



Soldiering on - The dragon, the phoenix, and the place in between

By VICKY DORVEE
Editorial@lhvc.com

Monday, Nov. 11, is a day set aside to honor those who have served in the United States Armed Forces - our veterans. According to the U.S. Department of Veterans Affairs, as of this year there are nearly 19 million living veterans. This is a story about a group of local veterans who are collaborating on an art project unlike any other.

Robert Bellows stashed away his sculpture making tools for decades while he operated a successful business. Retirement meant he could finally get back to the torch and metal manifestations he loved to create. What he manifested though was beyond his expectations.

Two acquaintances, both Iraq War soldiers, stopped by Bellows' studio just west of Niwot near Haystack Mountain as he was working on a 4,000



Photo by Vicky Dorvee

Denny Sedlack, Bob Lecy, Robert Bellows, and Dave Schares (L-R) stand under the dragon and the phoenix metal sculptures they're working on at the Warrior Storyfield.

pound, eight-foot rooster, a commissioned piece for Boulder's Alfalfa's Market.. Bellows

took the inquisitive men up on their offer to lend a hand that day...and then they came back

day after day to keep helping. Bellows, who hadn't served in the military, was oblivious to the impact it had had on the men, but he learned about it quickly.

"The bottom line was that the war knocked on my door," Bellows said. "Mind you, I'm not a therapist. I'm just an artist and we had these conversations about the ghosts that met them when they'd lay down on their pillow. We had these conversations about killing and preparing to kill, and dealing with that...conversations you don't have in regular polite society."

Bellows gave them latitude with design decisions, which in turn invested them in the project. He saw that during the cutting and welding of recycled metal, the three of them had become a team. He witnessed the soldiers' demeanors softening, even in light of the distressing

emotions they were carrying from having been in combat. The depression Bellows deals with allowed him to deeply empathize with how the creative process and metal working in particular can change those who suffer emotionally.

The trio was moved to tears when, after nine months of work, they rolled the finished giant rooster out of the workshop. It was then the vets turned to Bellows and said, "What do we get to do next?"

Bellows said that was not a question, but rather a welcome mandate. Bellows decided right then to devote himself completely to what evolved into the Warrior Storyfield (WSF), a nonprofit organization.

What they did next was to begin making a 16-foot dragon and an 18-foot phoenix, their

Continued on Page 6

BoCo grant boosts Grange's reach



Photo by Vicky Dorvee

Thanks to the Niwot Business Association applying for a Boulder County Economic Vitality Grant on behalf of the historic Left Hand Valley Grange, the organization will be rolling out a new website and reaching out through local advertising to engage more participation with the community center.

By VICKY DORVEE
Editorial@lhvc.com

The Niwot Business Association (NBA) received word in June that a Boulder County Economic Vitality Grant it had applied for on behalf of Niwot's Left Hand Valley Grange had been approved. The grant is part of Boulder County's overall distribution of grant funds to one economic development organization in each municipality including Erie, Longmont, and Nederland. The fund was formerly called the Economic Development Grant.

Boulder County's Economic Development website page

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The true art of possible: Parenthood and business dreams can coexist

By HANNAH STEWART
Editorial@lhvc.com

There are numerous retreats every year for entrepreneurs to help them realize their goals and direct them in good business practices. However, the upcoming retreat sponsored by Family Village and Nesting Your Business in Longmont this month is different. Inspired by the modest success of the cathartic event last year, the two organizations are hoping to create an annual event for entrepreneurial parents.

"We wanted something to continue...we're going to have this every year. This retreat is really about reminding them what those visions are--whatever it is they're looking to do

alongside being a parent to show them that yes, it is possible and here are the resources," event co-host Meghan Dickland explained.

The Nov. 15 retreat will be held at the Family Village space in south Longmont for a day and a half opportunity for parents to recharge and think about how to achieve their business goals. The team hopes to give participants tools for growing their business, but they will also focus on emotional and mental growth as well.

Dickland explained how the previous event had a more practical focus, but after spending nearly two days with the

Continued on Page 11

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.

VETERANS CELEBRATION

The Niwot Community Association is hosting a public celebration of Niwot's veterans on Sunday, Nov. 10 at 2 p.m. outside the Niwot Tribune building (198 2nd Ave., Niwot).

NIWOT HIGH IB MEETING

Niwot High School (8989 Niwot Rd.) is hosting an informational 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.

NIWOT HIGH OPEN HOUSE

Niwot High School (8989 Niwot Rd.) is hosting an open house for all interested students on Nov. 14, from 6 - 8 p.m.

TWIN PEAKS OPEN HOUSE

Twin Peaks Charter Academy (340 S. Sunset St., Longmont) is hosting an Open House/Enrollment Night on Wednesday, Nov. 20. The evening is broken up by grade level: 5:30 - PREK, 6:00 - Elementary, 6:30 - Middle School, 7:30 - High School. Twin Peaks Charter Academy is a public PreK-12th grade tuition free charter school.

MOUNTAIN SHADOWS PRESENTATION

Mountain Shadows Montessori School (4165 63rd St., Boulder) is hosting "Teaching Peace is a Lifestyle", a special presentation by Kelly Crabtree, on Nov. 14 from 6-7:30 p.m. The event is free and open to the public.



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Published weekly in Niwot, Colorado by LEFT HAND VALLEY PUBLISHING, L.L.C. Member Colorado Press Association.

Letters to the Editor

To the editor:

There is no climate emergency! Those are not my words, but rather the words of 500 of the world's most knowledgeable and experienced scientists and professionals in climate related field.

This information was sent to the United Nations Secretary General and the Executive Secretary of the United Nations Framework Convention on Climate Change on September 23rd, 2019 urging them to reconsider their stance on climate change.

Their letter remarks that "the general-circulation models of climate on which international policy is at present founded are unfit for their purpose". The letter continues to explain that these computer models exaggerate the effect of greenhouse gases such as CO2 and ignore the fact that enriching the atmosphere with CO2 is beneficial. They urge the

United Nations to follow climate policy based on sound science, realistic economics and genuine concern for those harmed by costly and unnecessary attempts at mitigation.

The 500 climate experts from 24 countries argue that, natural as well as anthropogenic (man-made) factors cause warming, that warming is far slower than predicted, that current climate policy relies on inadequate modeling and that CO2 is plant food, which is the basis of all life on Earth. They close their arguments by stating that global warming has not increased natural disasters and that climate policy must respect scientific and economic realities.

I invite science teachers at Niwot High School to include this information in your lesson plans in order to expose your students a balanced view on

climate change.

The following links are provided for your convenience: clintel.nl/wp-content/uploads/2019/09/eccd-letter-to-un.pdf
clintel.nl/wp-content/uploads/2019/09/eccd-press-briefing.pdf
clintel.nl/wp-content/uploads/2019/09/ED-brochureversieNWA4.pdf

Dick Piland, Niwot

To the editor:

In his recent letter to the Courier regarding climate change, R. Eggers recommended three google search strings. Google is a wonderful tool for chasing down details, but it is not a good way to develop an understanding of a subject of any complexity. So I will reply by recommending three books. Books written by actual scientists and historians of science. Books that support their claims with references to peer-reviewed scientific research. All three are available through the Boulder Public Library - I checked.

Recommendation #1: "The Discovery of Global Warming" by Spencer Weart.

Continued on Page 3

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Bear and Mini are two sophisticated, urbane canines. They live in Denver, but vacation in Gunbarrel. Both have found the Gunbarrel staff to be attentive and considerate. Walks are plentiful, especially with trips down the Cottontail Trail and summer swim time at Twin Lakes. A cold nose in the face of staff members at sunrise always produces a breakfast fit for royalty. Their only complaint is not enough scraps on the floor.

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

LTE

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Recommendation #2: "Climate Change: Picturing the Science", by Gavin Schmidt, Joshua Wolfe, and Jeffrey D. Sachs.

Recommendation #3: "The Hockey Stick and the Climate Wars", by Michael Mann.

Robert Parson,
Heatherwood

To the editor:

In response to the recent letters to the editor regarding climate change/crisis, I would like to share my perspective on the debate. Whether you deny there is a climate crisis or wholeheartedly believe there is one, we can still find some common ground and be exemplary stewards of our planet.

In the spectrum of climate crisis deniers, I would presume some are good stewards of our planet and may believe our

planet is warming, but it is just not a crisis. I would think that many climate crisis deniers make conscious efforts in their lifestyles every day to protect our environment. On the flip side, I would not presume those who believe we are in the midst of a climate crisis, are doing all they can to reduce their carbon footprint. Many believe there is just nothing one person or family can do to make a difference. But there is.

Regardless of where you stand in the debate, we should hedge our bets on the presumption that humans are in fact causing the planet to heat up. The worst case is this presumption proves to be wrong, but in the process of doing the right thing for the environment, we can feel good about the positive impact we all have made. It's a win-win.

You can install solar panels on your house or buy into Jack's Solar Garden or subscribe to Xcel Windsorce as a tenant or homeowner. Drive less, carpool, take the bus or buy a gas efficient car when you have the option. These

transportation options cost less, reduce congestion on our roads, pollute less and reduce dependency on fossil fuels. Install smart thermostats, super insulate your attic and weather-strip your doors to reduce your energy consumption. Often the upfront cost is offset by the energy savings.

Plastics take a very long time to break down and are polluting our oceans, lakes, rivers, and landscape. Fossil fuel is a key component in the manufacturing of plastics. You can buy used products, refuse to buy products that use too much plastic and recycle. There are challenges in the economics of recycling these days, but recyclers are still finding markets.

Reduce or eliminate your consumption of beef. This may be sacrilegious to many to even suggest, but it takes a lot of fuel to raise a cow and cows emit a substantial amount of methane which is a greenhouse gas. You may even end up being healthier as a result and no doubt there is a better outcome for the cow!

So no matter where you stand on the debate, why would we all not take some action in our daily lifestyles and keep our world in mind with every decision we make? Together we can have a major

positive impact on the health of our planet for ourselves and generations to come. There is no planet B.

Jim Dorvee, Niwot

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“Spirit of the River”

BY CATHERINE MCHALE
Special to the Courier

This article continues a monthly series about the artworks and artists chosen for Community Corner at Sculpture Park at the corner of 79th Street and Niwot Road.

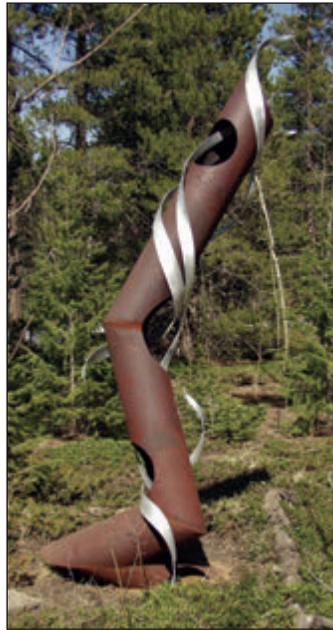
This month's feature is “Spirit of the River” by artist Scott Campbell Reuman. The full title of this large metal structure is “Spirit of the River Does Not Live Long in an Irrigation Pipe.” The piece was donated to the town of Niwot by the artist's family.

“Creativity is the source that sustains and connects all humanity. Without it, there would be no change. With it, we are small but real gods and goddesses. We are all artists, even if you never pick up paint and brush, chisel and hammer, or pencil and paper. Art is a way of thinking, a

way of being, a way of life” (osmosisartgallery.com).

Scott Campbell Reuman was an active member of the Boulder County arts community and avid outdoorsmen. Based in Nederland, Reuman took to nature as a source of artistic inspiration and as a tool to unlock deep human potential within himself, and all people. Natural elements are present in much of his wood-based work, but even in his industrial metal work there are ties to the earth and time.

Scott referred to himself as a biomedical engineer and physicist. He used creative technology to meld natural forms with unnatural modernity, such as LED lights and epoxy. In his everyday life he was a woodworker, sculptor, painter, and writer. Cutting edge in his endeavors, he served as an inspirational



Courtesy Photo

The Spirit of the River by Scott Campbell Reuman

figure in the local arts scene.

Scott was born in Long Branch, New Jersey and graduated from Wilton High School in Wilton, Connecti-

cut. Scott attended Rhode Island School of Design, Brown University, Colorado Institute of Art and Dartmouth College. (www.reuman.com).

After Scott Campbell Reuman passed in 2012 of cancer, a free screening of “Scott Reuman and the Wave of Improbability,” a documentary tribute to the artist, took place in the Boulder Public Library auditorium. Following the film, the inaugural Scott Reuman Award for Artistic Excellence was first awarded. The \$4,000 award recognizes an artist who has demonstrated an absolute mastery of his/her craft. A foundation established in Reuman's memory has guaranteed the continuance of the annual award for ten years (openstudios.com).

“Certain elements of my work repeatedly appear: flowing forms, curves, the contrast of mixed materials, river imagery, and water.

Wild things, diversity, human insignificance in the universe, all serve as inspiration. My work, then, is not contained within a theme. It is instead from within; born in the seat of unconscious, heated in the forge of mind, fueled by a life of observation, and tempered by the heart of soul,” (osmosisartgallery.com).

Scott Campbell Reuman's sculpture, “Spirit of the River,” can be seen at the Niwot Community Corner at Sculpture Park. The piece is not currently available for purchase.

For more information about the visit www.niwot.com/sculpture and www.osmosisartgallery.com



Niwot Dental's food drive for OUR Center

BY VICKY DORVEE
Editorial@lhvc.com

Thanks to the generosity of the community, Niwot Dental's first holiday food drive collected nearly 10 boxes of food for the non-profit OUR Center in 2018.



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This year, from Nov. 11 through Dec. 19 the dental practice is once again offering a convenient drop off spot for your donations which will then be delivered to the Longmont charity on time for both Thanksgiving and Christmas.

OUR Center, which helps the working poor, seniors, disabled and homeless members of our community by providing those individuals and families with food, clothing, and a wide array of resources and services to help make ends meet and to reach self-sufficiency, is in need of the following items: canned fruit and

vegetables, canned soups and sauces, canned proteins (tuna, beef, salmon, chicken), peanut butter, healthy snack items, cereals (hot or cold), grains, pasta, rice and beans, infant formula and bottled water.

Niwot Dental is located in Cottonwood Square Shopping Center at 6800 79th Street, Suite 203. Food may be left at the office door anytime or given to the office staff on Mondays, Tuesdays, and Wednesdays from 8 a.m. to 5 p.m. and Thursdays from 8 a.m. to 2 p.m. For additional information, call 303-652-3444.

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Willowdale Live brings big sounds to a small town

By VICKY DORVEE
Editorial@lhvc.com

Just a few shows in and already Willowdale Live is taking root in Niwot. The live arts not-for-profit entertainment series has two more shows before the end of the year and 2020s early year talent lineup of Americana, bluegrass, and folk performers, along with artist-speakers, is nearly all booked.

The shows take place once a month at Niwot's community gathering spot, the Left Hand Valley Grange. Willowdale Live's local co-founders Nick Dunbar and Andy Mann kicked off the inaugural show in August with Dunbar's band 300 Days playing their original mix of bluegrass, rock, folk and Americana music and National Geographic photographer, Mann presenting compelling images and the story of his adventurous career thus far titled "Summits to Seas"

Award winning Texas swing trio The Western Flyers flew

in to perform a concert in September and the Colorado duo, world-touring band By The Lee headlined in October.

"We've been building steam and have great acts on the horizon," Dunbar said. "The space has really come alive and the musicians really feel like they're part of something special and are honored to perform in Niwot." He also mentioned that national talent agencies have gotten word of the series and are reaching out to them with ideas for future entertainers.

The intimate homey feel of the Grange is enhanced with a low wooden stage, vintage pieces courtesy of Wise Buy Antiques, and twinkling lights strung across the ceiling.

Tickets, all of which feature top-notch touring musicians, are \$20. Children ages 14 and under are free, making it a great cold weather family-friendly entertainment option.

On Friday, Nov. 15 is hometown favorite and internationally renowned banjoist Pete Wernick

of the band Hot Rize, and his wife singer-guitarist, Joan Wernick. The final 2019 show stars singer-songwriter and multi-instrumentalist, Cahalen Morrison on Friday, Dec. 6.

Dunbar mentioned there's a high probability that come December's show, or perhaps by early next year, beer and wine

will be served at the shows.

Next year's spring artists will be announced at the December concert. Telluride Bluegrass 2019 band contest winner Bowregard is rumored to be on the docket. Another National Geographic photographer speaker is also a pretty safe bet.

To buy tickets in advance and

learn more about past and upcoming performers, visit www.Willowdale-Live.com. Performances are held at Left Hand Valley Grange, 195 2nd Ave., Niwot. The community is encouraged to reach out through the website to volunteer their help at upcoming shows.



Photo by Flat Nine Design

Award-winning Texas swing artists Western Flyers performed at the Left Hand Valley Grange in September as part of Willowdale Live's inaugural season. To finish up the year, Pete Wernick is scheduled to perform in November and Cahalen Morrison will be on stage in December.

NIWOT REAL ESTATES' SMOKE SIGNALS!

THANKS to Mt. View Fire Rescue for aiding the firefighters in Sonoma County to help save the Murphy Family home in Healdsburg. Their help was truly appreciated from all the folks on Limerick Lane in Healdsburg.

**Barb Ponesse,
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<div style="background-color: blue; color: white; padding: 2px; font-weight: bold;">Under Contract in 1 week!</div> <p>\$675,000 7183 Dry Creek Court Todd Goad 303-506-7357 Beautiful main level master suite w/walkout patio. Great natural light. Updated kitchen. 2nd floor bedroom & loft. Right in the middle of Niwot.</p>	<div style="background-color: blue; color: white; padding: 2px; font-weight: bold;">New Listing!</div> <p>\$840,000 7664 Estate Circle Ann Mills - 303-875-7071 Gardeners Dream! Half acre lot w/beautiful landscaping and backs to a pasture! 3 beds, 4 baths, great room & main floor master. Basement finish is an art studio/office/ family room.</p>	<div style="background-color: blue; color: white; padding: 2px; font-weight: bold;">Lock & Leave !</div> <p>\$575,000 1033 Champion - Longmont Pat Murphy 303-589-7025 Classically updated home. Private lot with mature landscaping. Room for guests in professionally finished lower level. The ease of low maintenance, but quality</p>
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WARRIOR

Continued from Page 1

eyes meeting. The sculptures are being simultaneously constructed because the beings are existentially connected. They're symbols of soldiers going off to war and returning

home, and they represent veterans' stories, both brutal and beautiful.

Marine veteran, Ben Cardamone, who fought in the Vietnam War, joined the project five years ago.

"About eight years ago, my wife told me I needed help,"

Cardamone said. "I went to the VA and started my journey actually just telling people that I was a Vietnam Vet – people who knew me for 30 or 40 years and never knew it. It's something a lot of us hide."

He has an uncanny ability to spot other vets and doesn't let

an opportunity pass to fill them in on the powerful positive effects he's seen at WSF.

And it's no wonder because there's a strong sense of magic and sacredness just being at WSF. It's partially the startling massiveness of the creatures combined with their impassioned and graceful stances and it's something less tangible. It's intense and cathartic, powerful and peaceful, and it all comes together with the fire from a welding torch.

"That's important," Vietnam medic Denny Sedlack said. "The fire we experienced was destructive fire and this is a creative fire. We experienced extreme dehumanization and extreme disconnect and when we got home that was reinforced. A question could be, 'What's the vehicle that allows us to sit in the fire to re-experience connection?' If there's some way to quell the beast for a few moments, there's a chance to find what connects us and this is a vehicle for that."

Transformation happens to WSF participants. Taking a flat piece of inanimate steel and turning it into an emotional expression is transformative in itself. The vets' cordial banter often develops into a more serious conversation where everything else must stop and the team will give its full attention to the moment. That's when the transformation of connecting, building trust and bonding comes in and when isolation is warded off.

Vietnam medic Bob Lecy is the "Heart Guy" on the project. He said the decision to make a dragon heart was the result of deep conversations. It wasn't pretty making this heart in a wheelbarrow of sand, lining

it with hydraulically pounded metal pellets, and then brazing it with brass. It's become a focal point and will remain visible, like a battle wound.

An open heart translates into letting feelings in and out which is something Lecy, like other vets, could not allow while in the throes of the horrors of war and then wasn't encouraged to share when he returned home.

"It became more and more clear, at least to me, that what we were doing really wasn't about the sculptures as much it was about what was moving in us, especially the emotions," Lecy said "because we wall off the heart and protect it so we don't deal with our emotions. We learn not to, that's part of the experience of going to war in order to survive it. The problem is we come back here and there's no on switch and we don't know what to do with those emotions."

Three days a week participants, none of whom were metal artists before the project, come together. Bellows spends 40 to 50 hours a week in the workshop and no longer does commission work. There are no requirements to participate; each person decides when to come and what they'd like to do.

Estimates are that 50 veterans from six wars have been involved, but not all who heal were in the military. Dave Schares' brother was killed in the Vietnam War and processing that loss put him in an unrelenting loop. He drove by the WSF several times not sure he belonged before he summoned the courage to stop in. He's

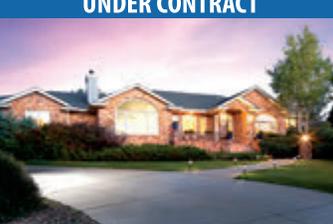
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<small>MAYOURA PHANNADETH</small>	<small>MARA YEHL</small>	<small>DONNA JENSEN</small>	<small>BETSY FOLSOM</small>	<small>SHANNON ANDREWS PALO</small>	<small>ED WEAVER</small>

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<p style="background-color: #0070C0; color: white; padding: 2px;">UNDER CONTRACT</p>  <p>7180 LONGVIEW DR. \$979,000 Deborah Read Fowler 720.378.1217</p>	<p style="background-color: #0070C0; color: white; padding: 2px;">BEAUTIFUL SETTING</p>  <p>8955 LITTLE RAVEN TR. NIWOT \$1,599,000 Deborah Read Fowler 720.378.1217</p>	
<p style="background-color: #0070C0; color: white; padding: 2px;">SOLD</p>  <p>3959 HAWTHORNE CIRCLE \$640,000 Karlynn Spreder 303.517.0026</p>	<p style="background-color: #0070C0; color: white; padding: 2px;">FOR SALE</p>  <p>1031 PORTLAND PLACE, #2, BOULDER \$539,000 Deborah Read Fowler 720.378.1217</p>	<p style="background-color: #0070C0; color: white; padding: 2px;">JUST LISTED</p>  <p>6936 PAWNEE WAY, NIWOT \$1,171,000 Deborah Read Fowler 720.378.1217</p>
<p style="background-color: #0070C0; color: white; padding: 2px;">JUST CLOSED</p>  <p>9002 COMANCHE RD, NIWOT \$799,000 Deborah Read Fowler 720.378.1217</p>	<p style="background-color: #0070C0; color: white; padding: 2px;">SWEET NEW LISTING!</p>  <p>5624 RIM ROCK CT. BOULDER \$599,900 Kathleen Spano 303.885.0876</p>	<p style="background-color: #0070C0; color: white; padding: 2px;">FOR SALE</p>  <p>3460 23RD ST, BOULDER \$1,139,000 Betsy Folsom, 626.590.8037</p>

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WARRIOR

Continued from Page 6

been a welcomed member of the team since day one.

"I always wanted to have some idea what my brother went through," Schares said. "Being out here, it gives me a chance to have the conversation."

The project's ripple effects are incalculable. WSF participants speak in college classes and on podcasts about everything from war to suicide to the healing process. They're not trying to solve the problems Bellows said; they're helping to express the problems.

WSF viewers, even with no connection to the military and no knowledge of battlefields, are struck with a sense of awe and often moved to reflect on their own wounds.

Everyone inquires about when the sculptures will be done and where they'll end up.

Bellows said, "We're in a mystery here. Our goal is that yes, we're going to finish these things but we're working in soul time and whatever time it takes, is what it takes."

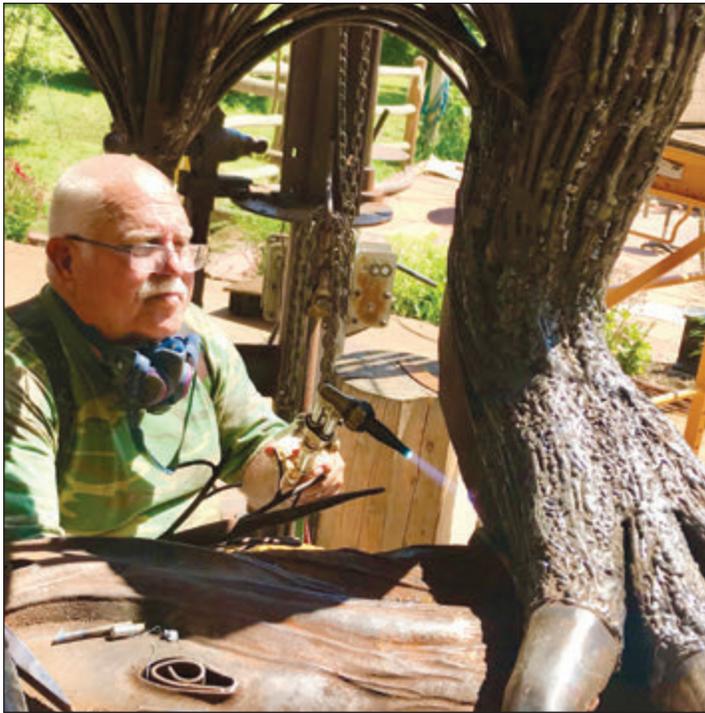


Photo by Vicky Dorvee

Warrior Storyfield participant, Denny Sedlack uses a torch to work on the foot of the phoenix metal sculpture.

"Our hope is that this whole project - the sculptures and the space in between - is where the people will come and that's where the changes will happen," Lecy said. "Are you going to continue to let the dragon hold you or are you going to

take the risk and go with the phoenix?"

To learn more, to become involved, and to donate to help purchase resources such as safety equipment, visit www.WarriorStoryfield.org.

NIWOT TAVERN

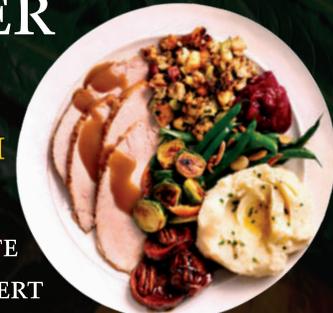
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GRANGE GRANT

Continued from Page 1

reads, "In support of economic development in our towns and municipalities, Boulder County has a long-standing tradition

of contributing financially through economic development grants to local chambers of commerce, economic councils, the Small Business Development Center, and other economic development organizations."



Dayna Roane, former NBA treasurer, and Niwot's Economic Development Director Catherine McHale submitted an application for the county funds just before the December 2018 deadline.

"We dreamed up the application to be used on behalf of the Grange," Roane said, "to help improve its visibility. I don't think anyone would argue that the Grange is a little, quiet place and there's actually people in the Niwot Business Association that didn't know what the Grange is - shockingly."

The award of \$2,325 is earmarked to help the Grange improve public communications and garner the attention that, because of its past and ongoing significance in the community, is merited.

Part of a national network of 3,600 granges and first chartered in 1873, Left Hand Grange No. 9 is now the oldest active grange in Colorado, having outlived the first eight. Gatherings at the Grange range from social to informative. Politicians and professors, hobbyists and honey beekeepers, clubs, crafts, companies, kids, musicians, marriages and memorials all find a welcome place in its walls.

Roane said the grant application was completed with the written promise that the NBA and the Grange would

be working together cooperatively "to revitalize an important historic and community treasure."

Once the grant approval became official, NBA officers, and the board and members of the Grange met to discuss how best to utilize the funds. The result was the decision to move forward with an improved website and to advertise membership through local channels. Both strategies were designed to inform the community that the Grange is an available and valuable resource and to garner more public participation through membership and volunteering.

The revamped website is scheduled to be launched by the end of the year and will feature updated content and photographs, while honoring the history and legacy of the organization. It also will show the Grange's event calendar and allow renters to complete the booking process.

"The Grange is so appreciative of this grant," Grange president Kellie Beran said. "Hopefully the new website will help the Grange become more relevant to the community and help us gain more members, which we need to help this vital piece of Niwot thrive. Mostly, it has just really helped us realize how much the community treasures the Grange."

This isn't the first year that Niwot has been a recipient of the Boulder County Economic Development funds. From 2015 through 2018, the grant's funds (always in the amount of \$2,325) were used to install trees and irrigation along 2nd Avenue between Franklin and Murray Streets and to help offset the cost of creating and enhancing the Connectivity Project on the corner of Niwot Road and 79th Street. Each project was also underwritten by the Local Improvement District (LID).

NBA member and Niwot Streetscape committee representative Chuck Klueber has spearheaded the application process many times in the past. Klueber wrote, "It requires that the contractor who requests the grant also use matching funds. The \$2,325 doesn't buy you much in the way of economic development. So in order to get matching funds of a sufficient amount, I went to the LID to request their financial support."

It's nearing the submission deadline for next year's Economic Vitality Grant application. NBA president, Tony Santelli said, "Although we have not formalized our intent for the 2020 grant, it is reasonable that improving the ambiance of Cottonwood Square will be one option that will be addressed."

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Lead attorney in Longmont and resident of Boulder County

Niwot's Fly Away Home celebrates local artists

By HANNAH STEWART
Editorial@lhvc.com

Fly Away Home is a cosy little shop tucked away in Niwot's Cottonwood Square. Its owner Kathy Trauner has high hopes for the home décor and gift boutique, and those hopes have to do with celebrating local artists. "It was one of my goals at the very beginning...I want this to feel like a place of community and give them [local artists] the space to share their work!" she said.

So far, Trauner has recognized a few local artists, mostly painters, but hopes to expand past that medium to include more art styles and techniques. "Being an artist is hard! I see what they pour into their work, there's so much that goes into it...So anything that gets them a leg up is a great thing," Trauner said. She hopes that by celebrating local art, not only will it help her business, but it



Complementary photo

Paustian's collection of oil painted trees and acrylic abstracts

will also help the community be more open to new artists and appreciate them.

She is very excited to name North Boulder painter Astrid

Paustian for the month of November. Her warm colors and whimsical style capture the feeling of fall, whether it's through her more ab-

stract paintings or those that actually capture nature. "I first saw her work online... it's so bright and vibrant, just beautifully done," gushed

Trauner. She further described Paustian's art to have a "warming, modern feel" and expressed the hope that community members stop by to see her work. Using a variety of mediums such as oil and acrylic, it's clear that Paustian is a dynamic artist with an eye for color.

Trauner said that she's always looking for new artists across Boulder County and that she hopes to have a diverse variety to show off in her shop. For her, she picks artists based on who might fit the shop and have a style attractive to her customers--this approach allows her to consider and celebrate a great number of artists and styles. For Trauner, gifting artists exposure is fun, but it is also an opportunity for the community to come together. "Local art is important and we want to be a community who celebrates local art!"

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FLAGSTAFF ACADEMY

Kleuber tapped for Golden Hammer

Photos courtesy of Josh Morin

On Oct. 26, the Niwot Business Association honored Chuck Klueber with the 2019 Golden Hammer Award for outstanding volunteerism in Niwot. Pat Murphy of Niwot Real Estate presented Klueber and his wife Linda with the plaque shortly before the Halloween festivities began at the Great Pumpkin Party. The Golden Hammer has been awarded to the town's outstanding volunteer annually since 2009, when it was first presented to Curtis Lizakowski.

A large photograph of a young man with long brown hair, wearing a grey hoodie, using a power drill to work on a metal robot chassis. The chassis is filled with various electronic components, wires, and mechanical parts.

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FAMILY VILLAGE

Continued from Page 1

participants, she and Family Village's Melanie Piazza realized that this year had to be a little different. Understanding that emotional support is just as important as hands-on business knowledge, they aim to have a deep dive into developing emotional and mental health as well.

"My biggest thing is probably empowerment and realizing potential. Early motherhood can be very challenging and we might be running on what feels like depleted resources, but it's a really powerful time. I want women who come here to realize the power they have within themselves to realize the dreams

they have," said Dickland.

She went on to describe how she and the retreat planning team have designed a number of different sessions aimed at empowering participants through mind, body, and soul. While there will be practical business focused sessions, there will also be massages, lunches and sessions that incorporate dance and sound healing so as to help individuals recharge and find potential.

Additionally, at the end of the retreat, participants will be given a template for a strategic plan. Dickland explained how she has attended many other retreats with similar objectives, but few really give participants a sense of how to accomplish their goals.

"This retreat is designed for moms who want to take some

time for themselves and reintroduce themselves to the dreams they have growing alongside their children," elaborated Dickland. "The retreat and the village is all about providing the resources, capacity, and the how-to for moms and children to expand in these early years."

Since parenthood, especially the early years, can be a stressful and transformational time, it's important to remember to take time for one's self. But this retreat is a challenge to parents, and specifically mothers to invest in themselves: taking that time to recharge their spirits, inspire their minds, and jumpstart their dreams.

Dickland and the team are excited for this year's retreat and all its sessions for helping partic-



Photo by Hannah Stewart

Megan Dickland in the Family Village's quiet room.

ipants come together and share in this opportunity for personal growth. "If we're going to take a day and a half out of our daily lives, then let's really get some-

thing out of it," said Dickland. "I want women who come here to realize the power they have within themselves to realize the dreams they have."

Principal Barela goes pink to celebrate Fall Crawl haul



Courtesy Photo

Sunset Middle School principal Anthony Barela showed off his new pink hair-do to a crowd of fawning admirers after the Fall Crawl wrap-up assembly on Oct. 31.

Barela was once again subject to the salon chair, after his students met their goal for this year's annual Parent Advisory Committee fundraiser, held on Oct. 5. Last year, Barela received his first Mohawk, but didn't get any color to go with it.

Through this year's Fall Crawl, the PAC raised more than \$15,000 that will go towards improvements in the school's interior and a new sound system in the cafeteria.

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SPORTS

Niwot gymnastics claims 2019 regional title



Photo by Jocelyn Rowley

The Niwot gymnastics team took first place at the Class 4A Region 3 gymnastics meet and earned a bid to the state championship meet at Thornton HS on Nov. 8. From left: Madison Sloane, Olivia Sroka, Zoey Stowe, Mallory Christopher, Mia Curry, Ava Silverstein, and Savannah Slater.

By JOCELYN ROWLEY
Editorial@lhvc.com

A surefooted performance on the balance beam lifted the youthful Niwot gymnastics team to first place at the Class 4A Region 3 championships, and now the Cougars are heading into the upcoming state meet with a renewed sense of “positivity,” according to head coach Marisa Purcell.

“We’ve done a lot more individual varsity practices this year, to help them build confidence in each other and learn to lean on one another, and for them to come together and have

expectations in each other,” the fourth-year head coach said after her team posted the top Class 4A score at the regional meet, held Nov. 2 at Mountain Range High School. “In the last four weeks or so, they’ve definitely started to have the connection and that bond. They had to learn about each other in the beginning and learn how they each do things, and we’ve seen that start to come together.”

Niwot was led on the day by Mia Curry, who placed first in the individual standings to capture the 2019 regional all-around title. The sophomore, whose home



Photo by Jocelyn Rowley

Junior Zoey Stowe readies for a tumbling pass during her floor routine while the other Niwot competitors cheer her on at the Class 4A Region 3 gymnastics meet at Mtn. Range HS on Nov. 2.

school is Silver Creek, posted top scores in floor and beam, and was also among Niwot’s highest scorers in vault and bars. As a freshman, Curry competed for Niwot during its 2018 state title run, finishing fourth overall in bars, fifth in floor, and eighth in beam. In 2019, she has emerged as one of the Cougars’ top competitors, and Purcell said it’s been a year of tremendous development for the 10th-grader.

“We’ve added some big skills in, specifically her flipping a “tsuk” on vault,” Purcell said, referring to a Tsukahara Vault, which consists of a half turn off the springboard onto the vault table, then a push backwards. “It’s a big skill to put in at the end of the season, but she’s been working it, and she felt confident and ready to do it, so that’s where we’re at. We also put in another skill on bars for her. So, individually, she’s seen some growth, added a couple of skills, and really been critiquing herself, so she can do well in the all-around at state.”

Joining her as all-around competitors for the Cougars were veterans Mallory Christopher (Longmont) and sophomore Olivia Sroka (Silver Creek), who will each be making return trips to the

state championships. Freshman Savannah Slater (Mead) was also an all-around competitor for Niwot, and impressed Purcell with her confidence during the floor exercise.

“We work on performing our floor routines versus doing a floor routine—they’re two totally different things,” she said. Also competing for Niwot at regionals were junior Zoey Stowe and freshman Madison Sloane. “For some, it comes naturally and for some it doesn’t, and Savannah is very in tune with the judges, and she’s trying to show it off and have fun out there too. She knows what she needs to do in order to put up the score she wants, but she’s genuinely having fun and enjoying it.”

The Cougars earned top scores in the beam and floor rotations at the regional, a result consistent with their performance during the season, according to Purcell. That’s also her expectation for the state meet, though her team’s affinity for the beam has defied expectations so far.

“We didn’t go six of six, but we stuck five out of six, and it was good to see the team come together and perform in the third rotation,” she said. “They’ve done a lot of work on beam, and they’re

more comfortable up there than my past teams. It changes, and the beam has not always been our number one, so it’s interesting that it would be now. We’ve also been scoring really well on floor, as a whole. But bars is definitely at the lowest end of where we are now.”

On Nov. 8 at Thornton High School, Purcell and the Cougars will get the chance to defend their 2018 state title, a daunting task under any circumstances, but made more difficult this year by the team’s lack of postseason experience. However, the coach said she has been watching her young team “progress and mature” throughout 2019, and believes they have found the final pieces of the puzzle.

“Their scores have fluctuated throughout the season—we’ve kind of gone up, and we’ve kind of gone down—but I don’t think we’ve peaked yet,” Purcell said. “For me, my expectations are for them to go out and not only start strong, but also finish strong. We can anticipate mistakes because we won’t be perfect, but they can pick themselves up and finish the meet as a team and to the best of their ability.”

That said, Purcell added that her team’s youth doesn’t exempt them from the high standards set by previous Niwot state gymnastics teams.

“We don’t go out and perform skills that we’re not ready to do. We don’t go out there and just do it. We are out there, and they are on this varsity team because we’re critiquing every single point...We want all of that put together, as well as being positive for one another, and showing good sportsmanship towards other teams in the gym. They know...that when we walk into a gym, that we care about our sport and are proud to be performing it... They represent Niwot gymnastics, they represent their home school, and they represent their district.”

Niwot tops Regis Groff in playoff opener



Photo by Jocelyn Rowley

Junior Keegan Stobbe was tripped up early in the Niwot's playoff game against Regis Groff, but scored the game winner shortly thereafter.

By JOCELYN ROWLEY
Editorial@lhvc.com

Emotions were high on Niwot's bench after its shutout win over No.18 seed Regis Groff in the first round of the Class 4A soccer playoffs, and now head coach Stephen Dimit hopes to use that energy to carry his team through a deep postseason run.

"The relief came when we qualified, and now we're excited to be moving on," he said following the No. 15 Cougars' rousing 2-0 victory over the Fusion at Everly-Montgomery Field on Nov. 2. "I feel pretty good. We can play with anybody."

His team's performance against a fast and physical Regis Groff squad certainly supports that claim. The Cougars were sharp on both sides of the ball

throughout the match, despite the absence of three key starters, including forward Aidan Martin, one of Niwot's more reliable scorers during the last weeks of the regular season. In their absence, a bevy of younger players—notably Jake Elston and Mason Wright—"stepped up and filled in the gaps," according to Dimit.

"It was a really good team win," he said. "Defensively, I thought we played really, really well. On offense, we didn't possess as much as we wanted to, but we adjusted to the game they gave us. It was very physical, but our guys kept their heads."

Admittedly, that was a challenge at times, memorably for forward Keegan Stobbe, who

Continued on Page 14

STUDENT-ATHLETE OF THE WEEK Joelle McDonald

By JOCELYN ROWLEY
Editorial@lhvc.com

Joelle McDonald wasn't expecting a life-changing experience when she joined the Niwot girls cross country team as a freshman, but after helping the Cougars win their second straight team title at the Class 4A state championships on Oct. 26, the senior paid homage to the transformative power of running.

"It started as 'running is what I do for fun,'" she said, recalling her four seasons with the program. "Then it became 'running is what I do,' and now it's 'running is what I am,' because it's just become such a strong part of my identity. I can't really separate myself from running anymore."

The Niwot cross country program is going to have a hard time separating itself from McDonald after she graduates, according to head coach Kelly Christensen, who was hired ahead of her freshman season. A mainstay on the Cougars' varsity during her four-year tenure, McDonald overcame Battle Mountain's Lizzy Harding on the final stretch of the dusty state course at the Norris Penrose Event Center to deliver Niwot's first ever state cross country title in 2018.

A year later, she was once again the key piece of the puzzle for the Cougars, with a 13th-place finish that sealed their second consecutive state championship. McDonald also helped the Niwot girls claim the first place title at the 2019 Nike Desert Twilight Festival, a regional meet held in Casa Grande, Ariz. featuring teams from seven western states.



Courtesy Photo

Joelle McDonald helped lead the Cougars to their second straight state cross country title on Oct. 26.

"She's one of my first four-year athletes, because I've never been at a school for four years before," Christensen said. "She's been there every step of the way, and she's really been the one who puts the team on her back, sometimes in the most inglorious positions. She finds the girls in the race, she sets the tone, and she's got a warrior mindset."

A casual racer in middle school, McDonald didn't have high hopes for her high school running career at Niwot, but newly hired Christensen was about to change all of that. Almost immediately, the coach instituted changes to the program's culture, and McDonald soon found herself nodding along to his talk about team chemistry and "running for each other." Three years and three team titles later, McDonald said Christensen's overhaul of Niwot cross country has been "amazing."

"Getting to work with him all four years, seeing where he took the program from where it was to where it is now, I can't

believe how far we've come. In my freshman year, we had a pretty good team, but our team dynamic wasn't even close. I would be the only girl sometimes at winter training sessions. Now it's like an army of us."

McDonald credited that new team dynamic for their back-to-back titles, and said that "no one was running for ourselves."

"Once its for yourself it's easier to quit because you'll forgive yourself someday, but you want to be there for your team."

In the classroom, the senior is a top student in Niwot's IB Diploma programme, and has especially enjoyed her history and Spanish classes. She is also president of National Honor Society and co-president of Garden Club. In her spare time, McDonald plays piano and practices Muay Thai, a form of kickboxing that originated in southeast Asia in the 18th century. Though quite different from running, McDonald said learning the combat style gives her an edge against other racers.

"I feel like it's my secret weapon mentally," she said. "You have to get through some really grueling tests to get a black belt and that really helped me to develop more grit."

Unsurprisingly, McDonald hopes to run collegiately, and is currently pursuing recruiting opportunities with Wyoming, Brown, and CU. Wherever she lands, she plans to study policy, economics, environmental studies and eventually go into politics.

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SOCCER

Continued from Page 13

the easy tap in. That's something I always do, just follow off the keeper. You never know what's going to drop in."



Photo by Jocelyn Rowley

Senior Manny Soto was instrumental on defense for the Cougars in their playoff win over Regis Groff on Nov. 2.

Stobbe's goal put the Cougars up 1-0, with just over 27 minutes to go in the first half. Less than a minute later, sophomore Azael Marrufo took a pass from Ishmael Dominguez up the right sideline, and then beat a Regis Groff defender for an open shot to the far corner of the net. That gave Niwot a 2-0 lead that would stand for the rest of the game.

"Those two goals got us really excited," defender Manny Soto said. "We had everything against us. We had three starters not playing for us, but we managed to keep it together and win."

Alongside senior Andy Worrell, Soto anchored a Niwot defensive unit that allowed just a

handful of shots on the day, even after a blitz by the Regis Groff attack in the opening minutes of each half.

"If you go up two in the first half in the playoffs, you'd better buckle up in the second, because they're going to throw everything at you," Dimit said. "They were super physical, but that just wasn't enough to beat us today."

Soto said the defense "communicated a lot" during the match, which was key to the shut-out, along with a strong sense of cohesion among the group.

"We got their style of play in the first few minutes, and we organized, and we just talked it out and played it through. We all love

each other and get along so well."

With the win, Niwot advanced to the round-of-16, where they will face No. 2 seed Golden on Nov. 5, and the Cougars are expecting another tough, physical match-up.

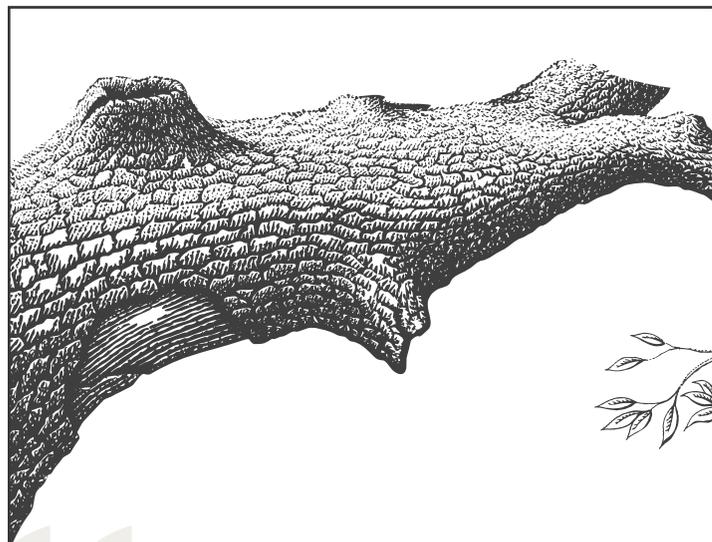
"We're going to be looking for a challenge," Stobbe said. "But we're going to keep doing what we've been doing—practice hard, train hard, and come in with a great attitude."

11/02—Niwot 2, Regis Groff 0
Fusion (10-5-1) 0 0—0
Cougars (11-5) 2 0—2
Goals — Stobbe, Marrufo
Assists — Dominguez, Osteen



Photo by Jocelyn Rowley

The Niwot defense survived an onslaught from the Regis Groff attack during the opening minutes of their match on Nov. 2.



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.

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Beyond The Mountain brewery to host inaugural Icculus Day

By ABIGAIL SCOTT
Editorial@lhvc.com

Beyond The Mountain Brewing Co. in Gunbarrel is one of Boulder County's many awesome breweries just steps from our backyards. Some years ago, two home brew fanatics and lifelong friends, Morgan Way and Chuck Hixon, set their sites on starting a brewery focused on tasty, inventive craft beer and live music. Fans of both, Way and Hixon honed their skills at a variety of breweries around Boulder and Denver, until they each felt ready to take the plunge.

After a successful start in 2017, Beyond The Mountain

Brewing Co. continues to add more members to its dedicated, suds-loving following. Their beer is equal parts quirky, creative, and worthy of a second round. Way and Hixon keep four year-round beers on tap, supplemented by one-off concoctions and seasonal favorites. Way, the head brewer at Beyond The Mountain, described his passion for all things beer, "I wanted to become a professional brewer because making beer is a great combination of science and creativity. From developing a recipe to pouring a pint, brewing utilizes my chemistry background, problem solving skills, and my passion for creating a product for

others to enjoy."

The brewery's current features include interesting options like Basil Saison and Colorado Hipster Beer - the latter being a unique concoction of a brut IPA with strawberry puree. In addition, Beyond the Mountain Brewing Co. wants its guests to feel equally as good about supporting the community as they do drinking the local brewery's beers, which is why \$1 from every pint of Colorado Hipster Beer goes to support Take Note Colorado. This aptly named charity is focused on outfitting children from underserved communities with musical instruments and the skills needed to play.

Hixon explained the perfect balance between music and beer at Beyond The Mountain, "While many breweries are involved in live music, I think we have reached a new level of combining the two worlds. You can feel the relationship the second you walk in. From our live music, band collaboration brews, live streams, and ticket and poster collection, we fully commit to bringing beer and music together."

This Nov. 9, Beyond The



Photo courtesy of Beyond The Mountain Brewing Co.

Icculus, The Learned waiting to quench the thirst of Boulder County's beer lovers.

Mountain will host its first ever Icculus Day celebration. This special event celebrates the brewery's anniversary along with the release of Icculus The Learned - a Russian Imperial Stout unlike any other. The beer was first brewed in commemoration of Beyond's 1st anniversary but now the brewery will release it yearly as its limited winter offering. Icculus, The Learned is a balanced blend of molasses, honey, and malts that reflect a smooth, rich body, bolstered by

a chocolatey-roasted flavor.

Beyond The Mountain will also offer a very limited barrel aged Icculus, The Learned on tap and for purchase. The beer's name sake comes from a famous figure in various Phish songs. In keeping true to its roots, Beyond The Mountain will host Phour Point 0, our state's best Phish cover band, from 6 - 9 pm. The event kicks off at noon but arrive on time as Icculus will only be available while supplies last.

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