



## Getting to medical appointments is easy with Vetsgo



Courtesy photo

VetsGo volunteer Wayne picks up a senior veteran to drive him to his medical appointment at a local VA facility.

By VICKY DORVEE  
Editorial@lhvc.com

Within Boulder, Broomfield, Larimer, and Weld Counties, veterans over age 65 number more than 27,000 according to the Colorado Veterans Affairs Department. Boulder County alone is home to more than 9,000 military veterans over age 60 who rely on the health care services provided at regional Veterans Affairs medical facilities.

Those neighborhood vets are looking to their medical professionals to help them stay healthy and to diagnose and treat their conditions. But challenges with driving, vision, cognition, difficulties locating unfamiliar addresses, and financial limitations make getting to doctors'

appointments extremely difficult.

Vetsgo, one of the service groups under the umbrella of non-profit organization Cultivate (formerly Boulder County Care Connect), is focused on providing veterans 60 and over with no cost door-to-door transportation to medical care providers. In addition to veterans being eligible for Vetsgo services, any direct family member over age 60 also qualifies.

Cultivate, located in Gunbarrel, began 47 years ago as Boulder County RSVP - a senior volunteer recruiting program that matches them with community opportunities. That entity is still ongoing and part of a nationwide program. But over time the organization grew to also provide five categories of free services directly to se-

niors - home repairs through their Fix-It program, yard maintenance by YardBusters, shoveling through SnowBusters, grocery shopping through Carry-Out Caravan, and Vetsgo.

Recently, what was previously called Medical Mobility, a ride program open to anyone over 60 years old, was refined into Vetsgo.

Cultivate's Executive Director Chrysti Britt said, "At the beginning of this year we transitioned to Vetsgo to better serve the veteran population because, while there were other transportation services in Boulder County, veterans really didn't have a lot of options and there's a critical need."

The organization is working to get the word out about

*Continued on Page 4*

## Meet Joe Bartko, the voice of Niwot football

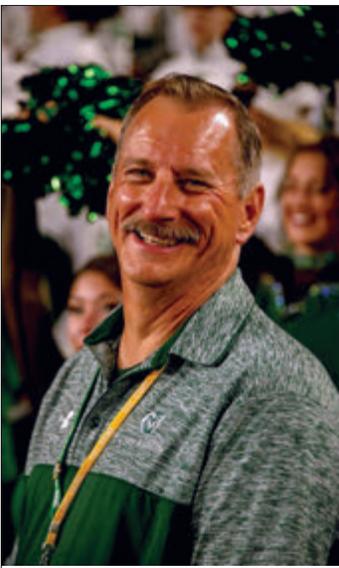


Photo by Jennifer Clary

Niwot graduate Joe Bartko handles public address duties for the Colorado State marching band, as well as Niwot football.

By JOCELYN ROWLEY  
Editorial@lhvc.com

Public speaking comes naturally to Cougar' football announcer Joe Bartko, who seemed destined for a life behind the microphone even from a young age. Now he is using those talents to give back to the communities that meant so much to him as a student at Niwot High School.

"I have a hobby that I get paid for," the former Cougar percussionist said before a recent home game at Everly Montgomery field. Bartko is also the public address announcer for the Colorado State University marching band. "I do this because I love these activities. I love high school and college athletics, I love

marching band...it's rewarding for me to know that the job that I'm doing can make their time a little more fulfilling and a little bit more enjoyable."

Bartko's first foray into announcing came at age four, when he introduced a program at his preschool, and even then his affinity for it was evident, according to family lore.

"Basically, I just got up and said 'Welcome to our program, ladies and gentleman,' but my mom knew right then that I would end up doing something in radio, TV or other announcing," he said.

She didn't have to wait long for her prediction to come true. While still a student at Niwot,

*Continued on Page 10*

## Fall Flavors Part II



Courtesy photo

Gunbarrel Brewing and other local breweries are rolling out their autumn themed selections.

By ABIGAIL SCOTT  
Editorial@lhvc.com

With the first snowfall predicted for Oct. 10, Boulder County restaurants are closing up patios for the turn season. That doesn't mean that

our local watering holes and coffee shops are hibernating this fall or winter but instead, embracing the change. Beloved dishes, cocktail menus

*Continued on Page 5*

## ► Correction

The article "Pumpkin patches are perfect for fall fun," published on October 2, listed the former address for Cottonwood Farms. The new location is 10600 Isabelle Rd, Lafayette, CO 80026. For more information, call (720) 890-4766 or visit their website at cottonwoodfarms.com.

## ► Community Calendar

### ALZHEIMER'S SUPPORT GROUP

Alzheimer's Association Dementia Caregiver Support Group meets on the first Wednesday of each month from 6 to 7:30 p.m. at the Niwot United Methodist Church (7405 Lookout Road). This free service is for family members and friends who care for and care about people with Alzheimer's Disease and other forms of dementia.

### HISTORICAL SOCIETY LECTURE

The Niwot Historical Society Now & Then Lecture Series presents Lithostones, Prehistoric Musical Stones on Wednesday, Oct. 9 at the Left Hand Grange

(195 Second Ave.) Doors open at 6:30 p.m. for pre-lecture coffee, snacks, and conversation. The presentation begins at 7 p.m. Admission is free to NHS members and \$5 for non-members.

### BOULDER COUNTRY DAY HIGH SCHOOL FAIR

Boulder Country Day School (4820 Nautilus Court, Boulder) is holding a High School Fair on Thursday, Oct. 17 from 6:30 to 8 p.m. for all Boulder County middle school students. Public schools from BVSD and SVVSD will be on hand, along with local private schools and more than 60 boarding schools. The event is free and open to the public. For

more information, call 303-527-4931 or email [info@bouldercountryday.org](mailto:info@bouldercountryday.org).

### PRESCHOOL OPEN HOUSE

Boulder Country Day School (4820 Nautilus Court, Boulder) is holding an open house for preschool (ages 2.5 and above) and kindergarten on Wednesday, Oct. 16, from 9 - 10:30 a.m. Prospective parents will have the chance to learn more about BCD, its academic and arts programs, as well as to have a chance to meet faculty, administrators and other prospective families. Register at [www.bouldercountryday.org](http://www.bouldercountryday.org)

Niwot United Methodist Church 7405 Lookout Rd (Gunbarrel) 303-530-0241 [www.niwotumc.org](http://www.niwotumc.org)

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## ► Letters to the Editor

To the Editor:

Thank you for highlighting the passion and dedication of local Niwot High School students in your recent article "Niwot High students strike for climate change awareness" (9/26/2019). It is gratifying and inspiring to see young people taking action in the face of climate change. The Global Climate Strike on September 20th was a massive manifestation of public understanding of the urgency of the current

climate crisis, and our desire for solutions.

The fact of human-caused climate change is undeniable. Multiple peer-reviewed studies show that 97% of climate scientists agree that climate-warming over the past century is due to human activity. This is not a controversial topic: There is firm scientific consensus on human-caused climate change. Certainly, climate changes in Earth's history were caused by natural phenomena like

orbital cycles. However, when trying to use those natural cycles to explain today's climate change, we come up empty handed. The only explanation is that the greenhouse effect is becoming stronger due to burning fossil fuels. Multiple lines of evidence support this, none of which have been proven untrue. Thus, it is not a matter of "believing" in climate change, but a question of understanding it.

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## COMMUNITY PET SPOTLIGHT

Sponsored by Niwot Rental & Feed



Meet Maverick and Goose, whose names honor two of America's greatest fictional Cold War heroes, Pete "Maverick" Mitchell and his partner Nick "Goose" Bradshaw, who trained during the 1980s at the US Navy's Fighter Weapons School in San Diego, California, before a tragic accident led to Bradshaw's death. While the canine Maverick and Goose don't feel as much "need for speed" as their cinema counterparts, they do enjoy "long walks, playing fetch (or keep away), and spending as much time with their cinema counterparts, they do enjoy "long walks, playing fetch (or keep away), and spending as much time with their humans Troy & Shelby Engholm," writes Shelby, who serves as athletic trainer for Niwot High's sports teams. They are also "huge Broncos fans," and were relieved to see the team get their first win of the 2019 season on Sunday.

We look forward to seeing your pets in our spotlight. Please email your photos and captions [Editorial@lhvc.com](mailto:Editorial@lhvc.com)

# Richards' training pays off in cyclocross races



Courtesy photo

Doug Richards of Niwot (on the middle podium) recently earned two first-place finishes in Blue Sky Velo Cup cyclocross competitions in Longmont.

By VICKY DORVEE  
Editorial@lhvc.com

Niwotian Doug Richards has been racing cyclocross

for nearly a decade. Under the watchful eye of a new coach where he's been on an amped up training regime, he

has recently achieved great success. He's celebrating two first-place finishes in the 60+ division on Sept. 28 and 29 and a second-place finish on Sept. 15 while competing in the Blue Sky Velo Cup course races in Dry Creek Park in Longmont. He's a member of Blue Sky Velo Club.

Cyclocross races are short courses (two miles or less) on varying surfaces such as grass, dirt, sand, mud, in addition to obstacles to either avoid or cross, along with steep ascents and downhill. Depending on the terrain, riders will dismount and carry their bikes at various times throughout the race. Competitors complete as many laps as possible over a timed period taxing riders' cardio abilities and technical skills. The Blue Sky Velo Cup races Richards participated in were 45 minutes long. The competitive cyclocross season continues through November.

## LETTERS

Continued from Page 2

Many members of this community, including grandparents, parents, and children, have come together to highlight the urgency of the climate emergency and to spark change. To that end, we need to tell the truth about the climate and ecological crisis we are facing. Understanding the truth is the first step towards action to protect the world we love.

Sincerely,  
Michael Denslow & Tim Remple  
Extinction Rebellion Boulder County

To the editor:

What's wrong with this picture? Recently, Niwot High organized a student political protest celebrating

world-wide students opposed to man-made climate change. Medical science has proven that the judgment part of the human brain does not develop fully until age 25. Yet a junior student was quoted in the Oct. 2nd Left Hand Courier that her biology teacher really made sure to emphasize to her the dire situation that we face in terms of climate crisis. Has that teacher ever exposed her students to the many scientific articles challenging man made climate change? Has the teacher shown them the record of false claims found in the Google: "0-41 Climate Change"? (All of which have been proven wrong?) Perhaps the teacher ought to expose these impressionable students to more than one side of the argument. I never thought the Pied Piper of Hamlin would pay a visit to Niwot High School.

Dick Eggers, Niwot



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# VETSGO

Continued from Page 1

the important service it provides while also reaching out for community support in the form of volunteer drivers and donations.

Every Monday through Friday volunteers pick up senior vets at their homes, offer a ride and frequently an ear while ensuring their

client arrives safely at their medical appointments, and then they drive them back home. They don't accompany clients during their appointments, but companions are permitted to come along. Most clients are from Boulder County and about six months ago the service area expanded to include surrounding counties as well.

In addition to area medical providers, Veterans Affairs facilities in Aurora, Golden,

Loveland, and Wyoming are frequent destinations for drivers and their clients.

The beauty of the program is not simply transportation. There's the added gratification of connecting, or as the agency's name signifies, cultivating relationships.

More than 80 Vetsgo volunteers have been on the road this year. It's not a surprise that a significant number of drivers (20%) are veterans themselves.

Volunteers sign up to drive whenever it works for them by perusing the secure database for requested client dates and times and then clicking to offer a ride. Britt said there are drivers who jump in once a month and others on the schedule several times a week.

Currently there are 160 clients on board. Thus far in 2019, volunteers have provided more than 2,000 trips to health care providers. Ten percent of those rides have been to Veterans Affairs facilities. Those are longer drives which deliver a great service to clients who would struggle to make the trip on their own. The organization wants to make it as easy as possible for volunteers so mileage reimbursement is available upon request.

"We're always looking for volunteers," Britt said. "It's less of a shortage, but more of a growing demand so obviously the more volunteers we have, the more we can provide. It's obvious there is a huge need and as far we know, there is no other non-

profit or private entity that's focusing on this."

Volunteers are trained through an orientation process, there's no commitment time required, and every so often there are additional trainings available to volunteers such as driving classes which can reduce insurance rates.

Vetsgo, along with the other Cultivate programs, is funded through the Boulder County Area Agency on Aging, local government organizations, private foundations and grants, and through individual donations.

To learn more, enroll for Vetsgo client services, to sign up as a volunteer or to donate to the organization, visit [www.Cultivate.ngo/vetsgo](http://www.Cultivate.ngo/vetsgo).

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# FALL FLAVORS

Continued from Page 1

and draught lists are shifting to feature autumn's tasty bounty of fresh vegetables. Restaurants around south Longmont, Gunbarrel, and Niwot have just begun to feature favorite fall flavors. Here are some more of our favorites!

Avery Brewing Co., a nationally-celebrated brewery beer based right here in Colorado, recently released a host of delicious beers perfect for warming up on crisp evenings. Old Jubilation Ale and PB & J stout combine interesting flavors for killer combinations. Old Jubilation's hazelnut, toffee, and mocha flavors make for a rich, creamy beer that almost drinks like a dessert. PB & J is exactly like it sounds — fresh, floral raspberries mingle with light peanut goodness — you'll immediately be transported back to the school yard at lunch time. Stampede is Avery's release to celebrate the CU Buffs football season

and while it is a year-round release, it goes down extra-smooth during autumn game days.

Lucky Pie is known to feature the gorgeous, ripe produce from Colorado's fertile farm lands and orchards. This fall is no different. Recently, Lucky Pie has opted to collaborate with local legends, UpSlope Brewing, to create an oat milk stout, just in time for fall. Innovative, healthier (sort of), and still just as creamy, this oat milk stout is sure to delight.

Ollin Farms' produce is a local favorite and its fall offerings are equally delightful. Join in the family-run farm for its autumn festival or pick up produce at the Longmont Farmers market through the end of November.

Much to our delight, Gunbarrel Brewing just tapped 8 beers for the season. Queen of Tarts is a meticulously brewed, sour cherry beer aged in oak barrels with generous portions of milk sugars, cinnamon, and vanilla. Skip dessert this holiday season

and grab a pint of Queen of Tarts instead. If Belgium Quads are what you crave, then look no further than Gunbarrel Brewing's Tell Me Lies. This indulgent brew was aged in maple bourbon barrels and offers drinkers mouth-watering notes of fig, vanilla, and maple.

While it's still a relatively

new establishment, Apertivo has been making a name for itself throughout the Boulder County area. This charming Italian-style cafe and restaurant serves authentic, high-quality breakfasts, lunches, and dinners. This autumn, the Gunbarrel eatery is rolling out a plethora of new lattes, including pumpkin

spice, lavender, turmeric, and huckleberry. For dinner, try the creamy butternut squash risotto.

No matter what you're in the mood for this autumn, treat yourself to one of our area's breweries or restaurants. Your taste buds will thank you and you can feel good supporting local business.

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*Thank you!*

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Tara celebrates the sale of 4321 Winona Ct. with seller Linda Bevard and buyers Valerie & Joseph.

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# Goodness, it's gourds



Photo credit: Nino Barbieri, Creative Commons

Many decorative gourds or ornamental gourds have long necks or warty skins, and are closely related to squash and pumpkins.

By CAROL O'MEARA  
Colorado State University Extension

I picked up a packet of gourd seeds last spring with the thought that some of the little, colorful things would look great in my fall décor. I imagined tucking them into nooks near pumpkins, by straw bales and corn stalks, even hot gluing them onto a fall wreath. I should have stopped daydreaming and read the seed packet instead.

What these plants produced are not the four-inch, green-yellow-white table décor. Oh, no. I knew something was different when the first one swelled into a large, bulbous swan-neck gourd. Then another did the same, and a third looks as if farmers could use it to store grain.

But the biggest surprise came when I was nosing through the vines to glimpse a true giant amid the gourds: a snake gourd, easily three feet in length, curled against the side of the raised bed. It looked like its namesake – a snake – and I confess I jumped and backpedaled before I realized what it was: the plant version of a mammoth tusk.

I have no idea what I'll do with it, but I'll dry it to see what it inspires in me. To tell when gourds are ready for harvest, check the stems, which will be dry and brown. Unlike with winter squash, avoid using your fingernail to test the skin, as denting the shell can cause the gourd to rot over time, instead of cure.

Clip the gourds from the vine, leaving two to three inches of stem attached to the fruit. Then take them in for a bath, using warm, soapy water to remove dirt and debris. After washing, gently dab the gourd dry, then apply rubbing alcohol

over the skin to kill off any bacteria or fungi.

Curing the snake gourd is different from the others, which dry on sheets of newspaper in a warm, dry room. Leave enough room between the gourds for good air circulation, and turn them every day to ensure all sides dry at the same pace. Change damp newspaper with dry sheets to wick away moisture, and in about a week the gourds should be ready. Watch them closely for signs of decay, mold, or soft spots, discarding those in favor of the unblemished gourds.

Since snake gourds are soft, not hard, they need to be washed and placed on paper in a dark, warm room for several months to dry fully. This is where the instructions start to concern me. I'm told to put this snake-like object in a dark room, go in once per day to grab it and turn it, and never, ever let it touch another gourd during this process.

What will it do, eat them? Reproduce? I don't walk up to snakes in broad daylight, much less enter a dark room to roll one. I'll have my spouse do it.

Lagenaria gourds, like the swan necked ones I have, take longer to fully harden on the interior part of the fruit. Once the surface had dried, wipe it down with alcohol or a household disinfectant, then place it back on the newspaper in a warm, dark, dry place for four weeks. Scrape the dried skin from the gourd using a light sandpaper or small, sharp knife. Alternately, some gourd craftsmen use a technique called "green cleaning," where the skin of the gourd is scraped off just after harvesting with a paring knife. After the skin is removed, the gourd is hung to dry.

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# SCHOOL NEWS

## The Niwot High School band blows the audience away at SVVSD band night

By MacKENZIE DEMMEL  
Editorial@lhvc.com

Sporting a collection of tunes from the popular movie *The Greatest Showman*, the Niwot High School band was a force to be reckoned with at SVVSD band night. The band provided a wall of sound as a result of its abundance of members and energetic performance. SVVSD band night is an event where marching bands from across the district gather to perform in front of judges. This year, the high schools attending included Lyons, Skyline, Erie, Roosevelt, Greeley Central, Frederick, Silver Creek, Niwot, Mead, Mountain View, and Longmont High School. Needless to say, the judges and audience were provided with a plethora of music.

SVVSD Band Night was particularly special for Niwot because the announcer, Joe Bartko, was a Niwot High alumni. There, he participated in the concert, marching, and jazz band, which fostered a love for music in him. Since then, Bartko has become a very popular announcer, particularly for

musical events. This shows how a good musical experience can impact a person for the rest of their lives.

Also, while bands from other schools played popular music like the Avengers theme song, Niwot played music that reflected the morals that the faculty at Niwot strive to teach their students. *The Greatest Showman* is about accepting everyone no matter how different they might be, and about being proud to be who you are.

Carly Toothaker, a talented percussionist at Niwot High School, says, "I really like the songs we're playing because everyone knows them and understands the meaning from the movie." Since the band members enjoy the music just as much, if not more, than the audience, the quality of their music improves as a result of the passion each student feels. This, in turn, engages the audience and creates an atmosphere filled with anticipation and excitement.

As November and the end of football season draws nearer, the Niwot marching band prepares for its last few performances. The band



Photo by Mim Bovaird

Niwot High School marching band performs a medley of tunes from *The Greatest Showman*.

will continue to play at each home football game, with a performance at half time and

pep tunes during the game. Members encourage you to come to a game and support

both Niwot's football team and the band program.

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# Ninjas invade 4th annual Fall Crawl

By JOCELYN ROWLEY  
Editorial@lhvc.com

On Friday Oct. 5, a cadre of tweenage ninjas-in-training jumped, swung, and climbed their way through a colorful obstacle course that tested the strength and agility of even the most seasoned trainees. In the process, they raised more

than \$15,000 for the Sunset Middle Parent Advisory Committee, which will go towards upgrades in the school's interior, and a new sound system for the cafeteria.

The obstacle course was a new twist to Sunset's annual Fall Crawl fundraiser, and both parents and students enthusiastically agreed that

it was a welcome change from the former jog-a-thon format. The course was also popular with the 5th graders from Burlington, Indian Peaks, and Niwot elementary schools, who were invited to take part as rising Sunset middle students.

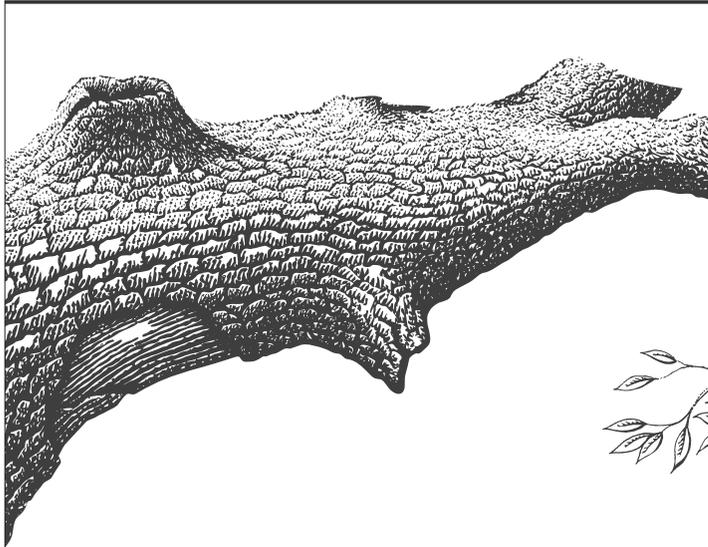
"We tried to have something a little bit different, and

it's just been awesome," Sunset principal Anthony Barela said. "The kids are excited about running the course, and they've had a lot of fun cheering each other on and have a great positive attitude. It's been a fantastic day."

Meeting their fundraising goal means that Sunset's students will once again watch as

Principal Barela makes good on a promise.

"I will be getting some type of unique haircut, so that ought to be fun," he said. Last year, Barela ended up with a Mohawk, which might not have been his top choice for a new 'do. "If it's for kids, I'll do whatever it takes."



You know me, I think there ought to be a big old tree right there. And let's give him a friend. Everybody needs a friend.

Bob Ross

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Photo by Jocelyn Rowley

Eighth graders from Sunset Middle School make their way through an obstacle course from NinjaNation for the fourth annual Fall Crawl fundraiser on Oct. 4.



Photo by Jocelyn Rowley

Fifth graders from Indian Peaks Elementary wait for a final try at the ninja course at Sunset Middle's fourth annual Fall Crawl fundraiser on Oct. 4.



Photo by Jocelyn Rowley

Staff members Nanette Klibbe and Mary Ellen Graziani take a brief break from shepherding 5th graders through the ninja course at Sunset Middle's fourth annual Fall Crawl fundraiser on Oct. 4.



Photo by Jocelyn Rowley

Eighth graders from Sunset Middle head toward the NinjaNation obstacle course for the fourth annual Fall Crawl fundraiser on Oct. 4.



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## JOE BARTKO

*Continued from Page 1*

Bartko landed his first professional announcing gig with a Denver-based color guard circuit.

"I have a big-mouth, and I guess that's why I got the job," he recalled. "And it just grew from there. The more people heard me, the more they liked the work that I did."

It was around the same time that Bartko developed his fondness for musical performances, first as a clarinetist and later as a percussionist for the Cougar marching band. He then went on to a four-year stint with Denver-based drum and bugle corps the Blue Knights, which in turn opened more doors in the announcing world.

In the years since, Bartko, has served as an announcer for a wide variety of events, both in Colorado and across the country, including concerts, 4H shows, and corporate gatherings. He also has a recurring role as announcer for Winter

Guard International's Indoor Percussion Championships, held annually in Dayton, Ohio.

It was 2011 when the CSU band director reached out to Bartko about the opportunity to announce for the marching band during Rams football games—an opportunity Bartko at first thought was too good to be true.

"I got an email message from Dr. Nicholas at Colorado State asking me if I would be interested in being their announcer. Well, I thought it was some kind of joke because I get things like that all the time, so I almost didn't reply. But I decided to play along, and I'm glad I did, because it ended up being a fit. I'm in my ninth year now, and I do all of the half-time, pregame, and national anthem announcements."

He has similar duties as the voice of Cougars football, a side gig he picked up in 2017 when his youngest son Ayden joined the team. He also served as the PA announcer for St. Vrain Valley's district band night, a showcase of the area's

high school marching bands.

Though Bartko calls announcing a "hobby," it's not something he takes lightly. He often spends hours preparing before a game or performance, using the many tips and tricks he's picked up over the years, such as counting syllables rather than words for proper pacing and enunciation. He also said he takes pride in pronouncing correctly not just student names, but also the names of coaches, sponsors, and other program members.

"For seniors, this is their last year, and when they hear their name, they want it right. And for our business partners, these people or companies spend a lot of money, and we want to make sure they're recognized appropriately."

He said he also tries to avoid the pitfalls that sometimes trip up his colleagues.

"There are a lot of announcers that like to hear themselves talk, and they will use more words than are necessary, or they want to be a cheerleader, or they scream and yell into

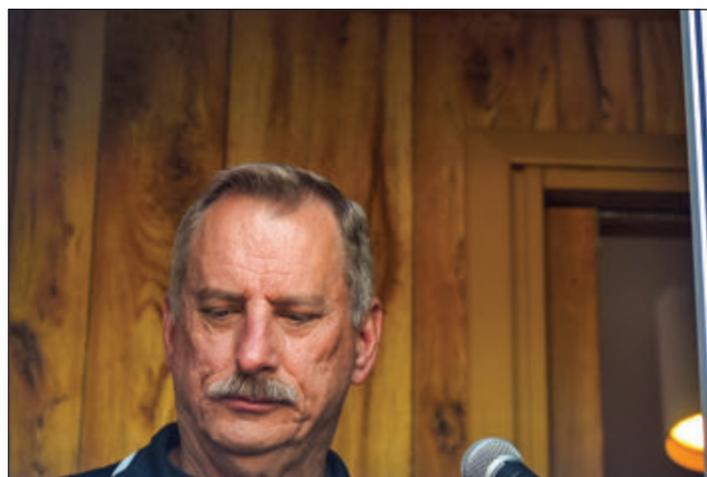


Photo by Jocelyn Rowley

Since 2017, Niwot graduate Joe Bartko has been announcing Niwot football games from his perch in the press box at Everly-Montgomery field.

the mike. I'm not that way. We have two teams here—the home team and the visiting team—so I try to interact with both equitably and try to be even as much as I can."

That said, Bartko acknowledged that the home team might get a bit of a boost from time to time, especially now that Ayden is Niwot's starting quarterback. However, he thinks Cougar fans will forgive

a little fatherly pride, especially if the team keeps winning.

"It's so exciting, but it's sometimes scary, too, like when he gets hurt or is injured and I have to announce that. And then sometimes I get a little animated if there's a penalty on him. But lately he's been doing really well, and it's really nice to have the ability to sit up there and watch football and announce my son's name."

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# SPORTS

## Turnovers cost Niwot in loss to Eagle Valley

By JOCELYN ROWLEY  
Editorial@lhvc.com

The Cougars had a devil of a time hanging onto the football in their wrenching 18-14 loss to Eagle Valley, and not even a heavenly performance by senior Jarrett Noterman was enough to save the team from doom. Afterwards, head coach Jeremy Lanter forgave the team its misdeeds, but beseeched his players to go forth and fumble no more.

"We're just not quite where we want to be yet," he said of the Cougars' six turnovers, their highest total in two years. "It's about finishing and focusing on those little tiny things that make a huge difference. We still believe very much in these kids and their ability to perform and I know they're going to continue to work and get better."

That's Noterman's plan, although it might be hard to get much better than he was against Devils on either side of the ball. The speedy wide receiver/cornerback ended the game with 189 all purpose yards, two touchdowns, a successful fake punt, a timely interception, and a case of leg cramps from carrying the Cougars on his back for much of the game.

"He does so much for us, and you can always count on him to fight for everything he's worth," Lanter said.

Noterman had a hand in almost all of Niwot's big plays on the day, starting with a 72-yard kickoff return at the end of the second quarter for Niwot's first touchdown, keeping the Cougars just one score behind the Devils going into the break.

"I've been telling the team in past games that if I get one last block, I will score," he said. "I got that one last block from Liam [Flanagan], and one more down the line from



Photo by Jocelyn Rowley

Defensive coordinator Cory Lanter (in sunglasses) addresses his players during a timeout in the fourth quarter.

a lineman, and after that it was wide open."

Noterman found his way into the endzone again in the fourth, on a 15-yard pass from quarterback Ayden Bartko, once again putting Niwot within reach of the Devils. However,

Niwot's final turnover of the day on its next possession gave the game away for good.

Like his coach, Noterman said he is confident the team will be able to bounce back from its mistakes.

"We need to clean up

our blocking. We had a little trouble holding our blocks long enough for Liam to run through... Our challenge on defense was we just weren't

hitting the running back low enough... We know how to tackle low, we just need to get

*Continued on Page 13*

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# Niwot falls to Longmont in five-set heartbreaker



Photo by Jocelyn Rowley

The Cougars huddle after losing a point during their 3-2 loss to Longmont on Oct. 1.



Photo by Jocelyn Rowley

Junior Natasha Terekhova attempts a kill in Niwot's home match against Longmont on Oct. 1. She ended with 20 blocks against the Trojans, and leads the Cougars with 130 on the year.

## NHS SPORTS

SCHEDULE

### OCT. 9 THROUGH OCT. 18

<p><b>Tuesday, Oct. 8</b> Boys golf @ Class 4A state championships (Montrose) 6:30 p.m. - Volleyball @ Northridge Wednesday, Oct. 9 6 p.m. - Gymnastics @ Loveland</p> <p><b>Thursday, Oct. 10</b> Boys tennis, Class 4A regional qualifier 3:30 p.m. - Softball vs. Northridge 4 p.m. - Boys soccer vs. Gr. Cent 6:30 p.m. - Volleyball vs. Silver Creek</p> <p><b>Friday, Oct. 11</b> Boys tennis, Class 4A regional qualifier 2 p.m. - XC @ Stargate Invite 7 p.m. - Football @ Thompson Valley</p>	<p><b>Saturday, Oct. 12</b> 11 a.m. - Boys soccer vs Centaurus</p> <p><b>Tuesday, Oct. 15</b> 6:30 p.m. - Boys soccer @ Longmont 6:30 p.m. - Volleyball vs. Mtn. View</p> <p><b>Wednesday, Oct. 16</b> 6 p.m. - Gymnastics @ Broomfield</p> <p><b>Thursday, Oct. 17</b> Class 4A State Tennis (Pueblo) 2 p.m. - XC Class 4A Regional 4 p.m. - Boys soccer vs. Northridge 6:30 p.m. - Volleyball @ Gr. Centra</p> <p><b>Friday, Oct. 18</b> Class 4A State Tennis (Pueblo) 7 p.m. - Football vs. Erie</p>
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## FRONT RANGE ORTHOPEDICS & SPINE

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By JOCELYN ROWLEY  
Editorial@lhvc.com

Volleyball fans were treated to a free emotional roller coaster ride during Niwot's gripping match against arch-rival Longmont on Oct. 1. After staging an improbable comeback over the Trojans to take the first set 27-25, Niwot held on for a win in the second, (25-23), and seemed to have momentum heading into the third. But their hopes of an easy victory plunged when Longmont staged their own improbable comeback, and rolled to easy victories in the next three sets (21-25, 17-25, 10-15).

"It should have just gone to three," coach Daisha Agho said. "There was no reason to let it go to five. Absolutely no reason at all."

It's hard to pinpoint where exactly it went wrong for Niwot, but signs of trouble emerged in the second half of the third set, which was rife with unforced Cougar errors, particularly on the boundary lines. That continued into the fourth, when it also became clear that Niwot didn't have much of an answer for Trojan serving, and was outscored 18-5. Longmont would go on to post 28 aces in the match, their highest total in years. Then Niwot seemed to completely fall apart in the fifth, and allowed Longmont to build a seven-point lead before

finally losing 10-15.

Afterwards, Agho was especially disappointed by her team's struggle with passing and ball handling against the Trojans.

"We were giving them too many overpasses and chances to hit the ball right back at us," she said. "It's little things, but little things add up and become big things in the long run, and we have to be better at them."

It wasn't all doom and gloom for Niwot. Junior Natasha Terekhova had 20 kills on the night, and sophomore Zoe Gibbs had 11 kills and four blocks. The team also had some serving success of its own, especially during the comeback early in the match.

"It's beautiful when we're with it, and when we're moving our feet, and we're doing all the fundamental things of volleyball," Agho said. "They're smart, and they do amazing things, and we get kills left and right, but as soon as things don't go our way, we crumble."

Agho blamed that on a lack of leadership and "mental toughness", which ultimately stems from her team's youth and inexperience. That has also been the primary factor in their 5-7 record through 12 games, which has taken a little getting used to after two years of stellar regular and postseason success.

"They haven't had to be in many of these pressure scenarios, or playing under the lights, if you will," the coach said. "It's something they're getting used to, and unfortunately, we're seeing it in a lot of losses. It has nothing to do with ability on the court, and soon we'll start figuring it out and being stronger on the confidence side and believing in ourselves."

That said, Agho knows her team is capable of playing better right now.

"We're making excuses on the court, we're making excuses on the bench, and we're not owning up to mistakes and letting them go," she said. "We have to have someone holding themselves accountable and holding others accountable on the court too, in a manner that's in leadership form. I need people wanting to step up and take control."

10/1— Longmont 3, Niwot 2	
Raptors (7-5, 5-2)	25 21 25 25 15 — 3
Cougars (4-7, 4-3)	27 25 21 17 10 — 2
Kills — Natasha Terekhova 20, Zoe Gibbs 11, Mackenzie Demmel 6, Hannah Waldron 5, Elise Jensen 3	
Blocks — Zoe Gibbs 4, Mackenzie Demmel 2	
Digs — Lola Diasabeygunawardena 12, Abby Kaus 11, Varshini Panuganti 11, Zoe Gibbs 10, Natasha Terekhova 10, Sydney Rothstein 4, Elise Jensen 3, Hannah Perisol 3, Mackenzie Demmel 2, Hannah Waldron 3	
Aces — Varshini Panuganti 3, Zoe Gibbs 3, Natasha Terekhova 2, Mackenzie Demmel 1	

# FOOTBALL

Continued from Page 11

down and wrap their thighboards and take them down.”

Noterman provided almost all of the offensive highlights for Niwot, but there were other notable plays, such as Bartko’s 36-yd pass to Julian Bell in the fourth to set up Noterman’s score. Bartko ended with a season-high 222 passing yards and a touchdown on the day,

but it was effectively cancelled out by his season-high four interceptions.

“There are very few kids that can go through a day like he had today, and still feel super confident,” Lanter said of Bartko, who threw for 176 yards and four touchdowns against Littleton on Sept. 20. “I believe Ayden will walk out of here confident that he can continue to get better and continue to be a quarterback here and hopefully at the next level too.”



Photo by Jocelyn Rowley

Senior Blake Bair tries his best to stay in bounds after catching a long pass from Ayden Bartko in Niwot’s game against Eagle Valley on Oct. 5.



Photo by Jocelyn Rowley

Niwot lines up for an attempted onside kick in the closing minutes of Niwot’s 18-14 loss to Eagle Valley on Oct. 5.



Photo by Jocelyn Rowley

Matt Bitterman and sophomore Cooper Ackerman try to knock away a pass attempt during Niwot’s game against Eagle Valley on Oct. 5.

The Cougars didn’t see much success on the ground against Eagle Valley, but senior Liam Flanagan managed 83 yards, his highest total since the Sept. 5 opener against George Washington. Unfortunately, that effort was negated by a fumble in the first quarter that ended a long Niwot scoring drive.

It was a challenging game for the Cougar defense, which was repeatedly forced into short field situations against the physical Eagle Valley offensive line. Nonetheless, they held the Devils to just two scores, with a fumble recovery and an interception, and

three Cougars had 10 or more tackles—Julian Molina (12), Max Roberts (11), and Easten Letherwood (10). However, the squad was clearly worn down by the fourth quarter.

The Cougars also suffered two key injuries—to senior receiver Blake Bair, who has been averaging nearly 30 yards per game; and to junior linebacker Jordan Byers, a leading tackler for Niwot.

The loss moved Niwot to 3-2 on the year and closed out their non-conference schedule for 2019. Up next for Niwot is a road game against Thompson Valley (2-3). Lanter said his optimistic outlook for the

team hasn’t been changed by the setback against the Devils, and believes the same is true for this players.

“We have a whole lot of kids who are going to say ‘what’s done is done’. We didn’t come this far to come this far—we want to continue to move forward.”

Eagle Valley 18, Niwot 14	
Devils (1-4)	0 12 0 6 – 18
Cougars (3-2)	0 6 0 8 – 14
Niwot Individuals	
Rushing—Flanagan 18-83, Fisk 2-12, Lopez 2-11, Bartko 2-7, Molina 2 -(-1)	
Passing—Bartko 12-28-222-1-4	
Receiving—Noterman 5-81-1, Fisk 2-45, Bair 2-37, Bell 1-36, Molina 1-12, Bitterman 2-11	

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## Niwot blanks Thompson Valley at home



Photo by Jocelyn Rowley

Forward Aidan Martin with a slide tackle in Niwot's 3-0 win over Thompson Valley on Oct. 3.



Photo by Jocelyn Rowley

Senior Jared Osteen takes a shot against Thompson Valley on Oct. 3.

By JOCELYN ROWLEY  
Editorial@lhvc.com

The Niwot boys soccer team extended their winning streak to four with a 3-0 victory over Thompson Valley on Oct. 3. Junior Aidan Martin scored while most of the crowd was still finding their seats, and then senior Jared Osteen struck twice in the second half to deliver the Cougars' second Northern League win of the week.

"That's some real good stuff," Niwot head coach Stephen Dimit said, after noting that his team also has a four-game shutout streak. On Oct. 1, they beat Mountain View 3-0 in their league opener. "I'm proud of the guys for how hard they've worked for the

last few wins, for facing down the adversity of not having the record we wanted four games ago, and for getting things to go a little more in the right direction."

Despite the early score, it was not easy going for Niwot in the first half, mostly due to a steady stream of penalties and free kicks. This seemed to keep both teams off-balance early on, though Niwot was able to dominate possession for the most part. Nonetheless, it was enough of a concern to Dimit that the constant whistles got top billing in his halftime comments.

"We had to control it ourselves, and not let all of that

Continued on Page 16

## STUDENT-ATHLETE OF THE WEEK Cole Toothaker

By JOCELYN ROWLEY  
Editorial@lhvc.com

It's been a whirlwind fall for second-year drum major Cole Toothaker and the Cougar marching band, but a scary moment over the summer almost had the talented musician and natural leader watching it all from the sidelines.

"I was on a rafting trip in Idaho, and I did a backflip on the beach—I have a gymnastics background and do flips a lot," he recalled. "But I landed on an incline, and put my hands down to break my fall, and ended up breaking both of my wrists, which was a little inconvenient."

That may be putting it mildly, but luckily for Toothaker and the Niwot band, the injury wasn't debilitating. One steel plate and eight screws later, the senior was back to full strength, ready to lead the Cougar marching band into the busiest part of the school year. In September alone, Toothaker led Niwot musicians as they performed at two home football games, Longmont's Labor Day parade, the Niwot homecoming parade, and the Greeley Invitational Marching Band Festival, where they received a score of "excellent." Then, on Oct. 2, the band turned in what Toothaker called "the best performance we've ever done," at the St. Vrain Valley Schools district wide band night.

"It was so much fun," he said. "I had at least three parents come up to me—and they've had kids in band for the last six or seven years—and said that it's the best the band has ever sounded. I'm really proud of them; they put in so much hard work. And to be the figurehead of the band is really something."



Photo by Jocelyn Rowley

Senior defender Andy Worrell had the game winning goal for Niwot in their 1-0 win over Littleton on Sept. 24.

For the most part, Toothaker relishes his role at the helm, but he acknowledged that it's not all glamorous. Being drum major involves "countless hours" of preparation and grueling rehearsals, often in less than ideal conditions. He also has to enforce high standards for himself and his bandmates.

"It's hard because you're in a position where everybody's watching you and sees everything that you do," he said. "I try to set the example for everyone, and it's hard, but it's also one of the rewarding things."

He said it's also rewarding to see those "countless hours" of rehearsal pay off in a performance like the one at SVVSD band night.

"It's also good when we see the fruits of our labor out here... Putting in the work, and then seeing all of it come together, that's definitely my favorite part."

For Niwot band director Wade Hendricks, Toothaker's leadership ability is only eclipsed by his musical talent.

"Cole is an amazingly balanced, level-headed, musician-leader-athlete," he wrote in an email. "His cool, calm, and collected demeanor has made him an incredibly effective drum major for the marching

band the last two years. On top of all of that, he is the best French Horn player in Colorado and will have a chance to prove his ranking in the country in November when he takes part in the All-National Honor Ensemble in Orlando, Florida."

Toothaker switched to the brass instrument from percussion in seventh grade, "and never looked back." He doesn't get much time to play during marching band season, which he said is another drawback of being drum major.

"I loved the sound of the horn when I first heard it. I think it's great because you can play a lot of soft, lyrical stuff and big, bombastic Star Wars-like moments. In my opinion the French Horn is the best, because it's the of both worlds."

In the classroom, Toothaker is taking a mix of AP and IB courses, and his current favorite is IB English with Mrs. Roberts. He is also enjoying AP computer science with Mrs. Ewing, and, much to his surprise, calculus with Ms. Schlager. Toothaker also trains with Niwot's cross country and track teams, and is active with the Fellowship of Christian Athletes. Before devoting himself to music, Toothaker competed in gymnastics and was also competitive jump-roper, which led to a spot in Macy's Thanksgiving Parade when he was a 6th grader.

Unsurprisingly, Toothaker's plans beyond high school center around music and performing. He hopes to spend his undergraduate years at an elite conservatory, such as Juilliard or The Colburn School, and eventually earn a doctorate and go on to a career playing with a top orchestra and teaching music at the college level.

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# SOCCER

*Continued from Page 14*

distract us," Dimit said. "I thought we did a really good job of it in the second half because we settled in and actually got more of the opportunities due to fouls than they got in the second half."

It was Osteen's second multi-goal game of the week, and the senior said afterwards that Martin's quick score gave the team some extra confidence that helped them weather the rocky first half.

"We dominated possession and kept pushing for every attack," he said. "And we did our best not to focus on the things that are out of our control."

The Cougars saw limited action from senior keeper Panchito Rodriguez, who has been sidelined with an injury as of late. The team was also without the services of senior Andy Worrell on defense, but the other starters stepped up in his absence, according to Dimit.

"We miss his height and leadership back there, but Manny Soto and Carter Kruse have been

leading the team really well in his absence, and I'm particularly proud of those guys."

With the win, Niwot improved to 6-4 on the year, and is undefeated in the Northern League. Up next for the Cougars is Greeley Central on Oct. 9, followed by Centaurus on Oct. 12. 10/3—Niwot 3, Thompson Valley 0  
Eagles (4-5, 0-2) 00—0  
Cougars (6-4, 2-0) 12—3  
Goals — Osteen (2), Martin  
Assists — Dominguez, Hansen  
Goalies (Min-Goals allowed-Saves) — J. Amaya (70-0-8), P. Rodriguez (10-0-0)



Photo by Jocelyn Rowley

Members of the Niwot boys soccer team form a defensive "wall" in front of the goal before a Thompson Valley free kick on Oct. 3.



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