

Seniors from Nederland High graduate



Sara Sandstrom
Nederland

With caps and gowns and tassels on, the 20 seniors from Nederland High School were led onto Recht Field at Boulder High School by Boulder Valley School District (BVSD) Superintendent Dr. Rob Anderson and Nederland Middle Senior High School Principal Rick Elertson.

All BVSD graduation ceremonies were held at Recht Field this year.

Family members stood proudly, clapped, and took a few photos of their special graduate as they walked by. I also suspect that there were a few tears shed.

There were many special moments throughout the graduation ceremony. Even before Pomp and Circumstance was played, several members of the Central City Fire Department arrived together and in uniform to lend their support and love to graduate Sydney Nation and her family. It was absolutely touching to see them there. It shows what amazing family connections fire

PHOTO BY SARA SANDSTROM

Happy Graduation Day to Nederland's Class of 2021!

Sydney Mayhew and Madeline Prince gave the Graduate Address on May 24, 2021, to their classmates, teachers and families. The sun was as bright as the graduates' smiles as they start a new chapter in their lives.

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Mountain Movers spring dance recital

Dave Gibson
Nederland

Saturday, May 22, 2021, the Nederland Mountain Movers dance team performed their first recital of the year at Chipeta Park in Nederland. Going back 12 years, they began as an after-school dance program consisting of six students. Numbering 25 today, it has grown to include girls from ages 3 to 13 performing two recitals a year and annual appearances at the Holiday Mountain Market and Boulder Creek Festival.

Lending her considerable talent and experience to the troupe, dancer, teacher, and choreographer Angela Delsanter relates that "This has been a special and

unique program for our community that I treasure deeply. I feel so much gratitude to be able to do this every year."

Focusing on dance fundamentals of tap, jazz, ballet, and creative movement, the girls had been practicing once a week since October in preparation for the "Dance to Disney" presentation. Proud parents, family, and friends laid out blankets on the grass for a comfortable view of the hour-long show.

Numbers from *The Little Mermaid*, *Aladin*, *The Lion King*, and *Pirates of the Caribbean* were among the packed program of 15 songs. From the movie *Mary Poppins*, *Chim Chim Cher-ee*

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PHOTO BY DAVE GIBSON

Dancing to Disney

From left to right; Fiona Baben, Ellen Gustafson, and Blakeley Parton point their lasers skyward in their *Star Wars* routine.

Dave Gibson, *The Mountain-Ear*, wins first place awards

Best Photography Portfolio, Class 3

First Place The Mountain-Ear

Dave Gibson
Portfolio by Dave Gibson



PHOTO BY DAVE GIBSON

The Mountain-Ear Reporter and Photographer Dave Gibson won two first place awards from the Colorado Press Association during a virtual awards presentation on Thursday, May 20, 2021.

The Colorado Press Association (CPA) partnered with the Kansas Press Association for a virtual convention on May 20 to May 21 with this year's theme: Succeeding Through Collaboration.

As part of the convention, CPA conducts an annual awards ceremony, and during the 2020 Better News Media Contest awards, Gibson won First Place for a Best Sports or Events Story and First Place for the Best Photography

Portfolio

Gibson said he wasn't expecting it. In the contest, *The Mountain-Ear* is a Class 3 newspaper, and he was competing against 33 papers in our category. The contest gave out 122 awards

"It was a pleasant surprise," Gibson said. "I was hoping I would win something, but it doesn't matter if I get any other awards."

Gibson was born in North Carolina, and raised in Illinois. He moved to the Nederland area in 1982 and has been here for 40 years. He got serious about

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- QUOTE OF THE WEEK -

"The one thing that you have that nobody else has is you. Your voice, your mind, your story, your vision. So write and draw and build and play and dance and live as only you can." ~Neil Gaiman

Dave Gibson, *The Mountain-Ear*, wins first place awards

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photography 25 years ago and was mainly taking wildlife photography.

When he first started taking pictures, he went on eight safaris, went to Costa Rica and the Galapagos Islands and went to Alaska eight times. His biggest adventure was to India in search of wild tigers. He was 50 miles from the Taj Mahal, and didn't go there, but he got some tigers.

"I take the time to get those pictures," he said. He started shooting with film and could get six good pictures a year. "When digital came along, I started to have a clue." He could get six good pictures for every shoot. "That was a godsend."

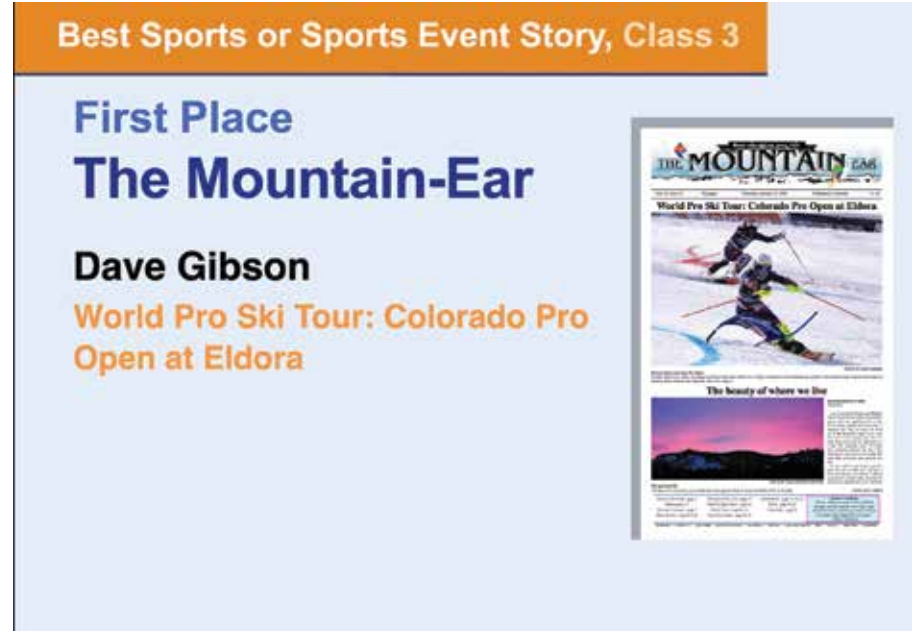
Gibson worked for the *Weekly Register-Call* in Black Hawk for 13-1/2 years. He had seen a wolf photograph on the cover of the *Call*, and said he can do better than that. He called Publisher Aaron Storms and met him at the Teller House.

After that, the *Register-Call* ran his photos. Gibson has now written 400 stories and has 2,100 photos published. "It all started with the pictures. If I don't have a photo, I don't have a story. The story springs from the photos,"



Gibson also has taken wildlife photos for the *Mountain Neighbor* and did a monthly feature called the Wild Side. He has been with *The Mountain-Ear* for two years.

He enjoys events like football games, and he is happy to be with *The Mountain-Ear* and an editor who cares about the paper. "I'm really surprised how much I enjoy the writing, which has evolved



PHOTOS BY DAVE GIBSON

over the years. To be recognized for writing is good." Gibson can be found at davegibsonimages.com.

A proud observer of Colorado history, the Colorado Press Association has been working for the newspapers of Colorado for over a century. Founded in 1878, CPA has evolved from a fraternity to an organization with over 150 members.

Today, the Colorado Press Association

continues to serve the state's news media outlets. Along with upholding the good work of past presidents, in the ever-changing media landscape, CPA evolves to champion media rights, press freedoms and professional development across the state.

For more information go to <https://coloradopressassociation.com/>.

Red and Green Flags: relationships after narcissistic abuse

Jacqueline Hart Gibson
Nederland

If you've recently found freedom from a toxic relationship, you're likely pretty clear about red flags. You may even feel you deserve an honorary degree in relational abuse and the signs toxic partners throw about. It's good to take some time and recognize all we have learned. The end of narcissistic abuse can bring on a seemingly steroid-injected emotional growth spurt. Breath in the freedom vibes. Once the pain has subsided it's nice to get to know ourselves again; to marinate in peace and quiet, to answer

only to ourselves and our own needs, and to feel first the absence of fear and then the fullness of safety. But then...

We are all human, and humans require connection. Sure our dog (or cat if that's your thing) is good company but nothing really compares to that spark. No, not just the spark of initial attraction...although that's a lot of fun. It's the spark of true connection with another we often come to crave. We begin to miss the feeling of seeing and being seen, understanding and being understood, that meeting of minds and hearts uniquely experienced in a romantic relationship. But having been fully immersed in what we

should avoid, how do we know what to look for?

There are red flags, signs we should run for the hills, or in our case run for the flatlands. There are also green flags, signs it is safe to proceed. I suppose there are yellow flags, signs we can continue but with caution, but we can leave those for a later date. Here are three green flags to start indicating it is safe to move forward in a relationship.

Boundaries

It always starts with boundaries for us. We aren't just looking for someone who respects our boundaries.

We want to be sure we're clear what our boundaries are first, and that we feel secure about honoring them. Today we know it is first our job to respect ourselves. If name calling or substance abuse are not allowed in my space, for instance, then I enforce my preference by leaving the party when I think it's getting out of hand, or walking away when the disagreement becomes an argument. If I don't allow toxic behavior in my space today, I'm also mindful about toxic behavior in my head space. If you can't call me a dumb ass, than I can't call me a dumb ass either. Our boundaries, our responsibility.

How do we know if someone else will respect our boundaries? A good sign is that they have some boundaries of their own. Examples of this can include respecting; agreed-upon times for meeting and for leaving an event, accepting answers to questions as answered, and, especially in the beginning of a relationship, asking for consent before making romantic physical contact. Consent can be confirmed, for instance, by pausing before completely moving in for a first kiss, leaving space for the other person to meet the kiss halfway. Or we can just ask, "Is this okay?" Either move is a green flag

The gesture to confirm consent can come from either gender. If this practice feels alien to us, remember risking rejection is far less awkward than the rushed and clumsy almost kiss, that's more like being hit in the mouth with another person's lips.

Balance between sharing and receiving

Sometimes introverts like to be around extroverts and vice-versa. Balance doesn't have to mean an exact 50/50 ratio of talking and listening. The ball, so to speak, should still



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