



LEFT HAND LAUREL Kristin Bjornsen



Courtesy Photo

Gunbarrel resident Kristin Bjornsen with her two sons in Gunbarrel's Twin Lakes neighborhood.

By JOCELYN ROWLEY
Editorial@lhvc.com

In late 2017, Gunbarrel resident Kristin Bjornsen was at an impasse. Following a "spectacular loss" in her lawsuit against Boulder County over violations of Colorado's sunshine laws, the full-time mother-of-two was torn on whether to proceed with a costly and time-consuming appeal or whether to leave the legal battle for government transparency to more seasoned professionals.

"On the one hand I felt like the issues were clear, and I felt like I had clarity if I could just clear away the muddle around them," she said of her pro se suit against the Board of County

Commissioners and Boulder County Housing Authority alleging breaches of the Colorado Open Records Act (CORA) and Open Meetings Law (COML) during the Twin Lakes open space debate. "But on the other hand, just about every single person I know — friends and family and the 10 attorneys I talked to — almost universally they said, 'Don't pursue this; your chances are almost impossible.'"

Bjornsen wrestled with the decision for weeks, and then one Sunday, she got a sign that she didn't even know she was looking for.

"I was at church, and I heard a hymn and it said, 'be strong and be brave', and so I

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Sprouting wings leads to growing unexpected roots



Photo by Abigail Scott

Scott in her empty van before the build out began.

By ABIGAIL SCOTT
Editorial@lhvc.com

Last year, my partner and I moved to Niwot for the dual purposes of not wanting to live in Boulder while wanting a place that somewhat resembles Taos, the place we just moved

from. We found this quiet little haven and knew it would work for what we needed — a soft place to land while we plotted our next adventure.

In May, I set my sights on the next horizon. Inspired by the Van Life trend that has spread like wildfire amongst

my millennial generation, I purchased a large, bulky, white cargo van. Van Life is just another iteration of "On the Road" and "Electric Koolaid Acid Test", albeit this modern version is less focused on all-night partying and more focused on gaining new experiences, living small, and traveling the country.

I believed that this van would provide me the wings I've always wanted and the ability to roam where I pleased. However, I didn't know the first thing about carpentry, plumbing or wiring. My last attempt at a DIY involved some chickens that lived in a pretty unsecure coop and met a rather untimely end. But, regarding a van build, I believed that if all these other van-lifers could do it, I could too.

From June through September, I spent a lot of my time

stenciling, cutting, hammering, drilling, and creating a small house. In doing so, I was able to make something really wonderful. This Dodge ProMaster was no longer a rolling delivery vehicle, but instead, a cozy oasis that would keep me safe, healthy, and secure. But as I put the finishing touches on, I realized that this tiny, mobile home wasn't the only thing I'd gained throughout a summer of hard work.

During the first few weeks of the build, my neighbor strolled down with a roll of contractors' paper and some duct tape, offering a little advice on how to make stencils for the floor. We didn't know each other well, but I think he could tell that I had bitten off more than I could chew.

From that day forward, my

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SPOTLIGHT
on
EDUCATION

Begins on Page 9

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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 "The History of Banjos" by Pete "Dr. Banjo" Wernick on Wednesday, Oct. 23, at the Left Hand Grange

(195 2nd Avenue, Niwot) Doors open at 6:30 p.m., and the presentation begins at 7 p.m. Admission is free to Niwot Historical Society members and \$5 for non-members. For additional information, please visit NiwotHistoricalSociety.org.

NIWOT GREAT PUMPKIN PARTY

The 22nd Great Pumpkin Party is scheduled for Saturday, Oct. 26 in Old Town Niwot and Cottonwood Square. Trick-or-Treating will take place from 10 a.m. to 2 p.m., and the parade begins at 11:30. There will also be magic shows and a petting zoo, as well as the annual pet costume contest. Second Avenue will be closed

to vehicle traffic during this time to keep all participants safe.

BOULDER COUNTRY DAY OPEN HOUSE

Boulder Country Day School (4820 Nautilus Court, Boulder) is holding an All School Open House (preschool-8th grade) on Saturday, Nov. 2, from 10 a.m. - 12 p.m. Students welcome. For more information or to register, visit bouldercountryday.org.

PARENT EDUCATION SERIES

Boulder Country Day School (4820 Nautilus Court, Boulder) is hosting Second-Goal Parent® Workshop presented by Positive Coaching Alliance on Wed., Nov. 6 from 6 - 7:30pm. This event is free and open to the public. Register at bouldercountryday.org/parenteducation.

NIWOT HIGH IB OPEN HOUSE

Niwot High School is hosting an information meeting about the International Baccalaureate® Diploma Programme for interested eighth graders and their parents on Tuesday, Nov. 12 from 6:30 - 8 p.m. Learn about the IB program and advanced academic pathways offered at NHS.

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COMMUNITY PET SPOTLIGHT

Sponsored by Niwot Rental & Feed



Peanut Buttercup, or PBK, answers best to "Kitty" at her new home in Niwot with Biff and Susan Warren. The friendly feline is on loan for a year until their granddaughter, Jenna Willemsen, finds a place at college next year that will allow cats.

We look forward to seeing your pets in our spotlight. Please email your photos and captions Editorial@lhvc.com

▶ Letters to the Editor

To the editor:

The letter from Mr. Piland, regarding the apparent manipulation and programming of the minds of students at NHS, references two sources that he attempts to suggest refute anthropogenic climate change.

The first, suggesting a statement from Peter Taalas of the World Meteorological Organization has him denying man-made climate change. Mr. Taalas himself has had to make clear he has said nothing of the sort. Indeed, to actually quote him: "Our best science shows that the climate is changing, driven in large part by human action." He continues: "We have seen recording-breaking temperatures and greenhouse gas concentrations, the smallest amount of sea ice in the Arctic, melting mountain glaciers and rising sea levels.

It is highly important that we rein in greenhouse gas emissions, notably from energy production, industry and transport. This is critical if we are to mitigate climate change."

Mr. Piland also refers to a letter, not from prominent climate scientists, but from a fossil fuel industry-funded group, who science denialism has been well-debunked by the actual climate science community.

The students of NHS should use Mr. Piland's letter as a great example of the use of 'alternative facts' permeating commentary today, and let them, after researching his statements, decide for themselves, as he so vehemently insists.

Art Paolini

emissions, notably from energy production, industry and transport. This is critical if we are to mitigate climate change and meet the targets set out in the Paris Agreement on

climate change.

To stop a global temperature increase of more than 2 degrees Celsius above pre-industrial levels, the level of ambition needs to be tripled.

And to limit the increase to 1.5 degrees, it needs to be multiplied by five." According to NASA " Yes, the vast majority of actively publishing climate scientists – 97 percent –

agree that humans are causing global warming and climate change."

Angela Brand

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To the editor:

Concerning the letter published by Dick Piland of Niwot: First of all WMO Secretary-General Petteri Taalas stated that his comments were taken out of context and that "It is highly important that we rein in greenhouse gas

VAN LIFE

Continued from Page 1

two-doors-down neighbor became a constant fixture of my daily life. Bert Cashman lent me tools, advice, and took trips to Home Depot with me and for me. I borrowed saws and drills, called with ques-

tions, and had an extra pair of hands to help hold up 12 foot long tongue-and-groove planks as I drilled them into the ceiling.

But above all, he spent time with me during the evenings when I was overwhelmed with this rather huge project. He gave me my very own drill, probably so I'd stop bor-

rowing his. Cashman had numerous sayings and mantras that lifted my spirits when I fell behind on my schedule or bought the wrong item for the job or cut a piece of wood too short and had to return to the store for the third time that day.

While we worked, various neighbors would drop in

during walks or pull up in the yard on the way to work, checking in on the progress. I got to know the community and found that each had incredibly fascinating stories that had taken them all over the world. They were potters, filmmakers, business owners and artists, who had traveled far and had stumbled upon Niwot, deciding to stay for one reason or another.

As my time in Niwot came to a close, I realized that I was able to build the wings I always yearned for, but also grew unintended roots that were now fixed, steadfast, in this endearing town. My new wings could take me to unknown places, to other little towns with unique communities that I was sure I'd love. However, my heart began to ache for the supportive group of friends and neighbors, who just months ago, were mere strangers. They gave me the tools, tangible and intangible, that would help me along the way and secretly watered

the roots I never believed I'd grow.

I didn't want to leave, but the wheels were in motion, no pun intended. Cashman told me that this was the hardest part right here – one foot on the boat and one on the dock, balancing between two worlds. I just had to board the boat.

It's been three weeks of van life and I can't say I hate it. Stresses are more acute, and worries extend only to finding water, gas, food and a quiet, safe place to park at night. There's no anxiety about future plans or not keeping up with the Joneses. There's only time to focus on what's right ahead because you never know what's right around the bend.

But in my heart, I know I'll be back in Niwot permanently at some point in the future. When the sound of my own wheels drive me crazy, I'll head back to the place I now call home.

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Costumes, candy and community at Niwot's Pumpkin Party

By VICKY DORVEE
Editorial@lhvc.com

Bring your alter-ego, your children and your parents, and a dog or two to Niwot's Great Pumpkin Party on Saturday, Oct. 26. The Niwot Business Association and Niwot Local Improvement District are hosting the 22nd annual masquerade party which includes door-to-door trick or treating at local businesses, a festive parade, and family-friendly entertainment from 10 a.m. to 2 p.m.

Layered in crunchy orange and yellow leaves, stout pumpkins and scarecrows that make you do a double-take, 2nd Avenue becomes a pedestrian-only

street for the celebration. Every year Downtown Niwot and fall-festooned Cottonwood Square Shopping Center come alive with the merriment of the autumnal season including wandering near-dead (zombies), those with heightened powers (super heroes), and a touch of royalty (princesses and kings).

Any garb, from sequins to rags will be acceptable when you walk the parade route or watch the spooktacular display, do a trick or snag a treat, and enjoy guaranteed giggles at the dog costume contest. The changing leaves, a shift to cooler air, and a variety of pumpkins donated by Charlie Nygren and Premier Mortgage Group along sidewalks have

made Niwot feel undeniably fall-like.

Have an idea for a frightening or fun scarecrow? Families, individuals and clubs can win

prizes for the most imaginative versions. Drop off the raggedy guy, gal or ghoul at Niwot Real Estate's office at 7915 Niwot Road prior to Saturday. All

scarecrow entrants will be put on display around town.

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Courtesy photo

Niwot Pumpkin Party revelers enjoyed last year's trick-or-treating, parade, and entertainment.

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LAUREL

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thought I'm going to trust in God and what will happen will happen and I'm going to go forward with what I think is the truth."

This time, the truth was on Bjornsen's side. In April 2019, the Colorado Court of Appeals reversed key portions of two rulings made by the district court judge, and held that county officials had violated CORA and COML in 2016. The appellate court also published the full opinion, making the precedent binding in all the state's 22 judicial districts.

"Not only did it help my case and help transparency in Boulder, it helped in all the counties around Colorado," she said.

Last month, Bjornsen's efforts were recognized by the Colorado Freedom of Information Coalition, which selected her for the 2019 Ruth Anna Citizen Champion Award, an honor she termed "surprising" and "humbling."

"When I saw on the phone screen that the call was from CFOIC president Steve Zansberg, I actually braced myself for legal news of some kind," she said. "CFOIC does such good work, and it was such an honor to receive this award, and it was so inspiring to meet Ruth Anna, who led the way for so long for transparency."

Anna is a former Colorado journalist and communications professional who championed the First Amendment and open records laws over her 45-year career. Also re-

ceiving awards from the nonpartisan press advocacy group were former Denver Post attorney Tom Kelley, Sen. Mike Foote, and Rep. James Coleman.

Bjornsen's improbable journey to the CFOIC awards ceremony was anything but smooth. It started back in 2016, when she joined the Twin Lakes Action Group, a non-profit organization formed to oppose a change to the county land use code that would have paved the way for high density housing in the Gunbarrel wildlife corridor. Eventually, the debate grew heated, and Bjornsen and her group started to notice gaps in the county's record-keeping on the matter.

"I was surprised at how many meetings and documents were kept in the dark, so I started researching the

Open Records Act and Open Meetings Law, which I had never read before," she said. "Then when I was reading, I thought, 'Wait, things aren't matching up here. The county isn't conducting things according to the statute'."

Convinced the facts were on her side, Bjornsen initiated court action after attempts to address her concerns with county officials directly were rebuffed. Soon, she found herself trying to navigate a complex legal maze without much more than some friendly advice, an account with the research service Lexis/Nexis, and "cup after cup after cup" of coffee.

"It was learn-as-you-go," Bjornsen said, adding that CFOIC also provided assistance. "I didn't know what a complaint was, I didn't know what a brief was—it was like stumbling around in the dark with a flashlight, seeing a little bit here and a little bit more over there."

In district court, that inexperience proved hard to overlook, and Bjornsen admitted that her setback there left her "despondent." However, it didn't do anything to lessen her conviction that govern-

ment accountability is a value worth fighting for, even when the odds seem long.

"My goal was just to spray a little Windex on transparency in Boulder County, and I encourage other citizens to do the same," she said. "I think it's one thing, no matter where you sit, that we can all agree on—we should know what our government is doing and have accurate, true information."

County officials declined to pursue further action after the appellate court's decision, and Bjornsen's attention is now squarely focused on matters a little closer to home—her family, her volunteer work at Sacred Heart of Jesus Catholic Church, and the ongoing efforts to protect Twin Lakes from development. Although feelings are still raw from the 2016 fight, Bjornsen is hopeful that the county will eventually make things right with Gunbarrel residents.

"This doesn't have to be polarizing," she said. "We can find a solution that's a win-win for everybody if people are willing to have those conversations in an honest, transparent way."

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PUMPKIN PARTY

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Businesses all over town will hand out candy and other treats during the party from 10 a.m. to 2 p.m. Attend one or all of the magic shows performed by professional Ann Lincoln at 10:15 a.m., 11 a.m. and 12:30 p.m. in Cottonwood Square Shopping Center and look for a craft table sponsored by Girl Scouts, location to be determined.

Get onboard a horse drawn wagon from 10:30

a.m. to 1:30 p.m. starting at the corner of Franklin Street and 2nd Avenue and enjoy an old-fashioned hayride around town. More four-footed critters will be hanging around the Niwot Real Estate building at an endearing farm animal petting zoo.

The parade of inspired costumes worn by the young and old will begin at 11:30 a.m. Participants should assemble in the parking lot of Left Hand Corner Professional Suites, at the intersection of Niwot Road and 2nd Avenue.

Immediately following the parade, the hilarious dog costume contest sponsored by Left Hand Animal Hospital will take place in front of Old Oak Coffeehouse. Three dressed up dogs will be chosen as winners.

The annual Pumpkin Party tradition is the stuff of great memories for both kids and adults, and brings together the community in a fun and festive way. Niwot Real Estate owner Pat Murphy organizes the festivities each year. For more information, call her office at 303-652-2626.



Courtesy photo

Niwot Pumpkin Party revelers enjoyed last year's trick-or-treating, parade, and entertainment.



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Grab some (warm) air between snows to clean garden

By CAROL O'MEARA
Colorado State University Extension

The abrupt end to the garden season came with an unseasonable chill, smashing record lows and tying for largest temperature drop in one October day ever recorded. Plants that normally shrug off a light frost are struggling to find new life, while the tender plants were killed outright.

While the sight of the dead are appealing the closer we get to Halloween, we can't leave those carcasses out there forever. Disease and insects find a nice home amongst the wreckage and for a garden to remain healthy, fall cleanup begins in earnest. So put on your gloves and take advantage of the warmer spell were under now to get that garden tidied up for bed.

Before you start ripping out all of the downed material, stop, stretch, and warm up for the tasks at hand. Not just to prepare your body, but also to take



Courtesy Photo

Leaving some standing debris makes the garden interesting in winter, and beneficial insects can tuck themselves in for a cozy place to stay during the quiet season.

stock of what stays and what goes. Leaving some standing debris makes the garden interesting in winter, and beneficial insects can tuck themselves in for a cozy place to stay during the quiet season.

The biggest advantage for leaving plants standing into winter is the nesting sites they provide for overwintering pollinators. Many solitary bees

use hollow stems to lay eggs, and leaving stems standing is a good way to help pollinators throughout the winter.

Hedge your bets by cutting some perennials back after they die to the ground but leave seed heads empty of their progeny, ornamental grasses with plumes, and flowers freeze-dried in the storm until late winter for texture and food for

birds. But if you do this, leave only healthy plants standing; if they're diseased, remove them and throw them out.

Leaving your plant clean up until spring allows the plant to capture more snow, funneling moisture to the soil. Snow, along with mulch, gathered at the base of plants sitting close to each other in a winter garden also gives them some added protection from wind. After the ground freezes, apply mulch to stabilize soil temperature and prevent alternate freezing and thawing of soil, which can lift crowns above soil levels.

Leaves, stalks, and rotting fruit are not as desirable; they should be cleaned up and placed in a compost pile. Weeds should be pulled and composted also, but clip and dispose of seed heads before you toss the plant on the pile. Typically, backyard compost piles don't get hot enough to kill the seeds.

The same goes for plant material that's diseased – dispose of them differently from

composting because the pile won't get hot enough to kill the disease organisms. If you have curbside composting offered by your waste haulers, putting these items into the bin is fine; commercial composting heats up enough to take care of the seeds and disease.

If you're new to gardening and want to learn how to compost, check out one of the Backyard Composting classes offered by Boulder County Resource Conservation and our own CSU Colorado Master Gardeners:

Monday, October 28, 6 to 8 p.m. at the Erie Community Center (450 Powers Street, Erie).

Saturday, November 2, 10:30 a.m. to 12:30 p.m. at the Louisville Public Library (951 Spruce St., Louisville).

Classes are free but registration is required; sign up at bouldercounty.org/environment/composting/compost-workshops/.

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Spotlight On Education



2019

By VICKY DORVEE
Editorial@lhvc.com

This week, the Left Hand Valley Courier focuses on a vital community component – education. Consistently rated above all state statistics in achievement, Boulder County schools are known for their excellence. Encompassing the Boulder Valley School District, the St. Vrain Valley School District, and a variety of private schools, students educated in

Boulder County are provided with an exceptional academic foundation.

The Courier's education spotlight issue focuses on many of Boulder County's private and public schools serving the local community, and covers each school's unique strengths and attributes. Each of these featured schools is known for upholding high educational benchmarks and a commitment to making sure all children reach their peak potential.

Over 60,000 students attend Boulder County schools and 92% of them will earn their high school diplomas, exceeding the national average of 84% according to the US News 2016-2017 statistics.

According to the nonprofit news organization Chalkbeat, in 2019 Boulder County students outperformed the state average in SAT scores in language arts and math, indicating a high degree of post-secondary preparedness.

Two of the 10 top-rated high schools in the state of Colorado are located in Boulder County according to the US News Best High Schools 2019 ranking system.

Schooldigger.com, a site that consolidates an array of national data applicable to making a decision on which schools are best, ranks Boulder County schools as outperforming 76% of other Colorado schools.

From preschool through high school, in academics, ath-

letics, arts, science, and social studies, Boulder County schools offer a supportive educational and social environment to prepare each child for adulthood and their next steps in life. Boulder County is privileged to have a wide selection of high caliber learning opportunities offering youngsters one-of-a-kind learning experiences. Parents are encouraged to reach out to the schools featured in this supplement and explore the possibilities.



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The place WHERE IT'S
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Open Houses:

Saturday, November 2nd & Tuesday, February 4th

BCD

BOULDER COUNTRY DAY SCHOOL

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303.516.4148

Spotlight on Education

Boulder Country Day School Nurtures the Love of Learning

Special to the Courier
 Editorial@lhvc.com

Boulder Country Day School is an independent Preschool - 8th grade school where students' love for learning is nurtured and cultivated. It's a one-of-a-kind school developing one-of-a-kind students.

BCD's Preschool faculty see each day as an opportunity to nurture confident, competent and caring children. Through rich experiences in cognitive, social-emotional, physical, and character experiences, students learn both academic lessons as well as life lessons. Using a teacher-directed/child-initiated approach that combines developmentally appropriate

academics with what's referred to as 'playful learning', faculty create lessons that are thoughtful and purposeful with specific outcomes or goals in mind. Playful learning allows children to grow through fun.

BCD's Elementary School Learning Center delivers a cutting-edge early education, balanced literacy program based on the Orton-Gillingham (OG) curriculum. All BCD Learning Center and K-2nd grade faculty are OG certified, creating a level of expertise in tailoring strategies, providing differentiation, and individualizing goals to maximize each student's academic potential that is unmatched in the Boulder area. With a broad and engaging elementary cur-

riculum including world languages, performing and visual arts, innovation and science labs, along with character education, students have robust and diverse daily experiences. Additionally, BCD's commitment to keeping classes small (averaging 16 in elementary) enables their faculty to foster better personal relationships with families, to know each child's individual strengths and challenges, and to develop a foundation on which students can thrive.

BCD's Middle School provides engaging and challenging academics combined with character building, creativity, resourcefulness, and social emotional programming. As an authorized International

Baccalaureate (IB) Middle Years program (MYP), their focus is on developing global awareness and the application of knowledge, emphasizing depth and breadth, to encourage authentic learning at a deeper level than just a memorization of facts. Students safely ask probing questions, make connections, and think outside of the box to both learn from history and create plans for the future. BCD Middle school students also prepare for their future by learning more about themselves through an electives program offering over 50 options (Special FX Makeup, pottery, Acting Improv, Coding, Debate), as well as leadership opportunities, athletics and character education.

A genuine love for school is the mark of a BCD Bulldog. BCD's goal is to develop kind, resourceful, and confident students who feel empowered to seek engagement both academically and personally – students who love learning and love school.

Financial Assistance is available. BCD seeks to welcome and support a diverse group of qualified students, including those who would not otherwise be able to attend BCD.

Open Houses: Saturday, November 2nd from 10:00am-12:00pm and Tuesday, November 4th from 9:00am – 10:30am. Register at www.bouldercountryday.org.

Watershed School Engages Students in Work That Matters

Special to the Courier
 Editorial@lhvc.com

What if the work students did in school truly mattered beyond the walls of the school? What if instead of having a service learning component in the classroom, learning and service were one and the same? What if the "school work" students did was truly of service to the community? It is not uncommon in schools to have students volunteer, for example, to stock shelves at a local food bank. What if, in addition to this important work, students collaborated with the leaders of the food bank on a research project about food insecurity? Through this work they would learn about economics and history, develop critical thinking and communication skills, and make a tangible contribution to improving the world around them.

In the United States, high school students typically

spend roughly 1200 hours per year on school work (during and after school). And almost none of it is geared toward directly improving the communities in which we live. In BVSD and SVVSD there are approximately 20,000 high school students. That means a total of 24 million hours of school work. What if just 10% of that work was devoted to having a positive impact in our community? That is 2.4 million hours of work. That is transformative for our community.

Students learn best when there is a true purpose for their work, when there is not only an authentic audience for it, but when it addresses an authentic need. Why shouldn't the work students produce have an impact in the world? This is a simple, but radical idea. It requires administrators, teachers, and students to think differently about school work and it requires community leaders to partner with students and

schools -- to see the value in engaging with young people

to make a positive difference in the world.

Head of School
 Tim Breen, PhD

ENGAGING STUDENTS IN WORK THAT MATTERS

Accepting Applications For Fall 2020





REAL WORLD LEARNING IN THE HEART OF BOULDER SINCE 2004
 SERVING GRADES 6-12

Our students develop as **curious learners, adventurous spirits, and caring, committed global citizens** as they engage in **work that matters**—work that has a positive impact beyond the walls of the school. We believe schools should not just help students develop the skills and habits for future success, but should **awaken** their curiosity, **expand** their view of the world, and **empower** them to **make a difference** in their local, regional, and global communities.

COME VISIT US!
OPEN HOUSE OCTOBER 26TH & NOVEMBER 16TH
 Call our Admissions Team **303.440.7520**



WATERSHED
 SCHOOL

watershedschool.org



FROM BUILDING ROBOTS



FROM DISCOVERING A FAVORITE SPECIES



FROM LEADING THE TEAM

TO LAUNCHING SATELLITES.

TO AFFECTING CLIMATE CHANGE.

TO RUNNING FOR OFFICE.



FROM LOOKING FOR ANSWERS

TO DIAGNOSING DISEASES.

INFO NIGHTS
GRADES 9-12 - NOV. 6
GRADES K-8 - NOV. 12
RSVP at dawsonschool.org/Info

Preparing students to bring their best to the world.

Spotlight on Education

Dawson School: For 50 years, preparing students to bring their best to the world

Special to the Courier
Editorial@lhvc.com

For 50 years, Dawson School has been offering students in grades K-12 a unique educational program combining challenging college-preparatory academics, robust athletics and arts programs, and renowned experiential and outdoor education.

The school's mission: 'Dawson School is dedicated to excellence of mind, body, and character. We prepare students, through challenging

and relevant learning, to become creative, resilient problem-solvers who bring their best to the world.' It is through the strong relationships built with Dawson's expert teachers that students find success.

Dawson is organized into a Lower, Middle, and Upper School. From the 10+ hours per week of art, music, PE, and more in the Lower School through the 47 sports teams and 20 arts programs in Middle and Upper school, the depth and breadth of Dawson's program has led to it

regularly being voted best in the region. Dawson has a student:faculty ratio of 7:1, average class sizes of 15, an impressive 107-acre campus, an athletics program voted 12th in the state across all divisions, a 100% graduation rate, and over \$6 million in scholarships offered annually to its 60 graduates.

Dawson is also committed to the development of character and to the social-emotional wellbeing of its community. The school actively promotes the exchange of diverse per-

spectives, and integrates four key virtues – respect, compassion, courage, and integrity – into every aspect of community life.

Experiential education is integral to Dawson's curriculum, including its hallmark Winterim program: 7-10-day experiential learning that provides K-12 students an opportunity for a "deep dive" into a special topic, culture, or activity. Relevant study bridges the gap between theory and real life; in 2019, programs included studying ethnography and

botany in Kauai, avalanche science in Ouray, and the judicial system in Washington, D.C..

Dawson's college counseling program stresses fit, emphasizing that "college is a match to be made, not a prize to be won." Students go on to a wide ranging selection of schools, including Ivy League, public university, research institutions, private colleges; each fall, over 150 different colleges and universities travel to Dawson's campus to meet its upperclassmen. www.dawsonschool.org

Boulder Valley Waldorf School Weaves the Artistic, Academic and the Practical

Special to the Courier
Editorial@lhvc.com

Learning is contextual so at Boulder Valley Waldorf School students spend time in nature on our 38-acre campus, visiting the farm, gardening and engaging in developmental movement classes or games on the field. "We are convinced that this is the school for our family! We love the campus and the outdoor focus," Shanda, a school parent, tells us enthusiastically.

An established independent school, founded in 1993, the school has been growing steadily for the last several years. BVWS meets increased enrollment with decreased tuition! "I would recommend this school to anyone

who wants a high quality private school at a truly affordable price," says another school parent, Whitney.

In the Preschool and Kindergarten, a proven play-based curriculum joyfully lays a solid foundation for later academic success. Children build the foundation for critical thinking by negotiating, taking risks and exploring in their imaginative play. In the Elementary Grades, a relationship-based approach to learning blends social-emotional, character-building, and academic learning. Following on from this, in the Middle School, adolescents learn a rigorous academic curriculum where every student is seen and supported within a safe-school environment.

Boulder Valley weaves the academic, the artistic, and the practical into the curriculum and offers a rich and lively balance of academics, art, music, world languages, drama, handwork and movement. With an experiential approach to education, smaller class sizes, nurturing social environment, involved parent community and no standardized testing, children develop a strong foundation and a life-long love of learning."

Ruth Godberfforde
Director of Advancement
Boulder Valley Waldorf School (formerly Shepherd Valley)
6500 W. Dry Creek Parkway,
Niwot, CO 80503
bvwaldorf.org 303.652.0130



WISDOM BEGINS IN WONDER



Imagine a classroom that allows your child to blossom while preparing him or her for a lifetime of academic success and engagement.

Affordable tuition. Schedule a personal tour!

bvwaldorf.org | 303.654.0130



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Spotlight on Education

Curiosity Sparks Learning at Mountain Shadows Montessori School

**mountain
shadows
montessori school**



Special to the Courier
Editorial@lhvc.com

How does a plant make food? What causes the seasons? How many hundreds are in a million? All of these questions are examples of curiosity, an important and natural human characteristic. Curiosity inspires us to explore, to experiment, and to problem solve. We also know from brain science that curiosity prepares our brain to learn.

Helping children develop wonder and curiosity is at the core of the work at Mountain Shadows Montessori School. Highly trained AMI Montessori teachers in beautifully prepared environments on a spectacular 7-acre campus create an opportunity for our students, ages 12 months to 12 years old, to develop an interest in the world around them.

Through developmentally

appropriate materials, students of all ages are guided in becoming capable, compassionate, and contributing members of society. Young children begin practicing independence and autonomy by carrying in their own lunch bags or choosing their next work. Older children work on academic content and concept development with material that allows them to experience and expand their learning in new and exciting ways.

If you have ever been curious about the Montessori classroom, we invite you to call to schedule a visit or make plans to attend our next Open House on Wednesday, November 6 at 8:30am. Come with questions because they are the doors of a curious mind. Mountain Shadows Montessori School 4154 63rd Street, Boulder (just south of 63rd & Jay Rd.) 303.530.5353 mountainshadows.org

Call to schedule a tour or join us at
our **OPEN HOUSE** on
Wednesday, November 6 at 8:30 am
Serving children 12 months to 12 years
4154 63rd Street, Boulder
303.530.5353 mountainshadows.org

Be
Curious!



Promise Christian Preschool Still Accepting Students for 2019-2020

Special to the Courier
Editorial@lhvc.com

Promise Christian Preschool is now open at our new location at Boulder Valley Church of Christ in Boulder, CO. Promise Christian Preschool has been serving the community for the past 25 years. It is a non-profit early education center that provides Christian-based, age-appropriate educational programming for stu-

dents ages 3-5 years. Our school encourages each child to grow spiritually, mentally, physically, and socially in a loving and caring environment.

Our program operates from September to May and is closed during the summer. We currently have one class that meets MWF from 8:30-11:30 and still have space for more students.

Next year, we hope to have 2

classes allowing us to offer a preschool class (T/TH) and a pre-k class (MWF). Enrollment for the 2020-2021 school year will begin on January 1, 2020.

More information can be found on our website: www.promisechristianpreschool.org or you may contact our director, Julie Bock at 303-666-9874, or via email at promisechristianpreschool@gmail.com.



Monday, Wednesday & Friday
8:30 - 11:30 a.m.

Serving Children Ages 3 - 5

Space is still available for your child!

More information can be found on our website:
www.promisechristianpreschool.org or you may
contact our director, Julie Bock at 303-666-9874 or
by email at promisechristianpreschool@gmail.com

270 76th Street, Boulder, CO 80303

LEFT HAND VALLEY
COURIER



Spotlight on Education

FRCC Opens New Training Facility for High-Tech Manufacturing Careers

Special to the Courier
Editorial@lhvc.com

Front Range Community College (FRCC) recently opened a new training center for careers in high-tech manufacturing in Longmont. Colorado faces a serious shortage of skilled workers for advanced manufacturing jobs. The state expects to have 5,000 new jobs in the manufacturing industry by 2026. As the only college facility in the state with four advanced manufacturing programs under one roof, FRCC's

new Center for Integrated Manufacturing will help meet the needs of local businesses, while giving students access to lucrative careers.

"Advanced manufacturing is booming in Colorado but many local companies can't find enough workers with the right skills and training to fill these well-paying jobs," said Andy Dorsey, president of Front Range Community College. "By educating people in our community, we can help local companies meet their critical need for employees, and provide students strong

career opportunities."

Working with industry partners, FRCC has created two new programs that opened this fall:

- Automation and Engineering Technology
- Electronics Engineering Technology

Both programs train workers for the types of manufacturing jobs prevalent along the Front Range and in northern Colorado. These two offerings are housed at the new 27,000 square-foot Center for Integrated Manufacturing (located at 1351 S. Sunset Street). They join

two of the college's existing manufacturing programs, also located at the new facility:

- Optics Technology
- Precision Machining

"FRCC's programs provide industry-focused education and hands-on training," said Elena Sandoval-Lucero, vice president of the college's Boulder County campus. "These programs were developed in direct response to industry needs—with significant input from area businesses. Because of that industry involvement, students from our programs are able to hit the ground run-

ning in a variety of advanced manufacturing jobs."

With the growth of this industry in northern Colorado, successful students are in high demand for jobs with starting wages of more than \$20/hour. These entry-level opportunities can lead to exciting careers in high-tech manufacturing.

FRCC's cutting-edge training equipment gives students hands-on active learning and skill-building instruction—and provides industry-relevant learning experiences. Find out more at: www.frontrange.edu/advancedmfg.



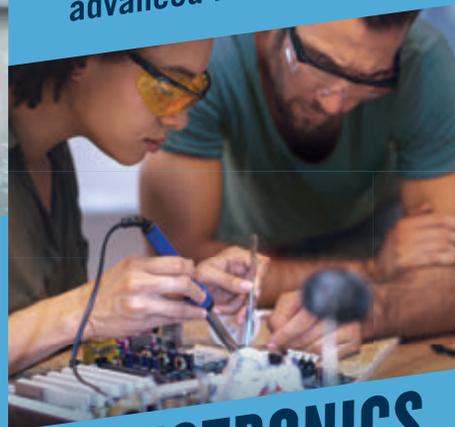
AUTOMATION

EXPLORE NEW HIGH-TECH CAREERS IN ADVANCED MANUFACTURING
INTRODUCING FRCC'S NEW CENTER FOR INTEGRATED MANUFACTURING

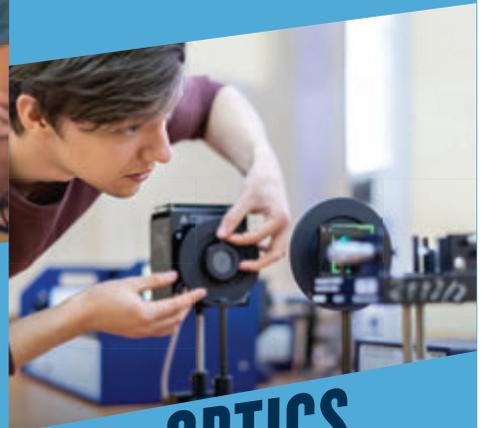
- New, innovative 27,000 square foot facility with cutting-edge equipment and technology.
- The only college facility in Colorado with four advanced manufacturing programs under one roof.



MACHINING



ELECTRONICS



OPTICS



Learn more at frontrange.edu/mfg

ST. VRAIN VALLEY SCHOOLS
academic excellence by design

CONNECT WITH OUR SCHOOLS



COMMUNITY STRONG ST. VRAIN VALLEY SCHOOLS

How do I get started?

SIGN UP

COMMUNITYSTRONG.SVUSD.ORG

CREATE A PROFILE

SELECT PROGRAMS AND INTERESTS

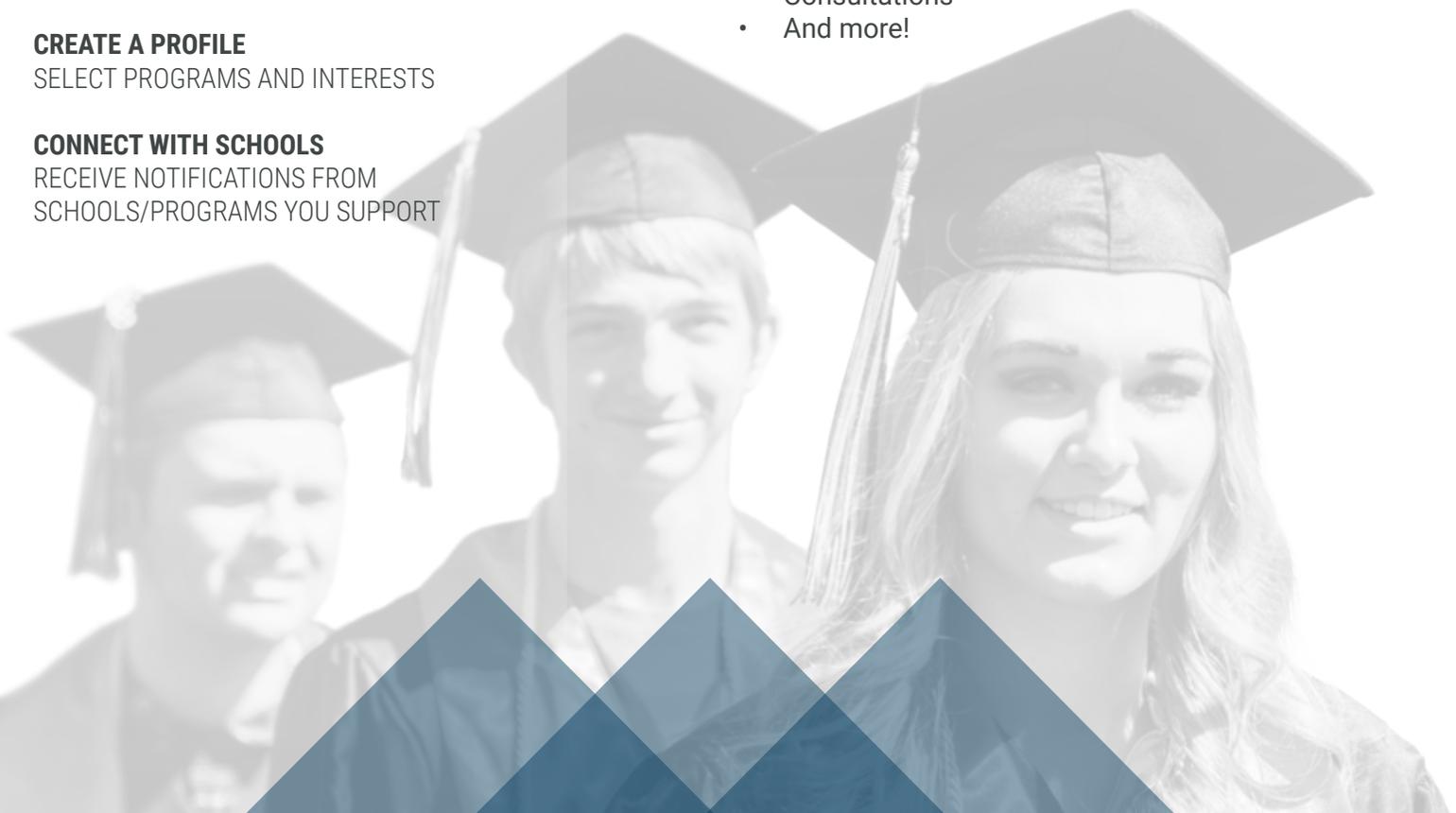
CONNECT WITH SCHOOLS

RECEIVE NOTIFICATIONS FROM
 SCHOOLS/PROGRAMS YOU SUPPORT

What is Community Strong?

Community Strong is an online platform that makes it easier for organizations to partner with our schools. Below are just a few ways in which community members and professionals can engage our students, teachers and staff.

- Classroom speaking
- Design challenges and projects
- Event presentations
- Classroom mentoring
- Sponsorships
- Club and competition participation
- Internships and apprenticeships
- Onsite tours of facilities
- Consultations
- And more!



Spotlight on Education

St. Vrain Valley Schools Continue to Advance Excellence Across Our Community

Special to the Courier
Editorial@lhvc.com

St. Vrain Valley Schools continues to accelerate student opportunity and achievement with tremendous momentum as we continue to advance high-quality learning for all students. As students today are entering a complex, highly competitive workforce – unlike anything previous generations have experienced – it is essential that schools provide them with the skills, ingenuity, confidence, and capacity to compete on a global scale.

St. Vrain has transformed our community’s education system

to one which is characterized by extremely rigorous academics – including among the highest graduation requirements in the state, region, and nation – as well as a strategic, by-design, systemic approach to ensuring that our students are engaged in problem solving, creative thinking, innovation, teamwork, and other critically important skills. As our world is changing at exponential rates due to unprecedented technological developments, it is imperative that our education system, continues to advance accordingly.

“With approximately 90 percent of our nation’s children

attending public schools, we in St. Vrain believe public education is a catalyst to our nation’s economy, local and national security, the quality of our service industry, the value of homes, workforce development, and the protection of our democracy,” shared Dr. Don Haddad, superintendent of St. Vrain Valley Schools. “We have built a strong education system that is giving our students – and our society – a strong competitive advantage to foster success in a complex, globalized world.”

As a full choice district, St. Vrain families can choose from over 70 focus programs and select

the school environment that best fits the needs of their student. In addition to a foundation of rigorous coursework, Advanced Placement classes, and concurrent enrollment opportunities, high school programs include academies in Aerospace and Engineering, Biomedical Sciences, Energy, Leadership, Medical and BioSciences, P-TECH, STEM, and Visual and Performing Arts. In addition, the Niwot Feeder system features the area’s only International Baccalaureate (IB) Middle Years program at Sunset Middle School and Niwot High School offers the exclusive IB Diploma Program. Students can

also engage in industry-leading certification programs at the Innovation Center and the Career Development Center that is giving them a head-start in some of the fastest growing job markets in Colorado and the nation.

No matter what pathway students choose, St. Vrain Valley Schools is providing high-quality opportunities in rigorous academics, visual and performing arts, athletics, and other co-curricular activities that are ensuring that all students benefit from a comprehensive, robust education that will propel their future success. www.svvsd.org

Twin Peaks Charter Academy ‘A Classical School’

Special to the Courier
Editorial@lhvc.com

Twin Peaks Charter Academy is a public school of choice in the St. Vrain Valley School District, conveniently located in Longmont, Colorado. We are governed by engaged and passionate parents, and are the longest operating charter school in the SVVSD. We are the only Classical school in the district, offering a unique alternative and choice for families.

A Classical education is based on the timeless values of acquiring foundational skills and knowledge in a teacher-led classroom that systemically lays the foundation for advanced study. The heart of a Classical school is a comprehensive Latin mastery program, beginning in kindergarten through middle school. A Classical school explicitly teaches Character and values through the study of great works of literature. Core Knowledge provides our elementary and middle school’s foundational curriculum that supports our ideals. We are the only K-12

Continued on Page 18

You’re Invited!



Twin Peaks Charter Academy

“A Classical School”



Enrollment Night - Wednesday, November 20th

(enter on the north side of the building at the Athletic Entrance)

5:30 Pre-School & Kindergarten	6:30 Middle School
6:00 Elementary	7:30 High School

Each session will introduce you to the leaders of the specific school for that age group, followed by opportunities for tours, teacher introductions, elective, enrichment and club opportunities.

We are the only preK–12 school in the district, creating a special sense of Community. Our Vision is that every student who graduates from Twin Peaks Charter Academy is a good & productive citizen, matriculated and prepared to graduate from a 4-year University.

Visit twinpeakscharter.org or call 303-772-7286 to arrange a tour led by our Principals

Twin Peaks will be hosting the sequel to *Screenagers—Next Chapter* on Tuesday, December 3rd at 6:00 pm in the Commons—Open to the public!

Questions: Contact Sandy Cosner, Registrar Cosner_sandra@svvsd.org, 303-772-7286 x 57051

Spotlight on Education

International Baccalaureate (IB) at Niwot High

Special to the Courier
Editorial@lhvc.com

The St. Vrain Valley Schools provide an exceptional variety of instructional programming, including the International Baccalaureate® (IB) Diploma Programme (IB DP). Niwot High School (NHS) has been IB authorized to offer the IB DP since 2001, allowing us to support our talented and diverse student body in their commitment to, and pursuit of, academic and personal excellence. Visit ibo.org for detailed IB information.

We admire our students for striving to embrace the IB's mission of becoming "inquisitive, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect." Over the course of the last half century, the IB Programming has gained international recognition and the respect of many colleges and universities around the world. Most Niwot High School IB Diploma recipients secure a minimum of twenty-four college credits, or the equivalent thereof, at select colleges and universities. Colorado, among many other states, regulates the recognition of the IB Diploma Programme's academic rigor and the associated college credit award, which can be referenced by viewing the Colorado House Bill 1108: College Credit for IB Diploma.

NHS students interested in participating in the IB programming during their junior and senior years are encouraged to undertake the Niwot Pre-IB (NPIB) course sequence as freshmen and sophomores. NPIB and IB DP students at NHS are eligi-

ble for SVVSD transportation to and from school if they reside within the SVVSD boundaries and outside of walking distance to NHS.

Eighth grade students who are naturally curious, self-motivated, resilient, mindful and wish to make the world a better place are invited to Niwot High School for an NPIB informational meeting on Tuesday, November 12, 2019 (6:30 - 8:00 p.m.), to learn about the NPIB and advanced academic pathways offered at NHS. The NPIB enrollment process will be outlined and explained during the aforementioned informational meeting and posted on Niwot High School's website under the IB tab.

The Open Enrollment window for the 2020-2021 academic school year in St. Vrain Valley schools begins on December 2, 2019, and closes on December 16, 2019. Therefore, the NPIB enrollment requests, which are collected electronically via the Intent to Enroll in NPIB Google form should also be submitted by December 16, 2019 for our school's consideration and on time processing. Late submissions will be processed on a first come first served basis.

Niwot High School will host our annual Open House on Thursday, November 14, 2019 (6:00 - 8:00 p.m.). That evening, you can explore all options offered at Niwot High School and get a sense of what it might be like to be a NHS Cougar. Alternatively, you can participate in a school tour offered weekly on Thursdays at 1:30 p.m. We look forward to meeting you to explore how Niwot High School can best address your needs and interests at any of these events.

5 year-old students creating a special sense of Community.

Our Vision is that every student who earns a diploma from Twin Peaks Charter

International Baccalaureate Diploma Programme



A rigorous, academically challenging and balanced two-year program offered at Niwot High School

Current 8th grade students and parents / guardians interested in Niwot Pre-IB (NPIB)/IB and/or the International Baccalaureate Programme (IBDP) are invited to:

- *NPIB and IB informational meeting - November 12, 2019 at Niwot High School Auditorium (6:30 P.M. - 8:00 P.M.)*
- *NHS Open House - November 14, 2019 at Niwot High School (6:00 P.M. - 8:00 P.M.)*

For more information regarding the IB Diploma Programme at Niwot High School, please visit the IB tab on the nhs.svvsd.org website or call 303-652-2550.

NPIB Enrollment for 2020 - 2021 will be accepted electronically from 11/12/19 - 12/16/19. Late submissions will be considered and processed on the first come first served basis.

TWIN PEAKS

Continued from Page 17

school in the district, including a preschool for 3 through

Academy is a good and productive citizen, matriculated and prepared to graduate from a 4-year University.

For more information visit

twinpeakscharter.org or Call us at 303-772-7286 to arrange a tour led by our Principals.

Twin Peaks will be hosting the sequel to Screenagers—

Next Chapter on Tuesday, December 3 at 6:00 in the Commons – Open to the public!

Spotlight on Education

Flagstaff Academy - Where Science and Imagination Take Flight

Special to the Courier
Editorial@lhvc.com

Flagstaff Academy is an award-winning, public SVVSD charter school, providing excellence every day for the 900+ community of preschool through 8th grade students.

Our mission is to develop students who are equipped to be well-rounded, ethical leaders in the world community with a foundation based on science and technology.

In 2019, Flagstaff Academy was recognized as a Colorado Trailblazer and "School to Watch" by the Colorado Association of Middle Level Education and the National Forum to Accelerate Middle School Reforms, one of only four Colorado schools to receive this designation, and the only charter school.

Since its founding in 2005, Flagstaff Academy has built an exceptional educational environment which develops the whole child through an award-winning Core Knowledge academic program. The curriculum is rich with experiential arts, outdoor and environmental education, hands-on science exploration, character education, and innovative technology integration.

Flagstaff Academy Preschool is the only preschool in the St. Vrain and Boulder Valley districts given a Five Star Rating by Colorado Shines, a quality rating system for all of Colorado's early learning programs. Flagstaff Academy Preschool offers high quality programming for ages 3-5 years, incorporating Core Knowledge Preschool and Early Learning Developmental Guidelines. Children

in the preschool program develop socially and academically, meet new friends, learn to resolve conflict, and discover that learning is fun through play-based activities.

Flagstaff Academy's Elementary School offers a comprehensive SmartLab Curriculum aligned to Next Generation Science, STEM, Media Arts, Core Knowledge and Colorado Academic Standards. Flagstaff Academy has an elementary science lab, art and music classes, Spanish language starting in third grade, PE, and a unique geodesic greenhouse classroom and outdoor learning garden that is the heart of our campus.

Flagstaff Academy Middle School is a supportive and academically rigorous environment with a multitude of leadership opportunities including National Junior Honor Society and Student

Council. Middle school electives include Spanish and French, art, programming, computer science, and music. Athletics include girls volleyball, boys and girls basketball, co-ed cross country and track and field, competing against other SVVSD middle schools.

Flagstaff Academy believes that students learn more when they are aware of their environment. To this end, we partner with Colorado State University and the Colorado Mountain Club for hiking, slacklining, and rock climbing experiences. Every fall, middle school students take a trip to the CSU Mountain Campus where they learn the principles of wilderness hiking and survival and participate in a ropes course, all the while building confidence and community. Field and stream ecology and astronomy are also

part of this incredible outdoor educational experience.

Flagstaff Academy's strong and connected "Dragon PRIDE Culture" is possible due to the incredibly supportive Flagstaff Academy PTO and the Dragon Volunteer presence of more than 800 parents, grandparents, alumni, and community members who help support the school.

Enrollment Information Daytime Tours begin on Tuesday, November 5, 2019 with an evening Open House on Monday, November 11, 2019. The 2020-2021 Enrollment Applications will be available on Sunday, December 1, 2019 at 7:00 a.m. (MST). To learn more about Flagstaff Academy visit www.flagstaffacademy.org.

FLAGSTAFF ACADEMY
We've Got
DRAGON PRIDE

Perseverance Respect Integrity Dependability Empathy

Come visit us and learn why we're a National "School to Watch"!
Taking reservations for 2020-2021 School Year Tours and Open Houses now!
www.flagstaffacademy.org

- 2019 Colorado Trailblazer and National School to Watch
- Colorado Shines Quality Rating Level 5 Preschool
- Small Class Size and Dedicated Staff
- Greenhouse Classroom and Garden
- Robotics, SmartLab, Elementary Science Lab

FLAGSTAFF ACADEMY



SPORTS

Cross Country: Niwot dominates at Class 4A Region 3 championships



Photo by Jocelyn Rowley

The Niwot girls cross country team took first place at the 2019 Class 4A Region 3 championships, held Oct. 18 at East High School.

By JOCELYN ROWLEY
Editorial@lhvc.com

There wasn't much mystery about the team winner of the Class 4A Region 3 girls cross country race, after Niwot's top

five runners crossed the finish line at Denver's City Park a good 30 seconds ahead of any other competitors. That resulted in a rare perfect score of 15 for the Cougars, which head



Photo by Jocelyn Rowley

The Niwot boys cross country team took first place at the 2019 Class 4A Region 3 championships, held Oct. 18 at East High School.

coach Kelly Christensen feels is a good way to close out the 2019 regular season.

"A perfect score is a perfect score, no matter where you get it or who you get it against or whatever the conditions," he said after the Cougars won their second straight regional crown and qualified for the Class 4A state championships on Oct. 26. "You can't expect much more than that."

The Cougars were paced on the day by senior Samrawit Dishon, who captured her first regional title with a winning time of 18 minutes, 55 seconds. She admitted to being "uncomfortable" on the deceptively challenging course, which was relatively flat but was mostly covered in long, wet grass.

"It was a good race, but I hope I can be tougher next week," she said of the upcom-

ing Class 4A state championships, where she is among the favorites.

The senior doesn't have much doubt that her team will be tough in the upcoming championship race, which will be held on the more familiar Norris Penrose course in Colorado Springs.

"That was amazing, and it gives me a lot of confidence going into state," she said. "I know they'll be right there with me... Everybody on the team has the ability to kick each other's butts, and I think that's why we do so well."

Junior Taylor James, another contender for the state title, took second overall on the day, with a time of 19:23, followed by freshman Madison Shults in 3rd (19:41), senior Joelle McDonald in 4th (19:48), and sophomore Amelia Philofsky on her heels in fifth. Also competing for Niwot were Eva

Continued on Page 24



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Photo by Jocelyn Rowley

Samrawit Dishon (left) and Taylor James were neck and neck through the first half of the 2019 Class 4A Region 3 championships, held Oct. 18 at East High School.

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STUDENT-ATHLETE OF THE WEEK Bella Steiner

By JOCELYN ROWLEY
Editorial@lhvc.com

Dealing with a quirky teammate is an unwelcome annoyance for most high school athletes, but Niwot sophomore Bella Steiner isn't like most high school athletes. For the talented equestrian, managing her temperamental partner isn't just an enormous challenge, it's also enormously gratifying.

"It's so technical, and a lot of people don't know that," Steiner said of her unconventional high school sport. "Everything affects the horse, and creating a bond with your horse is the most important part of competitive riding. If you don't have a good bond, you can't get anything accomplished."

Steiner clearly knows what she is talking about. The 10th grader recently wrapped up the 2019 competition season by winning Grand Champion in the Modified Child/Adult Jumper division at the annual Autumn in the Rockies Horse Show, held last month at the Colorado Horse Park in Parker, Colo. Steiner beat out 20 other competitors for the blue ribbon after completing the eight-jump course round in the fastest time with no faults. She was also recently awarded a varsity letter from US Equestrian for completing competition and training requirements.

A self-described "horse girl", Steiner was introduced to riding at age five, and was immediately hooked. In the years since, riding has crowded out most other sports, especially after she started competing at age 12.

"I used to be a ski racer,



Courtesy Photo

Niwot sophomore Bella Steiner recently won Grand Champion in the Modified Child/Adult Jumper division at the Autumn in the Rockies Horse Show in Parker, Colo.

which is probably why I like jumping so much," she said.

These days, Steiner spends five days a week year-round practicing and preparing for horse shows, which take place mostly in the spring and summer. She initially rode her family horse Stella in competitions, but had to move on after an injury forced the two out of the arena for a year. At Autumn in the Rockies, she won with Simon, a horse she leased from a local stable. About a month ago, Steiner started working with Toddy, and is looking forward to getting to know her new partner.

While it's tempting to believe that the horse does much of the work in equestrian competitions, Steiner politely, but firmly, disagrees. Though her role is less physical than her

partner's, that doesn't make it any less demanding. Horses are sensitive to even minor shifts in routine, so consistency, attention to detail, and patience are all important skills for the equestrian athlete, as Steiner will quickly attest.

"Every horse is different, so you have to learn the quirks your horse has," she said. "For example, Stella is really 'spooky', which means she gets scared of different things and will bolt. Being in a relaxing environment really helps her."

When she's not in the arena, Steiner is working towards her IB diploma at Niwot High, where she is also a member of the jazz band. After high school, she hopes to continue competing in equestrian events and eventually become a large animal veterinarian.



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Martin posts hat trick in win over Northridge



Photo by Jocelyn Rowley

Forward Aidan Martin was in the right place at the right time to take advantage of an open goal during Niwot's win over Northridge on Oct. 17.

By JOCELYN ROWLEY
Editorial@lhvc.com

The Niwot boys soccer team extended its win streak to eight

with a 4-0 victory over the visiting Northridge Grizzlies (5-8-1) on Oct. 17. With the win, the Cougars improved to 10-4 on the season, and moved into a posi-

tion to compete for the Northern League title, a prospect that seemed implausible just a month ago when the team was 2-4.

"We just had to iron some things out and work on some teamwork," head coach Steve Dimit said after the shutout, the Cougars' sixth of the year. "We weren't necessarily playing badly, we just weren't putting ourselves into some of those lucky situations that win games. The guys just really came together, particularly late into league play. The practice attitude's been really good, and the vibe's been good every day, and guys are starting to play a whole lot more for each other."



Photo by Jocelyn Rowley

Sophomore Azael Marrufo runs with the ball toward the Northridge goal during Niwot's 4-0 win on Oct. 17.

Nowhere is the improvement more evident than on the offensive side of the ball. During their eight game win streak, the Cougars scored 29 goals, compared to just eight over their first six games, with three different players having multi-goal games.

"We have a new star every game," Dimit said. "Everybody's stepping up and helping us win."

Junior Aidan Martin and his first varsity hat trick were the indisputable stars against Northridge, but he had help from sophomore Jake Elston, who struck first for the Cougars with his second goal of the year. Junior Keegan Stobbe also chipped in with a couple of assists, while seniors Caleb Serette and Jared Osteen also picked up points on the day.

"We just really put our attack together today, which I feel was a really big accomplishment," Martin said after his three-goal performance against the Grizzlies. "Me, Stobbe, Ish [Dominguez] and Jared were able to

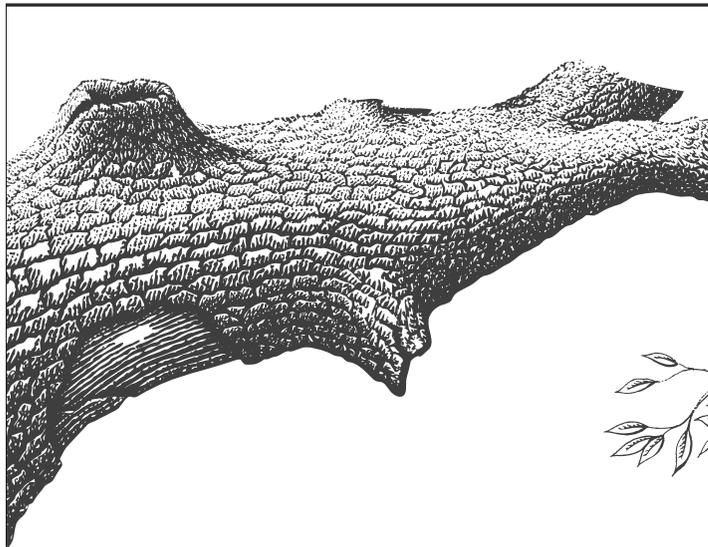
link our passes together today and really work off the ball with each other."

Martin agreed with Dimit's assessment of the Cougars' early season woes.

"Just our mentality in general is better," he said. "We definitely had the talent at the beginning of the season, but it was really just piecing together mentally what we needed to focus on in practice and in the games. In general, we're just more positive."

Niwot is currently ranked 14th in the Class 4A RPI standings with one game to go, which should be enough for a spot in the postseason. Round 1 of the state tournament will begin during the week of Oct. 28.

10/17--Niwot 4, Northridge 0
Grizzlies (5-8-1, 3-5) 0 0 — 0
Cougars (10-4, 5-0) 3 1 — 3
Goals — Martin (3), Elston
Assists — Stobbe (2), Dominguez, Hansen, Osteen
Goalies (Min-Goals allowed-Saves) — J. Amaya (40-0-3), P. Rodriguez (40-0-1)



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CROSS COUNTRY

Continued from Page 20

Lennert, (20:48), Eva Klingbeil (21:02), Mina Altshuler (21:59), and Lauren Hendershot (22:08).

Christensen didn't mind seeing his runners experience a little pain on the mushy course, and believes it will help in the hillier conditions next week. As for his expectations for the upcoming state race, Christensen said he doesn't like the word "peaking," but he agreed that the Niwot girls are well-po-

sitioned to defend their 2018 state cross country title, even if they now have a target on their backs.

"They're happy, they're healthy, they're working together, and they treat each other like family," he said after the Niwot girls won their second straight regional crown "They're in a great spot, and now it's just a matter of staying humble and not being too confident."

Over in the boys race, the top-10 was another mostly Niwot affair, as senior Cruz Culpepper took the top spot (16:12), followed by a pack of

Cougars in 4th through 7th — Jack Kenkel (17:00), Joey Hendershot (17:00), Zane Bergen (17:00), and Joaquin Herrera (17:01)—for a team score of 23. Niwot runners also nabbed the 8th and 9th spots, and no Cougars finished below 20th on the day.

Afterwards, Christensen said the performance went a long way towards alleviating his remaining concerns about the team's mental state.

"We wanted to just make sure they get that effort in that's going to replicate state — visualizing certain points in the course as far as

getting out in the first K [kilometer] and then finishing the last K, and never being out of position, and helping each other out, and making it hurt a little during the last mile. Because it's going to hurt a lot next week, but it will be different scenery."

Like his counterpart in the girls race, Culpepper was a little off his rhythm on the "lumpy grass," and is looking forward to being back on the course where he won the state title in 2018.

"It will be good to be back on something with good footing," he said.

Like the girls, Christensen thinks the Niwot boys are well-positioned heading into the upcoming championships, especially with Culpepper in the lead.

"It's amazing with them because they just learned to work together like the girls," he said. "So the maturity, and the sense of family, and the working with each other

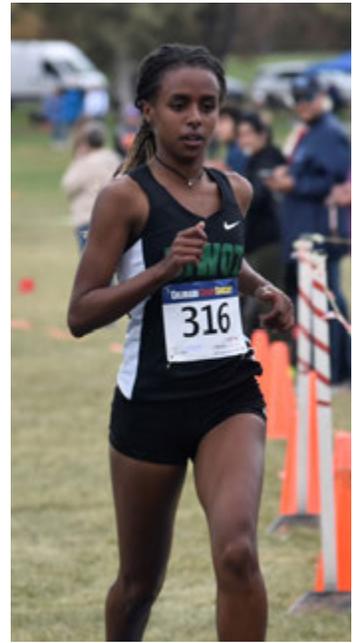


Photo by Jocelyn Rowley

Niwot senior Samrawit Dishon captured her first individual regional title at the Class 4A Region 3 championships, held Oct. 18 at East High School.

is there, and it was fun to watch."

10/18 — Class 4A Region 3 Cross Country Championship, East H.S. Boys Team scores — Niwot 23, Centaurus 52, George Washington 112, Northfield 126, Standley Lake 137, Skyview 143, Denver North 201, Thomas Jefferson 236, Arvada 254, Regis Groff 296, Vista PEAK 315, John F. Kennedy 355.

Top 10 individuals — 1. Cruz Culpepper, Niwot, 16:12; 2. James Overberg, Centaurus, 16:39; 3. Charlie Welch, George Washington, 16:46; 4. Jack Kenkel Niwot High School 17:00; 5. Joey Hendershot 17:00; 6. Zane Bergen 17:00; 7. Joaquin Herrera 17:01; 8. Grayden Rauba 17:05; 9. Michael Carpenter 17:06, 10. Gavin Shary, Denver North, 17:24

Girls Team scores — Niwot 15, Centaurus 64, Standley Lake 81, Northfield 114, Denver North 126, George Washington 131, Vista PEAK 256, Skyview 257, John F. Kennedy 292, Arvada 306

Top girls individuals — 1. Samrawit Dishon 18:55; 2. Taylor James, 19:23; 3. Madison Shults 19:41; 4. Joelle McDonald, 19:48; 5. Amelia Philofsky 19:48; 6. Ryley Darnell, Standley Lake, 20:21; 7. Maggie McCleeskey, Centaurus, 20:23; 8. Alexandra Emerson, George Washington, 20:31; 9. Sophia Abernethy, Standley Lake, 20:41; 10. Evelyn Phillips, Denver North, 20:42



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Wednesday, Oct. 23

6 p.m. - Gymnastics
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Thursday, Oct. 24

6:30 p.m. - Volleyball @ Longmont

Friday, Oct. 25

7 p.m. - Football vs. Northridge

Saturday, Oct. 26

Class 4A State X-Country (Norris-Penrose)

Wednesday, Oct. 30

6 p.m. - Volleyball @ Holy Family

Friday, Nov. 1

Volleyball @ Ponderosa tournament
7 p.m. - Football @ Fort Morgan

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