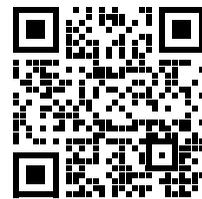


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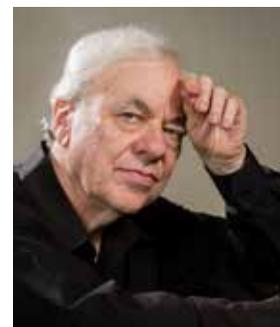
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CONNECTING LOCAL BUSINESSES WITH THE 50 PLUS COMMUNITY

April 2016 • Volume 22 • Issue 4

CU Presents Announces The 2016-17 Season



There's something for everyone in CU Presents' star-studded 2016-17 season lineup. As the Artist Series celebrates 80 years bringing world-class performers to Macky Auditorium, local favorites return and incredible new acts arrive. Season ticket sales begin Monday, March 28 at 10 a.m., and single tickets are available beginning Monday, Aug. 15. Tickets are available at cupresents.org or over the phone at 303-492-8008.

Dance lovers will cheer the return of the eye-catching MOMIX and the seductive, Spanish moves of Flamenco Vivo Carlota Santana. Fans of world music can take in the joyous, diverse African beats of The Nile Project, the lilting traditional Irish music of Danú, and a special holiday celebration with the Ukulele Orchestra of Great Britain. Classical superstars abound this season, with solo performances from flutist James Galway, pianist Richard Goode, soprano Deborah Voigt and the sensational cellist Yo-Yo Ma.

This season also features five concert pairs by the Takács Quartet and a special performance by the young, up-and-coming Calidore String Quartet. The Eklund Opera program kicks off with an October performance of "Die Fledermaus," a worldwide audience favorite. Plus, the beloved Holiday Festival offers four performances this December.

Artist Series, Macky:
 • MOMIX, Opus Cactus, Sun-

day, Oct. 2, 2016. Through daring movement, optical illusions and astounding inventiveness, the dancers of MOMIX create a dreamlike fantasy world. "Opus Cactus" brings the landscape of the Sonoran desert to life with slithering lizards, fire dancers and more. Tickets start at \$20.

• Richard Goode, Bach & Chopin, Friday, Oct. 28, 2016, 7:30 p.m. Richard Goode brings tremendous emotional power, depth and expressiveness to the music of Johann Sebastian Bach and Frédéric Chopin. Tickets start at \$20.

• Manhattan Transfer and Take 6 The Summit. Friday, Nov. 11, 2016, 7:30 p.m. Spend an unforgettable evening grooving to innovative arrangements of jazz, pop, swing, gospel and R&B songs sung in impeccable harmony. Tickets start at \$20.

• Ukulele Orchestra of Great Britain, Christmas concert. Thursday, Dec. 8, 2016, 7:30 p.m. Celebrate the holiday season with an octet of singing, strumming players from across the pond! The Ukulele Orchestra of Great Britain delivers a funny, virtuosic, twanging, foot-stomping evening of classic carols and new favorites. Tickets start at

\$20.
 • Flamenco Vivo Carlota Santana, Poema de Andalucía, Saturday, Jan. 21, 2017, 7:30 p.m. Transport yourself to romantic southern Spain with an "infectiously joyful" (The New York Times) demonstration of authentic Spanish dance. This energetic performance combines sensual movement, colorful costumes and irresistible Andalusian folk music. Tickets start at \$20.

• The Nile Project. Thursday, Feb. 2, 2017, 7:30 p.m. Take in vibrant, joyful and original music combining the traditions of 11 countries up and down Africa's diverse Nile River basin. This "committed, euphoric international coalition" (The New York Times) of performers transcends language and cultural barriers to unite in harmony. Tickets start at \$20.

• Deborah Voigt, Voigt Lessons, Saturday, Feb. 18, 2017, 7:30 p.m. Experience the moving story of a world-renowned soprano's successes and struggles in a performance that's part recital and part one-woman show. "The only diva who might carry on Beverly Sills' role as 'opera cheerleader' in

America."—The New York Times. Tickets start at \$20.

• Yo-Yo Ma, Wednesday, Feb. 22, 2017, 7:30 p.m. The world's greatest living cellist gives a once-in-a-lifetime solo recital on the Artist Series. From his partnership with the Silk Road Ensemble to his cross-disciplinary collaborations, Yo-Yo Ma is the only musician who can travel seamlessly between genres and cultures. Tickets go on sale to the general public Aug. 15.

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 By Eileen Doherty
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April
CALENDAR

Occupational Therapy Month
Donate Life Month
Alcohol Awareness Month

Thursday/3

Caregiver Support Group. 1st Thur. monthly, 5:30-7 pm. Calvary Bible Church, 3245 Kalmia Ave., Boulder. Free. Info: 303-678-6116 or InfoCare giver@bouldercounty.org

Friday/4

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

Tuesday/5

Veggies in Small Gardens & Succession Planting. 6:30 pm. Erie Library, 400 Powers St. Jane Shellenberger, author, on succession planting. Tea is served. #HPLDGardenTalk.

Thursday/7

Money Matters: Which Financial App is Right for You? 6:30 pm. Erie Library, 400 Powers St. Review and compare several popular apps for cost, features, & options.

Monday/14

Low Vision Support. 3-4pm, 2nd Mon monthly, Frasier Meadows 350 Ponca Pl. Boulder. CPWD-Beyond Vision Program. Info: 303-442-8662.

Wednesday/16

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

Thursday/28

Jewelry Making 101. 5:30 pm. Erie Library, 400 Powers St. Learn the basics of custom beaded jewelry making from artist Connie Tuck. Take home a finished set. No prior experience necessary. All supplies provided. Register.

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, support, & prayer. Every Fri. 6:30-7:45 am, 2nd Baptist Church, 5300 Baseline.

Calendar sponsored by...

Dignity Care: 303-444-4040

Decision-making Across the Spectrum of Memory Loss

The old saying goes: “there is nothing certain in life except death and taxes.” National Healthcare Decisions Day, the day after tax day, will remind us of that on April 16. It is a day to pause and think about the future.

It is estimated that over half of us will not be able to participate in decisions about the kind of care we want at the end of our lives. The end of life can be particularly painful for people and families experiencing the losses of dementia. How will we respond when the doctor turns to us and says, “And what would your mother want in this situation?”

Here are a few suggestions from years of working with people through these difficult situations: Utilize the Conversation Project Starter Kit to identify values and wishes.

Talk! As a family, as caring, intimate friends, a book group or as a faith community. It is a gift to those who love us.

Designate a decision-maker (agent) but talk to other family

members, as well.

Start talking at the time when dementia is diagnosed. People don't lose their capacity to share values and be heard on the day they receive the diagnosis.

Go slowly if need be. Try tackling one Starter Kit question at a time. “Tell me, are you more worried that you will get ‘overly aggressive care’ or ‘not enough care?’” – that may be enough for one chat!

Your family group can use the Starter Kit to reflect on your loved one's values and wishes even if they can't participate. How did they live their life? What was important to them? What would matter to them as they were dying?

A diagnosis of dementia por-

tends significant medical decisions for the future. To ensure that family members are prepared to make decisions or to carry out stated wishes conversations are important. Sharing in a meaningful conversation before treatment choices must be made can avoid later family disagreements. Doing so may draw families together as they try to figure out how to best care for their loved one.



Jean Abbott

Jean Abbott, MD, MH, Co-founder, The Conversation Project in Boulder County and Faculty, Center for Bioethics and Humanities, CU Medical Center. Visit our website at: www.theconversationprojectinbouldercounty for resources and to download the Starter Kit.

Reflections

Three Minutes

They'd been separated for years. Now an arranged phone call connected them to loved ones many miles and a continent or two away.



Martha Coffin Evans

Perhaps one was in refugee camp while the other, safe in another country. Perhaps one was exiled waiting for release and freedom. Whatever the circumstance, a long awaited call would soon arrive.

The phone connection's length – three minutes. “Hello. I am fine. How are you?”

Two minutes fifty nine seconds remain to tell, ask about and capture life since they last saw each other. What did they talk about – family members, health, livelihood, the political situation or...?

Thinking about having only three minutes to talk with a loved one, knowing the call would disconnect soon, raises questions for us. Would we talk about the trivial or mundane such as weather? If it were a major factor in our displacement from each other, we just might.

I remember making a phone call to my mother when she was living in California. Given the long lines at the terminal phone booths that September 11, 2001, I made a ship to shore call to her. It's cost - \$48; its value – priceless.

We had sailed out of New York City, by the World Trade Center, on September 7, headed up the East Coast on a Fall Foliage cruise. We'd passed Boston and were in Peggy's Cove, Nova Scotia when vacationers nearby asked if we were from America. “Have you heard the news?” Finding a gift shop with its radio playing, we soon learned “the news.”

No doubt connecting with family members during a time of tragedy can be major. We know that to be true given the stories of those on the doomed flights, in the Trade Center or Pentagon, who called home one last time.

Did they have three minutes to make those calls? While the length may be unknown, the impact of the connections remains timeless and invaluable. Who would you call? What would you say?

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

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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@50plusmarketplace news.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi, JPEG files) and also emailed.

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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Your Life Support Living Fully

Do you feel your life is all it can be? Do you yearn for life to be fuller? A friend once recited this poem to me:

There once was a cautious gal, who never romped or played; She never drank, she never smoked, from the path she never strayed.



Steve Goodier

So when she passed away the insurance was denied; For since she never really lived they claimed she never died!

Of course, I don't think these behaviors describe quality living, but I do think most people want to experience life as fully as possible. This has always been the case. Even two thousand years ago, Jesus, that great lover of life from Galilee, recognized our universal yearning for life when he said, "I have come that they might have life and have it more abundantly."

And, of course, "romping," "playing," and "straying from the path" have little to do with how fully one experiences life. Abundant living is more about how we love the other people on this planet, how we care

for ourselves and how well we honor our God. It has to do with joy and laughter, kindness, forgiveness and peace. It means taking time for what is truly necessary.

One man was asked if he believed in life after death. His wife spoke first. "Life after death?" she said. "He doesn't even believe in life after dinner!"

I believe in life after death. But I also believe in life before death. Abundant and full and beginning today.

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

Caregiving

Caregiving Symposium Is Coming!

Looking for one place to learn a lot about caregiving? Boulder County Area Agency on Aging once again presents the Caregiving



Emily Cooper

Symposium, a free educational event for families and friends of older adults—or for anyone interested in the topic of family caregiving. The Symposium offers a unique opportunity to learn about local resources and gain a better understanding of caregiving issues.

This year's event is on Thursday, May 19, 9:30 a.m. – 5 p.m. (come for all or part), at the Plaza Convention Center, 1850 Industrial

Circle, in Longmont. It features a large resource fair of local service providers, handouts, complimentary lunch, and 15 one-hour workshops on dementia, caregiver self-care, financial and legal issues, respite, home health care, nutrition, effective communication, and more.

Participants must pre-register for the event to receive the complimentary lunch. (Walk-in registration allowed, but will not include lunch.) Register by calling 303-441-1685 or at www.caregiving-symposium2016.eventbrite.com, where the full agenda is posted.

To enable family caregivers to attend the Caregiving Symposium, free on-site respite care (substitute elder care) is offered by reservation; call 303-441-1543 to learn more. Financial assistance for respite care at home or at an adult

day program also may be available.

The Caregiving Symposium is co-sponsored by Aging Services Foundation, Life Care Center of Longmont, The Peaks at Old Laramie Trail, HomeCare of the Rockies, Hover Senior Community, Allegiance Home Care, 50 Plus Marketplace News, The Peaks Care Center & Frontier Therapy, Via Mobility Services, Meals on Wheels of Boulder, PASCO, Professional Home Health Care / Care Link, Synergy HomeCare, and Windhorse Family and Elder-Care.

❖ *Emily Cooper is Information and Referral Specialist for Caregiver Programs with Boulder County Area Agency on Aging, a Division of Community Services. For more information on BCAA caregiver services, call 303-678-6116 or email InfoCaregiver@bouldercounty.org.*

Some things are best **NOT** left unsaid

You have taken care of your taxes, so now is the time to deal with the other certainty: **death**. Failure to talk about **your wishes** can cause serious and irreparable damage within a family. This workshop will offer a **Starter Kit** which will help you identify your values and wishes and will give you practical tips for initiating a conversation that can be "**death changing**."

Speakers: **Jean Abbott, MD, MH**, Co-founder, The Conversation Project in Boulder County and Faculty, Center for Bioethics and Humanities, CU Medical Center; and **Peg Arnold, MA**, Program Coordinator, *AgeWell*, Longmont United Hospital's senior wellness program.

Thursday, April 28, 2016
7:00–8:30 pm
Longmont United Hospital
Gallery Room
1950 Mountain View Ave
Refreshments will be served.

the conversation project
in boulder county
TheConversationProjectInBoulder.org



Audio Information Network

Caregiving for a Senior Losing Vision

As life changes for a person experiencing vision loss, it also changes for the caregiver. You may be the primary caregiver for a family member or just occasionally helping a friend or neighbor. The goal is to help the individual to maintain independence and dignity as they adjust to the changes they are experiencing.



Kim Ann Wardlow

The changes in a person's vision will depend upon the diagnosis. An individual with macular degeneration will eventually lose the ability to see a face directly in front of them but will still see something in their periphery. A person with glaucoma will begin to lose their peripheral vision while still being able to see what is directly in front of them. Knowing an individual's diagnosis does not give a complete picture of their functional vision. A low vision optometrist can assess functional vision and recommend adaptive aids. Skills training benefits both the visually impaired person and the caregiver. Even using simple aids like a check writing guide can empower a person. Ultimately, the visually impaired person needs to decide what will be useful.

Ask before providing assistance when it may not be needed

or wanted. Offer specific help in a positive way. For example say, "I am going to the grocery store Tuesday afternoon. Would you like to come with me?"

Support groups for seniors experiencing vision loss meet in several locations in Boulder County. Facilitators often bring in speakers or provide tips on adaptive techniques. Some individuals may prefer to speak one-on-one with a person with the same diagnosis. A group facilitator may be able to help schedule a meeting.

Caregivers also need support. The Boulder County Area Agency on Aging is offering their annual Caregiving Symposium on Thursday, May 19th from 9:30 a.m. to 5:00 p.m. at the Plaza Convention Center in Longmont. It will include workshops, a resource fair, and lunch. Come for all or part of the day. The symposium is free. However, registration is required by calling 303-441-1685 or going to www.caregivingsymposium2016.eventbrite.com. Make reservations for free on-site elder care at 303-441-1543.

❖ *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. AINC is a proud member of Senior Solutions of Colorado and the Colorado Coalition of Blind and Low-Vision Resources.*

Ask Dr. D'Anne...

This month we are continuing to focus on the relationship between cardiovascular health and hearing health. If you did not know, heart disease is the leading cause of death in the United States. In addition, about 15% of American



Dr. D'Anne Rudden

adults report some degree of hearing impairment, which is the third most prevalent chronic health condition for men. There is a growing body of evidence to support the relationship between the heart and hearing, which has led researchers to believe that the health of the ear may be a window to the heart. Expert Charles E. Bishop, AuD, claims that there is too much evidence to support the link between hearing loss and cardiovascular disease to ignore it. It is time that we begin to educate all individuals about this important relationship, especially those above the age of 40.

You may wonder why there is a connection between your hearing and your heart. Studies have shown that a healthy cardiovascular system has a positive effect on the hearing system. In contrast, poor blood flow to the inner ear can contribute to hearing loss. It has also been hypothesized that the presence of low-frequency hearing loss may be a potential marker for predicting the presence or development of heart disease.

Expert David R. Friedland, MD, PhD, claims that the inner ear is so sensitive to changes in

blood flow that providers may be able to use the presence of hearing loss as a much earlier indicator of heart disease. In addition, Dr. Friedland and other researchers recently published a study in the *The Laryngoscope*, which claims that the pattern of one's hearing loss strongly correlates with blood flow to the brain and with the beginning stages of arterial disease in other parts of the body. Essentially, a hearing test may be a screening for individuals at risk for heart disease, stroke, and other health conditions.

According to the National Heart, Lung, and Blood Institute (NHLBI), the main warning signs of heart disease for women and men are chest discomfort, discomfort in other areas of the upper body, shortness of breath, nausea, lightheadedness, cold sweats.

As we continue learning that hearing is a sensitive indicator of one's overall health, it is essential that hearing be evaluated regularly. Conservatively, hearing can be evaluated annually just as someone would have an annual physical with a physician. For those who have been diagnosed with hearing loss, don't worry. Most hearing loss can be successfully treated with the use of hearing aids. Hearing aids have been strongly correlated with an improvement in quality of life. In contrast, untreated hearing loss can cause many physical and emotional conditions including impaired memory, declining cognition, stress, anger, fatigue, tension, social withdrawal and isolation and depression.

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!

Longmont Hearing & Tinnitus Center was given an A+ rating by the Better Business Bureau has awarded their office their "BBB Gold Star" for service over the past 3 years.

❖ *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. Dr. Rudden has been in practice for over 20 years and travels nationally as a featured professional speaker and expert in Audiology.*

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D'Anne Rudden, Au.D., CCC-A
Doctor of Audiology

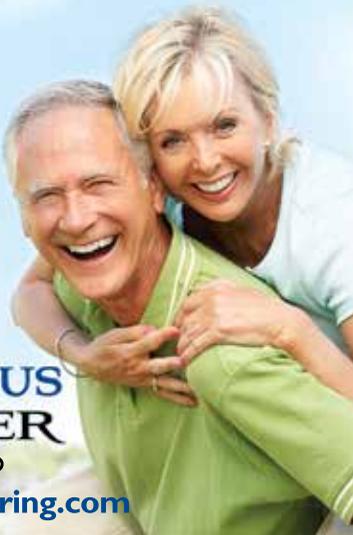
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We Care!

DID YOU KNOW...

By Kathy Rhodes, American Cancer Society

That colorectal cancer is one of the most preventable cancers?

It is the second leading cause of cancer death, but most of these deaths could be prevented with appropriate screening and early intervention. Because early colorectal cancer often has no symptoms, the American Cancer Society recommends that everyone 50 and over be tested, and that people with a family history of the disease should talk to their doctor about testing earlier.

Colorectal cancer almost always starts with a polyp - a small growth on the lining of the colon or rectum. The cancer can be prevented by finding and removing these polyps (via colonoscopy) before they become cancerous. Other tests screen for cancer, but not polyps, and are collected at home with a kit provided by your medical provider. These tests are cheap, easy, and non-invasive, but need to be done yearly to be considered an effective screening method. All insurance plans are now required to cover both forms of colorectal cancer screening for eligible patients.

Some risk factors can't be changed, such as age or family history, but there are many others which you can! Obesity or overweight, physical inactivity, smoking, heavy alcohol use, a diet high in red or processed meat, and inadequate intake of fruits and vegetables have all been linked to an increased risk for developing colorectal cancer.

Don't wait! Talk to your doctor about the testing options, make the decision that is best for you, make an appointment and get it done, and then remind everyone to do the same!

Use a Reverse Mortgage to Purchase a Home – with NO Monthly Payment!

"After my husband passed away I didn't need such a big house and my grandchildren were living in Colorado. I wanted to be near them, but on a fixed income I didn't think I could purchase a home or condo and make the mortgage payments. My loan officer suggested a reverse mortgage and I couldn't be happier!"

Seniors on fixed incomes are finding that the ability to down-size, and/or live closer to family are reasons to investigate the use of a reverse mortgage for a home purchase. This financial tool can turn the equity in your current home into the purchase of a new home within a single transaction. With a Reverse Mortgage for Purchase:

- No lender is on the title with you
- No monthly mortgage payment on the new purchase
- Increase discretionary cash
- Credit requirements tailored to seniors
- No prepayment penalty
- Sell the home whenever you wish
- Surviving spouse cannot be forced to leave the home

A more typical use of a reverse mortgage is a refinance to allow you to access the substantial equity in your home to use for any purpose. The amount of money that will be available is determined by the appraised value of the home, the amount of equity, and the age of the homeowners. But increasingly seniors are using a reverse mortgage to down-size and have no mortgage payment as long as they live in their new home.

When you sell your current



Jim Doyle

Reverse Mortgage

home, a Reverse for Purchase allows you to leverage your available cash into approximately twice the purchase price you would ordinarily be able to afford.

Of course, you must maintain your new home, and pay property taxes and homeowner's insurance. With a Reverse Mortgage there is no loan repayment until both homeowners no longer live in the home. You will never owe more

than the home is worth. Call your Reverse Mortgage Specialist to learn more!

❖ *Jim Doyle, Reverse Mortgage Specialist, NMLS #335659. Jim is the VP of Lending and Reverse Mortgage Specialist at Silver Leaf Mortgage in Centennial, CO. Direct: 303-875-5994 JimDoyle@SilverLeafMortgages.com/, NMLS# 1394377.*

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- ✓ You always own the equity in your home



JIM DOYLE, NMLS #335659
Reverse Mortgage Specialist

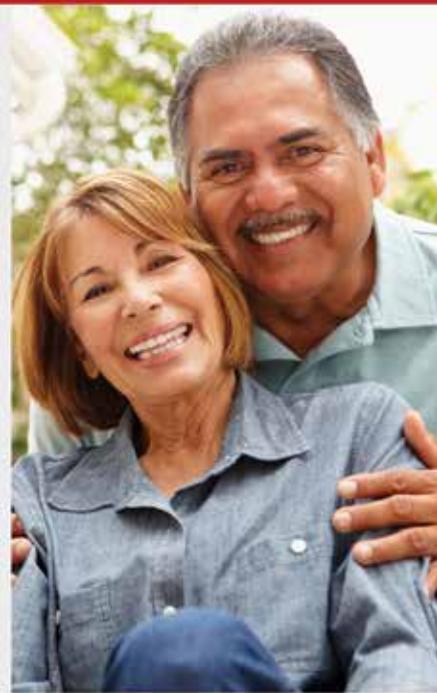
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Still Truckin'

Peter and the Starcatcher

BDT Stage presents the Tony award winning play with music, "Peter and the Starcatcher." It offers innovative staging of the story of the lost boy who became Peter Pan.

With ropes and ladders scenic designer Amy Champion creates wondrous surprises. A rope becomes the roiling sea where ships sink and treasure chests are lost. A rope combined with pennant shape banners and bright red lights becomes the famous crocodile. The ensemble players interact wildly as the action changes from land to ship to sea.

Scott Beyette again proves his versatility as the wicked Black Stache. He provides a hilarious moment when he loses his hand and gets his hook. Ever popular Wayne Kennedy cavorts as Black Stache's faithful Smee.



Sandy Hale

Sarah Grover, as adventurous, winsome Molly, romps through the show, falling in love with Peter and the lost boys. Foreshadowing the future arrival of Wendy, Molly gives Peter his name - and a heart-felt kiss.

Linda Morken's costumes run the gamut for swarthy pirates to sparkling bikinis for the same pirates as dancing mermaids. Nick Sugar, as director and choreographer, with lighting designer Brett Maughan, conspire to produce an original show - unlike any other in its creativity. They show us the way that a nameless orphan finds love and friendship.

"Peter and the Starcatcher" plays through May 14. It is suggested for adults and children over ten. For tickets, call 303-449-6000, or log on to www.bdtstage.com.

Boulder Dinner Theatre is a musical dinner theatre in Boulder, offering live Broadway-quality shows in our musical dinner theater. Call for ticket prices

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

Elder Law Issues

Medicaid: Truth Or Fiction

This month's Elder Law Issues column tackles the myths and mysteries surrounding the Medicaid program. Medicaid is the single largest source of payment for individuals receiving care in nursing homes and assisted living facilities. Yet, it is widely misunderstood. See if you can separate fact from fiction in the statements below.



Rick Romeo

1. **Medicare will cover my stay in a nursing home.** Mostly fiction. Medicare has a very limited benefit (20 days of coverage) and only if a person is admitted to a hospital for at least 3 overnights and then discharged to a nursing home. After 20 days at the nursing home there is a co-pay of \$151/day. After day 100, (and often much sooner) all coverage ends.

2. **I have to spend all of my money to get medicaid.** Again, mostly fiction. For a couple, where only one spouse applies, the community spouse (the one not applying for Medicaid) may keep the house of any value, a car of any value and roughly \$120,000 in other assets, including IRAs, investment and bank accounts. While single individuals must generally

have no more than \$2,000, plus a home and car, there are many legal ways to preserve excess assets while still qualifying for Medicaid. Applicants, their spouses or adult children are strongly encouraged to explore the process of Medicaid planning and asset preservation with an elder law attorney.

3. **I Can Give Away Up To \$14,000/Year Under Medicaid Rules.** Definitely fiction. While the IRS allows annual gifting of \$14,000 to as many individuals as the donor wishes, with no reporting requirement and no tax; this is definitely not the rule for Medicaid. Instead Medicaid will impose an ineligibility penalty of one month for every \$7,563 given away. All gifts in the 5 years prior to applying for Medicaid must be disclosed.

Despite the strict eligibility rules for Medicaid, with careful planning and knowledge, applicants can often preserve at least half of their assets while still becoming eligible for long term care Medicaid.

❖ *Rick Romeo is a partner with the law firm of Vincent, Romeo & Rodriguez, LLC providing a broad array of services for the elderly, the disabled and their families, including estate planning, Medicaid planning, planning for disabled children, and probate litigation. Contact the firm at 303-604-6030 or visit www.elderlawcolorado.com/.*

5 Must See Sites of Rapid City, SD



Minute Man II Missile



Blind Lion

Here are a few must-see destinations in Rapid City.

1. Press Start. Press Start is a video arcade, situated in the basement of the kōl restaurant. There are dozens of vintage video games here, from Galaga to Mario Brothers. Press Start is called a “barcade” because adult beverages are served.

2. The Blind Lion. What, a speakeasy in the heart of Rapid City? Back during the 1920s through 1933, when brewing and consuming alcohol was against the law, “speakeasies” sprang up around the

country.

You don’t have to worry about the police today, you just need to know the code to get through the vault door into The Blind Lion, somewhere in the vicinity of 510 9th St. (Walk into the establishment on the main floor and ask for directions!)

3. Crazy Horse Memorial. Under construction since 1948, the Crazy Horse Memorial was designed as a way to provide a counterpoint to the nearby Mount Rushmore, by honoring one of the most famous

Native Americans, Crazy Horse.

The original designer of this mountain-carving project died in 1982 but his family has carried on his work.

4. Wall Drug. In the early 1930s the tiny town of Wall had a failing pharmacy called Wall Drug. The wife of the owner came up with the brilliant idea of advertising “free icewater” to thirsty travelers, and since then this location has never looked back. It’s grown into a fantastic assemblage of shops and eateries.

5. Minuteman Missile National Historic Site. During the Cold War, an actual war between the United States and the Soviet Union was a real possibility. The United States buried several Minuteman missiles in silos underground, poised to strike if the need arose.

The history of this tense time is told at the Minuteman Missile National Historic Site, located at 24545 Cottonwood Rd in Philip.



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Family Memories & Family Trees

Finding Civil War Soldiers, Part 2

Last month's column explained how to hunt for a person or just a surname in Ancestry.com and Fold3.com. This month you'll learn some details about finding black or white soldiers in the Confederate and Union armies.



Ted Bainbridge

Find white soldiers in either army as described last month. No other knowledge or steps are needed.

Find black or mixed-race soldiers in the same ways. Knowing the following facts will help you to understand the information that you find.

Union units were segregated. The Union army organized black

soldiers as units of the United States Colored Troops. All enlisted men in those units were black or mixed-race but officers were white. If you are hunting a soldier who was black or mulatto, you probably will find him in a unit of the U.S.C.T. or in a differently named unit that later became part of the U.S.C.T. and then was renamed. The only exceptions were a few Massachusetts black units, which never were merged into the U.S.C.T. and remained state units throughout the war.

Confederate units were integrated. The Confederate army put black and mixed-race men into units with white soldiers but officers were white. Surprisingly, Confederate service records usually don't indicate a soldier's race. A few service records say, "slave" in addition to or in place of any race indicator. If you are not lucky enough to find a record that indi-

cates race, you will have to use other facts and circumstances to convince yourself whether the record is about the man you want or not.

Be cautious about believing that a record you find is for the person you want. Only having the same name is not sufficient; look for other facts in the record that match or conflict with what you already know about the person you want.

❖ *Ted Bainbridge, Ph.D. has been a genealogical researcher, teacher, consultant, speaker, and writer since 1969. His genealogical and historical articles are published frequently by several national, state, and county organizations. Ted is a past president of the Longmont Genealogical Society and is a staff member at the Longmont Family History Center. You can contact him at ted.bainbridge@gmail.com.*

CU Presents ■ from page 1

Tickets start at \$60

• Danú, St. Patrick's Day celebration. Saturday, March 4, 2017, 7:30 p.m. Danú brings together talented players on flute, tin whistle, fiddle, accordion, vocals and more for a high-energy performance of ancient Irish music and new repertoire. This fan favorite returns to Boulder for an unforgettable St. Patrick's Day concert. Tickets start at \$20

• James Galway, Wednesday, March 22, 2017, 7:30 p.m. "The Man with the Golden Flute" pays a visit to Boulder for a mesmerizing, genre-defying performance. Between his classical credits, his star-studded collaborations and his iconic recordings for "The Lord of the Rings" films, Sir James Galway is the premier flutist of our time. Tickets start at \$20

• Holiday Festival: Friday, Dec. 2, 7:30 p.m. Saturday, Dec. 3, 4 p.m. Saturday, Dec. 3, 7:30 p.m. Sunday, Dec. 4, 4 p.m. A lively program of seasonal music and festive holiday decorations in Macky Auditorium inspire sold-out audiences and make the Holiday Festival a favorite annual tradition. Choirs, orchestra, ensembles and faculty soloists from the CU-Boulder College of Music invite you to share the joy and warmth of the season with your family and friends. Tickets start at \$20

For information on the Eklund Opera Program and the Takács Quartet programs Visit cupresents.org/.

Social Security Today

Ex-Spouse Benefits, Taxes, And You



Monica Ochoa

Mid-April features both Ex-Spouse Day and tax day. These two observances are extra important if you are an ex-spouse, because Social Security pays benefits to eligible former spouses. And, you may need to claim this income on your tax forms.

If you are age 62, unmarried, and divorced from someone entitled to Social Security retirement or disability benefits, you may be eligible to receive benefits based on his or her record. To be eligible, you must have been married to your ex-spouse for 10 years or more. If you have since remarried, you can't collect benefits on your former spouse's record unless your later marriage ended by annulment, divorce, or death. Also, if you're entitled to benefits on your own record, your benefit amount must be less than you would receive based on your ex-spouse's work. In other words, we'll pay the higher of the two benefits for which you're eligible, but not both.

You can apply for benefits on your ex-spouse's record even if he or she hasn't retired, as long as you divorced at least two years before

applying. The same rules apply for a deceased former spouse.

The amount of benefits you get has no effect on the benefits of your ex-spouse and his or her current spouse. Visit Retirement Planner: If You Are Divorced at www.socialsecurity.gov/retire2/divspouse.htm to find all the eligibility requirements you must meet to apply as a divorced spouse. Our benefits planner gives you an idea of your monthly benefit amount. If your ex-spouse died after you divorced, you can still qualify for widow's benefits. You'll find information about that in a note at the bottom of the website.

Visit www.socialsecurity.gov/retire2/divspouse.htm today to learn whether you're eligible for benefits on your ex-spouse's record. That could mean a considerable amount of monthly income. What you learn may bring a smile to your face ... even on tax day!



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Technology is Hip!

Quantum Dots Successfully Combat Dangerous Bacteria

Antibiotic-resistant bacteria are an increasingly big problem for human health. They kill over 23,000 people in the US every year. This bacteria



Bob Larson

has an immunity to antibiotic treatments making them extremely difficult to eradicate. New research being conducted at the University of Colorado in Boulder has found that tiny light-activated particles known as quantum dots can be useful in combatting the infections.

Quantum dots are very small nanoparticles measuring some 20,000 times smaller than a human hair. By working on such a tiny scale, the researchers are able prompt specific interactions on a cellular level that only target the dangerous bacteria. Because they're activated by light, researchers are able to tailor the particles to

attack only the desired cells by altering the wavelength of the light. Once the light source is removed, the dots become inactive.

The team believes this breakthrough will allow for the development of non-harmful clinical treatments that use nanoparticles to combat the resistant bacteria. The work is developing, with the researchers testing the method on lab-grown cultures. So far it was found to successfully kill 92 percent of drug-resistant bacterial cells. FDA approval will be required with trials in the near future.

"Antibiotics are not just a baseline treatment for bacterial infections, but HIV and cancer as well," said senior study author Anushree Chatterjee. "Failure to develop effective treatments for drug-resistant strains is not an option, and that's what this technology moves closer to solving."

Another technology innovation in improving human health in the near future.

❖ *Bob Larson is a technologist, photo journalist, and Marketing Director for 50Plus Media Solutions.*

Americans Support Funding for Public Transit

Provided by Statepoint

7 in 10 Americans support increased federal funding for the nation's public transportation systems in communities of all sizes, according to a survey conducted by ORC International for the American Public Transportation Assoc. (APTA). This support is broad, according to the survey, spanning various age groups and political affiliations, with some of the highest numbers among Millennials ages 18 to 34 (77%) and individuals age 65 and older (76%).

Owning a private vehicle does not diminish this support, with 71% of car owners reporting that they want to see more federal investment in public transportation

in both large and small communities. Plus, over half of respondents said public transit is important in attracting and retaining employers in their community.

As Congress finalizes work on the Surface Transportation Bill, some experts are echoing the public sentiment.

"No matter where you live and work and what age you are, public transit provides vital access to jobs and everything a community has to offer," says APTA President and CEO Michael P. Melaniphy. "We must ensure we provide for both large and smaller communities through growth of the federal transit program."

To learn more, visit www.apta.com.

Consumer Advisory

Colorado Attorney General Cynthia H. Coffman is once again warning Coloradans to avoid falling victim to IRS tax scams. While tax scammers operate year round, their efforts intensify as April 15th approaches. These attempts to swindle often begin with callers claiming to be federal Internal Revenue Service agents seeking immediate payment of taxes. The phony agents use intimidation tactics such as threats of arrest, liens on property, deportation, or driver's license revocation in to scare consumers into making payments or disclosing personal information.

"These fake IRS agents use every tactic in the book to scam Coloradans out of their hard-earned money. Fear and intimidation are their favorite strong-arm methods to pressure a victim to pay fictitious taxes, fees and penalties that they do not owe," said Attorney General Coffman. "The imposters often have just enough personal information to convince a taxpayer they are legitimate. But consumers need to remember that NO authentic IRS agent will contact you in this matter."

Attorney General Coffman advises consumers not to fall for official looking numbers on their caller ID or for "agents" providing badge numbers or other official sounding identification. IRS agent impersonators typically demand immediate payment by wire transfer or with a prepaid money card. The IRS has received nearly 750,000 reports of IRS scam attempts since late 2013 and more

than 4,500 victims have collectively paid over \$23 million that wasn't owed to the federal government.

According to the IRS, it will NEVER:

- Call you to demand immediate payment;
- Demand that you pay taxes without allowing you to question the amount you may owe;
- Require that you pay your taxes a certain way, such as with a wire transfer or prepaid money card;
- Ask for your credit or debit card numbers, or other personal information over the phone; or
- Threaten you with arrest, liens, deportation or license revocation.

"The very best thing you can do if you receive one of these calls, or a similarly threatening email, is to immediately hang up the phone or delete the email message without responding," advised Attorney General Coffman. "Then file a complaint with our office so we can track these attempts at fraud and hopefully prevent more victims."

Consumers wishing to report these calls, or who fear that they may be a victim of this scam, are urged to call the Attorney General's consumer line at 1-800-222-4444 or to file a formal complaint at www.stopfraudcolorado.gov.

Consumers can also report these calls to the United States Treasury Inspector General for Tax Administration at its "IRS Impersonation Scam Reporting" web page or by calling 800-366-4484. Consumers with genuine concerns that they may owe back taxes should contact the IRS directly at 800-829-1010.

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A Matter of Balance. Learn to manage the risk of falling, reduce fear and strengthen your body. Meets weekly for 2 hours for 8 weeks. Sessions include group discussions and gentle exercises.

Apr. 5 – May 24, 1:30 – 3:30 p.m. Longmont S.C.

May 2 – Jun. 20, 9:30 – 11:30 a.m. Exempla Cancer Center, Lafayette

Healthier Living. Stanford University's Chronic Disease Self-Management Program. Learn techniques to help change perspective and manage chronic conditions. Topics covered during 6-week workshop include managing medications; improving communication skills; improving nutrition and activity levels; setting weekly goal; and problem solving. Jun. 16–Jul. 21, 9:30–noon, Tebo Cancer Center, Boulder

Walk With Ease. Need some motivation to start an exercise program? Walk with Ease provides the structure and support you need to get started, stay motivated and feel better. Classes meet 3 times a week. Apr. 18– May 27, 10:30–11:30 a.m. United Health & Wellness, Longmont United Hospital, 1950 Mountain View Ave. Register: 303-485-4161,

Medicare Basics Classes.

Apr. 7, 2–4 p.m. East Boulder S.C., 303-441-1546

Apr. 18, 10–noon Longmont S.C., 303-651-8411

Nutrition Education. East Boulder County Diabetes Education Group, Apr. 18, 11–noon. Lafayette S.C. Register: 303-665-9052; Info: 303-441-4995

Counseling. Nutritional Counseling: 303-678-6115, SEASONED Newsletter: tdeanni@bouldercounty.org/.

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Occupational Therapy Month

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Boulder County Parks And Open Space April Programs

Agricultural Heritage Center. Opens for the Season on April 1. April 1 - October 31, open from 10- 5 p.m., Fridays, Saturdays and Sundays with tours starting at 11 a.m. 8348 Ute Highway 66 west of Longmont. Come to the farm, enjoy the rural setting, and learn about the agricultural history of Boulder County. The farm includes two barns with interactive exhibits, a milk house, blacksmith shop, and a furnished 1909 farmhouse. Contact Jim Drew at 303-776-8688 or jdrew@bouldercounty.org for more information.

Dyeing Fabric 'n' Eggs. Saturday April 2, 11-12:30 p.m. Walker Ranch Homestead; 8999 Flagstaff Mountain Rd., 7.5 miles west of Boulder on Flagstaff Road. Plunge into the world of natural and simple manufactured dyes. What plants make what colors for fabric and eggs? See dye being prepared on the wood stove. Make a little something to take home. For ages 10 and older; each youth must be accompanied by an adult also registered.

Spring Break Adventure. Virtual Meets Reality. Wednesday, April 6, 9:30-11:30 a.m. Rabbit Mountain Open Space; northeast of Lyons on North 55th St.; meet at group picnic

shelter. Can't let go of technology? Bring your kids, your smartphone and discover new ways to use technology that encourages you to look beyond the screen. Learn to observe nature with your eyes as well as your camera lens. Designed for families with elementary-age children.

Rattlesnake Hike. Saturday April 9, 10-12:30 p.m. Rabbit Mountain Open Space; NE of Lyons on north 55th St; meet at group picnic shelter. Enjoy a moderate 2-mile spring hike and learn about this fascinating reptile, which can be found in the plains and foothills. Volunteer naturalists share information about the western rattlesnake, including habitat, ecology, behavior, and how to be safe in rattlesnake country. Bring water and wear closed-toe hiking shoes/boots.

Lions and Abert's and Bears! Saturday April 16, 10 a.m.-noon Bald Mountain Scenic Area; 5 miles west of Boulder on Sunshine Canyon Dr. Mapleton Ave. in Boulder city limits. Join volunteer naturalists for a moderate 1 mile hike to learn about some of the critters that call Bald Mountain home. Also see evidence of the 2010 Fourmile Canyon fire and learn a little about the natural role of fire in this ecosystem.

Assay Museum Opens for the Season. Saturday April 16, 11 a.m. - 3 p.m. General Hours: April 1 - October 31, 11 a.m. - 3 p.m. Third Saturday of each month. 6352 Fourmile Canyon Drive, Boulder. The James F. Bailey Assay Office Museum, located in the historic town of Wallstreet just west of Boulder, helps tell the story of hard rock mining in this area. The assay office was the place where prospectors would take their ore samples to find out whether or not they had potentially "struck it rich." The determination of the assayer could, and often did, make or break a prospector. Admission is free and all ages are welcome.

The Mystery of Bird Migration Slide Program. Monday April 25, 7-8:30 p.m. Louisville Public Library, 951 Spruce St. Learn why birds make seasonal journeys, how they know when and where to go, how they find their way, and what brings them back year after year? Join volunteer naturalists Larry Arp and Vicki Braunagel to explore these and other fascinating mysteries surrounding the amazing world of bird migration.

Join the Frog Chorus! Tuesday April 26, 10-11 a.m. Walden Ponds Wildlife Habitat; 75th Street

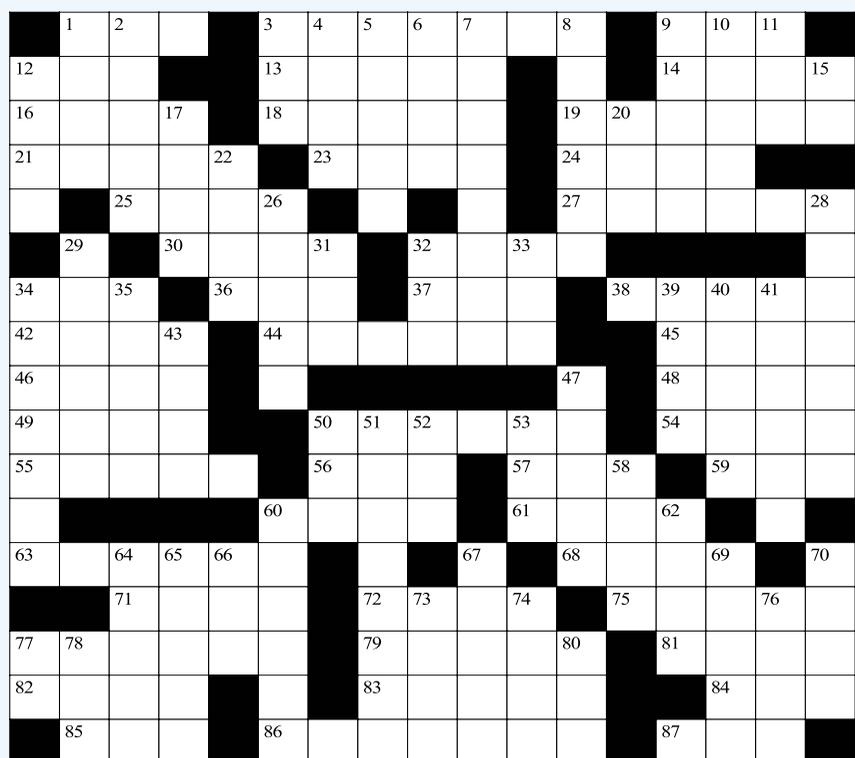
between Valmont Rd. and Jay Rd. Meet at the group picnic shelter at Cottonwood Marsh. It's fun to listen to the call of frogs in the spring! Young children and their adult companions experience stories, activities, and exploration while learning more about western chorus frogs and northern leopard frogs from naturalists Katherine Young and Deborah Price. Designed for children ages 3-7 but other siblings are welcome.

Hike for Seniors. Thursday, April 28, 10 a.m.-noon. Walker Ranch Meet at the Myers Homestead Trailhead at the lower parking lot. Enjoy a nature hike for seniors every month. Programs include information about an area's history, wildlife and current resource management projects. No registration is necessary, but please call 303-678-6214 in advance if you plan to bring a group so we have enough naturalists at the program.

For information about these programs or to arrange a volunteer-led program for your group please contact: Larry Colbenson, Natural History Program Coordinator, Boulder County Parks and Open Space at 303-678-6214 or lcolbenson@bouldercounty.org/.

April 2016 • Boulder County
Answers on page 8

50 Plus Marketplace News Crossword Puzzle



- ACROSS**
 1 Stale air
 3 Nightmare
 9 Move from side to side
 12 Young bear
 13 Discontinue
 14 Exclamation to express sorrow
 16 Drug-yielding plant
 18 Relaxes
 19 Wholly
 21 Serve as a press agent
 23 Division of a school year
 24 Having wealth
 25 Native of Thailand
 27 Breathe out
 30 Earthen pot
 32 Scottish Gaelic
 34 Turkish headwear
 36 Snakelike fish
 37 Statute

- 38 Pertaining to the ear
 42 Vientiane
 44 Absence of passion
 45 Wife of a rajah
 46 Sicilian volcano
 48 Northern arm of the Black Sea
 49 Capital of Shaanxi province, China
 50 Lunatic
 54 Traditional knowledge
 55 Bay
 56 Lyric poem
 57 Narrow beam of light
 59 Hurried
 60 Springing gait
 61 Semisolid mass
 63 Capital of the Bahamas
 68 Aborigine of Borneo
 71 Stink
 72 In bed
 75 Belief involving sorcery

- 77 Greek island in the Aegean Sea
 79 Prizefighter
 81 Withered
 82 Truth
 83 Grassy plain
 84 Church seat
 85 Affirmative reply
 86 Ceded
 87 North American nation

- DOWN**
 1 Completely filled
 2 German submarine
 3 Frozen water
 4 Trim
 5 Lawsuits
 6 A person that uses
 7 Sully
 8 Evening party
 9 Look attentively
 10 Greetings
 11 Pistol
 12 Restaurant
 15 Therefore
 17 Reflected sound
 20 Nothing
 22 Cabbagelike plant
 26 Pertaining to the ileum
 28 Animate
 29 Cytokinin occurring in corn
 31 High mountain
 32 Consume
 33 Pigpen
 34 The act of bending a limb
 35 Pertaining to a zone
 39 Mountain range
 40 Sharp-edged instrument
 41 Parka
 43 Having a sound mind
 47 Parboil
 50 Witty remark
 51 Worthy of being adored
 52 Open mesh fabric
 53 Curve
 58 Spoollike toy
 60 Sweet
 62 Labels
 64 Room
 65 Arranges in groups
 66 Black bird
 67 Group of six
 69 Retains
 70 Masticate
 73 Cotton seed pod
 74 Sandy tract
 76 Extent of space
 77 Providing
 78 Small low island
 80 Slender bar

HEALTH TIP:

Lead a Healthier Lifestyle

Here's how

It's easy to let work, social and family obligations keep you from getting healthier. But here are a few suggestions to help make it easier.

The Weight-control Information Network suggests:

- Prevent overeating by watching portion sizes.
- Eat more fruit, such as by adding it to a favorite cereal. Also eat more vegetables, whole grains, lean proteins and low-fat dairy products.
- Move more and sit less. Limit time spent watching TV, surfing the Web or playing video games.
- Limit alcohol, juice, sports drinks and sodas. Instead, drink more water.
- Exercise at least five days each week for 30 minutes to 60 minutes at a time.

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Colorado Gerontological Society

Celebrate Colorado With Family Fun at Salute, May 14

Grandchildren, baby boomers, and mature adults can enjoy family fun and pay tribute to “all things Colorado” as the Colorado Gerontological



Eileen Doherty

Society presents the Salute to Seniors, with the theme “Celebrate Colorado!”

The Salute to Seniors has become a staple event over the years for Colorado Baby Boomers and their parents, making its 27th appearance this year at the Colorado Convention Center on Saturday, May 14, 2016. The longest running resource expo of its kind, the Salute to Seniors features approximately 100 exhibits with over 200 aging experts to answer questions for older adults who are making decisions for the future. Admission is free for all and the event promises a day of free-flowing information, fun, and entertainment!

Headline entertainment for the day includes a tribute to the great singer, song-writer John Denver presented by Jim Curry and His Band. The music of the late John Denver is like an old friend, outlasting trends and standing the test of time. Tribute artist Jim Curry, whose voice was heard in the CBS-TV movie *Take Me Home: The John Denver Story*, has performed John Denver’s music at Red Rocks Amphitheater and in sold out shows throughout the country. Curry’s uncanny ability to mirror John Denver’s voice and clean-cut look takes you back to the time when “Rocky Mountain High”, “Sunshine” and “Annie’s Song” topped the charts, and his popular music had the heartfelt message of caring for the earth and caring for each other.

Also taking center stage is the Flying W Wranglers with saddlebags full of great songs of the American West, world class yodeling and some country wit. For over 63 years, the group known for their Western Stage Show, performed at the Flying W Ranch located in the scenic foothills of Colorado Springs. The Wranglers are the world’s 2nd oldest cowboy band, with 3 part harmony and songs about the cowboy, entertaining with their own style of western humor. In 2009 the Western Music Assoc. inducted the Flying W Wranglers into the Hall of Fame.

The group has performed at Carnegie Hall and the Grand Ole Opry. Named the official dance of the state of Colorado, a square dance demo, performed by the Mountaineers Square Dance Club brings a smile to viewers as the dancers swing their partners ‘round and ‘round. Other dances of Colorado are planned for the event, celebrating many aspects of Colorado’s history.

Event attendees can enjoy many exhibits that spotlight Colorado, its’ great beginnings and progress through the century.

In recognition of the large part the aeronautics industry has played in the growth of our state, a NASA exhibit, direct from the Lyndon B. Johnson Space Center in Houston presents a space suit, moon rocks, space food, an extravehicular space glove and more.

Highlighting the heritage of the state, Active Minds, popular provider of educational programs, offers 2 presentations: “Women of Denver History” and “The History of Colorado”.

Presenting interesting information about the growth of the telecommunications industry in our state is The Telecommunications History Group. From their museum, the group provides information and display vintage to modern telecommunications equipment.

Vintage car enthusiasts can enjoy a classic car display provided by the Forney Transportation Museum. The beautiful, authentic vehicles go back to a day gone by when “taking to the road” had a whole other meaning.

History buffs of all ages can look at artifacts from early Colorado at the Colorado History exhibit. Salute goers can stop by to see tools and items crafted and used by generations before us. A salute to the Centennial State includes familiar state symbols.

Adding to the excitement of the day, attendees can enjoy Bingo, door prizes and food samples.

Admission to the Salute to Seniors Expo is free, open to the public and offering free parking at the Pepsi Center.

The Salute to Seniors is from 9 to 4 p.m. in the Four Seasons Ballroom at the Colorado Convention Center, 700 14th St., Denver. Reservations are suggested at seniorsanswers.org or by calling 1-855-880-4777.

❖ *Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society since 1982. She can be reached at doherty001@att.net.*

Book Shelf

NEW FICTION
 The forgotten soldier *Brad Taylor*
 The fragment *Davis Bunn*
 Beyond the silence *Tracie Peterson*
 Loving Eleanor: a novel *Susan Wittig Albert*
 Your heart’s desire *Melody Carlson*
 Behind Chocolate Bars: A Chocolate Covered Mystery *Kathy Aarons*
 Murder at the 42nd Street Library: A Mystery *Con Lebane*
 Knit to Be Tied: A Knitting Mystery *Maggie Sefton*

Valley of the shadow *Ralph Peters*
NEW NON-FICTION
 The sound of gravel: a memoir *Ruth Wariner*
 Big girl: how I gave up dieting and got a life *Kelsey Miller*
 Spark joy: an illustrated master class on the art of organizing and tidying up *Marie Kondo*
 City of thorns: nine lives in the world’s largest refugee camp *Ben Rawlence*

Originals: how non-conformists move the world *Grant Adam*

NEW IN LARGE PRINT
 The restoration *Wanda E. Brunstetter*
 Brotherhood in death *J.D. Robb*
 Keeper of the stars *Robin Lee Hatcher*
 Bertie’s guide to life and mothers *Alexander McCall Smith*
 The man without a shadow *Joyce Carol Oates*

FICTION BESTSELLERS
 Cometh the hour *Jeffrey Archer*
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 A mother’s reckoning: living in the aftermath of tragedy *Sue Klebold*
 Conviction: the untold story of putting Jodi Arias behind bars *Juan Martinez*
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