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November 2013 • Volume 19 • Issue 11

"Dude, It's Boulder!"

Original Theatre Production About Boulder's History

The Society for Creative Aging and Boulder Fringe have chosen a Boulder native, Jane Shepard, well-known writer and director in New York City, to write and direct an original play on Boulder's history. The play, Dude, It's Boulder! is performed by the Society for Creative Aging/VIVA Theater Troupe on November 30th and December 1st at eTown Hall in Boulder.

Come see ye olde, thoroughly modern, far out & totally awesome history of a city. Learn the secrets of Boulder: Chief Niwot's real name, the bordellos on Canyon and the madams' conflict with the town ladies, and the secret life of C.U.'s first female professor, Mary Rippon and the struggles of Ruth Flowers, the first African American woman to graduate from CU... and more.

Dude, It's Boulder! is a fun look at Boulder's coming of age stories. Experience Boulder's historic characters come to life. Relive their journey through carefully researched events in the history of Boulder, Colorado-from gold rush stories to wild west events, to educators, scientists, hippies, sports and yoga enthusiasts - and even Shep, the beloved turnpike toll booth dog.

They are all here--the people, places and events that made Boulder. Discover what makes a town and what makes Boulder the innovative town we know today. This lighthearted play illuminates how and why this front range community continues to attract a steady stream of visitors as well as new and returning residents.

Performance dates: Saturday, November 30, 2013: 7 p.m. and Sunday, December 1, 2013: 2 p.m. at eTown Hall 1535 Spruce Street, Boulder. $10-15. Call 303-443-8696 or online www.etown.org.

A portion of ticket sales donated to Boulder's flood relief

Grateful thanks to our sponsor Boulder Arts Commission and partners eTown Hall and Boulderado Hotel.

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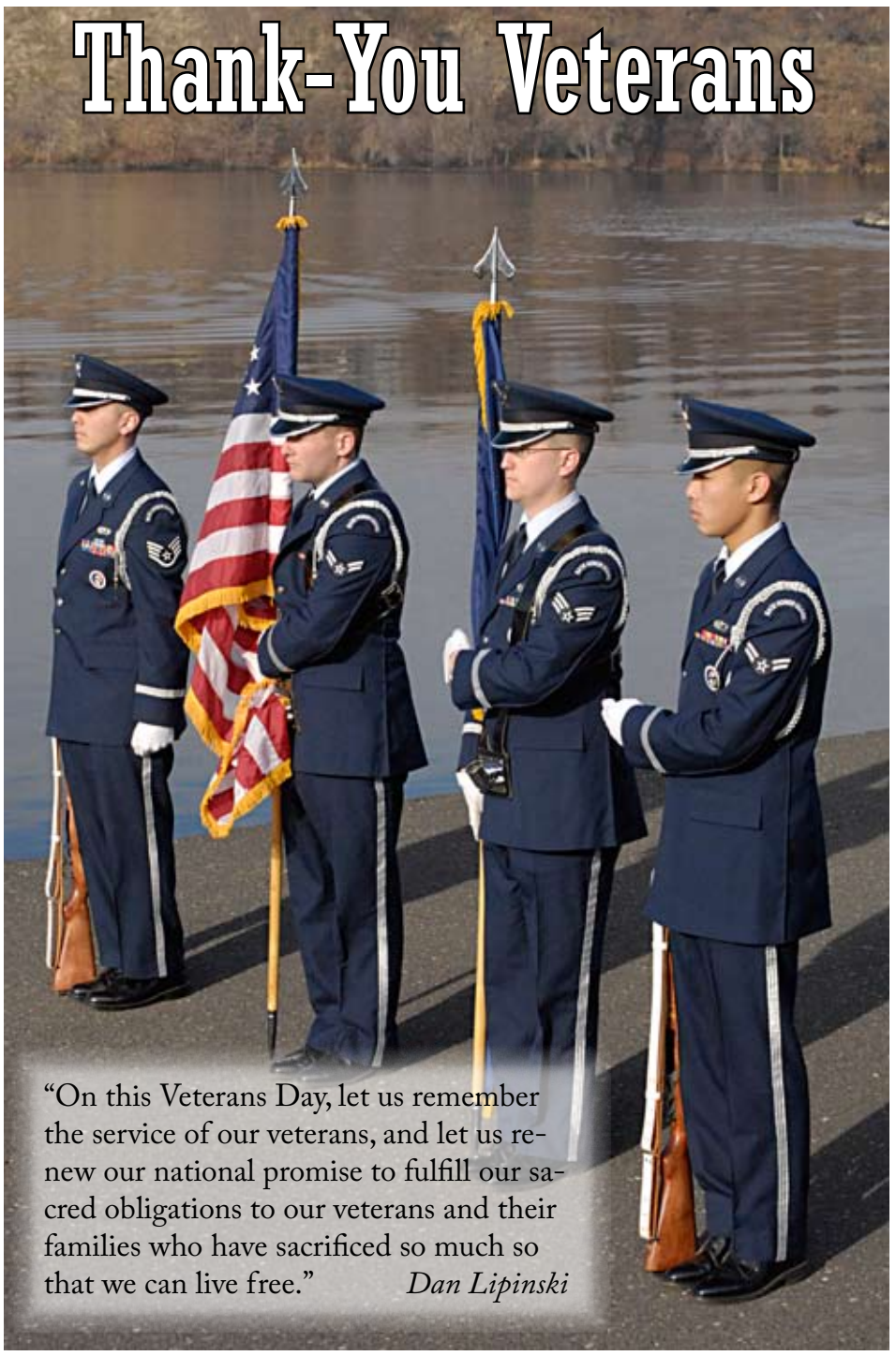

"On this Veterans Day, let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our veterans and their families who have sacrificed so much so that we can live free." *Dan Lipinski*

Fairview High School Presents *"The Music Man"*

November 6-9, at 7 p.m. and matinee performances on November 9 & 10 at 2 p.m. Tickets are $10 for all performances.

Step back in time to Smalltown, USA as Fairview presents Meredith Willson's The Music Man from This Broadway classic follows fast-talking traveling salesman Harold Hill as he cons the people of River City, Iowa into buying instruments and uniforms for a boys' band he vows to organize - despite the fact he doesn't know a trombone from a treble clef.

The production features Austen Beaven and Galen Otten in the lead roles of Harold and Marian, supported by a cast of more than 100 exuberant actors, singers, dancers and musicians. The Music Man's quirky characters, charmingly predictable dramatic situations, and nostalgic score of rousing marches, barbershop quartets and sentimental ballads, many are popular standards, like Seventy-Six Trombones.

Online ticket sales: https://www.fairviewhs.org/sites/musical/pages/ticket-sales . Box Office: Open Nov 1 & Nov 4-8 from 10:30 - 1:30, and one hour prior to each performance. Box office and will call close 5 minutes before the performance.

Fairview High School has received regional acclaim for its annual musical theatre productions including elaborate sets, lighting and orchestra, using all Fairview High School students.

November CALENDAR

Alzheimer's Awareness
Family Caregivers Month
Home, Hospice & Palliative Care

Friday/1
BC Aging Council, 9 am, 1st Fri. each month. Info & location: 303-441-3570.

Tuesday/5
Boulder Genealogical Society welcomes speaker Doroty Coltrin to Frasier Meadows Retirement Community, 350 Ponca Place, Boulder, 7:30 pm. Topic: A Non-Parental Event: Only the Names Have Been Changed. A discussion of non-paternity and how DNA is changing genealogy.

Saturday/9
Longmont Elks Lodge1055. Annual Craft Fair, 9-4 pm. Lunch available 11:30-1. All items handmade. 306 Coffman St, Longmont. www.bpoe1055.com

Monday/11
Hungry For Change: Veteran's Day. In honor of veterans' service and sacrifice, have a meal at participating restaurants who donate 15% of the day's proceeds to support VHVnow's mission. Volunteers needed. Info: jeff@vhvnow.org

Thursday/14
When You're Supposed To Be Happy, But You're Not. 5:30-6:30 pm, Wynwood Ridge Point, 3375 34th St., Boulder. Discuss holiday stress, how to take care of yourself and others. RSVP: 303-473-0333.

Wednesday/20
Interagency Network of Boulder, 3rd Wed. monthly Info: 303-441-4365 or www.boulderseniorservices.com

Every Tuesday
Community Bible Study, 9:15- 11:15am. Interdenominational. Longs Peak United Methodist Church, 1421 Elmhurst Dr. Longmont. Info: 303-651-0950.

Every Friday
BMCF, Christian men meet for fellowship, teaching, support, prayer & praise. Every Fri. 6:30-7:45 am in the 2nd Baptist Church, 5300 Baseline, Boulder.

Calendar sponsored by…
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Your Life Support
A Good Life

Calvin, of the "Calvin and Hobbes" comic strip fame, once imparted some timeless wisdom: "If people sat outside and looked at the stars each night," he observed, "I'll bet they'd live a lot differently."

Steve Goodier

I believe he's right. I try to sit outside every night before bedtime to breathe the night air and look at the sky. It's a simple practice. For me, a time of deep relaxation and spiritual cleansing.

Year by bewildering year our world grows more complex. We crave peace in our souls. We long for simplicity in lives that too easily become relentlessly tangled in complicated webs.

One man, David, enjoyed the simple things of life. He sometimes took jobs in the American west at dude ranches, national parks and seasonal resorts.

His brother, however, wanted to entice him to get a "real" job and live in a world surrounded by things that only money can buy. So David's brother often sent him photos of himself enjoying the so-called "good life." He labeled his snapshots "My new sound system" or "My new car."

But the photographs stopped arriving after David responded with a picture of his own. He sent his brother a large poster with a breathtaking view of Wyoming's Grand Teton National Park. On the back was David's message: "My back yard."

I believe I understand how David feels. While his brother was striving for THE Good Life, David aimed for A Good Life. There's a difference.

THE good life requires that we take pleasure in new things; A good life requires that we take pleasure in moments.

To enjoy THE good life we have to get ahead; to enjoy A good life we have to make the trip worthwhile.

THE good life is supported by feeding our pocketbooks; A good life is supported by feeding our souls.

Over a century ago, John Burroughs put it like this: "To find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk or an evening saunter...to be thrilled by the stars at night; to be elated over a bird's nest or a wildflower in spring - these are some of the rewards of the simple life." I call it a good life.

I don't want to collect more stuff at the expense of collecting memories. And I don't want to let making a buck interfere with my making a difference.

I'm already looking forward to tonight when I'll sit outside and look up at the stars.

❖ *Steve Goodier's books & newsletter: http://LifeSupportSystem.com*

2013 Create Our Future Together Conference

Create Our Future Together

A conference for:

- Individuals working with older adults
- Organizations serving older adults
- Leaders in an aging community

November 1, 2013: 8 a.m.-4 p.m.
Plaza Convention Center
1850 Industrial Circle
Longmont, CO

For more information or to register, visit:
www.AllAgeWell.com/conference

Register by October 28th!

Call 303-441-1583 if you are unable to register online

Event Sponsors:

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50 Plus Marketplace News, Inc. encourages contributions from readers and business in the form of articles, schedules and reported events. Articles and other written material under 250 words are to be emailed to sales@50plusmarketplacenews.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted *(170 to 300 dpi as JPEG files)* and should be emailed as well.

DEADLINE
10th of the Preceding Month

Advertising supports all publication efforts. Call 303-694-5512 to request a media kit. Ads are accepted until the 16th of the month, provide by email in PDF, or JPG files. Ad space is provided in column-inches, equating to fractions of a page, up to a full page, with many sizes to choose from. We have an excellent graphics design team by request.

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Via quickly responds to transportation needs of flood victims

By Mary Cobb, Director of Communications, Via Mobility Services, www.viacolorado.org

The recent epic floods devastated so many lives. Fortunately for Via, our facilities, vehicles, and more than 240 employees were largely unharmed. Because of that good luck, Via was able to respond quickly to the urgent and unique evacuation and transportation requests that came in to us during the storm as well as during the recovery stage.

During the height of the storm, Via was called on to evacuate people from health care and assisted living centers; from churches where some had sought refuge to emergency shelters; and to several evacuation safe locations throughout Boulder County. We had eight drivers on-call for emergency evacuations and a few spent the night at work, waiting and willing to be called to help out.

But our work was not done once the urgency of the evacuation was over. For several weeks, Via provided flood victims with free, on-demand transportation to the Disaster Assistance Centers in Boulder, Longmont and Estes Park, as long as Via staff could safely reach the flood victim's location. Via also provided free on-demand transportation for any flood victim in its service area to access health care, food, employment, housing or other essential services to help stabilize their lives. Via also provided mobility options and referral to other transportation resources that became available as roads opened up in communities most impacted by the flood.

If we can respond like this in a natural disaster, think how much we can help when times aren't so tough.

To our friends, neighbors and those we may yet get to know who have been acutely impacted by the epic floods….. Via wants you to know you've got a friend.

Via Mobility Services is a private, nonprofit organization dedicated to promoting independence and self-sufficiency for people living with mobility limitations. And dedicated to serving our larger community in whatever way we can when we are called upon to help.

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Caregiving

Dealing with Post-Disaster Stress

Since September's flood, I've learned about many family caregivers who were impacted by the disaster. One woman was living with her elderly mother, who has Alzheimer's, when the flood hit. She and her mom rushed to evacuate as water poured into their home, and they've been unable to return because of the damage. The flood was stressful for all of us, but it's hard to imagine the additional stress felt by family caregivers, like this one, whose elder care recipients were affected.

Emily Cooper

I hope caregivers will recognize that the flood has added to their already-high levels of stress, and will turn to community resources for emotional support. Mental Health Partners has set up drop-in centers that are offering up to three free visits for persons emotionally affected by the disaster. (Call 720-415-9740 to learn more.) Caregivers may also look to friends and family for extra help, visit with a private counselor, attend a caregiver support group, or learn about other resources for assistance.

It's important to recognize the reactions to disaster, which may include difficulty concentrating or remembering, recurring nightmares, feeling numb or disconnected, disturbances in eating and sleeping patterns, persistent physical symptoms (such as headaches or digestive problems), tearing up frequently, having bursts of anger or being especially irritable, or avoiding reminders of the event. Everyone reacts differently, and one person's reactions may vary from day to day—or even from hour to hour.

Events like the flood can threaten our sense of control and safety and may affect many aspects of our lives. But finding ways to deal with the emotional aftermath of the disaster can help us reclaim a sense of security—even when we're caregivers.

❖ *Emily Cooper is Information and Assistance Specialist for Caregiver Programs with Boulder County Area Agency on Aging. For information on BCAAA caregiver services, call 303-678-6116 or email InfoCaregiver@bouldercounty.org .*

Holiday Mountain Market

Spend a beautiful day in the mountains, breath fresh mountain air, enjoy good music and food, and join friendly folks at the Nederland Area Seniors' Annual Holiday Mountain Market Arts and Crafts Festival.

Find the unique gifts you are looking for from the works of more than 50 Colorado artists and artisans. And Santa comes by from 12 to 3 pm to have his photo taken with kids of any age.

This great event takes place on Saturday, December 7 from 10am to 5 pm (giving skiers time to come by after the slopes close at Eldora) and Sunday December 8 from 10 am to 4 pm. The venue is the Nederland Community Center, 750 Hwy 72 North. Just follow the signs. If you need additional information call 303-258-0799 or e-mail NAS@nednet.net.

Audio Information Network

The Search for Blind and Low Vision Resources

Where does one begin a search for resources? No single agency or company provides everything. However, there are good places to start. Colorado Blind and Low Vision Resources is a state-wide group of service and product providers focused on the needs of individuals experiencing vision loss. Resources include assistive technology, consumer advocacy, funding sources, guide dogs, independence training, reading services and support groups. Contact information for resource providers may be found on the group's website, by phone at 970-541-1068, or by email at coloradoblvr@gmail.com.

Kim Ann Wardlow

The American Council for the Blind and the National Federation of the Blind are national organizations with local chapters that usually have meetings and support groups. Speaking with individuals currently using various products and services can be helpful. They may also host resource fairs or bring in speakers.

Another starting place for resources of many types is your Area Agency on Aging (AAA). In Boulder County the AAA is a division of the Boulder County Community Services Department. The Denver Regional Council of Governments (DRCOG) is the AAA for the rest of the Denver metro area. Both agencies use the Network of Care (www.networkofcare.org) to provide online information about regional resources available to older adults. You may also call the AAA to speak to a resource specialist.

Wherever you choose to start your resource search, starting early before the need is critical will prove to be beneficial. Familiarize yourself with the services and products available, and then choose those that best meet your individual needs.

❖ *Kim Ann Wardlow is the Director of Marketing for the Audio Information Network of Colorado, which provides blind and visually impaired individuals with audio access to newspapers, ad circulars, and magazines. She may be reached at 303-786-7777, ext. 112 or kim@aincolorado.org*

Still Truckin'

Dude, It's Boulder

Sandy Hale

There is a real treat in store for you when The Society for Creative Aging/ Viva Theater Troupe and the Boulder Fringe present "Dude, It's Boulder". It's a lighthearted, original play on Boulder's history.

Join the fun to see historic characters come to life. Relive days of yesteryear and travel right up through time to see Boulder become an innovative city. Meet native Americans, prospectors, madams (I play one of them), the Wild West, University educators, scientists, hippies, IBMers, sports and yoga enthusiasts and even Shep, the turnpike's beloved toll house dog.

The play is carefully researched, written and directed by Jane Shepard, a Boulder native recently returned from successful theater work in New York.

The Society for Creative Aging and Viva have been presenting local community theatre to sell out audiences since 2001. Anyone with an interest in theatre is invited to attend their monthly meetings that offer prepared staged readings, music and dance performances and workshops by theater professionals. These are held at Frasier Meadows Retirement Community.

Many of our actors have long years of theater experience, some have none. All have unbridled enthusiasm.

"Dude, It's Boulder" plays Saturday, November 30 at 7 p.m and Sunday,, December 1 at 2 p.m. in

Continued on page 10

Wisdomwork

"ThanksGiving is good but ThanksLiving is better."

Matthew Henry

Rosemary Williams

I love a good play on words. And, Matthew Henry's quote at the beginning of this column encourages us to both play with, and ponder, the place of thanksgiving in our lives.

Matthew Henry (1662 – 1714), the author of today's quote, was a Presbyterian minister whose commentaries on the Bible stimulate fruitful discussion even today. Although he commented on many aspects of life, it is not the holiday of Thanksgiving to which he refers in this quote. Indeed, it was not until 1863, long after Henry's death, that President Lincoln declared that Americans would celebrate a "day of Thanksgiving and Praise…" each year.

Many of us experience the benefits of having a daily practice of giving thanks. Some of us start or end the day by writing in a gratitude journal; others reflect on a daily gratitude reminder from gratefulness.org. Whatever our practice, it is a way to pause and give thanks for the many blessings that enrich our lives.

But what does Henry mean when he says, "ThanksGiving is good but ThanksLiving is better"? What is he calling us to do? How can we live thankfully every moment of the day rather than occasionally reflecting with gratitude on what has been?

How might we be thankful for what is yet to come into our lives? The uncertainties and ambiguities of life? What would happen if we gave thanks for the difficulties and disappointments of life? The heartbreaks and betrayals?

Henry's contrast of "giving" thanks with "living" thanks gives us abundant food for thought. As the Thanksgiving holiday approaches, may you have the time and the determination to embrace his suggestion that "living" thanks is even better than "giving" thanks.

Be well; age well!

Want to do your wisdomwork? Here's an upcoming WisdomWork offering:

Living With Spirit; Aging With Grace, Longmont Senior Center, 910 Longs Peak Ave., Friday, November 8, 6:30 – 8:30 p.m. and Saturday, November 9, 9:00 a.m. to 4:00 p.m. Cost: $60 for Longmont residents; $72 for non-residents. Call: 303-651-8411 to register. Scholarships: 303-651-8442.

❖ *Rosemary Williams, MSW, is a Certified Sage-ing Leader with Sage-ing International (sage-ing.org). She is affiliated with The Purpose Project at the University of Minnesota, and has completed the PeerSpirit Circle Practicum. Rosemary lives in Louisville, CO. You can contact her at rosemary@wisdomwork.org or 720-890-8116.*

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Guaranty 50 Club Upcoming Events

Wednesday, October 30 | 2 pm Longmont | 2:30 pm Boulder | $25
Denver Broncos Huddle TV Show at Dove Valley

Wednesday, November 6 | 9 am Longmont | 9:30 am Boulder | $43
Passport to Paris at Denver Art Museum

Wednesday, November 13 | TBD - Morning Departure | $35
Sylvia at the Lone Tree Arts Center

Tuesday, November 19 | TBD - Morning Departure | $21
History of the Pueblo Indian Society in Mesa Verde Region in Denver

Thursday, November 21 | 2:30 pm | FREE
Monthly Meeting at Guaranty Bank, DT Longmont Branch

Tuesday, November 26 | 8:30 am | $18
Casino Trip Central City

Wednesday, December 4 | TBD - Morning Departure | $44
Merry Christmas to All and to All a Good Night at Heritage Square Music Hall in Golden

Wednesday, December 11 | 3:30 pm Boulder | 4 pm Longmont | $25
Andy Warhol Prints from the Cochran Collection at Fort Collins Art Museum

Thursday, December 12 | 3 pm Longmont | 3:30 pm Boulder | $58
Holiday Lights Tour and Dinner

Saturday, December 14 | 11:30 am Boulder | 12 pm Longmont | $67
Scrooge: the Musical at Candlelight Dinner Theatre in Johnstown, CO

Saturday, December 14 | 4 pm Longmont | $7
Longmont Chili Supper and Christmas Parade

Sunday, December 15 | 4 pm | $10
Boulder Chorale Holiday Gala & Market - meet at First United Methodist Church in Boulder

Sunday, December 22 | TBD - Early Afternoon Departure | $38
Colorado Christmas with the Colorado Symphony at Boettcher Concert Hall in Denver

For more information contact:

Francie Sinton | Guaranty 50 Club Manager
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Stress Management for Those Caring for an Aging Loved One

It is reported that there are over 19 million people caring for a loved one over the age of 75 in the United States. Those who have aging parents who need more care than family can provide may supplement care with a home care agency if they are able to afford it. In order for family members to take care of their aging loved one, they must be sure they are also taking care of themselves. Stress can sneak up on even the strongest caregiver.

Some warning signs of caregiver stress are:

- Depression
- Decreased interest in hobbies
- Withdrawal from friends and other family members
- Weight loss or weight gain
- Anxiety and irritability

If you are experiencing any of these warning signs, there are ways to manage stress in a proactive way so that you don't experience caregiver burn out. Asking for Help: Reach out to friends and family for help with meals, running errands and relieving you for an hour to give you a break. If you don't have someone to relieve you, you may want to look into respite care. Volunteers at a local church may have a volunteer program where a companion can come to sit with your loved one for a few hours. Home Health companies can provide respite care in the home. Adult Day Centers and Assisted Living Communities can

Continued on page 10

Reflections

Give Thanks!

Sometimes "stuck song syndrome" captures the moment. Such has been the case for me with the hymn, "Give Thanks," playing continuously through my mind. Where do our thanks go at this time?

Given our recent natural disaster, thanks goes to neighbors, strangers, and volunteers who helped in neighborhoods, retirement facilities, businesses, schools, and churches. Dealing with the unimaginable became the norm as many waded through water, debris, and mud to lend a helping hand. While young children might have enjoyed splashing in the downpour, others worked tirelessly in giving assistance to those in need.

Martha Coffin Evans

Thanks goes, in a strange sort of way, to the unexpected lesson that nature has more control than we. This knowledge came amidst what many described as a humbling as well as frightening experience. The importance of our possessions, whether paper, photographs, furniture, clothing and more, takes on a different meaning in contrast to the loss of life. Some might say our possessions define us. Memories contained therein must now remain in our minds when we can no longer hold special photographs, items of family significance or those from our professional life.

Thanks goes to those many who arrived from within Colorado as well as out of state. They came to help with evacuations of both people and their pets. They came to protect homes/businesses/churches damaged by the flooding and to assist in road rebuilding. Others came to help with the cleaning and restoration leaving their families as they had done before during hurricanes Sandy and Katrina.

Thanks goes to those helping with the rebuilding of our dried out and cleaned homes. Contractors, personnel at businesses supplying materials and installers along with those skilled in remodeling/design have become new best friends to those needing their expertise.

Throughout the highs and lows of this experience, there really is much for which to be thankful. Most especially, we can give thanks for this time when we become united in reaching out in support of each other.

❖ *Martha (Marty) Coffin Evans, Ed.D, is a freelance writer with MACE Associates, LLC. She can be reached at itsmemartee@aol.com*

FYI

Alzheimer's Association
800-272-3900, www.alz.org

NFCA, 800-896-3650,
info@thefamilycaregiver.org,
www.thefamilycaregiver.org

National Assoc. for Home Care & Hospice, 202-547-7424,
PR@nahc.org , www.nahc.org

National Hospice & Palliative Care Org., 703-837-1500, nhpco_info@nhpco.org , www.nhpco.org

"at Rainbow Bridge"

The October "Reflections" column titled "Learning to Let Go" in the Boulder County Edition concluded with a reference to the Rainbow Bridge. The full text of this poem inspired by a Norse legend follows:

"By the edge of a wood, at the foot of a hill, is a lush, green meadow where time stands still. Where the friends of man and woman do run, when their time on earth is over and done.

For here, between this world and the next, is a place where each beloved creature finds rest. On this golden land, they wait and they play, till the Rainbow Bridge they cross over one day.

No more do they suffer, in pain or in sadness, for here they are whole, their lives filled with gladness. Their limbs are restored, their health renewed, their bodies have healed, with strength imbued. They romp through the grass without even a care, until one day they start, and sniff at the air. All ears prick forward, eyes dart front and back, then all of a sudden, one breaks from the pack.

For just at that instant, their eyes have met: Together again, both person and pet. So they run to each other, these friends from long past, the time of their parting is over at last. The sadness they felt while they were apart, has turned into joy once more in each heart. They embrace with a love that will last forever, and then, side-by-side, they cross over together."

❖ *The October edition of 50 Plus Marketplace News is available at http://www.50plusmarketplacenews.com and the referenced Reflections column is on page 3.*

Health Tip:

Stay Fit When Traveling

Find ways to exercise when on the road

Traveling can make sticking to your usual exercise routine a challenge, but there are plenty of ways to get in exercise while you're on the road.

The American Council on Exercise lists these suggestions for exercising while traveling:

• Instead of your usual stair-climbing machine, look for tall buildings or stadiums where you can climb the stairs.

• Walk through the new city and explore; look for a hiking trail or a local park.

• Try to walk to more of your destinations rather than driving or taking a cab.

• Find out if your hotel has a fitness center or pool and pack your workout or swim clothes.

• Ask about a local gym where you can get a short-term pass or pack simple workout equipment like a jump rope or an exercise tube.

• Try exercising in your hotel room by doing activities that don't require equipment, such as push-ups and crunches.

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Ask Dr. D'Anne...

Q: Can you tell me more about ringing in the ears and what can be done about it? Thanks, *JS*

Dr. D'Anne Rudden

A: Tinnitus is the perception of sound in the ears or head when no external source is present. Often described as "ringing in the ears," it affects as many as 50 million people in the U.S. Within this population, 10 to 15 million sufferers seek medical treatment for severe, highly disturbing tinnitus. The Centers for Disease Control and Prevention reports that 1 million new cases of tinnitus are identified each year, 200,000 of which are severe. Tinnitus symptoms can negatively impact normal daily activities and can lead to additional medical conditions, such as anxiety, depression, sleep deprivation and elevated stress.

There is a new understanding of tinnitus. Researchers have recently concluded that tinnitus is not simply an auditory problem, but also has a neurological and psychological basis. While most tinnitus cases are preceded by hearing loss, neurological factors often contribute to the deterioration in symptoms. First, the brain attempts to compensate for the hearing loss by "turning up" sounds internally. Ultimately a psychological component emerges, when the sufferer develops a "fight-or-flight" stress response to the debilitating sounds. The patient then focuses more attention on the tinnitus, perceiving it as louder and louder. Tinnitus takes increasingly significant control over their life. Thus begins a vicious cycle involving neurological, psychological and auditory factors.

There is hope for those who suffer from tinnitus. Longmont Hearing & Tinnitus Center is one of only a few tinnitus specialty clinics in the state. We offer comprehensive tinnitus evaluations and treatment options, which include the latest therapy techniques and sound therapy tools, including SoundCure and Neuromonics, an FDA approved class II medical device.

Longmont Hearing & Tinnitus Center was given an A+ rating by the Better Business Bureau recently awarded the office their "BBB Gold Star" for service over the past 3 years. They were chosen "Best of the Best" hearing clinic in the Daily Times-Call Reader's Choice poll for 4 years in a row!

❖ *Dr. D'Anne Rudden is a Doctor of Audiology who is board certified by the American Board of Audiology. She was the first audiologist in Longmont who attained this certification. It is our mission to change the world…one pair of ears at a time! Check out our Facebook page and Twitter feed for the latest in hearing healthcare news and to be included in the conversation about how you can hear your best! For more information, visit our website at www.longmonthearing.com*

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Medicare Part D Annual Open Enrollment Clinics

Boulder County Area Agency on Aging
Medicare Counseling Program

Oct. 15 – Dec. 7, 2013

Individual appointments must be scheduled in advance by calling the senior centers.

Location	Phone	Time	November	December
East Boulder Senior Center 5660 Sioux Dr.	303-441-4150	9am-11am	6, 20	4
West Boulder Senior Center 909 Arapahoe Ave.	303-441-3148	CANCELLED		
Lafayette Senior Center 103 S. Iowa Ave.	303-665-9052	9am-11am	8, 22	6
Longmont Senior Center 910 Longs Peak Ave.	303-651-8411	9am-12pm	4, 12, 18, 25	2
Louisville Senior Center 900 W. Via Appia	303-666-7400	9am-2pm	4, 18	--
Boulder County AAA Walk-in 529 Coffman St., Longmont	303-678-6098	4pm-7pm	26	--

Boulder County AREA AGENCY ON AGING
Community Services Department

Mail-in plan reviews are also available. Clients may call the Medicare Counseling message line at 303-441-1546 and leave their name and address along with the request to send them the Part D review forms by mail. These requests should be made no later than Nov. 15, 2013 to allow processing and return mail time.

Volunteer of the Month

Vincent Juliano

After retiring from the New Rochelle, NY Police Department, Detective Vincent Juliano decided to drive across country for awhile. After visiting Boulder, he realized that he would like to make it his home.

"When I first moved to Boulder," recalls Vincent, "I volunteered at Boulder County CareConnect as a way to occupy my time. I stayed because I enjoy the type of work, and the feeling of humanity that comes with helping people."

He speaks of the rewards of shoveling a small porch for an elderly lady, and adds, "I know some people can't even change light bulbs. Maybe someday that will be me. I'm paying it forward instead of donating to charities. By volunteering, I know where my work is going."

During the recent flood, Vincent's home was thankfully spared. "But I had a friend in Rollinsville," he tells us, "and they were running out of essentials like bread and water. So a friend and I packed up my Outback with bread, water and peanut butter and jelly, and up we went." This is just one illustration of Vincent's selfless character.

BCCCs YardBuster Program manager, Emily, recalled Vincent's display of leadership following the flood. "He came in on Saturday with a group of volunteers to clean up the homes of flood-impacted clients. They were very grateful for the assistance during this disaster, and we were grateful to have Vincent's skills and expertise."

Boulder County CareConnect is proud to have Vincent as a valued. Join Vincent, call 303.443.1933 to volunteer.

Create Our Future Together Conference

The 2nd Annual Create Our Future Together Conference is Friday, November 1st, 2013, at the Plaza/Best Western Conference Center in Longmont. This event is the result of Goal 11 in the Age Well Boulder County Strategic Plan. A group of community partners including Boulder County Area Agency on Aging, Boulder County CareConnect, and Senior Services in Longmont and Louisville has convened to plan this event. The target audience includes community leaders, decision makers, service providers, faith communities, and advisory board members.

This day-long conference features the following sessions and speakers:

Keynote Address: "The Future of Aging: Opportunities for the Aging Network": Harry R. Moody, retired Vice President and Director of Academic Affairs, AARP

Colorado Latino Age Wave: Gina Del Castillo, Rose Community Foundation and Dalia Dorta

Advocacy & Housing Panel: Rich Mauro, DRCOG, Shelly Miezwa, Boulder Housing Partners, and Jay Ruggeri, Lafayette Senior Advisory Board

Innovative Housing Options for Older Adults: Zev Paiss, Abraham Paiss & Associates, Inc.

Keeping People with Challenging Behaviors Housed: John Torres and Heidi Marchi, Golden West, and Shelly Miezwa, Boulder Housing Partners

Abuse in Later Life: What You Can Do: Frost Yarnell, Adult Protective Services and Jackie List, Safe Shelter of St. Vrain Valley

The Affordable Care Act and Health Exchanges: Kyle Brown, CCLP and Saphia Elfituri, Boulder County Housing & Human Services

Boulder County Trends: The Changing Aging Demographic: Barbara Green, The Community Foundation

The New Aging Enterprise: How Nonprofits Can Prosper in an Aging Society: Harry R. Moody

Technology and the Aging Network: Emily Davis, EDA Consulting

Registration is $50 for professionals and $20 for adults aged 60+. Register online: www.allagewell.comconference Call 303-441-1583 with questions.

Living With Spirit; Aging With Grace

A Workshop for People of All Ages Interested in Aging Well

Explore the opportunities and challenges that arise in the second half of life. Learn to harvest your life wisdom and share your gifts with the world. Experience the transformative power of *The Circle Way.*

Longmont Senior Center
910 Longs Peak Avenue, Longmont

Friday, November 8
6:30 - 8:30 p.m.
Saturday, November 9
9:00 a.m. - 4:00 p.m.

Longmont residents: $60
Non-residents: $72

Lunch and materials included.

Nourish your soul. Enrich your mind.
Renew your spirit.

Come do your wisdomwork!

Workshop Co-Hosts: Maureen Dobson, MSW and Rosemary Williams, MSW are Certified Sage-ing Leaders. They have more than sixty years of combined life experience working with older adults and caregiving families.

For more information: rosemary@wisdomwork.org or 720-890-8116
To register: Longmont Senior Center at 303-651-8411

Augsburg, Germany

By Ron Stern, Photojournalist

Coming from the United States, it always seems a little strange to me that cities such as Augsburg have been around for so much longer than America. About 1,800 years, in fact, making it the oldest city in Bavaria.

Founded in 15 B.C. by the Romans, Augsburg was the seat of the provincial government of the Roman Empire. The military arteries that were established eventually turned into trade routes, which attracted merchants and bankers and was the start of the city's prosperity. Among the more famous of these merchant families were the Fuggers, who implemented one of the first social housing enclaves for impoverished families. Amazingly, this tradition continues today with housing available to the needy for, wait for it, $.88 per year! You can tour this community, which is understandably quite popular.

Augsburg became a Free Imperial City during the 13th century. Since then, many notable figures of history have either lived or visited here, including Leopold Mozart, father of the famed composer. The Mozart Museum has a nice self-guided tour along with some rare artifacts from the family collection.

Augsburg is a town of short walks with pedestrian-friendly streets making it easy for visitors to shop, dine or sightsee. Meandering streets and lanes give way to open plazas where locals congregate to enjoy a coffee, snack or meal.

The people of Augsburg are friendly and helpful and most speak at least some English making it easy for Americans to feel at home in this great historical city.

Where to stay:

The Romantik Hotel Augsburger Hof is a nice mid-range priced hotel located within steps of the Mozart Museum and a short walk to the downtown area. Rooms are more traditional in style, cozy and warm. They offer free Wi-Fi and a free breakfast.

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Kaiser Permanente
Lakewood Medical Offices
8383 W Alameda Ave.
Blue Spruce Room, Lakewood
November 4 at 2:00 p.m.
November 9 at 10:00 a.m.
November 15 at 4:00 p.m.

Kaiser Permanente
Rock Creek Medical Offices
280 Exempla Cir.
Aspen Creek Room 1, Lafayette
November 5 at 2:00 p.m.
November 21 at 9:00 a.m.

Kaiser Permanente
East Denver Medical Offices
10400 E Alameda Ave.
Harvey Howe Room, Denver
November 5 at 4:00 p.m.
November 16 at 10:00 a.m.
November 23 at 10:00 a.m.

Kaiser Permanente
Loveland Medical Offices
4901 Thompson Pkwy.
Big Thompson Room, Loveland
November 6 at 2:00 p.m.
November 20 at 2:00 p.m.

Kaiser Permanente
Arapahoe Medical Offices
5555 E Arapahoe Rd., Centennial

Reflections B Room
November 6 at 4:30 p.m.
November 20 at 4:30 p.m.

Reflections A and B Rooms
November 16 at 9:00 a.m.

[1]For our Core Plan. You must continue to pay your Medicare Part B premium and any other applicable Medicare premium(s), if not otherwise paid by Medicaid or another third party. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Benefits, formulary, pharmacy network, provider network, premium, and/or copayments/co-insurance may change on January 1 of each year. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-866-781-0695 (TTY 711). Kaiser Foundation Health Plan of Colorado, 10350 E. Dakota Ave., Denver, CO 80247.

Y0043_N010406_CO accepted

Quotable Quotes

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow."

- Melody Beattie

Stress ■ from page 6

provide a safe environment for your loved one outside the home. Contact your local senior advisor today to discuss respite options that are best for your family. Give Yourself a Break: Be sure you are making time to eat three meals a day and getting as much rest as possible. Try to set aside a half hour per day for something you like to do. A hobby, a pedicure or even a brief walk can give you the relief you need to get through the rest of the day. Join a Support Group: Caregiver support groups can help make you feel like you are not alone. Meet with other caregivers who understand the feelings you may be experiencing. If you relate to a member of the group, keep in touch with one another to support each other in your care giving journey

Book Shelf

NEW FICTION

Starry night: a Christmas novel *Debbie Macomber*
Top down: a novel of the Kennedy assassination *Jim Lehrer*
Sanctuary line *Jane Urquhart*
All God's children *Anna Schmidt*
Harriet Beamer strikes gold: a novel *Joyce Magnin*
Please don't tell *Elizabeth Adler*
Christmas on 4th Street *Susan Mallery*
Compound Murder: a Dan Rhodes mystery *Bill Crider*
Orphan train: a novel *Christina Baker Kline*

NEW NON-FICTION

Lady at the O.K. Corral: the true story of Josephine Marcus Earp *Ann Kirschnerr*
Making everyday electronics work: a do-it-yourself guide *Stan Gibilisco*
One summer: America, 1927 *Bill Bryson*
Once upon a time: discovering our forever after story *Debbie Macomber*
The secret rescue: an untold story of American nurses and medics behind Nazi lines *Cate Lineberry*

NEW IN LARGE PRINT

W is for wasted *Sue Grafton*
The longest ride *Nicholas Sparks*
Scorned justice *Margaret Daley*
Until she comes home *Lori Roy*
Carrie and me: a mother-daughter love story *Carol Burnett*

FICTION BESTSELLERS

Doctor Sleep *Stephen King*
The lowland *Jhumpa Lahiri*
The quest *Nelson DeMille*
Deadline *Sandra Brown*
The Final Cut *Catherine Coulter and J. T. Ellison*

NON-FICTION BESTSELLERS

Killing Jesus: a history *Bill O'Reilly, Martin Dugard*
Still foolin' 'em: where I've been, where I'm going, and where the hell are my keys? *Billy Crystal*
The liberty amendments: restoring the American republic *Mark R. Levin*
Empty mansions: the mysterious life of Huguette Clark and the spending of a great American fortune *Bill Dedman and Paul Clark Newell, Jr.*

Colorado Gerontological Society

Free Services On Make A Difference Day

Eileen Doherty

More than $95,000 of free vision, hearing and dental services are being donated to thirty-six seniors on October 26, 2013 as part of Make A Difference Day, a national day of service sponsored by USA Weekend.

For more than 20 years, USA Weekend Magazine and Points of Light have joined together to sponsor Make A Difference Day, the largest national day of community services. Fourteen of Colorado's audiologists, ophthalmologists, and dentists are joining millions of volunteers around the world in a common mission to improve the lives of others.

These seniors who need a little extra help received free hearing aids, free eyeglasses and free dental work. Many of these seniors have been on the waiting list at the Colorado Gerontological Society for more than a year. The following businesses are donating their time and talent:

- Advanced Audiology, Hearing & Tinnitus Center
- Hearing Rehab Center
- Scientific Hearing Aid Co.
- New Leaf Hearing Clinic
- Mountain Peak Hearing Assoc.
- Sound Relief Hearing Center
- Denver Ear Associates
- Red Rocks Family Dentistry
- Mark's Optical
- Eye Vision Downtown
- Golden Eye Optical
- Look Optical
- Martinez Dental

Make a Difference Day is all about bringing those in need together with those who want to volunteer to make our community a better place to live. The generous support of the professionals who care about the health and welfare of older adults is a high priority for these businesses. The effort is being coordinated by the Colorado Gerontological Society, a non-profit organization dedicated to providing leadership in the field of aging for those working with elders as well as providing quality of life for older adults and families.

❖ *Eileen Doherty, Executive Director of the Colorado Gerontological Society. Email: doherty001@att.net.*

Still Truckin' ■ from page 5

the beautiful etown Hall at 1535 Spruce Street in Boulder. A reception follows the performances. Tickets are $10 for seniors and students, $15 for adults.

For tickets, 303-443-8696, extension 100 or http://www.etown.org . A portion of ticket sales goes to Boulder Flood Relief

❖ *Sandy Hale can be contacted at sandyh910@yahoo.com*

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File of Life
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Social Security Today

Start A New Tradition With Social Security

The holiday season has arrived- a time of year that is steeped in tradition. Tradition is all about passing along certain beliefs and customs from one generation to the next.

Monica Ochoa

We'd like to suggest that you start a new tradition. No, we're not suggesting you do away with the Christmas tree or menorah. Break the tradition of going to an office when you need to do business with Social Security. Replace the old-fashioned way of doing business and embrace the new, easier, more convenient way- online at www.socialsecurity.gov.

Sometimes it's a good idea to break an old tradition and make a new one. Many of the things your parents or grandparents did in a Social Security office you can now do online. For example, you can request your "Social Security Statement" or use the "Retirement Estimator" to get an estimate of what your future benefits will be. You can read or listen to our publications, find out whether you qualify for benefits- even apply for Social Security disability, retirement, and spouse's benefits online from the comfort of home.

Set up an online my Social Security account to get your benefit verification letter, check your information, benefits, and earnings record, change your address or phone number, and start or change your direct deposit. You also can go online to get a replacement Medicare card or appeal a medical decision made about your disability claim. You can do all this and more at www.socialsecurity.gov.

The holiday season is a time filled with family and tradition. Go ahead and enjoy the light displays and holiday music. However, when it comes to doing business with Social Security, join the millions of people and start a new tradition by going to www.socialsecurity.gov.

❖ *Monica Ochoa, Social Security Administration, Public Affairs Specialist. www.socialsecurity.gov*

We've changed our name. It's TRU.

HospiceCare of Boulder and Broomfield Counties is now TRU Community Care.

Why? We've outgrown our name. We were founded in 1976 to provide compassionate care to terminally ill people in Boulder County. As our community's needs have changed, we've responded – with programs for those with advanced illness that extend beyond hospice and a service area that reaches outside Boulder and Broomfield Counties to encompass surrounding regions, too.

Spread the word. When you need the trusted, responsive, unparalleled care that has made us the preferred choice of physicians and families for over 35 years, ask for us by name. TRU Community Care.

Sure nice to see you at the many Senior Resource Fairs! Read 50 Plus regularly.

KL, Longmont

CareConnect

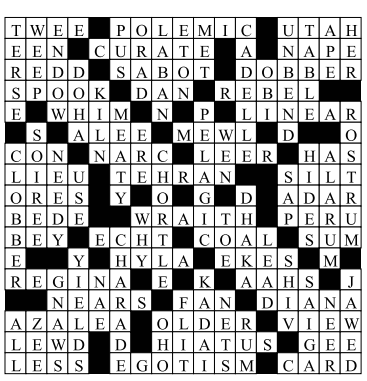
Volunteers Serving Seniors & Our Community

Gretta Achieves Her Dream Of Staying At Home

After several falls and a knee surgery, Gretta knew she couldn't continue to live in fear. "I had visions of being stuck in my bathtub. It got to the point where I kept a cell phone by me and I kept the front door unlocked in case I had to admit I was stuck in my tub." Gretta knew installing grab bars in her bathroom could help. "My son had come over and installed grab bars in the house - but that was in wood. He said, mom I don't know how to work with tile."

Luckily, Gretta heard about Boulder County CareConnect's Fix-It program through the local senior center. BCCC sent a trained volunteer to install grab bars around her tub. "I should have called earlier! I'm very grateful I can feel secure about bathing now." Gretta now uses BCCC as her go-to resource for help. "Even if they couldn't accommodate my need, they know how to get me further help… rather than me just pulling a name out of a hat."

Because of Boulder County CareConnect's help, Gretta and many other seniors can achieve their greatest wish – to stay independent at home. Learn about the other ways BCCC can help you or a loved-one. Call (303)443-1933 or visit www.careconnectbc.org.



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Boulder Senior Services

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Monthly Hearing Clinic. East S.C. Wed, Nov. 6, 2 to 4 pm. by appointment, Free, Call for appointment. The staff of Family Hearing holds a monthly hearing clinic to provide free audiology services such as hearing screening, ears checked and cleaned, and hearing aids inspected and cleaned. If you would like to have a full hearing test and/or hearing aid adjustment, they can do that as well and bill Medicare or your health insurance.

Free Medicare Part D Counseling and Enrollment. East S.C. Wed, Nov. 6, 20, or Dec. 4, 9-11 am. by appointment or West S.C. Thurs, Nov. 7, 14, 21, or Dec. 5, 9 to 11 am. by appointment, Free. Many seniors have Medicare but also need Part D which provides for prescription drug coverage. Medicare Open Enrollment Period for changing plans is Oct. 15 to Dec. 7. Make an appointment with a Boulder County Medicare Counselor for a free, unbiased comparison.

IKEA. Fri, Nov. 15, 9-2 pm. $15/$20 includes transportation and escort.Call to register. Experience the IKEA Store in Centennialwith miles of things to buy at reasonable prices and their cafeteria is famous for its Swedish meatballs.

Simms Steakhouse Brunch. Sun, Nov. 17, 10-2 pm. $40/$45 includes transportation, escort, brunch and gratuity. Call to register. Enjoy an award-winning all-you-can-eat buffet brunch with omelets, waffles, eggs benedict, French toast, carving station, shrimp, and raw fish bar. They also offer the usual breakfast items.

Identity Theft & Proactive Tips. West S.C. Mon, Nov. 18, 10 -11 am. Free. Call to register. Learn about current statistics, the six types of identity theft, what to look for in the best protection and proactive steps to take individually to better protect yourself and your family.

Le Central Wine Dinner. Tues, Nov. 19, 5:30-9:30 pm. $70/$75 includes transportation, escort, Wine Dinner and gratuity. Call to register. A multi-course French meal from appetizers to desserts, paired with fine wines. Serving fine French food for over 32 years…Bon Appétit!

Active Minds. Native Americans of Colorado. East S.C. Mon, Nov. 25, 11-noon. Free Call to registerHear stories of the original inhabitants of Colorado. From Mesa Verde to the high plains, trace the civilizations of the Ute, Cheyenne, Arapaho, Pueblo and other tribes to understand Colorado's Native American history and legacy.

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Wellness Matters

May 2013
303-441-3599

Boulder County AREA AGENCY ON AGING
Community Services Department

Boulder County Wellness Programs are free to residents 60 and over.
To register: 303-441-3599 or mpruitt@bouldercounty.org
Donations are appreciated.

Healthy Moves for Aging Well.
A simple exercise program you can do at home. Trained volunteers will show you how and help keep you motivated. Call 303-441-3599 to see if this program is right for you.

FallsTalk Fall Prevention Program.
Have you fallen in the last two years? Learn how to recognize and change your behavior to prevent future falls. Call 303-441-3599 for more information.

Medicare Basics Classes.
November 2, 2 – 4 p.m. East Boulder Senior Center, 303-441-1546
November 15, 1:30 -3:30 p.m. Lafayette Senior Center, 303-665-9052
November 19, 10:00 a.m. - noon. Longmont Senior Center, 303-651-8411

Medicare Open Enrollment Clinics
November 4, 12, 18, 25; 9– noon, Longmont Senior Center, 303-651-8411
November 4, 18; 9 – 2 p.m. Louisville Senior Center, 303-666-7400
November 6, 20; 9 – 11 a.m. East Boulder Senior Center, 303-441-4150
November 8, 22; 9 – 11 .m. Lafayette, 303-665-9052
November 26; 4 – 7 p.m. Boulder County AAA, 529 Coffman St., **Longmont, 303-678-6098**
TBA Nederland Community Center, 303-258-0799

Diabetes Support Group
For people 60+ and their caregivers, at Senior Centers
November topic: Maintaining Control over the Holidays
November 4, 11 a.m. – 12 p.m., Louisville Senior Center
November 18, 11 a.m. – 12 p.m., Lafayette Senior Center

CU PRESENTS

MOMIX's 'Botanica'

Moses Pendleton wants to blow your mind with his company of "dancer-illusionists."

One of MOMIX's most popular shows, "Botanica," is onstage at Macky Auditorium, CU-Boulder Nov. 8, part of the Artist Series.

"The imagery arises from the dead of winter, the buds of spring, summer storms and the falling leaves of autumn, in a repeating, evocative cycle," he says. "If people walk out with a little less gravity in their step, it's successful."

The dancers become marigolds and sunflowers and trees bending in the wind. They may inhabit a pack of centaurs, melting snowdrifts and plants rising from the earth to meet the spring sun, or find themselves dancing with the bones of an ancient saurian.

7:30 p.m. Wednesday, Nov. 20, Macky Auditorium, CU; $20 and up

Vadym Kholodenko To Play

The native of Ukraine and 14th winner of the quadrennial Van Cliburn competition, brings the spirit of virtuosity and creativity to Macky Auditorium on Nov. 8, part of the Artist Series.

Among the pieces on Kholodenko's program are: Rachmaninov's "Sonata No. 1 in D Minor, op. 28" and "Polka de V.R."; Rachmaninov's transcriptions of Bach's "Suite from the Partita in E Major for Violin." 7:30 p.m. Friday, Nov. 8, Macky Auditorium, CU; $14 and up

Info: http://www.cupresents.org or call 303-492-8008

Spilling Stories, Tangled Testimonies.

New dance works by Kate Speer and Maren Waldman explore the longing for connection between body and earth and the tragic absurdities of war in "Spilling Stories, Tangled Testimonies" Nov. 15-17 at CU-Boulder.

Speer says her piece is inspired by memoirs of people affected by the Bosnian conflict of 1992-95 and the contemporaneous "grunge" movement out of Seattle.

Waldman's interest in permaculture, ecofeminism and creating community led her to create "Postcards from the Earth," a piece centered on water and its importance to all life.

"I chose the element of water to both draw attention to global and local water issues, and because water is the fundamental ingredient in our human bodies. The pieces are accompanied by live music and performed in the Irey Theatre with an audience seating arrangement that allows for interaction with the performers.

Irey Theatre, University Theatre Building, CU. 7:30 p.m. Nov. 15-16; 2 p.m. Nov. 17. $12 general admission; $10 CU students; $5 high-school students. 303-492-8181; or go to http://theatredance.colorado.edu

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Technology is Hip!

Artificial Pancreas Provides Hope to Diabetics

According to a 2011 diabetes fact sheet by the Center for Disease Control, there are over 25.8 million people with diabetes, which represents 8.5% of the U.S. population and growing Over ten million seniors (27% of U.S. population) over 65 years have diabetes. Type I (juvenile) & II (adult) diabetic are the most popular versions of this disease, but there are several other forms too. Diabetes is the seventh leading cause of death in the United States. Diabetes causes heart disease, stroke, kidney disease, and other consequences if not prevented or controlled.

Researchers are now reporting a major innovation in controlling insulin levels for diabetic sufferers using an artificial pancreas. This device is actually a computer and pump that monitors the blood sugar and automatically supplies insulin to the patient as needed. There is a current study of about 250 Type I diabetic patients using this technology and it apparently is showing very favorable results as reported in the New England Journal of Medicine. Europeans are now using this technology with great success.

Bob Larson

Even though this is the first step for a cure, it is hoped this technology will help the other forms of diabetes for many Americans. Many Americans now use an insulin pump that requires constant monitoring of the blood sugar levels. With this new technology, the blood sugar levels are constantly monitored without any assistance and a pump provides the required amounts of insulin. As reported previously, a biological artificial pancreas is being developed too. So technology is helping diabetics and hopefully within 10 years, there will be multiple technologies to cure diabetes.

❖ *Bob Larson is a technologist and Marketing Director for 50 Plus. Contact Bob at Marketing @50plusmediasolutions.com for more info on this column.*

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November Carbon Valley and Erie Events

Job Zone. 1 pm. Tuesdays. Carbon Valley Library. Find help and information for a job search, resume, online job application and more.

Stretch & Flex. 5:45 pm. Mondays, Nov. 18 & 25. Carbon Valley Library. Lengthen out those muscles and restore flexibility in this yoga/pilates and core inspired workout. All skill levels welcome. First class is free.

Dia de los Muertos: Sugar Skulls. Sat, Nov. 2 1 pm. Erie Library. A traditional treat and art form created for the celebration of Dia de los Muertos. After discussion, participants decorate a sugar skull for display at the library or to take home. 8 years to adult. Drop-in, while supplies last. Presented by the Boulder History Museum.

Writers' Group. Tues, Nov. 5 6 pm. Carbon Valley Library. Enthusiastic, passionate, and avid writers; bring current writing projects to share.

eReaders, eBooks and Apps. Tues, Nov. 5, 6:30 pm. Carbon Valley Library. How to download materials for free. Bring eReader, smartphone, or tablet to access free content, including searching for, checking out and returning library eBooks. Participants must have an email account and valid library card.

Writer's Group. Tues, Nov. 5, 6:30 pm. Erie Library. Open to all levels of writers ages 18 and up; with games, workshops, resource sharing and tips.

Local History Series: Lessons and Legacies. Thur, Nov. 14, 7 pm. Erie Community Center. Resident and scholar James B. Stull shares some of the more interesting stories about the early years of Erie. Jim is the author of the book "Erie," part of the Images of America series.

Mead Seniors Book Club Tues, Nov. 19, 2 pm. First United Methodist Church, 501 Parker St., Mead, to discuss some fantastic fiction.

Writers' Group. Tues, Nov. 19 6 pm. Carbon Valley Library. Enthusiastic, passionate, and avid writers; bring current writing projects to share.

Writer's Group. Tues, Nov. 19, 6:30 pm. Erie Library. Open to all levels of writers ages 18 and up; with games, workshops, resource sharing and tips.

Book Lover's Book Club. Tues, Nov. 26, 6:00 pm. Carbon Valley Library. "The Astronaut's Wives Club" by Lily Koppel.

November Boulder County Parks & Open Space Hikes and Events

Let's Talk Chickens. Sat, Nov. 2; 1-3pm. Agricultural Heritage Center, Longmont. Volunteer Barb Kirchner shares lessons learned from raising her own chickens. Learn why chickens have been popular as pets and livestock for centuries and how they are suited to your backyard today. Learn how to walk, talk, and act like a chicken.

Birding BC through the Seasons. Wed., Nov. 6; 7-8:30pm. Longmont Public Library, Longmont. Volunteer naturalists Vicki Braunagel, Cathy Cook, and Leslie Larson and learn about birding through the seasons, and explore where to find and how to identify some of the birds that call Boulder County home.

Wildlife and Winter Hike. Sat., Nov. 9; 10- -noon. Mud Lake Open Space. Volunteer naturalists lead a hike to learn about the many ways animals prepare for and survive winter, including migration, hibernation, and other adaptations. Look for signs of wildlife activity. A moderate 2-mile hike above 8500 ft.

Snoods and Caruncles: Wild Turkeys of Boulder County. Sat, Nov. 16; 10-11:30am. Sandstone Ranch, Longmont. Volunteer naturalists Sharon Bokan and Gene Kraning teach about identification, ecology, and behavior of the iconic wild turkey. Learn about habitat, foods, and where to find these unique birds.

Birds of Prey Slide Program. Th, Nov. 21; 7-8:30pm. George Reynolds Branch, Boulder Public Library. Volunteer naturalists on how to recognize birds of prey, hawks, eagles, falcons, and owls. Learn how to distinguish different raptors by identifying field marks, behavior, location, and time of year.

Birds of Prey Driving Tour. Sat., Nov. 23; 10-1pm. Volunteer naturalists lead a driving tour of some of the county's best areas to view birds of prey, or raptors. Carpool, searching for raptors, learning about habitat, and working on our observation and identification skills. Register by emailing lcolbenson@bouldercounty.org, or by calling 303-678-6214 by Th, Nov. 21.

Hikes for Seniors. The last Thurs each month, a nature hike at a county park. Nov. 21; Rabbit Mountain Open Space. Information about an area's history, wildlife and current resource management projects. Info: 303-678-6214.

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Crossword Puzzle

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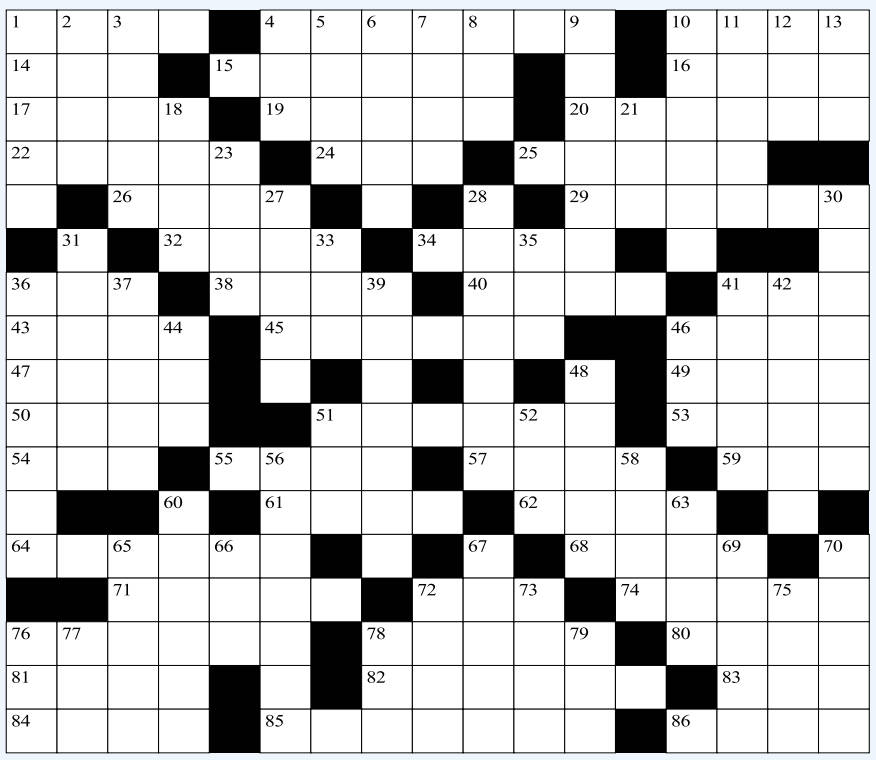
Answers on page 11



ACROSS
1 Affectedly dainty
4 Controversial
10 State in the W United States
14 Even (poet.)
15 Cleric assisting a vicar
16 Back of the neck
17 Spawning area of salmon
19 Wooden shoe
20 Fishing line float
22 Ghost
24 Son of Jacob
25 Insurgent
26 Fancy
29 Consisting of lines
32 On sheltered side
34 Whimper
36 Study carefully
38 Narcotics agent
40 Sly look
41 Possesses
43 Stead
45 Iran
46 River sediment
47 Minerals
49 6th month of the Jewish calendar
50 English monk
51 Visible spirit
53 Republic in W South America
54 Turkish governor
55 Authentic
57 Carbonized fuel
59 Total
61 Tree frog
62 Supplements
64 Queen
68 Exclamations of surprise
71 Approaches
72 Devoted follower
74 Roman goddess of the moon
76 Flowering shrub of the genus Rhododendron
78 More mature
80 Scene
81 Obscene
82 Gap
83 Command to a horse
84 To a smaller extent
85 Conceit
86 Wool cleaning brush

DOWN
1 Curt
2 Shed tears
3 Equip
4 Purulence
5 Toward the mouth
6 Father of Leah and Rachel
7 English public school
8 Encountered
9 Small black beetle
10 Relax
11 Article of furniture
12 Monkey
13 Pronoun
18 Qatar
21 Japanese sash
23 Furnace
27 Full of substance
28 Pertaining to the open seas
30 Pulpit
31 Evening party
33 Before
35 Benign tumor of the skin
36 Trounce
37 Destitute
39 Chuckle
41 Conceals
42 Call to arms
44 Exploit
46 Plant juice
48 Bangladesh
51 For what
52 Terminal digit of the foot
56 Party game
58 Metal
60 Cedes
63 Switchblade
65 Chews
66 Not
67 Language spoken in S China
69 Goatlike antelope
70 Having jaws
72 Flutter
73 Devices for fishing
75 Never
76 Entirely
77 Letter Z
78 Exclamation of surprise
79 Alcoholic liquor

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