coriolanus" by William Shakespeare and "The Odyssey" by Homer, adapted by Mary Zimmerman. Schedule and ticket info: www.coloradoshakes.org.

Denver Center for the Performing Arts

Downtown Denver's sprawling DCPA hosts more than two dozen productions every year, including touring Broadway musicals, adaptations, premieres and special events. A few highlights are listed below; check www. denvercenter.org for more. At Speer Boulevard and Arapahoe Street in Denver.

Jan. 17-Feb. 23: You Lost Me

Jan. 28-Feb. 9: SUMMER: The Donna Summer Musical

March 10-22: The SpongeBob Musical

Jesters Dinner Theatre & School for the Performing Arts

Jesters is Longmont's long-running dinner theater; and show-only tickets are also available. The Jesters School for the Performing Arts performs on Saturday afternoons



Rocky Mountain Theatre for Kids

Feb. 28-March 8: Acting classes for kids culminate in performances that are open to the public; the late-winter production in Boulder is "Little Shop of Horrors" at 5311 Western Ave. in Boulder. www.theaterforkids.net.

year-round, with new offerings every month or so. See a complete schedule at www.jesterstheatre.com or call 303-682-9980. 224 Main St., Longmont.

Dec. 6-29: Scrooge

Jan. 3-26: The Addams Family: A New Musical Comedy

Local Theater Company

March 13-15: Local Lab 2020 is a three-day festival of new American plays, parties and workshops, featuring concert-style readings of three plays in development. Audience members have an opportunity to chat with the playwrights to help move the works into full production. At Dairy Arts Center, 2590 Walnut St., Boulder. www. localtheaterco.org.

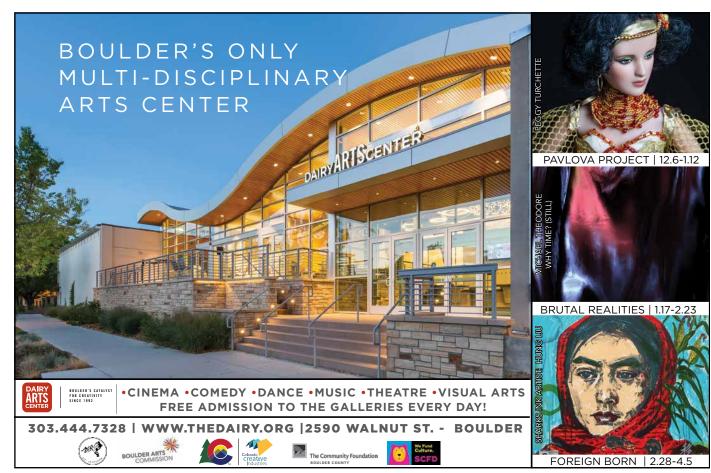
April 15-May 17: Sin Eaters

Longmont Theatre Company

The nonprofit LTC is the oldest continuously operating community theater in Northern Colorado. Performances are inside the historic theater at 513 Main St., Longmont. Get all the details about the shows listed at www.longmontheatre.org.

Jan. 10-19: Some Enchanted Evening

Feb. 28-March 8: Exit Laughing April 3-11: The Odd Couple May 15-30: The Producers



Peanut Butter Players

Dec. 13-14 & 21-22: "Scrooge in Love!" is set a year after Scrooge met Marley and the three ghosts; Scrooge is now the happiest man in town, and he's even found a cure for Tiny Tim. At the Avalon Ballroom, 6185 Arapahoe Road, Boulder. www. peanutbutterplayers.com.

Playback Theatre West

After audience members share experiences from their lives, this improvisational troupe reenacts them on stage. Check www.playbacktheatrewest. com for details about upcoming dates.

Rocky Mountain Theatre for Kids

See photo and listing on previous page.

Stories on Stage

Stories on Stage is a nonprofit arts organization that features great actors reading great literature by exceptional authors. Shows are at various venues in Boulder and Denver; check www. storiesonstage.org for more details and ticket info.

Dec. 14-15: Making Merry

Jan. 11 & 24: Crushes, a collaboration with Buntport Theater

March 7-8: Wilder Women

Theater Company of Lafayette

Feb. 14-29: "Happy Birthday, Wanda June" by Kurt Vonnegut is an irreverent comedy about an adventurer and war hero who returns home to some surprises after he had been declared dead. At the historic Mary Miller Theater, 300 E. Simpson St., Lafayette; www.tclstage.org.

University of Colorado Department of Theatre & Dance

Productions listed below are at a variety of venues on the CU campus; check www. colorado.edu/theatredance for details and the rest of the spring-semester schedule. For opera productions, see the Eklund Opera Program listing under Music Events.

Feb. 13-16: The Popular Mechanicals

April 2-5: A Perfect Likeness

April 15-19: 2019-20 New Play Festival

The Upstart Crow Theatre Company

Upstart Crow productions are staged at Dairy Arts Center, 2590 Walnut St., Boulder. Thursdays are name-your-price nights when audience members can pay as much or as little as they like. Visit www.theupstartcrow.org for ticket info and more details.

March, TBA: 40th Anniversary Celebration May 21-31: A Doll's House

Galleries

Art + Soul Gallery

1615 Pearl St., one block east of Pearl Street Mall, Boulder, 303-544-5803; www. artandsoulboulder.com. Contemporary gallery shows national and international artists working in paint, sculpture, ceramics, art glass, wood and jewelry.

Art Source International

1237 Pearl St., on Pearl Street Mall, Boulder, 303-444-4079; www.rare-maps.com. Antique and rare maps, globes, classic posters and prints including botanicals, and vintage Colorado photographs.

Boulder Arts & Crafts Gallery

1421 Pearl St., on Pearl Street Mall,

Boulder, 303-443-3683; www. boulderartsandcrafts.com. Artistowned cooperative offers pottery, jewelry, painting, photography, glass and other works by more than 200 artists from Boulder and beyond.

Boulder County Arts Alliance

2590 Walnut St., Boulder, 303-447-2422 ext. 3; www.bouldercountyarts.org. For more than 30 years, BCAA has supported artists and arts organizations through grants, Business of Arts workshops and exhibit opportunities, and the website maintains an extensive calendar of arts events around the county.

Boulder Creative Collective: Warehouse

2500 47th St., #10, Boulder; www. bouldercreativecollective.com. BCC's Warehouse is an event space and gallery offering art exhibits, classes, social hours for artists, and a Community Critique where artists can share their work and get constructive feedback.

Boulder Public Library

1001 Arapahoe Ave., Boulder, 303-441-4397; www.boulderlibrary.org. The Canyon Gallery and Corridors show national touring exhibits and changing works by Colorado artists. Meadows Branch Library, 4800 Baseline Road, hosts local artists, and Carnegie Branch Library for Local History, 1125 Pine St., features historic Boulder photographs. www.boulderlibrary.org.

Through Dec. 15: Design Trail

Dec. 6-Feb. 2: Build a Better Book: Stories for Your Senses

Bricolage Gallery at Art Parts Creative Reuse Center

2870 Bluff St., Boulder, 720-379-5328;

www.artpartsboulder.org. Besides offering donated, reusable arts and crafts supplies for very low fees, Art Parts also hosts the Bricolage Gallery, featuring changing exhibits of art made with reclaimed materials.

The Collective— Community Arts Center

201 N. Public Road, Lafayette, 303-661-1261; www.cityoflafayette.com/collective. The Collective is the city of Lafayette's clearinghouse for arts and culture, with rotating exhibits, historical displays, networking opportunities for artists, lectures and special events. Open daily except Monday; check hours online.

Creative Framing Art Gallery

916 Main St., Louisville, 303-684-0043; www.creativeframingartgallery.com. This frame shop showcases the rotating works of local and national artists, with an opening reception on first Fridays.

Crystal Galleries

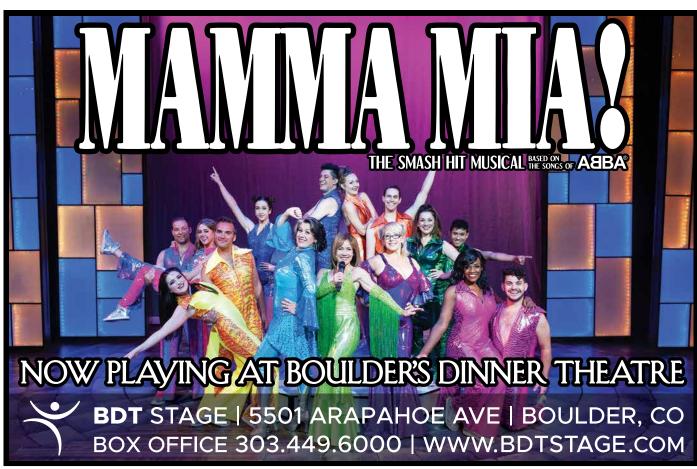
1302 Pearl St., on Pearl Street Mall, Boulder, 303-444-2277; www.crystalgalleries.com. Mother Nature's most exquisite artworks in a gallery-like setting. Dazzling crystals, polished minerals, museum-quality fossils and shells, and Boulder's finest, most eclectic collection of René Lalique glass.

Dairy Arts Center

2590 Walnut St., Boulder, 303-440-7826; www.thedairy.org. The Dairy recently renovated its four art spaces and hosts more than two dozen exhibits per year.

Fastframe of Boulder

2327 30th St., Boulder, 303-448-1000; www.boulderfastframe.com. Local framing store houses Art Den Gallery, featuring rotating exhibits of works from





R Gallery's mission is to bring fine art to the masses from up-andcoming Boulder County artists

BY AMANDA MCCRACKEN

R Gallery owner and photographer Rob Lantz knows the importance of finding a place where he feels inspired. Boulder is the first place he's lived where he felt like he belonged, he says. After spending his formative years in Texas, honing his photography skills as a kid and pursuing a career in software, Rob ventured to the Virgin Islands where he spent five years photographing the reefs and building a grocery delivery business. Then he felt called to the mountains, so he moved to Boulder, sight unseen.

The beauty of Boulder draws a tremendous number of artists inspired by the environment. However, Lantz discovered that there weren't enough opportunities for local artists to showcase their work. Many galleries have a long waiting list to show, or give preference to an out-of-state, nationally known artist over a lesser- known local artist.

So, after six years showing his own artwork in various galleries in Colorado, Lantz opened a permanent gallery in Boulder near the intersection of Broadway and Pearl streets. He says R Gallery was born for the community — R standing for both "Rob" and "our" — showcasing paintings, photography, sculpture and jewelry.

"I didn't want it to be just me," says Lantz. "I wanted to create a gallery for local artists. A gallery showcasing a wide variety of styles and prices where everyone could come and feel like they could afford to take home a piece of fine art."

R Gallery is very much like Lantz himself: approachable. Since March, R Gallery has shown almost 300 local artists — 90% of them from Boulder County and the rest from throughout the state. Artists range from college freshman to established artists coming out of retirement. Exhibits include whimsical, mixed-media collages from 95-year-old Gerda Rovetch who has lived in Boulder for more than 60 years and acrylic paintings of buffaloes from University of Colorado track coach Lindsey Malone.

Each month R Gallery shows multi-artist themed exhibits. Lantz says these juried exhibitions are a great starting point for local artists. Partnering with local art organizations and galleries is part of R Gallery's mission. For example, following the fall Flatirons Food Film Festival, R Gallery displayed local artists' works inspired by the films. It is currently working with Open Studios and Boulder Art Studios to put together classes to help artists understand the business side of art.

This December, R Gallery is hosting two themed exhibits: a photography showcase, and "Winter's Beauty" (including all types of medium). It is also working to increase its small gifts section by local artists to help live up to its tagline: "Fine art for everyone." ■

"I WANTED TO CREATE
A GALLERY ... WHERE
EVERYONE COULD COME
AND FEEL LIKE THEY
COULD AFFORD TO
TAKE HOME A PIECE
OF FINE ART."

–Rob Lantz

R GALLERY

2027 Broadway, Boulder 303-444-4146 www.rgallery.art Mon. Closed Tues.-Thurs. 10 a.m.-7 p.m. Fri.-Sat. 10 a.m.- 8 p.m. Sun. 11a.m.-6 p.m.





Carnegie Branch Library for Local History

1125 Pine St., Boulder, 303-441-3110; www.boulderlibrary.org. Boulder's original library building houses historic Boulder County photographs and manuscripts.

local artists. Receptions are first Tuesdays of the month from 5-7pm.

15th Street Gallery

1708 15th St., Boulder, 303-447-2841; www.15thstreetgalleryboulder.com. Specialty framing studio also features gallery exhibits of contemporary works, with an emphasis on paintings and works on paper by American artists.

Firehouse Art Center

667 4th Ave., Longmont, 303-651-2787; www.firehouseart.org. FAC offers art classes, lectures and workshops for aspiring artists and art appreciators of all ages. The galleries host rotating exhibitions; openings are second Fridays.

The Great Frame Up

430 Main St., Longmont, 303-772-7293; www.longmont.thegreatframeup.com. Artists' Gallery hosts monthly receptions and rotating exhibits of new Colorado artists.

The HUB Gallery at The Arts Hub

420 Courtney Way, Lafayette, 303-229-1127; www.artunder.org. The HUB Gallery at the nonprofit Arts Hub in Lafayette features an 80-foot-long hall for displaying a variety of gallery showings throughout the year.

Little Bird

112 Second Ave., Niwot, 303-652-0512; www. littlebirdniwot.com. Botanically inspired boutique features local artists and gifts like jewelry, photography, pottery, glass, fiber arts, and organic body care and clothing.

Longmont Museum Gallery

400 Quail Road, Longmont; www. longmontmuseum.org. The work of local and national artists is often on display in the museum's Portal Gallery.

Louisville Art Association

801 Grant Ave., Memory Square Park, Louisville, 303-666-8668; www.louisvilleart. org. Renovated circa-1904 brick schoolhouse displays works by local artists and offers art classes for all ages. LAA members exhibit their works at businesses around town on two-month rotations; see schedule online.

Loveland Sculpture Parks

Benson Sculpture Garden, 1125 W.
29th St.; www.sculptureinthepark.org.
Chapungu Sculpture Park at Centerra, off
Centerra Parkway and Highway 34; www.
centerracolorado.com. Benson Sculpture
Garden in the middle of Loveland has
nearly 150 sculptures on permanent

display. The 16-acre Chapungu site features 82 stone sculptures carved by artists from Zimbabwe.

Madelife

2000 21st St., Boulder, www.madelife. com. Madelife is a launchpad for artists and entrepreneurs, with a gallery, blackbox theater, sound studio, collaborative workspace, retail store and showroom.

Mary Williams Fine Arts

5311 Western Ave., Suite 112, Boulder, 303-938-1588; www.marywilliamsfinearts. com. Specializes in antique prints and maps that focus on the American West, plus a superior collection of Russell Chatham original lithographs.

Naropa Galleries

6287 Arapahoe Road; 2130 Arapahoe Ave.; 3285 30th St., Boulder; www. naropa.edu. Naropa University's three campuses have a total of five visual arts galleries that exhibit student, faculty, local, regional and international works.

NCAR Galleries

1850 Table Mesa Drive, Boulder, 303-497-1000; www.scied.ucar.edu/exhibits. The National Center for Atmospheric Research has a Community Art Program that selects hundreds of artists each year for individual and group exhibitions in the cafeteria's exhibit space. There are also two art-science galleries with rotating exhibits.

Nomad Bead Merchants

1909 9th St.., Boulder, 303-786-9746; www.nomadbeads.com. Unusual beads, gold and silver jewelry, and folk art from Asia, Africa and the Americas. Nomad's other store, Adorned, is right next door, offering finished jewelry pieces from local artists. Check online for classes, events and sales.











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Osmosis Gallery

290 2nd Ave., Niwot, 303-652-2668; www. osmosisartgallery.com. Contemporary fine art from more than 40 Colorado artists, including paintings, sculpture, jewelry and one-of-a-kind gifts, plus a sculpture garden.

pARTiculars Art Gallery & Teaching Studio

401 S. Public Road, Lafayette, 720-890-7888; www.particularsart.com. pARTiculars is an artist-owned gallery and teaching studio in the heart of Old Town Lafayette. Classes for adults and children include painting, photography, bookbinding and jewelry.

R Gallery

See photo and listing on this page.

Rabbit Brush Gallery

7504 Hygiene Road, Hygiene, 303-651-1106; www.rabbitbrushgallery.com. Rabbit Brush showcases the works of local and regional artists, plus fair-trade goods.

Red Canyon Art Co.

400 Main St., Lyons, 303-823-5900; www. redcanyonart.com. Open daily, this gallery features fine art, jewelry, stained and blown glass, pottery, weaving and home accessories by more than 100 Colorado artists.

Russell Coburn Gallery

700 Tenacity Drive, #102, Longmont, 720-745-8441; www.coburnstudio.com. This new gallery features the pottery of Russell Coburn, photography by Elliott McDowell and jewelry by Laura Wallace.

SmithKlein Gallery

1116 Pearl St., on Pearl Street Mall, Boulder, 303-444-7200; www.smithklein.com. Gallery of traditional and contemporary paintings, sculpture, handblown art glass,



R Gallery

2027 Broadway, Boulder; 303-444-4146; www.rgallery.art. Boulder's newest fineart gallery showcases emerging and established local artists working in a variety of mediums.

jewelry, and a collection of old and new fetishes

University of Colorado Museum of Natural History Changing Gallery

Henderson Building, Broadway at 15th Street, Boulder, 303-492-6892; www. colorado.edu/cumuseum. The museum's Changing Gallery and BioLounge showcase a variety of rotating art exhibits.

The Walnut Gallery

915 Walnut St., Louisville, 505-797-9239; www.thewalnutgallery.com. Gallery in downtown Louisville features fine oils, acrylics, photography, glass art, jewelry and wearables.

Museums

Agricultural Heritage Center

8348 Ute Highway 66, west of Longmont, 303-776-8848; www. bouldercountyopenspace.org. Offering a glimpse into the history of agriculture in Boulder County, this site focuses on the years 1900-1925, when families prospered as farmers and witnessed the coming of the modern age. Open 1st Saturdays through March, then Fri-Sat beginning April 1.

Boulder Museum of Contemporary Art

1750 13th St., Boulder, 303-443-2122; www. bmoca.org. Check the website for updates on upcoming exhibits and other museum events like lectures, demonstrations, classes and the Young Artists at Work program. Museum admission is only \$1.

Broomfield Museums

The mission of the Broomfield Depot Museum, 2201 W. 10th Ave., Broomfield, is to collect, preserve and interpret the history of Broomfield. The Broomfield Veterans Memorial Museum, 12 Garden Center, showcases permanent and temporary exhibits honoring those who have served in the armed forces. Open Saturdays 9am-3pm and by appointment. www.broomfield.org.

Carnegie Branch Library for Local History

See photo and listing on previous page.

Colorado Railroad Museum

17155 W. 44th Ave., Golden, 303-279-4591; www.coloradorailroadmuseum.org. CRM's sprawling 15-acre grounds offer railroad cars and equipment, a main building in the style of an 1880s depot, a reference library, a general store and a picnic area.



CU Art Museum & Visual Arts Complex

1085 18th St., Boulder, 303-492-8003; www.colorado.edu/cuartmuseum. free-admission art museum on the CU campus is open to all and "strives to serve as a generator and incubator of artistic inquiry." Group tours are available, and photography of exhibits is encouraged.

CU Heritage Center

Third floor of Old Main, CU campus, Boulder, 303-492-6329; www.cuheritage.org. Located in the University of Colorado's original building, the Heritage Center preserves CU history in nine themed rooms, including the Architecture Gallery and the Distinguished Alumni Gallery. "Hit the Bricks!" is a long-term exhibit of the CU campus created with 1 million LEGO bricks.

Denver Art Museum

100 W. 14th Ave. Parkway, on 13th Avenue between Broadway and Bannock, Denver, 720-865-5000; www.denverartmuseum. org. DAM makes its fabulous array of art and artists available to everyone with First Free Saturdays, offering free general admission to Colorado residents on the first Saturday of the month. Youth 18 and under are admitted free every day. Check online for information on lectures, tours, family activities, films and more.

Denver Museum of Nature & Science

2001 Colorado Blvd., Denver, 303-370-6000; www.dmns.org. DMNS features outstanding permanent exhibits like "Expedition Health," "Space Odyssey" and "Egyptian Mummies," plus popular touring exhibits, an IMAX theater (see listing in Film section) and the Gates Planetarium.

Dougherty Museum

8306 N. Highway 287 (107th St.),



338 High St., Lyons, 303-823-5271; www.lyonsredstonemuseum.com. Gift shop and regional genealogy displays, housed in an 1881 redstone schoolhouse. Open daily June-Sept. only.

www.bouldercounty.org. Lonamont: Open June-August only

History Colorado Center

Broadway, Denver, 303-866-3682: www.historycoloradocenter.org. History Colorado's hands-on, high-tech exhibits include "Living West" and "We Love Rocky Mountain National Park." Check online for special events, plus links to other historic sites operated by the Colorado Historical Society.

James F. Bailey Assay Office Museum

6352 Fourmile Canyon Drive, west Boulder, 303-776-8848; bouldercounty.org. At the turn of the 20th

century, this is where prospectors would take their ore samples to find out if they'd struck it rich. Open only on 3rd Saturdays April-October, 10am-2pm.

Lafayette Miners' Museum

108 E. Simpson St., Lafayette, 303-665-7030; www.cityoflafayette.com. Refurbished 1890s coal miner's home with displays of mining equipment and period household items. Open Thursdays and Saturdays 2-4pm and Tuesday evenings 7-9pm.

Longmont Museum & Cultural Center

400 Quail Road, Longmont, 303-651-8374; www.longmontmuseum.org. An outdoor courtyard and four exhibit spaces encourage visitors to explore Longmont's history and culture. The Longs Peak Room is an interactive gallery with hands-on history games and other activities. The Stewart Auditorium hosts theater, film, music and other events.

Louisville Historical Museum

1001 Main St., Louisville, 303-665-9048; www. louisvilleco.gov. Owned and operated by the city of Louisville, this museum features three historic buildings with an extensive collection of coal-mining artifacts and old photographs. Pick up a map of the Louisville Downtown Historical Walking Tour. Open Tuesday, Wednesday, Friday and Saturday 10am-3pm. Also open 1st Fridays 6-8pm.

Lyons Redstone Museum

See photo and listing on this page.

Museum of Boulder

2205 Broadway, Boulder, 303-449-3464; www.museumofboulder.org. The Museum of Boulder is a state-of-the-art facility that explores the roots of the community and the accomplishments of today that will be history tomorrow. Check the website for a schedule of exhibits, programs and events.

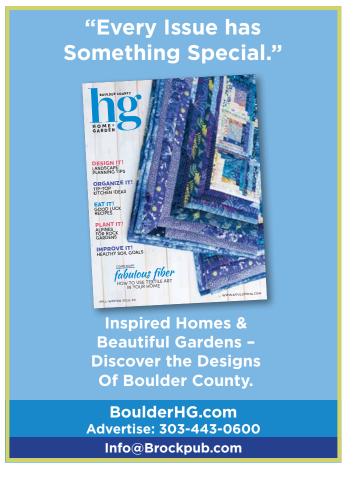
National Center for Atmospheric Research

1850 Table Mesa Drive, Boulder, 303-497-2408; www.scied.ucar.edu/visit. NCAR houses a Smithsonian-affiliated museum. Its Visitor Center, in a magnificent building designed by I.M. Pei, features exhibits that teach all ages about weather, climate and atmospheric research. Free tours begin at noon three days a week, or take your own self-auided tour.

Nederland Mining Museum

200 Bridge St., Nederland, 303-258-0567; www.bouldercounty.org. A glimpse into the





10am-4pm and for special events.



world of hard-rock mining days in Boulder County. Open weekends June-October only.

Sandstone Ranch Visitors & Learning Center

3001 E. Ken Pratt Blvd., Longmont, 303-774-4692; www.longmontcolorado.gov. Historic homestead property includes hands-on displays inside the circa-1880 house, plus educational exhibits in the ice house, toolshed and barn. There's also a nature trail with a scenic overlook. Opens for the new season in mid-May

Shelby American Collection

See photo and listing on this page.

Spirit of Flight Center

At Erie Municipal Airport, 2650 S. Main St., Erie, 303-460-1156; www.spiritofflight.com. Hundreds of rare aviation items and artifacts that represent the past, present and future of flight. Open 10am-2pm every Monday, Wednesday and Friday, and 2nd Saturdays.

University of Colorado Museum of Natural History

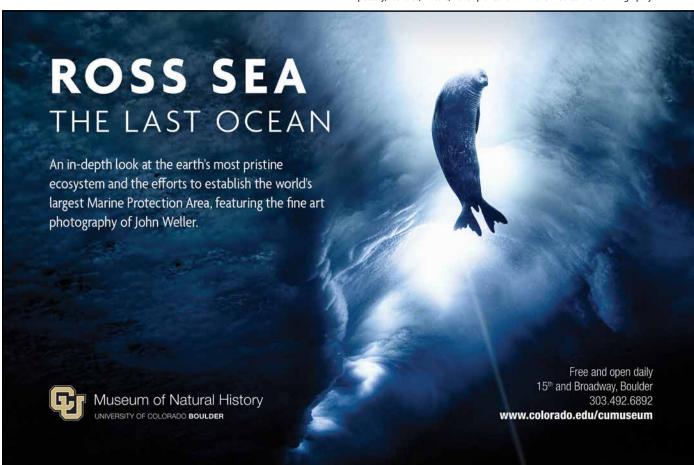
Henderson Building, Broadway at 15th Street, 303-492-6892; www.colorado.edu/ cumuseum. Permanent, temporary and traveling exhibits include Southwestern pottery, textiles, fossils, rare plants and beetles. The museum hosts regular programming, workshops and other events. Don't miss the second-largest bird collection in the Rocky Mountains or the impressive triceratops display. The museum is open seven days a week, and admission is free. The first Saturday of each month is Family Day, with hands-on activities. Check online for a full calendar of events.

Wise Homestead Museum/Erie Historical Society

11611 Jasper Road, Erie, 303-828-4568; www.eriehistoricalsociety.org. Artifacts, equipment, photographs and displays related to the history of the Erie area, plus a restored farmhouse dating back to the mid-1870s. Open Saturdays 10am-2pm, May-September and by appointment.

WOW! (World of Wonder) Museum

110 N. Harrison Ave., Lafayette, 303-604-2424; www.wowmuseum.com. Nonprofit children's museum offers interactive science and art exhibits, classes, performances, workshops, yoga sessions and sensory-friendly playtimes for children ages 1-11 and their families. The Little Clinic exhibit allows kids to explore the medical field through play. ■



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A Vegan Diet Fuels Local Triathletes

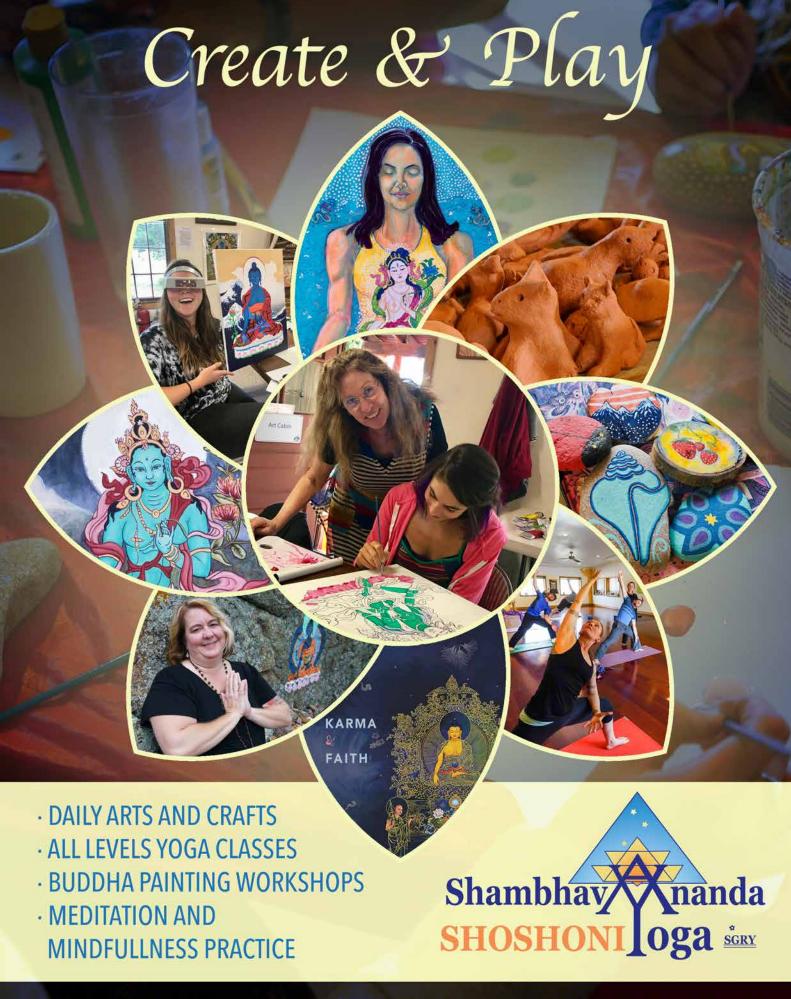
Two local athletes weigh in on how a vegan diet shapes their training and performance

BY HALEY RAE SHONING

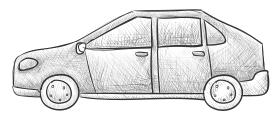
Sharon McDowell-Larsen ran her first 7K race as a junior in college in 1985. Shortly thereafter, she ran her first marathon and promptly signed up for Ironman. The accolades that follow include two-time Xterra age-group world champion (55–59), winner of the Leadwomen challenge, national Nordic ski champion in marathon distance for her age group and multiple podiums in masters mountain bike championships. She continues to train in all of these disciplines, but focuses mainly on Xterra triathlons.

McDowell-Larsen became vegan 19 years ago after reading a book called "The China Study." While she was skeptical at first, she says, "I kept looking up many of his citations and reading the research and I couldn't argue with the science."

Vegan and plant-based diets have leapt into the mainstream over the past 15 years. However, data shows that, unlike the rapid rise and fall in popularity of fad diets like the high-carb diet or low-fat diet, veganism continues to trend. "The number of U.S. consumers identifying as vegan







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KGNU.ORG 1-844-KGNU-CAR grew from 1% to 6% between 2014 and 2017, a 600% increase," according to a recent article in Forbes. "Sales of plant-based alternatives to animal-based foods, including meat, cheese, milk and eggs, grew 17% over the past year, while overall U.S. food sales rose only 2%."

Kirsten Smith is a Boulder-based triathlete who has been competing since 1999. She trains in "all distances of swimming, biking and running." Smith has been a vegetarian since she was 8 years old. "About 15 years ago, I learned about the dairy industry and wanted to stop eating eggs and dairy too," she says, "but it took me about 10 years to give up dairy." She made a full transition to a vegan diet five years ago, and today she eats "75 percent whole healthy foods with some processed foods thrown in."

Boulder has always been a few steps ahead in terms of health and wellness. In 2015, Huffpost named Boulder one of "The 10 Most Vegetarian Cities in the U.S." Many local restaurants offer vegan or vegetarian options, and a slew of eateries boast entirely vegan or vegetarian menus.

Improving Health and Performance

It's only natural that health-conscious, athletic Coloradans were quick to latch on to the trend. A well-rounded, plant-based vegan diet is anti-inflammatory, includes plenty of plant protein and healthy fats, and is chock full of necessary vitamins and minerals, which can lead to weight loss, increased energy and reduced risk of chronic disease.

Prior to going vegan, McDowell-Larsen ate a healthy diet of salads and vegetables and minimal junk food, but says, "My cholesterol was high, and I was having a hard time losing any extra weight I would gain over the winter." Since her transition to a plant-based vegan diet, McDowell-Larsen was able to get off three different asthma medications and says her cholesterol levels dropped and her joint pain dissipated.

Chronic inflammation is a continual release of chemicals and proteins from immune cells to defend the body against foreign invasion, but by doing so irritates and causes tissue damage. This results in symptoms such as muscle and joint pain, fatigue, gas and bloating, and other digestion issues. This chemical release is triggered by food, particularly sugary foods and trans and saturated animal fats. Antioxidants, phytonutrients and flavonoids found in fruits and vegetables quench free radicals — which result from exposure to harmful toxins, microbes and chemicals — and reduce inflammation. Polyphenols,

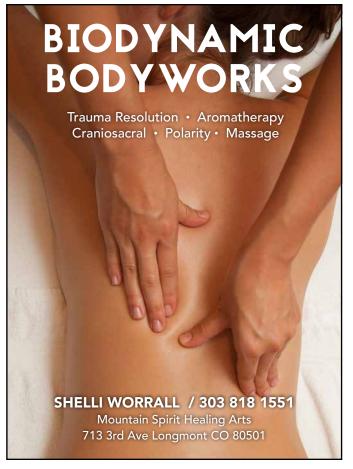
Sharon McDowell-Larsen ran her first 7K race as a junior in college in 1985, and is now a two-time Xterra world champion for her age group.

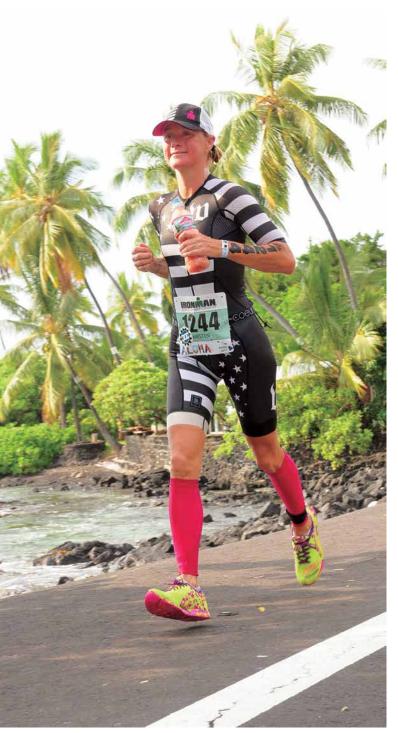
which give fruit and vegetables their color, are also powerful anti-inflammatory agents. Whole soy foods like tofu, tempeh and edamame provide isoflavones — antioxidants that control free radicals. Many nuts and seeds and healthy fats contain omega-3 fatty acids, which turn into anti-inflammatory molecules in the body.

Chronic inflammation often leads to autoimmune diseases, which occur when the body recognizes itself as an invader and attacks its own healthy tissue. This can present as celiac disease, psoriasis, rheumatoid arthritis, type 1 diabetes ... the list goes on. Eliminating inflammatory foods (such as sugar, animal products and processed items) and replacing them with anti-inflammatory foods (like fruits, vegetables, nuts, seeds, and healthy fats) can reduce symptoms dramatically. Additionally, a study funded by the National Cancer









Kirsten Smith is a Boulder-based triathlete who has been competing since 1999.

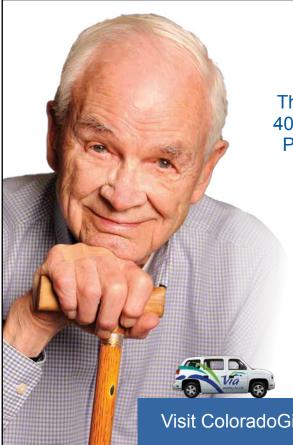
Institute shows that those following a vegan diet had a lower risk of cancer, heart disease and hypertension compared to vegetarians and non-vegetarians.

Plant-based foods have a lower calorie density than animal products, which means that they have fewer calories per pound of food. For example, broccoli and kale have about 130 calories per pound, berries have around 140 and tofu has about 270. By contrast, salmon has more than 800 calories per pound, chicken breast has 750 and cheddar cheese has 1,820. By eating plant-based foods, you can eat more, therefore consuming more nutrients and staying full longer, without the caloric load.

Since becoming vegan, Smith says that she recovers from training more quickly, her skin has cleared up and she has lost weight. "It has allowed me to recover more quickly so I can train more and lose weight so my run has gotten much faster. I switched for the animals but found so many health benefits accidentally. I think the outcome that has made me the happiest is the weight loss. I have struggled with weight my entire life and the past few years it's been a lot easier."

Legumes and beans are full of protein, iron, calcium, magnesium and soluble fiber, which supports healthy digestion. Whole grains provide a rich source of fiber, B vitamins and protein. Harvard School of Public Health points out that "a four-ounce broiled sirloin steak is a great source of protein — about 33 grams worth. But it also delivers about 5 grams of saturated fat," whereas "a cup of cooked lentils provides about 18 grams of protein and 15 grams of fiber, and has virtually no saturated fat or sodium." This is the difference in the "protein packages" of animal foods versus plant foods. Animal foods may be high in protein but they are also high in saturated fats, sodium and other components that can lead to heart disease, diabetes, cancer and weight gain. Eating legumes and beans, nuts and seeds, whole grains, and highprotein vegetables offers the right amount of protein and fiber to promote fullness and keep energy up without the saturated fats.

In terms of her performance, McDowell-Larsen claims that her vegan diet keeps her from getting sick, reduces inflammation and aids in her recovery. "My ability to recover got amazing," she says. "There are still times I can't believe how good my recovery is, even at the ripe old age of 59. At the time I switched, I was very focused on mountain bike racing. I think I had my best year as a mountain bike racer the year after I switched. In fact, at the age of 49, I had to race as a pro again, because I was winning everything in my age group. I just wish I was vegan when I was racing more seriously as a pro." McDowell-Larsen adds that, in addition to improving her own health and training recovery, "I can also feel good about doing less harm to the planet and animals."





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BY SARA BRUSKIN

Mold infestation can be a nightmare, replete with health hazards and costly mitigation options. But what can you do when mold and fungus infest a space station? There isn't exactly a neighborhood expert who can bring their van around to investigate the problem.

Instead, NASA is calling on the experts at BioServe Space Technologies at CU Boulder to explore solutions for their mold problem. Astronauts have found large growths of biofilm (a collection of microbes growing on a surface) in the International Space Station (ISS) and space shuttles. The Russian space station, Mir, suffered similar problems during its years of operation, and the biofilm isn't just unsavory in appearance — it has the potential to eat through equipment and jeopardize the health of astronauts.

Luis Zea, an assistant research professor at BioServe and principal investigator on this project, says, "It shows

up behind control panels and has gotten into heat exchangers and pipe systems. On Mir, they once noticed a pretty bad stench. Looking for its source, they pulled off a panel and found a lot of mold. That was the smell, but it was also consuming plastic cabling in that area."

While damaged equipment is certainly a problem on space stations, it can be remedied with replacement parts from Earth. NASA is being proactive and looking ahead to future scenarios in which that won't be possible. When exploration shuttles travel to Mars and beyond, onboard bacteria and fungi eating away at equipment (a process known as biodegradation) could cause irreparable issues.

In the interest of nipping this problem in the bud (or spore, more accurately), NASA awarded BioServe a \$750,000 grant to research the biofilms present on the ISS and find methods of eradicating them. First, the research team needs to figure out what kinds of microbes they're dealing with.

On Nov. 2, 2019, a resupply mission to the ISS launched, carrying experiments designed by Zea and his team of graduate students. The results will help them identify the biofilms, figure out what conditions cause their proliferation, and eventually, recommend steps for getting rid of the infestation and preventing others from happening.

They're not going it alone, though. The team working on this study also includes researchers from NASA, the German Aerospace Center, Saarland University, the Massachusetts Institute of Technology and Universidad del Valle de Guatemala.

Let's hope this bunch of brainiacs finds a solution soon, because pernicious space mold sounds like the premise for a really bad movie.

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CU Boulder receives more NASA funding for space research than any other university.

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GETOUT and enjoy!

ARAPAHOE BASIN arapahoebasin.com 888-272-7246

Locals just call it A-Basin. The first to open this season, this ski area is just under 70 miles from Denver, making it the perfect spot for a "sick day." Coloradans and visitors alike appreciate what hasn't changed at this simple, accessible ski and snowboard area: an exciting mix of terrain - steeps, chutes, glades and bowl skiing, balanced by expanded family-friendly runs. And let's not overlook the long-cherished off-mountain scene. The "Beach" is A-Basin's name for the slopeside pullup parking lot where regulars enjoy DIY barbecues, brews and friends.

*** What's in season:**

Visitors are still loving the 468acre terrain expansion into the Beavers and Steep gullies, which includes the new fourperson Beavers chairlift and two new groomed runs.

ASPEN SNOWMASS aspensnowmass.com 800-525-6200

The brand, Aspen Snowmass, accounts for four wildly varied mountains — Aspen Mountain, Aspen Highlands, Buttermilk and Snowmass. The storied steeps of Aspen Mountain shoot right out of ritzy downtown Aspen. Just down the road, Highlands is a big-mountain skiing enclave with titanic bowls and hike-to terrain. Beginners enjoy Buttermilk, but so do athletes who practice in the resort's varied ski and snowboard

parks. And Snowmass has a little bit of everything: the most lift-served vertical feet in the country and all-day, allmountain adventures for both families and skillful skiers.

** What's in season: For the 19th consecutive year, Buttermilk will host the world-renowned X Games, bringing some of the world's best athletes in the disciplines of ski, snowboard, snowmobile and snow bike over four action-packed spectator-friendly days of competition and parties.

BEAVER CREEK beavercreek.com 970-754-0020

Beaver Creek's Old World base area sets the tone at this mountain of refinement. Expect luxurious lodging, epicurean dining, even heated walkways and homemade cookies on hand. This is a resort for quests who expect the best, including exclusive ways to lay the day's first tracks, plus one-of-akind wine and dinner tours. But Beaver Creek is also an intimate, dynamic mountain with a slick mix of terrain, from top-notch learning areas for new skiers to the famous Birds of Prey World Cup alpine run for pros only.

*** What's in season:**

Beaver Creek opened Haymeadow Park in 2018, featuring a second learning area with tyke-size terrain features, a beginner racecourse, a kid-friendly lunch spot and an ice cream parlor. You won't find more dedicated learning

SKI RESORTS



amenities in Colorado.

BRECKENRIDGE breckenridge.com 970-453-5000

There are five peaks at "Breck" making up nearly 3,000 acres of skiable terrain. Thirty-four lifts access 187 trails, four terrain parks and a 22-foot superpipe. And that's just for starters. Breckenridge's ski and snowboard school is renowned for shaping little rippers for the next generation. But the massive mountain and the variety that comes along with geography is only part of the appeal here. Connected to the mountain via gondola, the town of Breckenridge's shops and dining stops will make a vacation of any visit.

*** What's in season:**

Breck's Peak 8 base area has finally emerged from its flurry of construction, and the third resort building features escalators to the ski areas (no more clomping up stairs in ski boots!), the ski and ride school, lift ticket office, rental shop, day care, cafe and outdoor ice rink.

COOPER skicooper.com 800-707-6114

Located outside the highaltitude old mining town of Leadville, Cooper's gentle, wide-open 400 acres are ideal for first-timers and whole families learning to ski. But harder terrain is not far away. The legendary Chicago Ridge Snowcat Tours operation quickly whisks experienced skiers to 2,600 acres of powder bowls and glades in nearby national forests — the same winter training grounds of the historic 10th Mountain Division troops.

*** What's in season:**

Cooper is joining the world of expert terrain with their new Tennessee Creek Basin improvement project. New double black diamond runs will add 70 acres of new terrain, most featuring glade runs. The expanded area will be accessible by the new high-speed "Little Horse" T-bar lift.

COPPER MOUNTAIN coppercolorado.com 800-458-8386

Highly accessible and highly

treasured by dedicated skiers, Copper Mountain is a straight shot west of Denver, right off Interstate 70. Free parking and a shuttle service helps skiers get right to it. Three base-area villages blend lodging and dining at the bottom. The mountain is divided naturally in difficulty. The west side is gentle enough for lessons and beginner practice sessions. Head east and the slopes get more challenging. In between, play in terrain parks, ski big-mountain bowls off the backside, or head to Woodward Copper, the resort's renowned indoor action-sports training facility.

*** What's in season:**

Woodward is expanding
Copper's terrain park
offerings with Red's Backyard,
dedicated to Olympic gold
medalist Red Gerard, and
Woodward Peace Park off
the Woodward Express Quad
(previously called the Union
Creek Quad).

CRESTED BUTTE skicb.com 877-547-5143

Recently acquired by Vail
Resorts, changes are coming
to this iconic mountain
tucked away in southwest
Colorado. But as upgrades
arrive at this historic ski hill,
known for both extreme terrain, wide-open cruiser runs
and a fun mix of terrain parks,
the fairy-tale downtown is
expected to remain intact.
Tying the historic shopping
and dining district to Mount
Crested Butte, a free shuttle
runs between this colorful,



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secluded mountain town and the wild mountain that towers above it.

*** What's in season:**

Crested Butte has upgraded the Teocalli lift, replacing it with a faster four-person lift that will debut this season. The Twister lift has been decomissioned, with no current plans for replacement.

ECHO MOUNTAIN echomountain resort.com 970-531-5038

The closest ski area to Denver, Echo Mountain is just 35 miles west of downtown. The reinvented micro ski area on the way to Mount Evans, the highest paved road in North America, has one lift, two petite terrain parks, a tree-skiing trail and a growing beginner's area. In addition to easy access, locals love Echo's walk-up night skiing operation for laps under the lights — and the stars. A cozy

equipment rental facility are also steps from free parking.

*** What's in season:**

Echo recently introduced a tubing hill, and doubled its learn-to-ski area while continuing its popular "ambassador coaching" program included in a day lift ticket purchase.

ELDORA eldora.com 303-440-8700

Eldora is where Boulder skiers have grown up going since the early '60s. The beloved ski area is a quick drive or RTD Ski-n-Ride up the canyon to Nederland. The familiar 680-acre resort features a nice mix of terrain, from beginner areas to double black-diamond glades. As it expands and upgrades under new corporate ownership by the Powdr Co. conglomerate of resorts, Eldora keeps all the comforts locals appreciate: slopeside parking,

modern lodge, food hall and



skilled ski school, Wednesday night racing series and a popular 40-kilometer Nordic center for cross-country skiing and snowshoeing.

SKI RESORTS

*** What's in season:**

Eldora is opening Woodward Mountain Park this season, with a Start Park learning zone, reimagined Progression Parks in Uncle Bob's Fun Zone, and a new snow-shaping machine

GRANBY RANCH granbyranch.com 888-850-4615

Just 90 minutes from the

Front Range, Granby Ranch is a year-round residential community with an outdoorsports bent. Just down the road from the much larger Winter Park, family-owned Granby Ranch offers an attractive alternative: a convenient, affordable 406-acre hill for those learning to ski. All of the mountain's runs funnel to one manageable base area. There are also progressive terrain parks, night-skiing once a month and a nearby Nordic skiing network.

*** What's in season:**

Granby Ranch owners put it

on the market in 2018 and have finally found a buyer, so look out for changes when the resort changes hands.

KEYSTONE keystoneresort.com 970-754-0001

At over 3.000 skiable acres. Keystone is a big mountain to navigate. But it's made more manageable through five distinct ski areas and experiences: Decrum, North Peak, The Outback, A51 Terrain Park and Cat Ski. Family-friendly offerings are always a top priority here. On slope, there's a top-notch learn-to-ski program, fun family ski and ride zones, and the infamous oversized snow fort. Off the mountain, Keystone is known for its kids-ski-free lodging deals, ice skating pond and the ever-popular Kidtopia program, which gives kids all kinds of free non-ski activities.

*** What's in season:**

New high-efficiency snow



SKI RESORTS

guns contributed to Keystone's earliest opening in over 20 years, and will offer more powder this season without increasing water usage.

LOVELAND SKI AREA skiloveland.com 303-571-5580

All are welcome here, but locals are wedded to Loveland. So much so that sometimes they sleep over in the free slopeside parking lot to catch first tracks. Just 50 miles west of Denver, Loveland sits on the stunning Continental Divide, which means most ski runs offer stellar views. For the most memorable lines, serious skiers can catch a free snowcat ride to the tippy top—The Ridge—for 360-degree views and endless challenges on the way down.

* What's in season: Visitors are still loving Loveland's first high-speed quad lift, Chet's Dream, the largest single capital-improvement project in the ski area's history.

MONARCH MOUNTAIN skimonarch.com 719-530-5000

Monarch Mountain is all about location. Sheltered in south-central Colorado, this ski area is off the beaten path, which means it's away from most weekend ski traffic. But it's also in a high snowfall corridor, which means Monarch gets blanketed by big storms that miss other mountains. Just up the pass from the art- and- outdoor-focused town of Salida, Monarch keeps things simple with accessible parking, a mix of terrain for all types of skiers and access to one of the best backcountry snowcat skiing adventures in the state.

*** What's in season:**

Monarch is showing off some new amenities, with more chairs and tables in the tunnel area, and a new event space called the Monarch Room.

PURGATORY purgatoryresort.com 970-247-9000

Don't be scared off by Purgatory's fateful name. This historic mountain in southwestern Colorado is as friendly as they come. A favorite backyard wintersports playground for residents of Durango, Purgatory continues to evolve with new lodging and lifts, yet stays true to its low-key traditions. There are 1,605 skiable acres, plenty of terrain parks, plus

all kinds of alpine alternatives: dog sledding, sleigh rides, tubing, cross-country skiing, ice climbing, snowmobiling and more.

** What's in season: The Inferno Mountain Coaster is a mile-long ride with 300 feet of vertical drop, nine switchbacks and speeds of up to 25 miles per hour. Also, kids ages 10 and under get a free season pass to Purgatory — no blackout dates and no parent purchase required.

SILVERTON MOUNTAIN silvertonmountain.com 970-387-5706

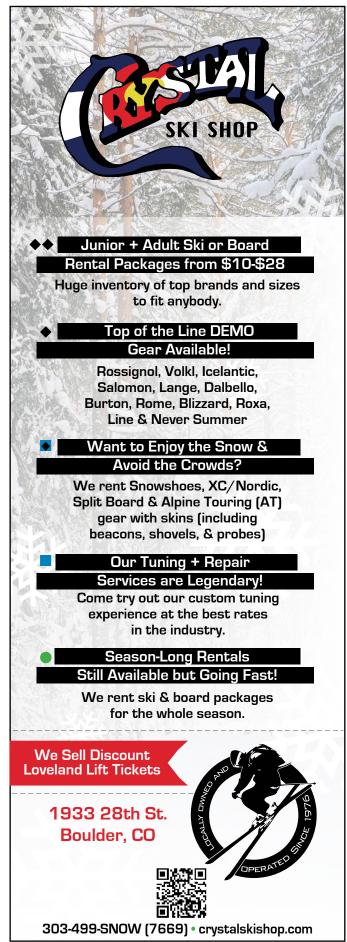
Silverton takes skiing very seriously. If you make the journey to this snow-pummeled part of Colorado, you have to know what you're doing. Deep in the dramatic San Juan Mountains, Silverton has one lift (and one helicopter) to deliver intrepid skiers and snowboarders to advanced and expert backcountry-like powder stashes that seem to grow larger by the day. There are guides and avalanche beacons for safety, but most diehards who sign up to ski Silverton Mountain do it for an epic check on the bucket list. There's simply nothing like it.

** What's in season: Silverton has a new permit that expands its heliskiing operations to cover more than 25,000 acres, giving thrill seekers more powdery landing spots than ever.

STEAMBOAT steamboat.com 800-879-9632

With nearly 3,000 skiable acres, 165 trails, four terrain parks and tree skiing the likes of which you'll never see again, Steamboat remains one of Colorado's largest and most legendary resorts. More than 80 Winter Olympic athletes have made the cozy mountain town of Steamboat Springs home over the years. But Steamboat is a cowboy town at heart, and it's this mashup of ranchers and skiers that makes it so special. Oh, and the unbelievably fluffy "champagne powder" that falls heavily, and only here, each year.

** What's in season: Steamboat has replaced their old gondola with a new Doppelmayr model that increases capacity by 38%, allowing it to bring 1,000 more people up the mountain per hour.



SUNLIGHT sunlightmtn.com 800-445-7931

Sunlight Mountain Resort is a 700-acre ski hill outside of Glenwood Springs, home to the world's largest hot springs pool. In keeping, the resort continues to offer a popular ski-stay-and-swim package, which conveniently ties a day of skiing at Sunlight with a soothing soak for sore legs after. Comparably, everything is less here: fewer lift lines, cheaper lift tickets and lessons, and free kids skiing when you book local lodging.

* What's in season: Sunlight
Mountain has begun an expansion
of the East Ridge, and this season will
feature new gladed terrain between
runs like Alligator Alleys, Deception,
Defiance and Perry's Plunge.

TELLURIDE tellurideskiresort.com 877-935-5021

Telluride consistently tops the list of the most beautiful mountain towns in Colorado. It's tucked in a box canyon in the captivating San Juan Mountains in the southwest section of the state. If you like skiing with a view, Telluride Ski Resort is nothing short of spectacular. The ski area has both beginner and intermediate skiing on over half the mountain, plus hike-to terrain that will make any skier or rider earn their next turn. Plus, the upscale resort and real estate is all tied to Telluride's historic downtown district via gondola.

* What's in season: Advanced and expert skiers can enjoy 40 new acres of glade skiing at Telluride this year on the new expanded terrain around Lift 9. Other new features include rock drops and chutes.

VAIL vail.com 970-754-0015

One of Colorado's most iconic ski areas, Vail is steeped in history. Yet the resort continues to reinvest in amenities that are relevant to modern skiers and snowboarders. Even with the fastest 10-passenger gondola on the continent, it takes more than a day to figure out this massive mountain's 5,200 diverse acres of skiable terrain and seven skiing miles in seven back bowls. While locals love Vail for its endless adventure, international travelers

feel at home in a European-inspired village and among ski and snowboard instructors who can accommodate 22 different languages.

SKI RESORTS

** What's in season: Vail has begun upgrading its snowmaking equipment, with 192 acres of new and enhanced coverage coming over the course of this season.

WINTER PARK winterparkresort.com 970-726-5514

Skiers have been learning to turn at Winter Park since 1940. The tradition endures at this accessible mountain, one of the closest to Denver and Front Range communities. In addition to an extensive range of terrain for families, adventurous skiers can work up a sweat at sister resort Mary Jane, right next door. But Winter Park's greatest legacy is in teaching skiing: There are single-day lessons all the way up to full-season racing programs, along with the renowned National Ski Center for the Disabled.

* What's in season: The threeperson Sunnyside Lift at Winter Park has been replaced with a faster six-person lift that cuts the ride down from eight minutes to four minutes. The Winter Park Express bus from Denver now offers increased service, and food and beverage options.

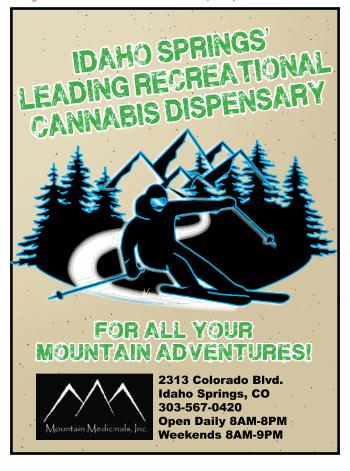
WOLF CREEK SKI AREA wolfcreekski.com 800-754-9653

Near the southern Colorado town of Pagosa Springs, Wolf Creek is one snowy, but never showy, independent ski area free from crowds. The mountain boasts its potential for 430 feet of natural snowfall — the most in the state during a stormy winter. It takes a trip to get to Wolf Creek, but once quests arrive, skiing is stress-free: simple slopeside parking and reasonably priced lift tickets and food. The range of terrain at Wolf Creek is well balanced — 20 percent both beginner and expert, 35 percent intermediate and 25 percent advanced. An adjacent Nordic center keeps skinny skiers content too

** What's in season: To celebrate its 80th birthday, Wolf Creek is reviving its high-speed D. Bryce Poma lift. It also hosts celebratory events this season, so keep an eye on the website.







Hot Springs Guide

BY JULIE KAILUS

Colorado is home to more than 30 high-altitude hot springs. They range wildly from spurting sulfuric water that must be rivercooled before humans can bathe in it to masterfully manicured indoor hot pools made for a morning soak after an overnight at the accompanying lodging.

Whether you're looking for a clothing-optional public hot spring in the rugged backcountry, a plunge into a mountain-town pool after a ski day or a quiet weekend soak-and-stay retreat, there's something universally enchanting about these thermal wonders.

Newest

upscale soak

Iron Mountain Hot Springs

Tucked alongside the majestic Colorado River three hours west of Denver between Vail and Aspen, Iron Mountain is the hottest new spot in a town already world famous for its historic mineral-water wellness retreats. With 16 geothermal soaking pools set in upscale natural landscaping, Iron

Mountain Hot Springs has something fun for all ages. There's a freshwater pool for families, elevated jetted spas for blasting away aches and a maze of temperature-controlled mini soakers with names like moonstone and lapis for the healing gems that they are. A campus-like configuration allows for loads of all-day amenities, too: a bathhouse, health-forward café and happy hour

"sand" bar are all onsite.







Avalanche Ranch

This tidy yet off-the-beaten-path hot springs resort ties together a cluster of rustic cabins and a set of tiered natural thermal pools with waterfalls and rock grottos made for mingling. Cabins range from studios to three-bedroom abodes for keeping company, and there are even coveredwagon accommodations for throwback glamping. Carved in a natural mountain setting outside of Carbondale, Avalanche Ranch is ideal for outdoorsy adventures.

12863 State Hwy 133 Redstone 970-963-2846



San Juan Mountains of southwest Colorado, Chipeta has built a private spa-like

experience - without pretense. In keeping with the southwestern theme, the adobe structure features a variety of guest rooms, some including cozy kivas. There's also an onsite restaurant with al fresco dining, along with a see-forever rooftop bar and full spa. But the heart this lovers lodge is the solar springs: two solar-heated thermal pools — a tiled Roman bath and long lap pool — housed in a

central courtyard with dreamy views of the

304 S. Lena

Cimarron and San Juan ranges.

Ridgway 800-633-5868 www.chipeta.com



The Springs Resort & Spa

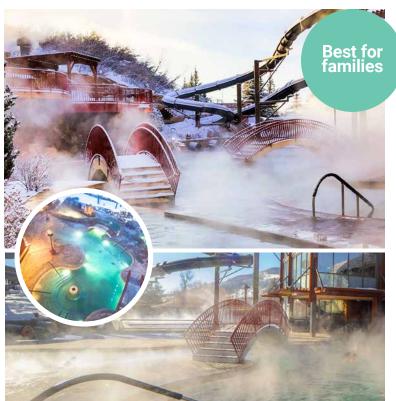
The Springs is one massive thermal wonderland for the tiny mountain town it calls home: Pagosa Springs. Located right downtown, this popular community space is home to a remarkable 24 geothermal hot spring pools - the most in Colorado. The mineral-rich waters effervesce constantly from the world's deepest geothermal hot spring and are ideal for soothing sore muscles after a day of skiing.

165 Hot Springs Blvd. Pagosa Springs 800-225-0934 www.pagosahotsprings.com

Old Town Hot Springs

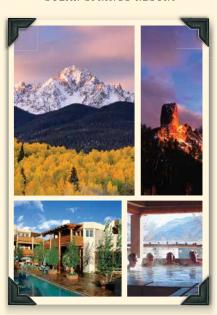
Heck, Steamboat Springs has springs in its name, so you know the water's good up here. The northern Colorado town known for producing a ridiculous amount of Winter Olympians is also known for its collection of underground phenomena. Some of Steamboat's hot springs bubble up right in downtown; another famous one, Strawberry Park, is tucked away in the hills for those who like to dip au natural. But by far the most accessible for families is Old Town Hot Springs on Steamboat's Main Street. This curated hot springs' complex-cumrecreation-center has a bit of everything: eight natural mineral pools ranging from a 103-degree soaker to an 80-degree lap pool, plus water slides, a waterfall, kiddie area, a climbing wall and a full-service indoor gym. You can spend a whole day here.

136 Lincoln Ave. Steamboat Springs 970-879-1828 www.oldtownhotsprings.org



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CROSS COUNTRY & SNOWSHOE GUIDE

Trails reported to allow leashed dogs are marked with a 🦙

ALLENSPARK

Take Colorado Highway 7 west from Lyons or Colorado Highway 72 north from Nederland to Colorado Highway 7. Continue north about 5 miles.

ROCK CREEK ROAD (easy) Enter Allenspark via the old highway at the top of the hill and head east through town to County Road 107 (Ski Road). Follow the road south, then west to where it's no longer plowed. Start skiing here and bear left at all forks. The common turnaround for the 5-mile round-trip is the old ski area.

BRAINARD LAKE

From Boulder Canyon Drive (Highway 119), take Colorado Highway 72 north to Ward and turn west onto the Brainard Lake Road. Travel 2.5 miles to the Brainard Gateway Trailhead and parking lot. The bathrooms and warming hut are open for public use. There are no trash facilities available, so all trash, including pet waste, must be carried out. During the winter months, dogs may not be on any of the trails, but are allowed on the road. Trails are marked with blue diamonds or brown-and-white cross-country trail markers. Snowshoe trails are separate from those for skiers to minimize conflict between the two user groups. Wilderness trails and two designated "ski-only" trails are prohibited to fat biking. There is no maintenance on trails during the winter, so be aware of adverse conditions. Groups of more than eight people need a permit to enter the Indian Peaks Wilderness, and groups are limited to 12 people. Permits are available at the U.S. Forest Service Office, 303-541-2500. The Colorado Mountain Club's Brainard Cabin is typically open on

weekends from 10:30am-2:30pm, with coffee and hot chocolate through March, for \$1 donation per visitor. Colorado Mountain Club: 303-554-7688, www. cmcboulder.org/cabins. html, on Facebook (Brainard Cabin, CMC Boulder Group).

Access the Sourdough, South St. Vrain, Waldrop, CMC, Snowshoe and Little Raven trails from the parking lot. It is approximately 2 miles from the parking lot to Brainard Lake.

BRAINARD LAKE ROAD

(easy) Stay on the main road for an easy 2-mile snowshoe or ski to Brainard Lake. The snow is not always good enough for skiing but often is hard-packed enough to walk on. Although it's sometimes quite windy and blown bare or icy in spots, the views are spectacular. Snowshoers can combine the road and the snowshoers-only trail for a loop between Red Rock Lake and Brainard Lake. Dogs are allowed only on the Brainard Lake and Lefthand Park Reservoir roads.

CMC NORTH (WALDROP)

TRAIL (moderate) For skiers only. Start at the Gateway trailhead and follow signs to this rolling and sometimes tricky trail on the north side of Brainard Lake Road. At the 1.5-mile mark, the left fork crosses the Brainard Lake Road; the first left connects to the snowshoe trail back to the Gateway trailhead; the second left connects to the south CMC Ski Trail. Or, stay on the Waldrop Trail for a half mile to the intersection with the South St. Vrain Trail. A left turn goes to the trailhead for Long Lake and Mitchell Lake tours (below) at 2.9 miles. Continue south on the road to CMC South Trail for a 5.5-mile round-trip.

CMC SOUTH TRAIL (easy/ moderate) Begin just past the winter road closure gate. The skiers-only trail follows a levelto-rolling course 2.8 miles to Brainard Lake. At the lake, a left turn onto the skiers-only Little Raven Trail (advanced) takes you back 3.3 miles to the parking area. Go left at the intersection with the Lefthand Park Reservoir Road, After about a half-mile, take a right from the Lefthand Reservoir Road to the Little Raven Extension Trail for about a half mile, and another left onto the Sourdough Trail takes you back to the Gateway trailhead in another half-mile.

LEFTHAND PARK RES-ERVOIR ROAD (moderate)

Begin just past the winter road closure gate and follow the winding uphill road to Left Hand Park Reservoir. crossing cutoffs for the CMC Trail and Little Raven Trail on the way. The last quarter-mile is exposed to severe winds off Niwot Ridge. Then return for a 4-mile round-trip.

LONG LAKE/LAKE ISABELLE TRAIL (moder-

ate/advanced) Follow CMC South Trail (above) west of Brainard Lake to Long Lake trailhead. At approximately 1.5 miles, the trail splits. The left fork, the Jean Lunning Trail, loops around Long Lake for a 7-mile round-trip. The right fork also loops the lake. At the far end of the loop is the cutoff for the Pawnee Pass Trail with a steep 1.6-mile climb to Isabelle Lake.

MITCHELL LAKE/ **BLUE LAKE TRAIL** (moder-

ate/advanced) Follow CMC North Trail west of Brainard Lake, turn right and continue 1 mile to Mitchell Lake trailhead. Climb steadily through the trees to Mitchell Lake for a 7-mile round-trip from the

trailhead. Blue Lake is another 1.3 miles up the trail.

RED ROCK LAKE TRAIL

(easy) This very short, easy trail is a scenic out-and-back, great for families with very young children.

SNOWSHOE TRAIL (easy/ moderate) This trail was

developed especially for snowshoers. It's marked with blue-diamond trailblazes and snowshoer symbols. Start on the Lefthand Park Reservoir Road. In 30 yards, watch for the Snowshoe Trail fork. Follow the signs for about 1.5 miles to the Brainard Lake Road. The old snowshoe trail from here to Brainard Lake is now closed.

ELDORA MOUNTAIN RESORT

Eldora Mountain Resort Nordic Center offers groomed trails and snowshoe-only trails that also connect to trails on U.S. Forest Service land. Rentals, lessons and guided snowshoe tours are available. The parking lots are for paying quests; those without a ticket or pass should park their vehicles outside the resort's gate. 303-440-8700; www.eldora.com.The ski area is the jumping-off point for trails that access Yankee Doodle Lake and the CMC's Arestua Hut atop Guinn Mountain. Colorado Mountain Club: 303-279-3080, www.cmc.org.

GUINN MOUNTAIN

TRAIL (advanced) Follow Jenny Creek Trail to the Guinn Mountain Trail sign. From there, the right-hand fork leads 4 steep miles up Guinn Mountain to the Arestua Hut.

JENNY CREEK TRAIL TO YANKEE DOODLE LAKE

(moderate) The trail begins at Eldora Mountain Resort's lower parking lot and follows blue-diamond markers left of the Little Hawk lift and along the eastern edge of the bunny slope. At the top, turn left and follow trail signs

through the woods. After 2 miles, the trail merges with Jenny Creek Road. A short, steep climb takes you around the south side of Guinn Mountain and 3 miles to Yankee Doodle Lake.

TOWN OF ELDORA

Take Boulder Canyon Drive (Colorado Highway 119) south through Nederland to County Road 130, and go west through the town of Eldora to the berm at the end of the pavement and the sign that says "End of Winter Maintenance." Parking fills up early; make sure you don't block the road or residents' access. Illegally parked cars are towed. Groups over eight people need a permit to enter the Indian Peaks Wilderness. Permits are available at the U.S. Forest Service Office. 303-541-2500. Groups are limited to 12 people.

FOURTH OF JULY (moderate) Take the road west of the town of Eldora to the fork at the 0.8-mile mark and continue right for 5 moderate uphill miles on County Road 111 to the campground in the valley below Mount Neva and South Arapaho Peak.

JASPER LAKE/DEVIL'S THUMB LAKE TRAIL

(moderate/advanced) Take the road west of the town of Eldora to the fork at the 0.8-mile mark and continue left past Hessie townsite. Take either the Devil's Thumb Bypass Trail or the Devil's Thumb Trail; they soon merge. Jasper Lake is 4.5 miles. The trail climbs past Jasper Lake another mile to Devil's Thumb Lake.

KING LAKE TRAIL

(advanced) Take the road west of the town of Eldora to the fork at the 0.8-mile mark and continue left past Hessie town site. Follow the King Lake Trail signs along the south fork of Middle Boulder Creek to King Lake, 5.2 miles from Hessie town site.











CROSS COUNTRY & SNOWSHOE GUIDE

LOST LAKE (moderate/ advanced) Take the road west of the town of Eldora to the fork at the 0.8-mile mark and continue left past Hessie town site. After another easy half-mile of road, cross the bridge. The road becomes steeper as it curves up the hill. Not far after the next bridge, turn left (south) and follow the trail 0.5 miles to Lost Lake. Total distance from Hessie trailhead is 2.8 miles one-way.

I-70 CORRIDOR AND **BERTHOUD PASS**

For information on crosscountry skiing and snowshoeing near Mount Evans, check with the Clear Creek Ranger Visitor Center on Colorado Highway 103 (Exit 240 off I-70), call 303-567-3000, or visit www.fs.fed.us.

DEVIL'S CANYON (advanced) Take Colorado Highway 103 (Exit 240 off I-70) approximately 10 miles south from Idaho Springs. The trailhead is on the east side of the highway, 0.25 miles past the Ponder Point picnic area. It's a 6-mile round-trip.

GRIZZLY GULCH (moderate) Take I-70 west to Bakerville (Exit 221) and park at the turnout on the south side of the highway. Ski up the road to Grays and Torreys peaks, staying right at the 1-mile fork to end up in the cirque below Torreys Peak. It's a long, 8-mile cruise.

HERMAN GULCH

(advanced/avalanche danger) Take I-70 west to Exit 218. The trailhead for the remote 6.2-mile round-trip to Herman Lake, just below the Divide, is on the north side of the highway.

OLD SQUAW PASS ROAD

(easy/moderate) Take Colorado Highway 103 (Exit 240 off I-70) south from Idaho Springs to Echo Lake (16 miles). The trailhead is approximately 5 miles beyond Echo Lake on the south side of the highway. It's a 7-mile round-trip.

STEVENS GULCH (moderate/advanced) Take I-70 west to Bakerville (Exit 221) and park at the turnout on the south side of the highway. Ski up the road to Grays and Torreys peaks, bearing left at the 1-mile fork. Continue up the road through the valley to the head of the Grays/ Torreys cirque. It's an 8-mile round-trip.

JAMES PEAK WILDERNESS

Take Colorado Highway 119 approximately 5 miles south of Nederland to Rollinsville and turn west on County Road 16 (Rollins Pass Road) for 7 miles. The road is well-maintained, but icy at times. At the T-junction with the road that continues over Rollins Pass, turn left for another mile. Park at the trailhead at the East Portal of the Moffat Tunnel. It is always windy here, but gets better in the trees. The trail starts on the right (north) side of the tunnel. The James Peak Wilderness has no permit system, but groups over 12 people are prohibited. For information. call the U.S. Forest Service Office, 303-541-2500. Pets must be leashed at all times.

FOREST LAKES (moderate/ advanced) The Forest Lakes Trail junction is 1.2 miles up the South Boulder Creek Trail. Recent trail construction has greatly improved this trail, which follows an old road and the creek. It's a 6-mile roundtrip. From the largest of the Forest Lakes, a quarter-mile trail leads to Rollins Pass Road.

SOUTH BOULDER CREEK

TRAIL (moderate/advanced) The first mile of the trail is easy. In a large meadow, the Forest Lakes Trail forks to the right. Continue on the main trail to Rogers Pass Lake and Heart Lake at 4.2 miles, both above tree line. Stretches of the trail are rocky and quite steep, making for a fast descent on skis.

PEACEFUL VALLEY **AND BEAVER RESERVOIR ROAD**

Peaceful Valley is approximately 5.5 miles north of Ward on Colorado Highway 72. Park at the turnout at the bottom of the hill. Beaver Reservoir Road (County Road 96) turns west off Colorado Highway 72 approximately 2.5 miles north of Ward. Park on the north side of the reservoir. Dogs are allowed, but leash laws are firmly enforced because of an increase in wildlife. Groups of more than eight require a permit, and no groups of more than 12 are allowed.

CONEY FLATS TRAIL (moderate) Coney Flats Trail starts just west of Beaver Reservoir on the north side of the road. Stay right at trail junctions and wind 3 miles through pine trees to the descent to Middle St. Vrain Road, the turnaround.

MIDDLE ST. VRAIN VAL-**LEY/BUCHANAN PASS**

(moderate/advanced) Take the trail on the north side of Middle St. Vrain Creek just west of Camp Dick/Peaceful Valley Campground, which joins the Middle St. Vrain four-wheeldrive road. To the pass is a 14-mile round-trip.

SOURDOUGH TRAIL (advanced) This trail's northernmost access is 200 yards east of Beaver Reservoir. It leads 5.1 miles south over rolling hills to Brainard Lake Road, then continues another 5.8 miles to Rainbow Lakes Road, east of the CU Mountain Research Station. Park a second car accordingly.

PEAK-TO-PEAK **SCENIC BYWAY**

To get to Caribou Ranch Open Space, head north on the Peakto-Peak Scenic Byway, Colorado Highway 72, from Nederland. Turn west a couple of miles out of town on County Road 126 at the sign and follow the dirt road to the trailhead. For the Sourdough Trail and Rainbow

Lakes, drive 7 miles north of Nederland on 72, and turn west at the sign for the University of Colorado Mountain Research Station. The parking lot is about a half-mile up the dirt road on the left.

CARIBOU RANCH OPEN

SPACE (easy) The lollipop trail system is a total of 4.5 miles round-trip from the parking lot. The trail partially follows a historic railroad bed and passes an old homestead and mining camp. The conditions are usually better for snowshoeing than skiing.

RAINBOW LAKES ROAD

(easy) Take the left fork about a quarter-mile west of the Sourdough Trailhead to ski or snowshoe to Rainbow Lakes. The route is gradual and open, rolling up- and downhill. It is often windblown, bare and icy in patches, but makes a good trip for novices in favorable snow conditions. It is 4.5 miles to the Rainbow Lakes Campground. A trail continues west from the campground for 1 mile to Rainbow Lakes.

SOURDOUGH TRAIL (easy/ moderate) This trail runs northsouth from the Mountain Research Station road all the way to the Middle St. Vrain. Access the trail across the road from the parking lot and head uphill through a series of switchbacks. After about 3 miles it flattens out and circles along Niwot Ridge. This is a great trail for snowshoers and skiers alike as an out-and-back. The trailhead at Brainard Lake is 5.8 miles, the Beaver Reservoir trailhead is 10.6 miles, and Peaceful Valley is 12.6 miles.

ROCKY MOUNTAIN NATIONAL PARK

The Rocky Mountain National Park Beaver Meadows entrance and the Visitor Center on U.S. Highway 36 offer maps detailing 40 miles of marked trails near Bear Lake and Glacier Gorge, plus 88 miles of

mostly unmarked trails in Wild Basin (accessed off Colorado Highway 7, a mile north of Allenspark). 970-586-1206; www.nps.gov/romo.

BLACK LAKE (moderate/ advanced) From the Beaver Meadows entrance, take U.S. Highway 36 to the Glacier Gorge Junction parking lot. Head up Alberta Falls/Mills Lake Trail, taking the right fork at the 1.3-mile point. At the next junction, take the left fork to Glacier Gorge (the right fork leads to Loch Vale). At Mills Lake, you have a choice. The snow is usually reliable through the trees on the east shore, but if the lake is frozen under snow, ski right across it. Pass Jewel Lake and climb to the alpine cirgue of Black Lake. It's an 8-mile round-trip.

EMERALD LAKE (easy/ moderate) From the Beaver Meadows entrance, take U.S. Highway 36 to Bear Lake Road and the Bear Lake parking lot. From there, follow trail markers past Nymph and Dream lakes to Emerald Lake. It's a 3.6-mile round-trip.

LAKE HELENE (moderate) From the Beaver Meadows entrance, take U.S. Highway 36 to Bear Lake Road and the Bear Lake parking lot. The trail heads northeast for 0.4 miles. At the Bierstadt Lake Trail, go left for 0.9 miles to the intersection with Flat Top Mountain Trail. Take the right fork 2.9 miles to Lake Helene.

WILD BASIN (varying difficulty) Take Colorado Highway 7 for 1 mile north of Allenspark. Turn west at the Wild Basin entrance. From the winter parking lot, the road connects with moderate trails to Calypso Cascade (3.6-mile round-trip) and Ouzel Falls (6.2-mile round-trip), and strenuous jaunts to Bluebird, Thunder or Lion lakes (each an 11.6-mile round-trip).

SPORTS RESOURCES

AQUATIC SPORTS

Ocean First Divers

3015 Bluff St., Boulder, 303-444-7234; www.oceanfirst.blue. This diving equipment store and education center offers swim lessons and scuba training in its large heated pool. Ages 10 and up can take scuba classes to get the SSI Open Water Scube Diver certification. Also facilitates domestic and international scuba trips accompanied by an Ocean First Divers escort.

BODYWORK & YOGA Biodynamic Bodyworks 713 Third Ave., Longmont,

303-818-1551. Shelli Worrall is a natural health practitioner who helps clients recover from injuries and trauma with craniosacral therapy, massage, polarity and aromatherapy. Her practice can be found at the Mountain Spirit Healing Arts Center.

Shoshoni Yoga Retreat

1400 Shoshoni Camp Road, Rollinsville, 303-642-0116; www. shoshoni.org; Eldorado Mountain Yoga Ashram, off Eldorado Springs Drive at 2875 Colorado Route 67, Eldorado Springs, 303-249-1671, www.eldoradoyoga.org. These two centers offer revitalizing yoga retreats, classes and teacher training year-round. Retreats include daily yoga and meditation classes, lodging and delicious vegetarian meals.

EQUIPMENT

Mountain Man Outdoor Store

20 Lakeview Drive, #111, Nederland, 303-258-3295; www.mountainmangear.com. Mountain Man Outdoor Store carries gear for many outdoor activities, including hiking, backpacking, camping, light archery, disc golf, gold panning and much more. Helpful staff is always available to offer expert advice.

FISHING McGuckin Hardware

2525 Arapahoe Ave., in the Village Shopping Center, Boulder, 303-443-1822; www.mcguckin.com. With the "world's largest hardware selection," McGuckin carries everything for Colorado fishing, including night crawlers; a huge selection of flies and fly-tying materials; rods, reels, tackle and gear, and fishing maps and pocket guides.

HOT SPRINGS

Chipeta Solar Springs Resort

304 S. Lena St., Ridgway, 970-626-3737;

www.chipeta.com.

After a long day of singletrack in the majestic San Juans or kayaking the Uncompahgre River, let muscles soak in the solar-heated thermal hot pools of Chipeta Solar Springs Resort. Pools are kept at 103 degrees. The resort offers yoga classes and a swimming area and sauna, in addition to hotel conveniences.

SENSORY DEPRIVATION TANKS

Radi8 Float

5290 Arapahoe Ave., Unit D, Boulder, 303-484-9132; www.radi8float.com. Escape the sensory bombardment of everyday life with meditative sessions in Radi8 Float's sensory deprivation salt baths. Expand your healing experience with light and sound therapy, hypnotherapy and yoga classes, including vinyasa, kundalini and yin.

SKIINGChristy Sports

2000 30th St., Boulder, 303-442-2493; www.christysports.com.

Full-service snowboard and ski rental and retail store that will serve any ski and snowboard needs. Christy stocks all of the latest and greatest skis, snowboards, apparel and accessories to get you tricked out for your visit to the slopes.

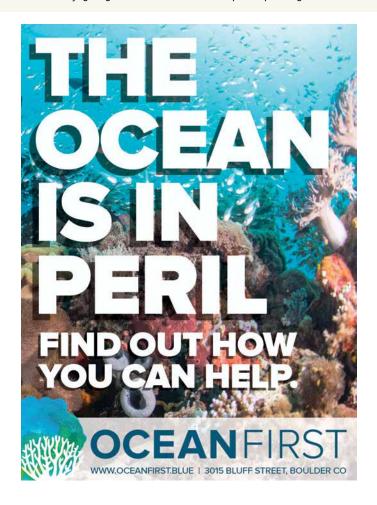
Crystal Ski Shop

1933 28th St., Boulder, #101, 303-449-7669;

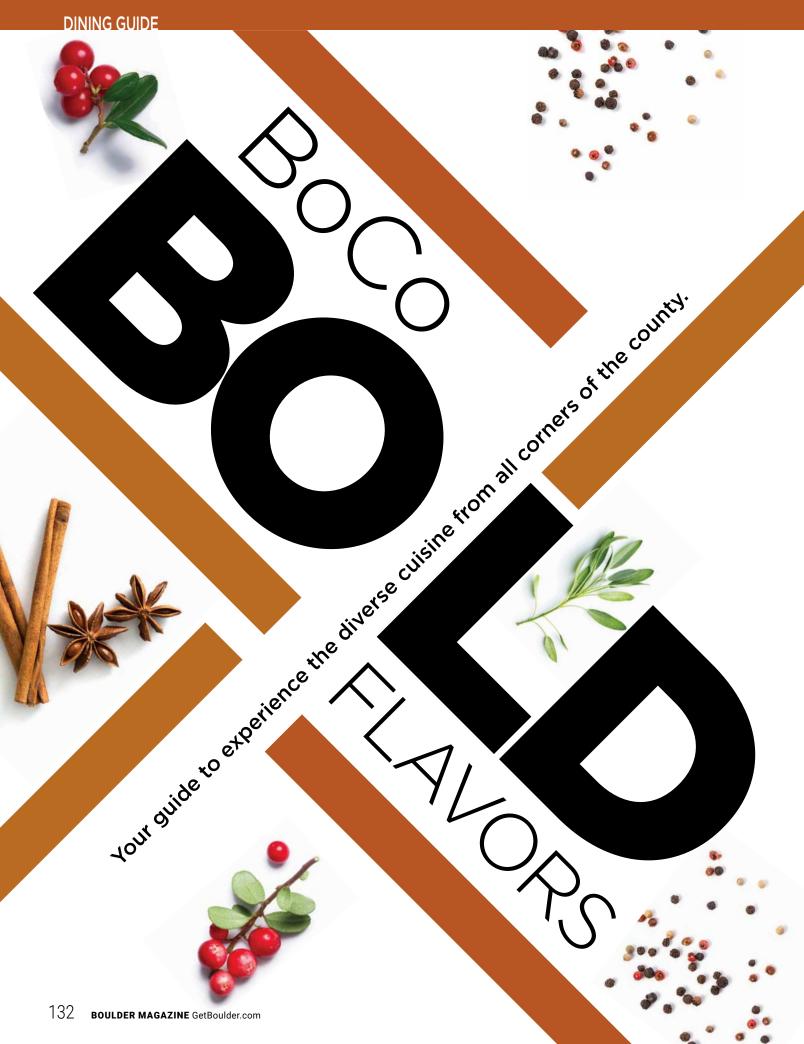
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by expert staff.

SKY SPORTSMile High Gliding

State Hight States and leaves a variety of scenic, 15-, 25-, and 40-minute flights over Boulder and beautiful nearby terrain (Flatirons, Longs Peak, Rocky Mountain National Park) in high-performance sailplanes with FAA-certified commercial pilots. Also offers glider rentals and lessons.









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24 CARROT BISTRO

578 Briggs St. | Erie | 303-828-1392 | www.24carrotbistro.com



The farm-to-table fare at this chef-owned, rustic-chic establishment is as elegant as it is charming. Start with a craft cocktail at the 25-foot-long antique bar and nosh on a fried calamari appetizer with greens, basil aioli and romesco, or dip house-made sweet-potato chips into a hot, bubbling Parmesan and kale dip served in a cast-iron crock. For dinner, urban meets country comfort in the crispy duck

confit resting atop creamy polenta with an apricot gastrique and local mizuna. Find bold and fresh flavors in the local pork belly with orange ginger lemongrass glaze, asian cucumber slaw, and avocado puree. For dessert, indulge in dark chocolate mousse or try a piece of 24 Carrot Cake, layered with cardamom-cream-cheese icing, coconut coulis and fried basil. Open for lunch Tues-Fri 11am-3pm, brunch Sat-Sun 9am-2pm, dinner Tues-Thurs 5-9pm, Fri-Sat 5-10pm and Sun 5-9pm. Closed Monday. Reservations recommended. >Please see ad on page 156.

BABETTES PIZZA & PANE

2030 Ionosphere St., Unit G | Longmont | 720-204-7420 | www.babettesbakery.com



Babettes boasts a French patisserie and boulangerie on one side and an Italianinspired pizza parlor on the other. Their delicious fare is made with high-quality ingredients sourced from Italy, Arizona and local Colorado farms. Start this eclectic culinary journey with Theo's marinated Castelvetrano olives with Piave Vecchio cheese and aromatic olive oil, or the Caesar salad with organic bitter

greens, croutons, white anchovy vinaigrette and a fried egg. For your entrée, choose one of the delicious pies from their wood-fired pizza oven, like the sausage red pie with organic Bianco tomatoes, Buckner Family Farm fennel sausage, red onion and mozzarella, or the funghi white pie with Hazel Dell mushrooms from Fort Collins, mozzarella, cream and Fontina Valle d'Aosta. Finish your meal with house-made tiramisu, or gelato from Gelato Boy of Boulder. Pair your dessert with Boxcar Coffee Roasters espresso drinks or Bottle Rocket Coldbrew, all while enjoying the view from their rooftop deck. Happy hour in the pizza parlor features discounted dishes and drinks Wed-Fri 3-5pm. Bakery open Tuesday 7am-6pm and Wed-Sun 7am-9pm. Pizza parlor open Wed-Fri 3-9pm and Sat-Sun 11am-9pm. >Please see ad on page 157.

BITTERSWEET CAFE & CONFECTIONS

836 Main St. | Louisville | 303-317-5522 | www.bittersweetcafes.com



Bittersweet is a "home away from home," with coffee roasted on-site ittersweet and desserts, pastries and sandwiches made fresh daily. Ten varieties of grilled breakfast sandwiches are served on fresh-baked bread or bagels; Green Eggs and Ham gets its color from basil pesto.

Breakfast burritos are made to order with your choice of fillings for just \$5. Handmade pastries include apple turnovers, cinnamon rolls and scones, plus gluten-free choices. The large sandwich selection includes caprese panini, pulled pork, Sonoma chicken salad and classic BLT. Espresso drinks are made with house-roasted coffee, with each variety roasted to its individual profile. Many vegetarian and vegan options available. Open Sun-Thurs 6:30am-6pm, Friday 6:30am-9pm and Saturday 6:30am-9pm. >Please see ad on page 159.

THE BOULDER DUSHANBE TEAHOUSE

1770 13th St. | Boulder | 303-442-4993 | www.boulderteahouse.com



THE BOULDER DUSHANBE Handcrafted in Tajikistan and reassembled in Boulder, the Boulder Dushanbe Teahouse is the only authentic Persian TEAHOUSE Boulder Dustialible Teahouse is the Sin, Teahouse in the Western Hemisphere. Vibrantly painted ceilings, carved cedar columns and a sculpture fountain provide an airy

ambience during the day and casual elegance at night. The international menu features cuisine



ANTHONY HESSEL

BMag: What's your favorite "warm your bones" winter dish to whip up at home?

AH: Grilled cheese sandwich. House-made Pane Rustico and sweet butter pressed with Taleggio and Alpine Gruyere or English cheddar and Oregon blue.

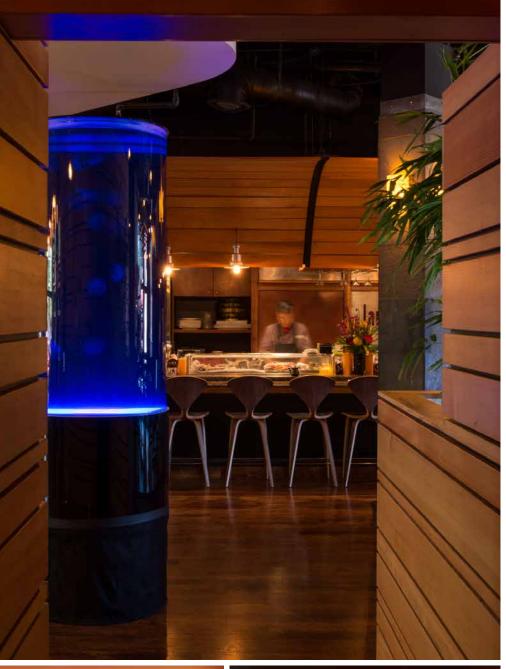
BMag: What country/regional cuisine most inspires your favorite dishes?

AH: Sorry I had two: Umbria, Italy, and Provence, France.

Chef Anthony Hessel has been with the Walnut Restaurant Group for nearly 25 years. He previously ran the bakery at The Mediterranean and is currently the executive chef at Via Perla, where's he's been for almost 3 years. Most of his training, like a true veteran of the industry, comes from working in a variety of places and with great friends and family. He credits three chefs for his success: "Stephen Alward, who taught me discipline. Patrick Clarke, who taught me the line and its creativity. Raimondo Laudisio who taught me the art and the history, and Alice Waters, who taught me inspiration and perseverance."

In his spare time, Hessel enjoys walking his dog Lady and listening to music. His favorite thing in the world is being a dad.

VIA PERLA 901 Pearl St., Boulder 720-669-0100 www.viaperla.com







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Sake Bar
Pearl Street Patio
Back Bar Patio

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1/2 off Bottles of Wine Every Wednesday Night

DJ'd Late Night Happy Hour Every Friday & Saturday

HOURS

Open Daily at 11am
Daily Happy Hour 3-6pm

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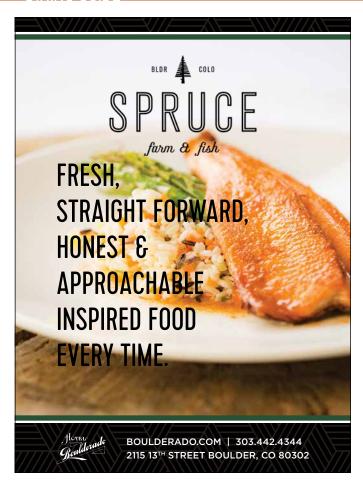
1136 Pearl St. Boulder, CO

f JapangoRestaurant

᠑ @JapangoSushi

BoulderJapango.com







from around the world. Start your meal with small plates such as Peruvian papas huancaina—a traditional dish of fingerling potatoes with hot peppers, egg, olives and aji-cotija cream. The global menu includes entrées like Tajik plov, a traditional dish of rice with carrots, onions, chickpeas, spices and grilled beef, and spicy Indonesian peanut noodles with rice noodles, carrots, broccoli cabbage, sprouts and a spicy peanut sauce. Indulge in a decadent dessert of apple butternut cobbler or a Manjar crêpe, deliciously filled with chocolate pastry cream and brûléed banana. Enjoy a selection of more than 100 premium loose-leaf teas, gourmet coffees, chai, beer, wine and cockails. Reservations required for traditional afternoon tea. In-house and off-site catering available. Open for breakfast, lunch, teatime and dinner daily from 8am-9pm. Serving brunch on weekends. >Please see ad on page 145.

FRENCH

BRASSERIE TEN TEN

1011 Walnut St. | Boulder | 303-998-1010 | www.brasserietenten.com



Experience inspired cuisine from all regions of France. Start with hors d'oeuvres such as beef tartare or a bowl of steaming mussels. Lunch features sandwiches

including the croque madame and French dip. Signature salads include a niçoise with ahi tuna and the simple salad with miso vinaigrette. Entrées include steak frites, classic poulet en brique and traditional bouillabaisse from Marseille. The weekend brunch includes eggs Benedict, house-made waffles and freshly baked croissants. Happy-hour selections range from \$3-\$9 and feature oysters on the half shell, a variety of sliders, crêpes, and charcuterie and fromage. Enjoy a Kir Royale for happy hour, or a selection of wine and draft beers. Desserts made fresh by the Mediterranean bakery include petit gâteau, tarte au citron and an assortment of French macarons. Open for dinner Mon-Thurs 4-10pm, Fri-Sat 4-11pm and Sun 4-9pm; lunch Mon-Fri 11am-4pm. Happy hour daily 3-6:30pm; brunch Sat-Sun 9am-3pm. Downtown parking validated. >Please see ad on page 137.

AMERICAN

BUSEY BREWS

70 E. First St. | Nederland | 1-855-NED-BREW | www.buseybrews.com



Locally owned and operated, Busey Brews is a great stop for tasty brews and eats with seasonal specials and live entertainment. The ambience is warm and family friendly, while the beer is cold and locally brewed. Try the bold flavor of the imperial

red ale known as Phantom of the Busey, made by Busey Brews and Phantom Canyon. Pair it with an appetizer like the house-smoked wings, made with Ned dry rub and a choice of sauces. The St. Louis-style pork ribs are also becoming a fast favorite — they're dry rubbed with delicious spices, glazed, smoked to perfection, and served with two sides like savory pork beans or creamy mac 'n cheese. All the meat is smoked in small batches to ensure freshness. Vegetarian options are also available, along with wine, cockails and a wide variety of non-alcoholic beverages. Enjoy happy hour food and drink specials Mon-Fri from 3-6pm, Saturday afternoon après-ski music during the ski season, and live trivia every Thursday at 7pm. Check Facebook and Instagram for other event listings. Open Sun-Thurs 11am-8pm and Fri-Sat 11am-9pm. Discounts for Ikon and Eldora pass holders. >Please see ad on page 129.

AMERICAN

CHAUTAUQUA DINING HALL

900 Baseline Road | Boulder | 303-440-3776 | www.chautauqua.com



Located within the Colorado Chautauqua National Historic Park, the Chautauqua Dining Hall has been a Boulder tradition since 1898. Enjoy Boulder's most scenic outdoor dining experience on the Dining Hall's expansive wrap-

around porch with its timeless mountain and park views. Begin your meal with a charcuterie board of cured meats, local artisan cheese, pickled vegetables and grilled sourdough. Or try the very popular crispy Brussels sprouts with Peppadew chile and preserved lemon tossed in an agrodolce sauce. For an entrée, choose from menu items such as the Big Country Salad with a romaine heart, fried chicken, cornbread croutons, tomato, bacon and blue cheese with buttermilk ranch, or the delicious Bison Bistro Burger with creamy Brie, caramelized onions, arugula and fig jam atop a brioche bun. Finish the meal with a seasonal cobbler, served à la mode with house-made vanilla ice cream. Full-service bar with local beer, wine and spirits. Open yearround Mon-Sun 8am-close. Brunch served daily 8am-3pm. Happy hour 3-6pm. Dinner 5pm-close. For reservations call 303-440-3776 or email reservations@chautauquadininghall.com. >Please see ad on page 145.





BRUNCH SATURDAY & SUNDAY 9AM-3PM HAPPY HOUR

7 DAYS A WEEK

3-6:30PM

LUNCH MONDAY-FRIDAY IIAM-4PM DINNER NIGHTLY AT 4PM

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RESERVATIONS ONLINE AT BRASSERIETENTEN.COM DOWNTOWN PARKING VALIDATED

PACIFIC RIM

CHIMERA PACIFIC RIM CUISINE & LOUNGE

2014 10th St. | Boulder | 720-580-1100 | www.chimera.restaurant



Chimera is an expression of flavors from around the Pacific Rim. Its chefs focus on creating dishes that are deeply rooted in their origin, but presented with modern creativity and sensibility. The casual yet elegant dining room, lounge and patio have beautiful Flatirons views. Start your experience with exotic tiki cocktails, expertly selected wines and beers, or the extensive selection of elegant chilled saké. Next, try the hamachi crudo with yuzu ponzu, Taiwanese pork belly bao, or handmade Shanghai xiao long bao filled with crab meat and pork. For ramen fanatics, go for the signature Chimera Ramen with house-made ramen noodles, rich

broth, braised pork belly, marinated soft egg, lobster-buttered corn and mayu. For a taste of Korea, try the bulgogi Korean BBQ of thinly sliced, marinated rib-eye steak or sundubu hotpot filled with seafood and silky soft tofu. Finish your culinary travel with the big fortune cookie served with green tea Chantilly cream, yuzu curd, and chocolate or red bean mousse. Open for lunch 11:30am-2pm Mon-Fri, happy hour 4-6pm daily and dinner 4-10pm daily. >Please see ad on page 151.

AMERICAN

THE CORNER BAR

2115 13th St. | inside Hotel Boulderado | Boulder | 303-442-4880 www.boulderado.com/dining/the-corner-bar



Friends, locals, travelers, professionals and more belly up to the bar at Boulder's people-watching corner. Located inside Hotel Boulderado on the corner of Spruce and 13th streets, The Corner Bar is the ideal location for a quick lunch, a lively happy hour, a great late-night meal or the perfectly poured martini. The Corner Bar is well-known throughout the city as the place to soak up the sun on its beautiful, sprawling patio in the prime of summer or cheer on the Buffs inside its warm, cordial pub in the throes of winter. A wide variety of local craft beers, including a rotating tap, plus an exclusive selection of local spirits, guarantees guests will enjoy a

truly Boulder experience. Open daily from 11am-midnight, with happy hour daily from 3-6pm. >Please see ad on page 144.



HEAT IT UP!

Ignite your culinary flame - if you dare - with Chimera's spicy red ramen.

720.893.9443

AMERICAN

THE GREENBRIAR INN

8735 N. Foothills Highway (U.S. Highway 36) at Lefthand Canyon Drive | Boulder | 303-440-7979 | www.greenbriarinn.com

303.536.5182



Nestled at the foot of the Rocky Mountains, The Greenbriar Inn is an elegant restaurant, tavern and private event space located in the north Boulder countryside. The surrounding 20 acres features two ponds, striking woodland and thriving produce, herb and flower gardens. The cuisine focuses on seasonal American classics and is complemented by a 900-label, awardwinning wine cellar. Menu items include chilled oysters on the half shell, oven-baked escargot,



720.398.6823



burrata caprese salad, Caesar salad prepared tableside, beef Wellington, panseared diver scallops, roasted duck breast, Colorado lamb loin chop, and house-made mushroom gnocchi. In the bar, enjoy the Bavarian burger, prosciutto and arugula pizza, and crispy Sicilian eggplant. Decadent desserts include Valrhona chocolate flourless cake, butterscotch mousse parfait, warm seasonal galette for two, and bananas Foster prepared tableside. Open for dinner Tues-Sun 5:30-9:30pm; patio and bar menu Tues-Sun 5pm-close; happy hour 5-7pm; Champagne brunch Sunday 10am-1pm. Closed Mondays. >Please see ad on page 140.

JAPANESE

HAPA SUSHI GRILL & SAKE BAR

1117 Pearl St. | Boulder | 303-473-4730 www.hapasushi.com



Step into Hapa Sushi Grill & Sake Bar and enter a distinctive atmosphere where Tokyo meets New York. Hapa is for sushi and nonsushi lovers alike. Appetizers include tuna taro poke (tuna, salmon, or yellowtail poke

over a seared taro cake, with cucumbers and yuzu sour cream) and Wagyu bao buns (steamed bao buns, Wagyu beef, pickled daikon and carrot, cucumber, Sriracha hoisin and kimchi). Entrées include the Bonfire Bowl (shrimp tempura, California mix, spicy tuna, cucumber, avocado, tempura asparagus, Sriracha aioli, tempura crunch, slaw and sweet soy), and the Booty Call Roll (whole lobster tail over a roll filled with snow crab salad, tempura asparagus and shiso, drizzled with a garlic sake butter). More than 44 types of nigiri sushi—including vegetarian—and 50 types of sushi rolls are available. Luscious desserts, like banana bread pudding with a bourbon caramel sauce or mochi ice cream, complete your meal. Hapa features more than 40 different sakes, an extensive wine list and Hapa's own rice beer. Open Sun-Wed 11am-10pm, Thurs-Sat 11am-midnight. >Please see ad on page 138.

JAPANESE

JAPANGO SUSHI RESTAURANT

1136 Pearl St. | on Pearl Street Mall Boulder | 303-938-0330 www.boulderjapango.com



Japango, located in a historic landmark building in the heart of downtown Boulder, has been the go-to destination for exceptional sushi and globally influenced Japanese food for more than 19 years. The popular restaurant includes an inviting bar and lounge area (with a jellyfish tank), a community table and outdoor

patio seating right on the Pearl Street Mall. A back patio bar with a fireplace welcomes the outdoor happy-hour crowd year-round. In addition to a thoughtfully curated menu of cocktails, mocktails and wine, Japango offers the largest selection of sake in Boulder and an extensive selection of Japanese whiskey and bourbons. With master chef Iwasa Yukiji at the helm, you're guaranteed to find something delicious to eat. Japango is Boulder's choice for a quick lunch, a relaxing dinner for two, a night out with family or friends, some late-night fun or all of the above. Open for lunch, afternoon happy hour and dinner from 11am-10pm Sun-Thurs and 11am-midnight Fri-Sat. Late-night happy hour with DJ Fri-Sat nights until 12am. >Please see ad on page 135.

MEXICAN

JEFES TACOS & TEQUILA

246 Main St. | Longmont | 303-827-3790 www.jefeslongmont.com



With surfing competitions on the TVs and hip-hop on the sound system, Jefes is not your average taco joint. Embrace the unexpected, starting with carne asada fries—crispy, hand-cut fries smothered in Jefes' famous queso blanco, grilled Buckner Family steak, guacamole,

pico de gallo and Mexican crema. The ceviche appetizer features wild-caught

JEFES continued on page 144













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8735 North Foothills Highway, Boulder | greenbriarinn.com | 303.440.7979



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without pretension

Babettes specializes in house-made baked goods, pizza and small plates

Babettes Pizza & Pane is a Longmont world-class neighborhood hangout

BY KATE JONUSKA



For its first five years, Babettes was a tiny operation that made huge waves. Bon Appétit singled out their pastry as one of the magazine's "Best Food We Ate This Year" in 2015, and Thrillist rated Babettes as one of the 21 best bakeries in America. Big achievements for an operation with mostly two employees: its co-owners Catherine and Steve Scott, baking and selling out of The Source Hotel and Market Hall in Denver.

Of those first years, "It was a wild time. We were busy right from the gun," says Steve, the baker of the duo, who describes The Source as a great launching pad, but also a tight, concrete jungle. "It was just Catherine and myself, no cash register, so really what a café boulangerie would have looked like seventy or eighty years ago."

This passion-driven culinary couple has now put down roots as Babettes Pizza & Pane in Longmont's Prospect neighborhood, where they preside over an expanded and beautifully outfitted bakery, a spacious dining room with two sunny walls of windows and a rooftop for outdoor dining.

"I remember one of the first weeks we were here, some kids came up on their scooters at seven on a Friday morning to get a pistachio pastry for one of their moms because it was her birthday," says Catherine, whose first career as an architect explains Babettes' stylish, polished décor. "I loved that. It's such an ideal neighborhood where people are out and about, and we have a lot of regulars who mean a lot to us."

The bakery boasts several varieties of Steve's famous bread. As a baker, he's passionate about perfecting fermentation, pushing hydration and creating caramelized crusts thick with flavor. Babettes' pastries and the ever-popular chocolate cakes bring in repeat customers from Denver, Boulder and beyond.

The restaurant's centerpiece is a beautiful, butcher-block community table on which Steve once shaped bread for many years at a past job, and a gorgeous wood-fired pizza oven heats the entire area. The space is not only welcoming but symbolic.

"This table has seen hundreds of thousands of loaves of bread shaped on it, and I thought it would be a really cool addition to what we're doing here," says Steve, who explains the name Babettes has always conjured his perfect café environment. "We're about fresh cooking, country cooking and cooking for all the right reasons. We try to be unpretentious. Just come in, leave the cooking to us and have a nice time."

The Scotts are certainly having as much fun crafting the menu of their pizzeria as they did in the early years of the bakery. Fermented to perfection, the dough is paramount and is the backbone of Babettes' roster of classic pizzas, including both red and white pies as well as a daily special. Most exciting, though, are the small plates, which are an ever-changing selection of inspired dishes — sometimes protein-centered, but more often highlighting fresh vegetables from nearby Boulder County suppliers like Oxford Gardens, Ollin Farms and Kingdom Come Mushrooms.

"We're definitely moving more in a vegetable-driven direction with the small plates, following our inspiration, which keeps us very excited," says Steve, who documents these daily specials on Babettes' Instagram account (@babettesartisan) and on their website. Recent favorites have included duck confit with puttanesca, roast artichoke with smoked burrata, and radicchio with andouille vinaigrette.

"I love that we can sit and eat dinner here, that it's healthy and wholesome and different every day. I love seeing all the new ideas he's coming up with," says Catherine. "And being able to mingle with people in the restaurant — that's been great. It's a whole new relationship with our customers, and that's what we love about this business."



Babettes owners Catherine and Steve Scott.

BABETTES PIZZA & PANE

2030 Ionosphere St., Suite G, Longmont 720-204-7420 www.babettesbakery.com Bakery hours Tues. 7 a.m. – 6 p.m. Wed. – Sun. 7 a.m. – 9 p.m. Pizza parlor hours Wed. – Fri. 3 – 9 p.m. Sat. – Sun. 11 a.m. – 9 p.m. Happy hour Wed. – Fri. 3 – 5 p.m.

JEFES continued from page 140

Pacific snapper and shrimp "cooked" in lime juice and sweet red peppers with pico de gallo and guacamole, served with tostadas. Take your pick of award-winning tacos, like the Squashacado-diced butternut squash roasted in Mexican spices with fresh avocado, cilantro crema, pico de gallo and sunflower seeds, or the Jefes Discada with bacon, steak, chorizo, pork shoulder braised with jalapeño, onion and tomato, topped with sweet onion, cilantro and lime. Choose from more than 100 tequilas and mezcals, and desserts like churros and vegan ice cream sandwiches. One more reason to love Jefes: They donate 10% of all profits to Young Life, a faith-based mentoring program for junior high and high school students. Happy hour daily from 3-5pm and \$2 tacos on Taco Tuesday. Open Sun-Thurs 11am-9pm and Fri-Sat 11am-10pm. >Please see ad on page 139.

AMERICAN

JILL'S RESTAURANT 900 Walnut St. | Boulder | 720-406-7399 www.stjulien.com/dining

Jill's

Located inside Boulder's fourstar, four-diamond St Julien Hotel & Spa, Jill's Restaurant features an award-winning wine list complemented by a variety of unique dining experi-

ences, including seasonal tasting menus, tableside service, an extensive Sunday brunch and a weekday French "Ooh Là Là" lunch buffet. Every Friday the lunch is entirely vegan, and every Monday night, guests have the option of

a vegan tasting dinner for \$29.95 that includes a complimentary glass of wine. Jill's Restaurant is home to a full bar, an outdoor patio and one of the city's most beautiful private dining rooms, the Honey Onyx room. The adjacent T-Zero Lounge, one of Boulder's more upscale night spots, makes for a convenient after-dinner stop. Both locations also offer one of Boulder's top happy hours, with many cocktails that feature liquors from local distillers and herbs from the hotel's on-site garden. Saturdays at St Julien are marked by a contemporary afternoon tea service, featuring Flatirons views, teas from Tea Forté and a selection of seasonally inspired delicacies, all complemented by the sounds of a cello player. Open daily 6am-10pm. >Please see ad on page 9.

NEPALI/INDIAN

KATHMANDU

1964 28th St. | Boulder | 303-422-6868 110 N. Jefferson St. | Nederland | 303-258-1169 www.kathmandurestaurant.us

Kathmandu Restaurant

A family-owned Nederland original since 1999, Kathmandu serves healthy, authentic Nepali and Indian cuisine. For a real treat,

order a delicious homemade chai tea, served hot or cold. The lunch buffet, served daily from 11am-3pm in the Nederland location, is a perfect choice after skiing or snowboarding. The full menu is served all day, and Kathmandu features a full bar with 10 beers on tap, including imports from China and India as well as local micro-



TAKE A

Hit the buffet at Kathmandu to sample everything including Broccoli Manchurian! Yum!





Tandoori Grill Mango Margarita

3 parts sour mix 2 parts reposado tequila 1 part Cointreau 2 parts mango pulp Blend ingredients ENJOY!



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Over 100 premium teas from around the world. 1770 13th Street, Boulder | 303-442-4993 www.boulderteahouse.com Open for breakfast, lunch, dinner, weekend brunch & afternoon tea, seven days a week. brews. Order from an extensive wine list or try a homemade mango margarita. Enjoy the beauty of the Indian Peaks from the outdoor patio while dining on traditional ethnic cuisine. Wi-Fi is available, and be sure to visit the shops at Kathmandu Plaza next door. A second location in Boulder offers the same high standards—everything is made in-house from scratch, and there are many vegan, vegetarian and gluten-free options available. Daily lunch buffet 11am-3pm and daily dinner buffet 5-9:30pm at the Boulder location. Open Sun-Thurs 11am-9:00pm and Fri and Sat 11am-9:30pm at both locations. Door Dash and Hungry Buff delivery available in Boulder. >Please see ad on page 129.

AMERICAN

LICENSE NO. 1

2115 13th St. | inside Hotel Boulderado | Boulder | 303-443-0486 www.boulderado.com/dining/license-no-1



License No. 1, with its smoldering speakeasy style, serves up some of the best cocktails in the city. Specializing in classic cocktails from the prohibition era as well as modern favorites, their menu also offers a wide selection of popu-

lar spirits, a select wine list and a locally driven 20-tap beer list. Entertainment offerings include live music Thurs-Sun, open mic nights every Monday, comedy night once a month, as well as a pool table, dual dart boards, skee ball, a juke box and a photobooth. Dining options are readily available as the bar offers menus from both Spruce Farm & Fish and The Corner Bar. Open daily from 5pm-close with happy hour daily from 5-7pm. >Please see ad on Back Cover.

AMERICAN/BBQ

LULU'S BBQ

701-B Main St. | Louisville | 720-583-1789 www.lulus-bbq.com



LuLu's is relaxed, casual and family-friendly, and if the weather is nice, open-air seating adds to the experience. Start with dry-rubbed smoked wings, fried pickle spears or sweet potato cheese tots with dipping sauce. Then get your smoked BBQ meat of choice on a platter with two of the 12 available sides, like beans, coleslaw, corn bread or fried okra, or in a sandwich on a homemade bun. Meats include chicken, ribs, pulled pork, beef brisket, smoked sausage and—daily while available—burnt ends. Finish your meal on a sweet note with a cornbread sundae with raspberry sauce, or a fudge brownie topped with ice cream. Full bar, eight TVs, patio games, catering. Daily happy hour 3-6pm with food and drink specials. Open Sun-Thurs 11am-9pm and Fri-Sat 11am-10pm. >Please see ad on this page.

MEDITERRANEAN

MEDITERRANEAN RESTAURANT

1002 Walnut St. | Boulder | 303-444-5335 www.themedboulder.com



Explore the Mediterranean region with "The Med's" cuisine, adopted from Spain, Italy, Greece and more. Try a wide selection of tapas, like gambas a la plancha, pork and ricotta meatballs, and patatas bravas. Enjoy classic Italian pizzas from the woodburning oven imported from Modena, Italy. Try the traditional Margherita pizza or the spicy

Calabria. For lunch, enjoy the Greek sampler salad or the panino di pesto on house-made focaccia. Dinner entrées include favorites like paella Valenciana, tonno alla peperonata and ravioli alla Raimondo. The in-house bakery provides fresh-baked artisan breads daily, such as olive, sourdough and focaccia, as well as pastries like the seasonal berry tart and Swiss palme chocolate gâteau. Happy hour daily from 3-6:30pm, and late night happy hour starting at 9pm features discounted tapas and \$1 off draft beers, \$5.50 wines and well drinks, \$5.25 sangria and house margaritas, and well martinis for \$6.75. The extensive wine list has more than 25 wines by the glass. Open for lunch Mon-Sun 11am-4pm, dinner Mon-Thurs 4-10pm, Fri-Sat 4-11pm and Sun 4-9pm. Downtown parking validated. >Please see ad on page 141.





Solid Ground

A decade into business together, a local couple's café evolves as Louisville grows

BY SARAH PROTZMAN HOWLETT



When Patrick and Azadeh Walsh were a new couple, Patrick got the bug to start a business on Louisville's Main Street in one of the buildings his parents had bought a few years prior. Azadeh, who had recently immigrated from Iran, recalls phoning her father back in Tehran, asking him to borrow \$3,000 so she could open a candy store with her then-boyfriend. "My dad thought it was unusual," she says, "but he loaned me the money anyway."

The candy store concept only lasted a couple months before the couple ventured into coffee and moved next door, to Bittersweet Café's current location at 836 Main St., about nine years ago. With the town's population of roughly 19,000 — it is estimated at over 21,000 today — many Louisville retailers struggled to stay afloat. Nevertheless, the Walshes rolled up their sleeves and gutted

the space, which had been a combination bead shop and massage studio. Above a drop ceiling, they discovered beautiful architectural details, such as a medallion they've now highlighted with the addition of a chandelier. They also laid some 25,000 bricks around the exterior by hand, Patrick says.

Patrick is a Boulder native who has also spent time in California, but his earliest memories include living in CU student housing with his parents. Azadeh immigrated in 2008 to study English at CU and met Patrick through her brother, Ashkan Anga, part owner of Trident coffee shop in Boulder and a high school friend of Patrick.

Azadeh endured a six-vear wait to receive a visa to enter the U.S. Her English was passable at best, she says, when she finally arrived, and credits her ability to catch on quickly to her barista jobs at the now-defunct Page Two Café in Gunbarrel and Caffè Sole in Boulder. where her brother was manager. Azadeh didn't like coffee then (don't worry - she does now), but she loved the people aspect of the job. "Azadeh and I are both extroverts, so engaging with people comes naturally," her brother Ashkan says. "She's a hard worker and very determined, and our stories speak greatly about our nation, that anybody can come in no matter where you come from and live the American dream."

To build their own American dream, the Walshes gave away free coffee on







the street. Today, although the couple says margins are thin, locals flock to the cozy café. "It never really slows down here," Patrick says, adding that the Louisville Street Faire was an early boon to foot traffic. The café offers a full range of sandwiches, salads, soups, pastries and more, with everything made in-house from an unassuming bakery space in the café's basement. Their coffee roaster is in a building directly behind Bittersweet. The Walshes also own /pôr/ Wine House and say juggling the businesses works largely because of their hardworking staff. While employee retention can be difficult in the notoriously high-turnover restaurant industry, Patrick says he and Azadeh have been pretty lucky.

"Once you get a core of good people," Patrick says, "it makes it easier to entice more good people." (On the day of this interview, one of their former employees was returning to work for them after a stint in Thailand.)

The Walshes, who are parents to a 3-year-old and a 6-year-old, believe being visible in the café and in the community are important to running a successful local business. "We know our customers and their kids," Patrick says. "We see them every day." The family loves Louisville and being part of a growing, yet tight-knit, town. "Louisville reminds me of what Boulder used to be like," he says. "There's a small-town feel in this community."



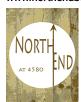
BITTERSWEET CAFE & CONFECTIONS

836 Main St., Louisville 303-317-5522 www.bittersweetcafes.com Sun.-Thurs. 6:30 a.m.-6 p.m. Fri.-Sat. 6:30 a.m.-8 p.m.

AMERICAN

NORTH END AT 4580

4580 Broadway, Unit #D-1 | Boulder | 303-448-1500 www.northendboulder.com



North End at 4580, with views of the foothills, is a contemporary American bistro focusing on the freshest ingredients, with simple preparations executed flawlessly. From burgers to grilled calamari to grilled lamb chops, North End at 4580 has added tantalizing new dishes while retaining old favorites like the bacon-wrapped dates. A rotating selection of original handcrafted cocktails complements a notable wine list and local craft beers, all at affordable prices. Known for providing exceptional food and service while accommodating diners with food sensitivities (especially gluten and dairy), North End is perfect for spe-

cial occasions or for everyday dinners with family and friends. On sunny days, enjoy your meal out on the dog-friendly patio. The new lunch menu is ideal for a casual business lunch, and if you need a place for a private party, this bistro can accommodate 20 to 60 people. The staff will work with any budget. Open for lunch Tues-Fri 11am-2pm and dinner Tues-Sat starting at 5pm. Bar opens at 4pm Tues-Sat. Closed Sunday and Monday except on special occasions. >Please see ad on page 147.

AMERICAN

ORGANIC SANDWICH COMPANY

1500 Pearl St., Suite F | Boulder | 720-639-3986 459 S. McCaslin Blvd. | Louisville | 720-598-5931 www.organicsandwichcompany.com



Organic Sandwich Company's two beautiful locations are open for guests in need of a quick bite for breakfast, lunch or an early dinner. Feel good about treating yourself to a hearty Turkey and Bacon Jam decked out with house-made bacon jam, roasted turkey, tomatoes, romaine and avocado aioli on a perfectly baked and salted pretzel loaf because every last morsel is made from good, whole

food. Vegetarians will find creative menu options like the Spicy Veggie, a perfect balance of house-made spicy giardiniera, aged white cheddar, caramelized onions, tomatoes, avocado and freshly cut pea shoots. Vegans and the gluten-averse will find plenty to tickle their fancy; try the Beetnik with roasted red and golden beets and house-made almond feta on a gluten-free demi baguette. Open daily at 8am for breakfast, lunch and an early dinner. Closing hours vary by location. Delivery and catering are available. >Please see ad on page 136.

JAPANESE

OSAKA'S

2460 Canyon Blvd, Suite 1 | Boulder | 720-398-9115 www.osakasrestaurant.com



The Osaka's Boulder boasts traditional Japanese design and authentic recipes, juxtaposed with modern innovation and state-of the-art hospitality. Currently the only restaurant in the

U.S. to utilize the Noodoe on-call system, Osaka's guests can remotely inform servers of their needs for a more convenient dining experience. Begin with an Obanzai Set—an everyday dish made with seasonal vegetables and dashi; the Hana Shumai—flower-shaped pork and vegetable dumplings; or Agedashi Tofu—fried tofu with dashi-based sauce. For the main course, try the Okonomiyaki—a savory pancake made with a combination of wheat flour, eggs and crunchy cabbage; the tempura combo—tempura shrimp and seasonal vegetables; or a combination of three sliders. Osaka's has a wide range of refreshments to complement your meal, including Japanese sake, sho-chu and whiskey. Finish on a sweet note with a made-to-order waffle topped with red beans, shiratama, whipped cream and matcha powder, or Japanese pudding. Happy hour runs Mon-Fri 4:30-6pm and includes a wide variety of drinks and small plates. Open for lunch Mon-Fri 11am-2:30pm and Saturday noon-3:30pm. Dinner Mon-Fri 4:30-9pm and Saturday 5-9pm. Closed Sunday. >Please see ad on page 152.

WINE BAR

/PÔR/ WINE HOUSE

701 Main St. | Louisville | 720-666-1386 | www.porwine.com



With a vast wine selection, craft beer hand-selected from local breweries and craft cocktails made from scratch, /pôr/ has established itself as the go-to venue for an elevated night out in downtown Louisville. There is something for everyone, including a vast array of exceptional spirits, handcrafted cocktails and of course, wine. From house-infused

bourbons to smoked Old Fashioneds and Moscow mules, every cocktail is crafted with care by expert bartenders. Be sure to peruse the menu for small bites and shared plates such as bacon-wrapped dates, spicy ahi tuna nachos and blistered shishito peppers. The menu also features a variety of sliders, pizzettas and street tacos. The rotating dessert menu is crafted by the pastry chef at their sister restaurant just down Main Street, Bittersweet Café & Confections. Everything is freshly made from scratch, with gluten-free and vegan options available. Join them for happy hour every day from 3-6pm (all day Sunday) featuring \$5 wine and beer and \$2 off craft cocktails, as well as a selection of



The quintessential speakeasy cocktail has got to be the Old Fashioned. License No. 1's recipe has that take-your-breath-away stiffness that gives way to a sweet finish and warms you from the inside out. Invented in Louisville, Kentucky, in 1880, it's perfect for a chilly winter eve whether you're out for a celebration with friends or snuggled up by the fireplace at home after a long ski weekend.

Ingredients

Bordeaux cherries, lemon peel, and orange peel, to taste

¼ oz. simple syrup 4–5 dashes Angostura bitters 2 oz. Buffalo Trace Bourbon Ice cubes

Large ice cube

Directions

- 1. Muddle cherries and lemon peel in a mixing glass.
- 2. Add simple syrup, bourbon, bitters, and ice cubes.
- Stir ingredients.
- 4. Strain over large ice cube in a rocks glass.
- 5. Garnish with cherry and orange peel.

SERVE!





small bites starting at \$5. Late-night happy hour Fri-Sat 10pm-midnight. Open Mon-Thurs 3-10pm, Fri-Sat 11am-midnight and Sunday 11am-9pm. >Please see ad on page 159.

ETHIOPIAN

RAS KASSA'S ETHIOPIAN RESTAURANT 802 S. Public Road | Lafayette | 303-604-6885 www.raskassas.com



Ras Kassa's offers an authentic taste of Ethiopia, with traditional meat, vegetarian, vegan

and gluten-free dishes, all served with crêpe-like sourdough bread called injera. Everything is handmade from traditional recipes. Warm, friendly atmosphere with traditional décor and a romantic patio. Enjoy scrumptious appetizers like spiced goat cheese with housemade crackers or Golden Sambussa (vegetarian pastry filled with green lentils). Entrées include delectable meat dishes like Yabeg Alecha (lamb stew), Doro Wat (chicken breast sautéed with Ethiopian herbs and spices) and Kitfo Ba Aib (steak tartare served with cheese and collard greens). For vegetarian options, try the Kik Alecha (yellow split pea stew), Engudai (exotic mushrooms sautéed with African red wine) or Yemsir Wot (spicy organic red lentils made with a classic Ethiopian spice mix). Pair your meal with a traditional libation from their extensive list of African beers, wines and specialty cocktails. Satisfy your sweet tooth with a dessert of housemade chocolate cake, baklava or vegan, gluten-free cookies. Open 11am-9pm daily. >Please see ad on page 89.

AMERICAN

THE ROOST

526 Main St. | Longmont | 303-827-3380 www.theroostlongmont.com



The Roost is a local favorite with its fun atmosphere, two rooftop patios and seven big-screen TVs to ensure you'll catch all the games. Start with the Bangin' Cauliflower (highlighted on Food Network) fried in crispy rice flour

tempura and tossed in a citrus-Sriracha sauce. The beef totchos feature Rooster Tots smothered in chipotle queso, Buckner Family beef, guacamole and pico de gallo. For your entrée, try steak frites with candied bacon and brown butter sauce or the grilled ahi torta-grillseared rare tuna with guacamole, roasted green chile, pico de gallo, chipotle aioli and fresh cabbage with cilantro-lime crema on talera bread. For dessert, indulge in the bourbon s'mores mousse or a slice of warm carrot cake with cream cheese frosting, candied pecans, house caramel sauce and vanilla ice cream. Your delicious meal will also support a great cause, as The Roost donates 10% of all profits to help families in the process of adoption. Enjoy live music Fri-Sat at 8:30pm with no cover, BOGO deals on Whiskey Wednesday with more than 100 whiskey options, and happy hour Sun-Thurs 3-6pm. Open Sun-Thurs 11am-9pm and Fri-Sat 11am-11pm. >Please see ad on page 139.

INTERNATIONAL

SMOKIN BOWLS

449 Main St. | Longmont | 720-815-2875 www.smokinbowlsrestaurant.com

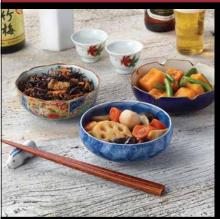


Find fast, fresh fare from around the world at Smokin Bowls, a new Longmont eatery with an emphasis on high-quality, local ingredients. For a light meal, try the daily cereal bowl, or an açaí bowl with açaí berry puree, organic hemp



TOTS, A FAN FAVE!

What's not to love about tater tots? Get 'em topped six ways including "totcho"style at The Roost.







HOURS Mon-Fri 11am-2:30pm, 4:30-9pm Sat 12-3:30pm, 5-9pm Sun Closed

> 2460 Canyon Blvd. osakasrestaurant.com 720-398-9115











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OKONO

Meet the new Japanese comfort food at Osaka's | BY KATE JONUSKA

Restaurant owner Koji Tamura isn't surprised many Americans are intimidated to pronounce *okonomiyaki* (o-kono-mi-yaki) for the first time. After all, sushi and ramen were foreign and unfamiliar words to Americans not so long ago in culinary time, and today they roll off the tongue and are sold in every city. He would be surprised, on the other hand, if it took more than one experience with the okonomiyaki at his restaurant, Osaka's, to hook Boulder County foodies on these unique Japanese griddle cakes.

"When people visit Japan, okonomiyaki is something they usually taste at least once," says Tamura, who



Koji and Mari Tamura

operates the restaurant with the help of his wife, Mari, and their daughter, Tomoko. "Among the top 10 favorite foods in Japan, okonomiyaki is usually four or five, but no one here knows it."

Okonomiyaki are savory vegetable pancakes — traditionally composed of wheat flour, eggs and crunchy cabbage, and are one of Tamura's favorite foods, as well as a notable specialty of his hometown, Osaka. He first cooked okonomiyaki for Americans in 1972 when studying electrical engineering in the States. His fellow students latched onto the comfort food immediately and sparked Tamura's idea of opening a restaurant in America. Almost 50 years and a successful career in engineering later, that dream came true when Osaka's opened in Boulder in 2018.

"Once people try the food, they love it. Forty-eight years ago, I suspected that. In Japan, it's such a popular food," says Tamura, who might be new to the American dining scene, but opened his first successful restaurant

in Japan, near Osaka, in 2014. That enterprise is a big hit, but his dream was always to reach the U.S. market.

He's proud to call Osaka's in Boulder his American flagship location. Serving lunch and dinner, the menu offers traditional okonomiyaki cakes, served sizzling and topped with your choice of pork belly, veggies, beef or seafood. The restaurant also serves okonomiyaki rethought as Osaka Burgers. These more casual dishes use small okonomiyaki as buns for the sandwiched filling of your choice, whether that's something traditional, like sukiyaki or teriyaki, or a creative crossover such as three-mushroom or popcorn shrimp.

Much like a burger, the magic of Osaka's okonomiyaki and its Osaka Burgers lies not in the separate parts but in the combinations of flavors, or as Tamura says, "It's the bite all together that's amazing." The American Osaka Burger, for instance, sandwiches crispy bacon, fried egg, cheddar cheese and spicy chili mayo between those savory cakes to create an unexpected combination of American and Japanese flavors.

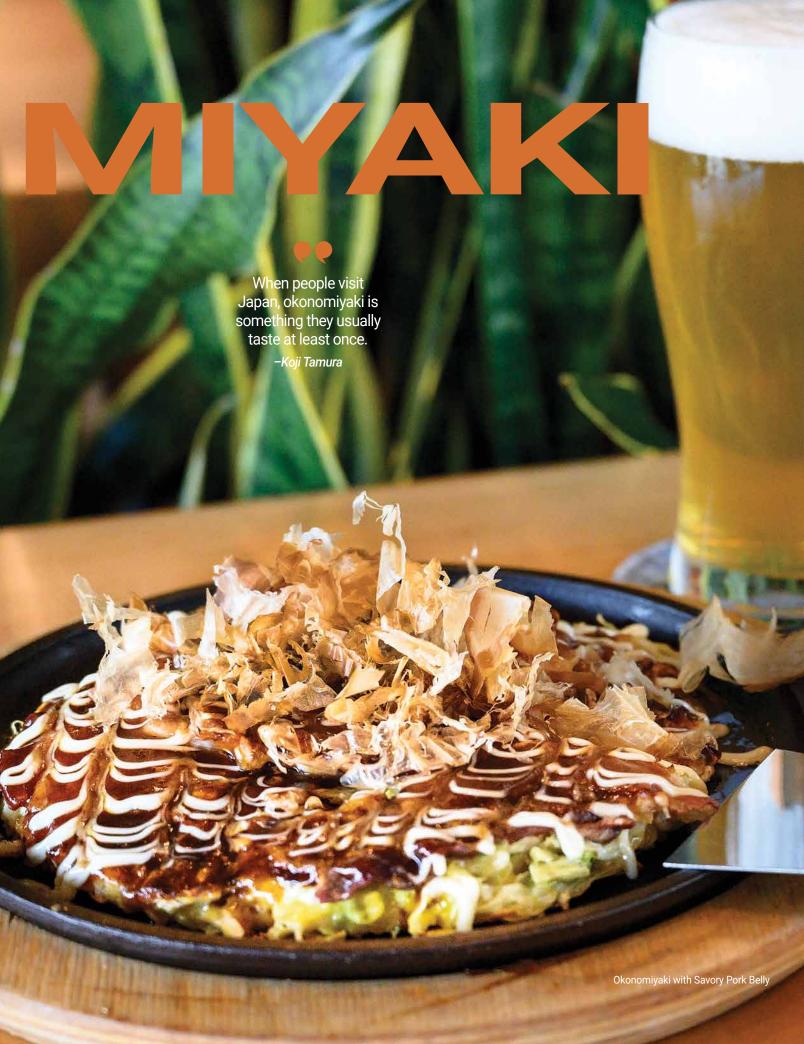
For his first U.S. location, Tamura took a cue from Boulder and decided to offer gluten-free, kale-based okonomiyaki in addition to cabbage — both for larger plates and burgers.

"Our customers never believed that cabbage could be cooked this way or that kale cooked this way could taste so good," says Tamura. "The most popular are the three Osaka Burger sliders. The small portions allow people to try three different tastes so they understand more about the food. They love it."

And Tamura loves his second career in okonomiyaki, which he foresees as spreading not only from Boulder through America, but throughout the world. In fact, the first Chinese location of Osaka's opens in Guangzhou at the end of 2019, followed by an Osaka's in Denver in 2020. In other words, sushi and ramen better look out for okonomiyaki — and restaurateur Koji Tamura! ■

OSAKA'S

2460 Canyon Blvd., Suite 1
(in The Village Shopping Center), Boulder
720-398-9115
www.osakasrestaurant.com
Lunch, Mon.-Fri. 11 a.m.-2:30 p.m.,
Sat. noon-3:30 p.m.,
Dinner, Mon.-Fri. 4:30-9 p.m.,
Sat. 5-9 p.m.,
Closed Sun.



hearts, banana, strawberry, blueberry, granola, coconut and honey. Dining with friends? Share an irresistible bowl of hand-cut cheese fries with Tagorashi spice mix. Travel to the tropics with the Hawaiian rice bowl, with wild yellowtail tuna, tobiko caviar, seaweed salad, edamame, cucumber, fresh basil and jalapeños. The BBQ mac & cheese bowl is another favorite, with smoked Buckner Family pork shoulder, white cheddar cheese sauce, fried onions and fresh jalapeños. Craving something sweet? Finish your meal with the brownie sundae bowl—warm Ghirardelli Triple Chocolate Brownie Bites topped with vanilla ice cream, house-made caramel and fudge sauces, fresh berries and orange-zest whipped cream. Most of the menu is gluten-free, and every dish can be made vegan upon request. Feel great about your meal because Smokin Bowls donates 10% of all profits directly to local nonprofit organizations. Open daily 11am-9pm. >Please see ad on page 139.

AMERICAN

SPRUCE FARM & FISH

2115 13th St. | inside Hotel Boulderado | Boulder | 303-442-4880 www.spruceboulderado.com



Fresh, straightforward, honest, approachable and inspired food every time. Always keeping with the seasons, Spruce Farm & Fish showcases the best our region and nature have to offer. From creative cuisine to familiar flavors, they strive to provide nothing but the freshest and most interesting dishes with exceptional service and at the best value. An extensive wine and beer selection from near and far and exquisite craft cocktails are also sure to please. Open for brunch from 6:30am-3pm and dinner from 5-10pm daily.

Happy hour specials available from 3-6pm daily include seasonal small plates and fresh cocktails. >Please see ad on page 136.

INDIAN/NEPALI/TIBETAN

TANDOORI GRILL

619 S. Broadway | Boulder | 303-543-7339 | www.tandoorigrillboulder.com



Tandoori Grill offers a casual dining experience featuring fine East Indian cuisine. For an appetizer, choose a vegetable samosa (a crispy pastry filled with a potato-and-pea mixture), vegetable pakoras (deepfried vegetables in chickpea batter), dal (lentil) soup, or keema naan

(bread stuffed with spicy ground lamb). Dinner entrées include chicken masala (grilled chicken in a rich,

BRUNCH |

9 AM - 2 PM

SAT & SUN

A LITTLE OF THIS, A LITTLE OF THAT

When you can't agree on one restaurant for dinner, a food hall might be the answer. These food-court-style establishments have been gaining popularity in larger cities, but don't expect a Sbarro or a Taco Bell inside. Instead, you'll find local, independent chefs offering gourmet dishes in a communal setting.

Boulder embraced this new trend with Rosetta Hall, which opened in October at 1109 Walnut St. The food vendors there are dishing up French, Mexican, Italian, West African, pan-Asian fare and more, with two bars serving local libations.

Rosetta Hall will have to share the spotlight come spring, when Avanti Food & Beverage is scheduled to open its second food hall at 1401 Pearl St. (find the original in Denver at 3200 Pecos St.).

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LUNCH

TUE-FRI

DINNER

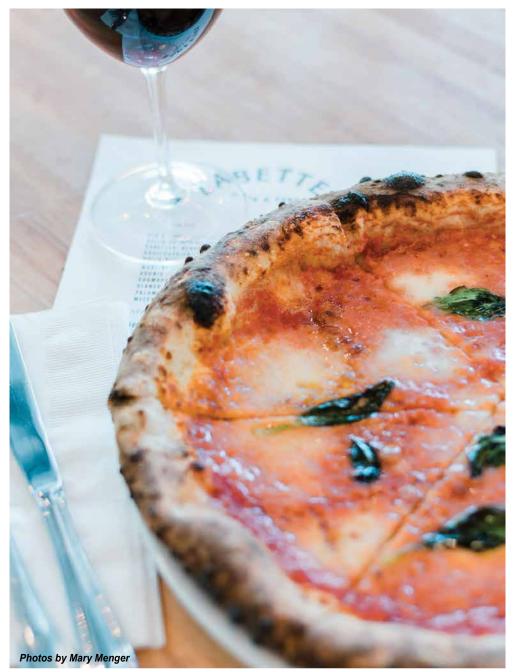
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2030 lonosphere Street, Unit G Longmont 80504 720-204-7420 Babettesbakery.com

















babettesartisan

creamy tomato gravy) and bengan bartha (roasted eggplant cooked with onions, tomatoes, herbs and spices). For a scrumptious finish, try kheer (Indian-style rice pudding with saffron and pistachios) or mango custard. Daily happy hour 5-6:30pm, half-price appetizers on Tuesday evenings and \$4 draughts on Thursdays. Be sure to also check out their South Boulder Speakeasy next door. Open for lunch Tues-Sun 11:30am-2:30pm, dinner Sunday, Tues-Thurs 5-9:30pm and Fri-Sat 5-10pm. Closed Monday. >Please see ad on page 153.

ITALIAN

VIA PERLA

901 Pearl St. | Boulder | 720-669-0100 | www.viaperla.com



A distinctive Italian dining experience located on the historic west end of Pearl Street, Via Perla proudly offers authentic flavors reminiscent of various regions in Italy. Blending traditional preparation methods with seasonal flavors, the results are delicious fresh pastas, including gnocchi al pomodoro from Tuscany, cacio e pepe from the Lazio region, and land

and sea offerings like bistecca Fiorentina from Tuscany, and various seafood and produce in the style of Sicily. Following the Italian tradition of seasonal produce as a priority, Via Perla designs dishes around fresh ingredients from the best local farms in Boulder County. The espresso, 250-bottle wine cellar, house-made biscotti, gelati and dolci all speak to Via Perla's strong Italian influence. Daily Merenda happy hour features 18 antipasti options, \$6 cocktails, \$4-\$6 tap beers, \$5 wine by the glass, and the Taste & Toast special includes one antipasti selection and a bottle of wine for only \$20. Open for lunch Mon-Sat 11am-3pm, Merenda happy hour daily 3-6:30pm, and dinner Mon-Thurs 4-10pm, Fri-Sat 4-11pm and Sun 4-9pm. Downtown parking validated. >Please see ad on page 133.

CHINESE

ZOE MA MA

2010 10th St. | Boulder | 303-545-6262 | www.zoemama.com



Come to Zoe Ma Ma and enjoy freshly prepared Chinese home cooking and street food inspired by Edwin Zoe's mother's signature dishes, prepared with love in the

open kitchen. Zoe Ma Ma features high-quality ingredients that include organic flour, cage-free eggs and all-natural meats. It's quality for your tummy and it's Ma Ma approved! The restaurant offers fresh, homemade egg noodles, potstickers, vegan dumplings, steamy buns (bao), goji berry rice cakes and green tea infused with fresh ginger. The menu is gluten-free and vegetarian friendly, and never includes MSG. Enjoy a beautiful view of the Flatirons from the patio with a Tsing Tao beer or a glass of Pacific Rim Riesling. Be sure to try the belly-warming Sichuan braised beef noodle (available Sun-Tues), and the roast duck wonton-noodle soup (available Fri-Sat). Open Sun-Thurs 11am-10pm and Fri-Sat 11am-11pm. When in Denver, visit the location at Union Station. >Please see ad on page 151.





HOT SAUCE RECIPE

Busey Brews has quickly become famous for their hot wings, which will send you to a state of culinary nirvana when eaten with this or one of their other house sauces.

Be sure not to touch your eyes while dealing with chilis, and those with sensitive skin should wear gloves.

Ingredients

3¼ cups habanero chiles, seeds removed and roughly chopped

1 cup piri piri chiles, seeds removed and roughly chopped (can substitute with cayenne, birds eye, or similar)

2 yellow jalapeño peppers, seeds removed and roughly chopped

1 large carrot, peeled and roughly chopped

1 large parsnip, peeled and roughly chopped

3 garlic cloves, peeled and crushed

4 cups warm chlorine-free water

3 tablespoons salt without additives (sea salt, rock salt or kosher salt)

Directions

- Add all chiles and vegetables to a clean wide-mouth jar and pack them down tightly.
- 2. Mix salt into warm water and stir until dissolved to make 5% brine.
- Pour brine into jar until everything is submerged. Use a spoon to pack the vegetables down again and get rid of any air pockets.
- Weigh down the vegetables with pickle weights, or a small, sealed plastic bag filled with brine.
- Let the jar sit and ferment at room temperature, away from direct sunlight for about two weeks (minimum seven days).
- 6. Strain the vegetables, and be sure to save the brine.
- Blend thoroughly in a food processor or blender (don't mix for too long, or the sauce will get hot and kill the cultures).
- 8. Add brine back to the mix and blend until it has the desired consistency.

Bottle!



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WINE HOUSE



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