

# New Beginnings

Celebrate the Grand Opening of 2017

By Marty Coffin Evans

Open the windows, open the doors, welcome the New Year! What a time to celebrate all these next 365 days have to offer.

Just what does “open” really mean for us? What do we open? What does it include?

Familiar phrases or words such as “eyes wide open,” “keep an open mind,” “stay open to new ideas” all qualify as good examples of the concept.

When our eyes are wide open, we see more, possibly have a different insight into an old problem or situation. More light enters, perhaps improving our eyesight. When eyes open in the morning, decisions deliberated on difficult situations during the night may

become clearer with the light of day. We may see more clearly now.

Keeping an open mind might require giving up a previously held position or accepting another’s point of view. Through more experience, reading and learning views can change. A new understanding may emerge.

Staying open to new ideas might provide opportunity for growth. Staying open to new possibilities may bring action, a change of course, a refocus and more.

Allowing a heart to open has the potential for pleasure as well as pain. With an open heart vulnerability enters. How much do we care for others or allow them to care for us?

How risky is it to open our hearts to others? Will this be nourishing?



How much do we trust with an open heart? Once open, do we stay so?

Remaining open to opportunities may enable us to face challenges. It may contain the potential for healing broken bodies, relationships and even addressing our emotional pain.

Grand openings hold an element of surprise, wonder, and anticipation, mixed in with a little uncertainty. How will we live into this New Year? Will we be open to all it holds?

With eyes, mind and heart wide open, enjoy it all. Happy 2017!

## Flamenco Music And Dance Comes To Boulder

CU Presents’ 80th-anniversary Artist Series continues with a concert of sizzling, seductive music and dance from Flamenco Vivo Carlota Santana, America’s foremost experts in traditional Spanish dance. Their one-night-only performance, “Poema de Andalucía,” takes place on Saturday, Jan. 21 at 7:30 p.m. in CU Boulder’s Macky Auditorium.

“Poema de Andalucía” shines a spotlight on romantic Southern

Spain with original solo performances, duets and group numbers. The region of Andalusia, often dubbed the “cradle of flamenco,” is home to diverse cultures and traditions, making it an international destination for dance, art, literature and poetry.

“Centuries ago, the Spanish and the Arabs and the Gypsies all lived here and traded their

music and dance in the marketplace,” says Carlota Santana, Flamenco Vivo’s founder and artistic director. “Flamenco is a combination of all of these influences, and no

one really knows who started it.”

We can only trace flamenco as far back as the 18th century, when it was a cultural minority’s plea for equality and liberty conveyed through sung melody and rhythmic hand claps. The additions of fancy footwork and strumming guitars came later, but those emotion-filled vocal cries can still be heard in restaurants and nightclubs throughout Andalusia.

“Flamenco is all about emotional expression for me,” Santana says. “Flamenco channels so many different feelings, from sad to angry to provocative to happy and lively.

If you’re in the audience and feeling any of those things

at the time, you’ll be able to really connect with the performers on stage.”

In this particular performance, Flamenco Vivo will also connect with art lovers in two pieces examining famous Andalusian painters. In one, dancers recreate and bring to three-dimensional life the works of Julio Romero, who became known for his iconic portraits of women in and around Córdoba. In another, the story of Pablo Picasso’s blue period unfolds through a contemporary style of Spanish dance.

Also on the program are two solo pieces, a lively tribute to the famous flamenco couple Lole and Manuel, and a taranto, a somber kind of flamenco rooted in the mining towns of Eastern Spain.

Santana emphasizes that no knowledge of dance is needed to have a fabulous time at a Flamenco Vivo performance. The key is to arrive with an open mind, a full heart

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# JANUARY *Calendar*

## Cervical Health Awareness National Mentoring Month National Blood Donor Month

### Tuesday/3

Alzheimer's Assoc. presents The Basics: Memory Loss, Dementia and Alzheimer's. 10-11:30am, First United Methodist Church, 1255 Centaur Village Dr. Lafayette.

### Thursday/5

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

### Friday/6

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

### Monday/9

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

### Wednesday/18

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

### Sunday/22

Alzheimer's Assoc. presents 'Know the 10 Signs: Early Detection Matters.' First Presbyterian Church, 1820 15th St. 10:45-11:45 a.m. Info: 800-272-3900

### 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.

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## Your Life Support We Are Meant For The Skies

A chauffeur worked for a woman who liked to take her cat with her on errands.

During one trip, the uniformed driver dropped her at a shopping mall before refueling. The cat remained in the car, lounging on top of the limousine's back seat.

The confused service station attendant stole several glances at the feline passenger relaxing in back. Finally, he asked: "Sir, is that cat someone important?"

I don't know about the cat, but I've wasted too many years not feeling especially important. Not that I am or ever have been any



**Steve Goodier**

more important than anybody else. But my low self esteem as a child and young adult always had me wishing I could measure up to others. I failed to see who I really was and struggled to become the person I felt I could be.

The following story reminds me how important a healthy self-image really is:

A man found an eagle's egg and put it in a nest of a barnyard hen. The eagle hatched with the brood of chicks and grew up with them. All his life, the eagle did what the barnyard chicks did, thinking he was a barnyard chicken. He scratched the earth for worms and insects. He clucked and cackled. And he thrashed his wings and flew a few feet in the air.

Years passed and the eagle grew

very old. One day he saw a magnificent bird above him in the cloudless sky. It glided in graceful majesty among powerful wind currents, with scarcely a beat of its strong, golden wings.

The old eagle looked up in awe. "Who's that?" he asked.

"That's the eagle, the king of the birds," said his neighbor. "He belongs to the sky. We belong to the earth - we're chickens."

So the eagle lived and died a chicken, for that is what he thought he was. (Author unknown)

You and I were meant for the skies - not the chicken coop. Who will believe in you if you don't believe in yourself?

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

## Now Hear This!

### Expectations & Realities

Approximately 20% of all Americans (48 million) have some degree of hearing loss and the prevalence increases with age: 30% aged 65 and 50% over 75 experience disabling hearing loss. Medical, psychosocial conditions and overall quality of life are negatively linked to untreated hearing loss. Treatments for each patient's unique hearing needs and preparing for aural rehabilitation process greatly impact medical health and overall life satisfaction.

Results of an industry survey show that although hearing aid adoption rates are on the rise and satisfaction with hearing devices is

high, the majority of people with hearing loss still wait an average of 13 years to purchase hearing devices. Patients cite the following reasons for their decisions:

- Purchasing & using devices: Having a hearing test result and increased insurance coverage.
- Taking no action/not buying devices: financial constraints and lack of perceived need
- Discontinuing use/returning devices: physical discomfort or performance below expectations.

Unrealistic expectations with the common misconception that hearing devices instantly "cure" hearing loss can stymie patients' success. Audiologists work with patients to establish realistic goals and learn to enhance communications. Recommended components of a successful program include:

- Education: Understanding the type and degree of loss, implica-

tions for communication, preventative & rehabilitative recommendations, and any recommended amplification options is critical.

- Realistic Expectations and Goals: Gauging needs, goals and expectations determine the success of patients. No device restores hearing to "normal" but increasing ease of communication is a realistic expectation.

- Hearing Device Follow Up: Expect several follow up appointments for counseling and rehabilitation. Objective and subjective tests to evaluate benefits and identify areas where fine-tuning may be needed, and to learn strategies to maximize sound processing.

- Adjustment Counseling: Amplification involves adjusting to the process of learning how to hear again. Different environments present unique a listening challenges that may require multiple adjustments to program devices at comfortable and usable settings.

- Communication Strategies: Hearing is a dynamic process that involves utilizing input from multiple sensory sources beyond just receiving sounds through the ear.

- Family Support: Involving family members in the patient's aural rehabilitation is strongly advised. Learning good communication practices support improved interactions.

❖ Dr. D'Anne Rudden is a Doctor of Audiology who is board certified by the American Board of Audiology and the first audiologist in Longmont who attained this certification.



**Dr. D'Anne Rudden**



The Towers at Golden West is an affordable independent living community for persons aged 62+. Now accepting applications.

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# CONTACT

## How To Reach Us

*email*  
robert@50plusmarketplaceneews.com

*phone*  
303-694-5512

*mailing address*  
4400 Sioux Dr.  
Boulder, CO 80303

*website*  
www.50plusmarketplaceneews.com  
www.facebook.com/50plusnews

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### 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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**Chief Financial Officer**  
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**Contributing Writers**  
Boulder County Senior Centers  
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# National Mentoring Month

By Colonel Ben L. Walton, US Army (Ret.)

January is National Mentoring Month. The purpose of the 31 day celebration is to draw attention to the need for more volunteer mentors to help young people achieve their full potential in life as they grow.

Inaugurated in 2002, the Harvard School of Public Health, MENTOR and the Corporation for National and Community Service, has spearheaded the movement from the beginning. Furthermore, every US president, since the commemoration started, has endorsed the activity with a proclamation. In addition, participants in past National Mentoring Month have included leading profit making businesses, nonprofit organizations, state governors and community leaders at various levels throughout the country.

A highlight of National Mentoring Month is 'Thank You Mentor Day.' During that period Americans are encouraged to contact their mentor in their own community, make a financial contribution to a local mentoring program, or post a tribute on Who-MentoredYou.org (<http://www/whomentoredu.org>).

In his presidential proclamation for National Mentoring Month 2016 President Obama said this, among other things: "At the heart of America's promise is the belief that we all do better when everyone has a fair shot at reaching their dreams. Throughout our Nation's history, Americans of every background have worked to uphold this ideal, joining together in common purpose to serve as mentors and lift up our country's youth. During National Mentoring Month we honor all those who continuously strive to provide young people with the resources and support they need and deserve, and

we recommit to building a society in which all mentors and mentees can thrive in mutual learning relationships."

Reflecting back, in May 2014 Pamela Laird, professor and chair of history, College of Liberal Arts and Sciences, was interviewed by the American Association of University Women as part of the organization's celebration of National Mentoring Month. During the exchange, Laird described the implications of mentoring in a networking setting. She said: "Creating a community and network of personal relationship is more valuable than the immediate results of

professional networking. The nice thing about networking and volunteering is that even it doesn't have a professional benefit mentoring is doing work that builds community. So it's valuable in itself." Laird received the University of Colorado Denver Mentor of the Year Award 2016.

Readers, during January 2017, by whatever ways and means possible, do whatever you can in observance of National Mentoring Month. For help in preparing for the occasion, check out mentoring aids at the Management Mentors website (<http://www.mentoringmentors.org>).

## We Are Honored...

The Colorado Gerontological Society presented the Eugene Dawson Leadership in Aging Award to Robert Trembly at the 37th Annual Meeting of the Colorado Gerontological Society in December.

Dr. Dawson was the first president of the Society. The award is presented to individuals who continue to work during their later years and make significant contributions as a leader in the field.



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## Find Einstein



Can you find the hidden image in this paper?

## Reflections

### Can Or Not

How often have we said or heard, "I can't do that anymore"? Do we hear, "I'm so glad I can..."?

Circumstances may enter the picture making a "can do" statement no longer possible.

Resources such as time, money, physical ability, interest or location add into this decision.

Sometimes having the financial ability without available time precludes some activities. Taking off work for months to travel the world, might tip into the "I can't do" column. In between jobs, relocating, deciding it's now or never, could change that to a can vs can't.

Several friends have done just that living in their motor home, touring the country before heading back to new jobs. What stories they have to tell!

Having sufficient falls and injuries while skiing caused one participant to decide hanging up those skis, boots, and poles was the wisest move. Wait. Keep those poles, because snow shoeing remains possible, thus providing an opportunity to enjoy that fresh

mountain air amidst the gorgeous surroundings.

For joggers who've been discouraged from continuing that activity in consideration of injuring their knees, power walking, or just plain walking, remains an enjoyable alternative. Fall off the bike, get up, dust off and try again. Such riding can still be done perhaps just not in a lengthy race or bicycle classic version.

If playing a certain sport, participating in an exercise program, creative or artistic activity wasn't part of the earlier repertoire of fun things to do, being able to do any one of them now probably hasn't changed much. Having an open attitude to trying something new could yield a pleasant reality of what can be done.

How different is can vs can't do from the glass half empty or half full? Doesn't it revolve around celebrating, gratefully, what we can do? Setting aside the "can't do's" - possibly with a smile, sigh and thoughts of those happy memories - becomes a kindness we can do for ourselves.

What can you do? Or, are you focusing on the can't's?

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



**Martha Coffin Evans**

## Bringing Mature Workers And Employers Together

How many times have I heard from mature individuals that they wanted to find a job but no one would hire them? About as many times as I have heard from employers that they just can't find the right employee to fill a position.

So here is the problem, folks over 50 may feel discriminated against when interviewing for a position or they perhaps simply want a part time job to fill their time and earn a little income to pay for a fun trip. They want to re-enter the workforce but have been out long enough so to not understand the new job search techniques and self-marketing methods to get them noticed. They have held positions of importance and have achieved appropriate levels of "success" but are now looking to contribute and do something of significance, perhaps even volunteer at a local non-profit organization. They retired several months ago and have completed their honey-do list, so what now?

Conversely, how many times have employers told me that they

simply cannot find employees with good work ethics, who care about when and how they do their job, or even that there simply aren't enough applicants to fill their open positions.

Encore Careers LLC. is a new Boulder County company designed to offer training to mature experienced workers to then meet with local companies and non-profit organizations and hopefully meet each other's employment needs. Seniors looking for their next encore opportunity can post their resume free of charge and search for job or volunteer opportunities on the Encore Careers website and employers can search resumes and post open positions. Additionally, Encore Careers is offering a full day career conference and job fair in Longmont on February 9th. The workshop features job search skills and more plus a job fair at the end of the day featuring local and regional companies hoping to hire great seniors. Full details at [www.encorecareer-sllc.com/](http://www.encorecareer-sllc.com/).

### Flamenco ■ from page 1

and no inhibitions.

"Flamenco brings a certain excitement out of people, and they should feel free to express that however they want," she says. "If you're sitting and watching and suddenly you feel like yelling an 'Olé!'—you're allowed to do that."

The Boulder performance takes place Saturday, Jan. 21 at 7:30

p.m. in Macky Auditorium. A free pre-concert lecture by CU Associate Professor of Ethnomusicology Brenda Romero is at 6:45 p.m. across the street from Macky Auditorium in the CU Heritage Center's Old Main Chapel.

Tickets for this performance start at \$20. To purchase, visit the CU Presents box office in person (972 Broadway), call 303-492-8008 during business hours or visit us online anytime. Note: All online and phone orders are subject to a service fee. To schedule interviews or for other media information, contact Jill Kimball at [jill.kimball@colorado.edu](mailto:jill.kimball@colorado.edu).

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

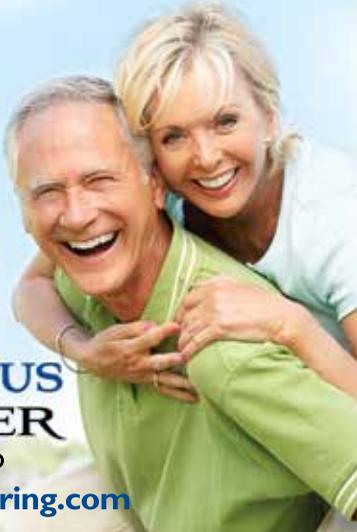
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As she approached retirement, she realized that there weren't any guideposts to design the next chapters of her life. She had read many self-help books but there were none that helped her understand the breadth and depth of the possibilities available in the the second half of life. So she decided to write one. She is excited about sharing it with you.

Now in her seventies, Barb is continuing to learn from her own life experiences. Her goal is to help others in the second half of life do the same. She hopes her book, *Keep Your Fork-Dessert Is On The Way: Savoring the Second Half of Life*, will help you achieve goals beyond your wildest dreams as you explore your life experiences and harvest the wisdom, courage and knowledge that is now yours. This has the potential to be a new and exciting chapter for all of us.

Purchase her book on amazon.com and also her website: [www.barbwarner.com](http://www.barbwarner.com). Barb lives in Aurora. She enjoys speaking to groups and invites you to call her at 303-745-1377 for more information.



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**Jim Doyle**

are only a couple of ways to access what for many people is their largest asset, the equity in their home. One is to sell the house, the other is through a reverse mortgage.

More and more seniors are using a reverse mortgage to eliminate their mortgage payment putting that money back in their budgets. Those who have no mortgage, are using a reverse mortgage to access some of the equity in their home to have a more comfortable financial life.

A reverse mortgage is a way that you can prolong and protect your assets. Some of the features that are causing financial planners to increasingly recommend that their clients examine the advantages of a reverse mortgage are: the unused funds in the line of credit grow

over time; the funds are tax free with no pre-payment penalty; and reverse mortgages are insured by the federal government.

With a reverse mortgage, the lender does not go on title, so no one owns the home but you. You can will the property to your heirs who will inherit no debt as the mortgage is insured by FHA.

A younger spouse cannot be forced to leave the home after the older spouse passes away. In fact, a reverse mortgage is a way to protect the remaining spouse, and provide a guarantee that he/she will have a place to live without a mortgage payment for the rest of his/her life.

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❖ *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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## Elder Law Issues

### Colorado End-Of-Life Options Act

On November 8th Coloradans voted in favor of the Colorado End-of Life Options Act.

Modeled on Oregon's law, the new Act provides mentally competent individuals who have been diagnosed with a terminal illness the right to self-administer a lethal medication to end their lives. The requirements of the Act are complex and must be strictly followed.

The following eligibility requirements must be met:

1. Lethal medication can only be obtained from the attending physician who has diagnosed the patient with a terminal illness and less than 6 months to live.
2. The attending physician must determine the patient is mentally competent.
3. The patient's request for the lethal medication must be voluntarily expressed. The patient must make 2 verbal requests, at least 15

days apart, followed by a written request signed by 2 independent witnesses. At least one of the witnesses must not be related to the patient, must not be entitled to inherit from the patient, and must not be an employee of the health care facility where the patient is receiving care.

4. A second physician, called the consulting physician, must examine the patient's medical record and confirm in writing to the attending physician that the individual has a terminal illness with less than 6 months to live; is making an informed decision, and has the mental capacity to make the decision. A patient may rescind his or



Rick Romeo

her request at any time. Once the patient obtains the medication, he or she must administer it themselves without assistance from their doctor or any other person.

Traditional options such as Hospice and Palliative Care are not affected by the new Act and will doubtless continue to grow and provide relief to many at the end of life. While aid in dying remains controversial, Colorado now joins a growing movement for more options for the terminally ill.

❖ *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/](http://www.elderlawcolorado.com/).*

### WHO'S YOUR PERSON?

#### Why, How, and When to Choose a Healthcare Decision-Maker

Did you know that in CO if you haven't chosen an agent any "interested party" can show up to weigh in on your medical decisions if you are unable to decide for yourself?

- Who should be your agent for healthcare decisions?
- What about siblings who can't agree? Parents who can't decide?

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WHEN: January 23, 2017 7:00 - 8:00 pm

WHERE: Boulder Public Library



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### Audio Information Network

#### Light Perception and Non-24

Many people have difficulty sleeping for a variety of reasons. Non-24 is a condition that affects the normal synchronization of a person's circadian rhythm cycle. Most individuals have a circadian rhythm cycle that is more than 24 hours. The cycle is reset each day when through the perception of light. This internal clock controls a person's ability to sleep at night and be awake during the day. Individuals who are not able to perceive the light needed to reset their internal clocks can revert to a sleep-wake cycle that is longer than 24 hours. Over time, a person wants to sleep during the day and is awake at night.



Kim Ann Wardlow

cess weight. They also say a person should develop and treatment plan with their doctor. For those still working, choose a job with flexible hours when possible or speak to your supervisor about the need for flexible hours. Non-24 is considered a disability under the American's with Disabilities Act and employers are required to make reasonable accommodations. Explain the condition to family and friends to help them understand its impact on your relationships. Conserve energy for special events. Use email and social media to stay in contact with friends and family during periods when your sleep cycle makes it difficult to interact with them directly. Consider making friends with individuals who have a variety of work schedules or tend to keep different hours.

Some can use melatonin to reset their internal clocks. In 2014 the Food and Drug Administration approved the medication tasimelteon (found under the brand name Hetlioz) for the treatment of Non 24-Hour Sleep Wake Disorder (Non-24) in blind individuals. This medication is available by prescription only.

Eventually, the cycle is in sync with the rest of the world but only temporarily. A person can be legally blind and still have some light perception.

Non-24 is disruptive to an individual's work, social, and family life. Fatigue is a constant battle.

The National Sleep Foundation recommends a healthy diet, exercising during the day, drinking plenty of water, limiting caffeine and alcohol, and losing ex-

❖ *Kim Ann Wardlow, Director of Marketing, Audio Information Network of Colorado. Contact her at 303-786-7777, ext. 112 or [kim@aincolorado.org/](mailto:kim@aincolorado.org/).*

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# Leipzig: The Cosmopolitan City of Germany

By Ron Stern, Travel Photojournalist

Located in the East German state of Saxony at the confluence of three rivers, Leipzig has always been a historically important city. Many notable figures have lived here, and its citizens were instrumental in bringing about the fall of communism in Eastern Europe. Today, while still honoring its past, Leipzig is steering a clear course toward a vibrant future in the arts, culture, cuisine, and tourism.

Bach was, forgive the pun, instrumental in the early development of the St. Thomas Church Choir and was also its conductor from 1723-1750. Today, the St. Thomas Boys' Choir of Leipzig honors Bach in its repertoire and delights audiences all over the world. Cantinas can be heard here every Friday and Saturday.

In recent years, Leipzig has emerged as a tourist mecca with museums, restaurants, and historical sites to explore. One such area that is being reclaimed is known as the Spinnerei. Situated in an industrial zone and constructed with



tons of red bricks, the building was once the largest cotton mill in Europe. Today, it houses 12 galleries and around 100 artists' studios.

The so-called coffee culture is in full brew mode here, and the Zum Arabischen Coffe Baum is one of the oldest surviving coffee houses in Europe. Bach, Goethe, and Robert Schumann are among its famous guests.

You will never go hungry as Leipzig has more than 1400 pubs and restaurants as well as sidewalk cafes. The most famous restaurant in Leipzig is Auerbachs Keller, mentioned in Goethe's Faust. Located downstairs in a shopping arcade, this establishment was



started as a wine bar for students. Its origins can be traced perhaps all the way back to 1438. Nowadays, they serve local cuisine, and their roulade with red cabbage and dumplings among the best you will find anywhere.

Resources: Germany Tourism, [www.germany.travel/](http://www.germany.travel/).



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<ul style="list-style-type: none"> <li>• Is Owning a Franchise In Your Future?</li> <li>• Strategies for Negotiating Pay For Your Next ENCORE Job</li> <li>• Dressing For Success Doesn't Have to Break The Bank</li> <li>• Utilizing a Temporary Employment Service CAN Work For You!</li> <li>• Why Staffing Companies Should be Part of Your Job-hunting Strategy</li> <li>• Personal Branding</li> </ul>	<ul style="list-style-type: none"> <li>• Interviewing For Success</li> <li>• What Basic Skills are Today's Employers Looking For</li> <li>• Utilizing Social Media For Your ENCORE Transition</li> <li>• Develop a Resume That Will Make You Stand Out Above The Crowd</li> <li>• Who Do YOU Want To Be NOW?</li> <li>• Who You Know; Who They Know</li> <li>• Presenting Your Accomplishments</li> </ul>
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## Caregiving

### New Workshop: The Hero's Journey of the Caregiver



**Emily Cooper**

Do you consider yourself a hero in your journey as a caregiver? In the stories about epic journeys, the hero often is an ordinary person who discovers hidden inner strength through facing multiple challenges along the way. We family caregivers aren't often the subject of such stories, but we confront our own unique challenges on our journeys, and hopefully we'll realize that we're heroes, too. To help us on our way, Boulder County Area Agency on Aging is sponsoring a new, two-part workshop, "The Hero's Journey of the Caregiver," which promises to provide insight, inspiration, and renewal.

The workshop is on Saturday, February 4, and Saturday, February 11, 9 a.m. -1 p.m. (light breakfast at 8:30 a.m.), at Longmont Senior Center, 910 Longs Peak Avenue.

Based on the work of Joseph Campbell, mythological researcher and author, the workshop uses

a multimedia approach (video, art, poetry, self reflection, and discussion) to help participants examine their own experiences of being the heroes in their lives as caregivers. It is taught by JoAnn Dorio Burton, who is a caregiver for her 98-year-old mother, as well as Community Programs Coordinator for Windhorse Community Services, author, consultant, and life/work skills trainer. JoAnn loves working with groups and brings a sense of humor to everything she does.

"The Hero's Journey of the Caregiver" is open to Boulder County residents who provide any level of care for a relative, partner, or friend who is 60 or over, or of any age if the person has dementia. Pre-registration is required, at 303-678-6116 or [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org) (must attend both sessions). A donation of \$25 is suggested. Financial assistance for respite care—substitute elder care during class sessions—is available.

❖ *Emily Cooper, Information & Referral Specialist for Caregiver Programs, Boulder County Area Agency on Aging, a Division of Community Services. For information call 303-678-6116 or email [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org).*

## Social Security Today

### Social Security Is Always Evolving

Social Security is always evolving to meet the needs of the American public. We're optimistic about the future and the limitless possibilities for progress.

Much of the progress we've made together, as a nation, is through the shared responsibility of paying Federal Insurance Contributions Act (FICA) tax. This federal payroll tax funds Social Security—programs that provide benefits for retirees, the disabled, and children of deceased workers. You help us keep millions of hard working Americans out of poverty.

Without your contribution, wounded warriors wouldn't receive the benefits they deserve.

Children who have lost parents would have no social safety net. Millions of elderly people would be destitute. In the same way that we take great pride in helping people who need it, you should take pride in making this country stronger. You can see the many



**Josh Weller**

ways our retirement benefits help your loved ones and neighbors at [www.socialsecurity.gov/retire](http://www.socialsecurity.gov/retire).

The strength of our nation relies on cooperation and the empathy to understand each other's unique struggles. Similarly, Social Security has an obligation to provide benefits quickly to applicants whose medical conditions are so serious that their conditions obviously meet disability standards.

Compassionate Allowances offer a way of quickly identifying diseases and other medical conditions that invariably qualify under the Listing of Impairments based on minimal objective medical information. This also lets Social Security target the most obviously disabled individuals for allowances based on objective medical information that we can obtain quickly.

You can view the list of Compassionate Allowances at [www.socialsecurity.gov/compassionateallowances](http://www.socialsecurity.gov/compassionateallowances).

Our diversity is an asset that can bring us together, making us stronger as a nation. Visit [www.socialsecurity.gov](http://www.socialsecurity.gov) to empower your future.

❖ *Josh Weller, Social Security Public Affairs Specialist in Denver, CO*

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## Boulder Senior Services

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**Get Acquainted!** West, Wed, Jan. 4, 10-11:30am. Meet others who are new to the area, to Senior Services, or interested in making new connections. Learn about the opportunities and resources offered. Free, but register to reserve space.

**How To Register For Activities Online.** Wed, Jan. 4, West S. C., 9-10am. Online registration is new and improved! Available 24 hours a day. As of Nov. 14, Senior Services began using the new system 'Active Net' to manage program registrations, memberships, customer accounts and transactions. You can pay for an activity and see your account history. Learn step by step with this new registering process.

**Beyond Vision.** Low Vision Support Group. Wed, Jan. 11, East S.C. 1-2pm. Knowledgeable in a wide variety of alternative techniques, adaptive devices and assistive technologies both for low vision and blind needs. Starts Jan. 11. Info: beyondvision@cpwd.org or 303-790-1390.

**iPhone and iPad.** Thu, Jan. 12, West S.C., 9:30-11:30am. Understand the key functions of the iPhone and iPad, through demonstration but bring device to follow along and practice.

**Modern Dental Solutions.** Thu, Jan. 12, West S.C., 2:30-3:30pm. Dr. Ted Kawulok, speaks about the impact that dental health has on

physical health and the possibility of same-day solutions. Also, dental solutions to health problems such as sleep apnea.

**Live Well.** Thu, Jan. 12-Mar. 30, East S.C., Noon-1pm. The Live Well 4 Life Diabetes Prevention Program focuses on healthy eating, physical activity, weight loss and stress management. Free to those who qualify. See if you qualify: 303-355-3423 ext. 110 or wendy@caa-health.org

**Parkinson's Disease.** Wed, Jan. 18, West S.C., 10-11am. Dr. David Vansickle, discusses aspects of Parkinson's Disease and essential tremor which are nervous system disorders that affect movement, muscle control and balance. Followed by a Q&A session. Refreshments served.

**Easing the Stress of Paying for Long Term Care.** Fri, Jan. 20, West S.C., 12:30-1:30pm. Program explores how to strategize when paying for long term care. Includes: protecting savings and retirement income, planning for heirs. P

**History Behind the Headlines.** Poetry and Song, Tue, Jan 24, East S.C., 10-11am. Professor Elissa Guralnick, emerita from CU Boulder's Dept. of Musicology, discusses several short songs that translate the original poems faithfully, reflecting not just the meaning of the words, but also the music inherent in them.

**Glories of Government.** Denver History Tours, Fri, Jan 27, East S.C., 10-4pm. Visit the halls of the capitol where the government is brought to life. Includes art, history, architecture and mystery. I.D. required. Includes: transportation, escort, Denver History Tours step on guide. Lunch on own, Register by Jan. 13.



## Still Truckin'

### Thoroughly Modern Millie

BDT Stage brings an exciting treat for the New Year. "Thoroughly Modern Millie," named best musical of 2002 and winner of six Tony awards is based on the popular 1967 film that starred Julie Andrews, Mary Tyler Moore and Carol Channing.



Sandy Hale

BDT Stage features Seles Van-Huss as a gal from Kansas who dances her way into New York city intent on finding a job and marrying her boss, delightfully played by Scott Severtson. She out types everyone in the stenography pool as the ensemble tap dances to her tempo. Cupid intervenes as Jimmy Smith, handsome Burke Walton, a poor young man (he tells Mil-

lie). Time tells otherwise -in true musical comedy fashion. Their love scene, vicariously perched on a building ledge, is a joy to watch. Add a zany sub plot of a white slavery ring to the mix and you are in for a rollicking good time complete with laundry carts that hide and pop up some surprising ladies.

The music and dancing are fast paced throughout the show..Choreography by Matthew D. Peters and costumes by Linda Morken add to the excitement. Favorite songs include Forget About The Boy, Only in New York and What Do I Need With Love?

Thoroughly Modern Millie plays to February 25. 303-449-6000. bdtstage.com/. 5501 Arapahoe, Boulder.

My very best wishes to you and your family for a happy and healthy New Year.

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

## I'D LIKE A WORLD WITHOUT CLOCKS

Wouldn't it be great if there were no clocks?  
That shrill alarm sends me into shock  
I'd like the sweet sun to wake me up  
Or a slurpy kiss from a snuggly pup  
Who invented daylight savings time?  
They ought to be convicted of a crime.  
There were no clocks in Shakespeare's day  
And yet they managed just fine—okay  
Which proves my point, I don't need a clock  
I'd like to smash mine with a good-sized rock.  
I hate to mention digital Apple watches  
But, to try to set one makes me nauseous.  
A barnyard rooster, is my alarm of choice,  
He cock-a- doodle-dos in a strident voice.  
He never needs to be set forward or back  
And his enthusiasm never lags or lacks.  
To ban all clocks should be up for a vote  
And if it passes, I'll grin and gloat.  
I'll toss my clocks into a garbage bin  
Then toast to Time with a glass of gin.

By Belle Schmidt

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## JANUARY HIKES AND EVENTS

Unless noted otherwise, contact Larry Colbenson, Natural History Program Coordinator, at 303-678-6214 or lcolbenson@bouldercounty.org for information about these programs or to arrange a volunteer-led program for your group.

**Prairie Winter Hike.** Sat, Jan. 7, 10 a.m.-noon. Carolyn Holmberg Preserve at Rock Creek Farm, Stearns Lake Trailhead, South 104th Street, ½ mile south of Dillon Road, Broomfield. Learn how grassland and wetland wildlife respond and adapt to winter on the prairie. Volunteer naturalists will lead this easy walk to explore winter strategies employed by wildlife that migrate through or live year-round in prairie ecosystems.

**Birds of Prey Slide Show.** Wed, Jan. 11, 7-8:30 p.m. Longmont Public Library, Meeting Rooms A & B, 4th Avenue and Emery Street. Learn how to recognize birds of prey in the winter skies. During this slide presentation, you'll learn how to distinguish between raptors by identifying common field marks. You will also learn about the habitat requirements, behavior, and ecology of these magnificent birds.

**The Wonder of Winter Slide Program.** Wed, Jan. 18, 7-8:30 p.m. Louisville Public Library, 951 Spruce Street. Join volunteer naturalists to learn about the many wonders of winter and how plants and animals adapt to snow and cold, from the Great Plains to the Continental Divide.

**High Country Winter Hike.** Sat, Jan. 21, 10 a.m.-noon. Mud Lake Open Space, 2 miles north of Nederland on County Road 126, meet at parking lot kiosk. Winter is a wonderful time to get outdoors to enjoy brilliant sunshine, and a blanket of snow. Join volunteer naturalists on a hike to explore the many properties of snow and to learn how plants and animals have adapted to life in

the cold. Ski or hiking poles are recommended due to possible icy trail conditions.

**Winter Heritage Day at Walker Ranch Homestead.** Sun, Jan. 29, 1-3 p.m. Walker Ranch Homestead, 8999 Flagstaff Road, approximately 7 miles west of Boulder on Flagstaff Road. Pioneer settlers had a lot to do preparing for and surviving Colorado's long winters. Learn about typical winter chores when you explore the Walker Ranch Homestead. You'll see a working demonstration in the blacksmith shop and smell food being prepared on the wood stove. Be prepared for cold, windy weather, and to walk in snow. Please note: Dogs are not permitted at the site. For more information, contact Sheryl Kippen at skippen@bouldercounty.org or 303-776-8848.

**Hike for Seniors.** Thu, Jan. 26, 10 a.m.-noon. Heil Valley Ranch Open Space, (south trailhead) north of Boulder off Lefthand Canyon Drive, meet at group shelter. Enjoy a nature hike for seniors and learn about an area's history, wildlife and current resource management projects. No registration is necessary however, please call 303-678-6214 or email lcolbenson@bouldercounty.org in advance if you plan to bring a group so we have enough naturalists at the program.

**Birds of Prey Driving Tours.** Sat, Jan. 14, 9 a.m.-noon; Sat, Jan. 28, 9-2 p.m. (extended tour). Space is limited - meeting location is provided to registered participants. Join volunteer naturalists for a driving tour of some of the best areas to view birds of prey. We will carpool from our meeting place searching for raptors, learning about habitat, and working on identification skills. Please bring binoculars and a bird field guide if you have them. Older children are welcome. Register by the Thursday before each tour by emailing lcolbenson@bouldercounty.org, or calling 303-678-6214.

## FYI

### Cervical Health Awareness Month

National Cervical Cancer Coalition  
PO Box 13827, Research Triangle Park, NC 27709  
(800) 685-5531 • nccc@ashasexualhealth.org  
www.nccc-online.org/hpvcervical-cancer

### National Glaucoma Awareness Month

Prevent Blindness  
211 West Wacker Drive, Suite 1700, Chicago, IL 60606  
(800) 331-2020 • (312) 363-6001  
info@preventblindness.org • www.preventblindness.org

### Thyroid Awareness Month

American Association of Clinical Endocrinologists  
245 Riverside Avenue, Suite 200, Jacksonville, FL 32202  
(904) 353-7878  
ajohnson@aace.com • www.thyroidawareness.com

## TRADING POST

### Volunteer

**MEALS ON WHEELS** urgently need volunteer delivery drivers for approximately 2 hours one day a week on weekdays to deliver noon meals to homebound clients in this area. Also needed are kitchen volunteers for one weekday morning of your choice to help package meals. To volunteer for a great organization, call 667-0311 for details.

**COLLECTIONS VOLUNTEER** Boulder History Museum. Preferred commitment of 2-5hrs per week (flexible schedule) for a duration of at least 6 months. Full training provided. Please contact Kristen Lewis: klewis@boulderhistory.org

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## Wellness Matters

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Wellness Programs are available without charge to Boulder County residents 60 and over and their caregivers. Donations are encouraged and appreciated.  
[www.bouldercountyhealthyaging.org](http://www.bouldercountyhealthyaging.org)

**A Matter of Balance.** Learn to manage your risk of falling, reduce your fear and strengthen your body. Classes meet weekly for two hours for eight weeks. Sessions include group discussions and gentle exercises.

**Tues.**, Jan. 24–Mar. 14, 1:30–3:30 p.m. Village Place Apts., 600 Coffman St., Longmont. **Thurs.**, Mar. 2–Apr. 20, 8:45–10:45 a.m. Lafayette Senior Center, 103 Iowa Ave.

**Chronic Pain Self-Management.** Learn the skills you need to manage living with chronic pain. Six-week course, developed by Stanford University School of Medicine, includes: techniques to deal with pain, frustration, isolation and poor sleep; tips for managing activity and rest levels; goal setting; problem solving; and gentle exercise to improve overall fitness. **Thurs.**, Jan. 19–Feb. 23, 1–3:30 p.m. Boulder Elks Lodge, 3975 28th St.

**Walk with Ease.** Need some motivation to start an exercise program? Walk with Ease provides the structure and support to get started, stay motivated and feel better. **Mon, Wed, Fri**, Feb. 6 - Mar. 17, 1–2 p.m. Louisville Senior Center.

### Medicare Basics Classes.

**Jan. 5**, 2–4 p.m. East Boulder Senior Center, 303-441-1546.

**Jan. 23**, 10 a.m. - noon Longmont Senior Center, 303-651-8411.

**Nutrition Education.** January 16, 11 a.m.- noon Lafayette Senior Center, 303-665-9052 to register; 303-441-4995 for information.

**Counseling.** English: 303-678-6115 / Spanish: 303-441- 3910.

## HEALTH TIP:

### Fitness Notes

#### Stretch Before & After a Workout

You work out, but do you know how to stretch properly?

The American Council on Exercise offers these suggestions:

- Breathe in deeply, then slowly exhale as you stretch the desired muscle to tension. Hold for up to 30 seconds, then relax and repeat the stretch a few more times.

Hold the stretch still- move as little as possible- which helps prevent hurting yourself.

- Don't stretch a muscle that isn't properly warmed up.
- Don't stretch a muscle to the point that it hurts.
- Breathe normally as you stretch; never hold your breath.

#### Choosing a Time to Work Out

The American Heart Association says the best time of day to exercise depends on:

- When and where it's most convenient, so you'll be more likely to exercise regularly.

While it's great to exercise first thing in the morning to help boost metabolism for the rest of the day, early exercise may not

work for you if you like to sleep as late as possible.

When you can squeeze it in. You don't have to get your 30 minutes of recommended daily exercise all at once. Split it into three 10-minute workouts, if necessary.

#### Using a Fitness Tracker

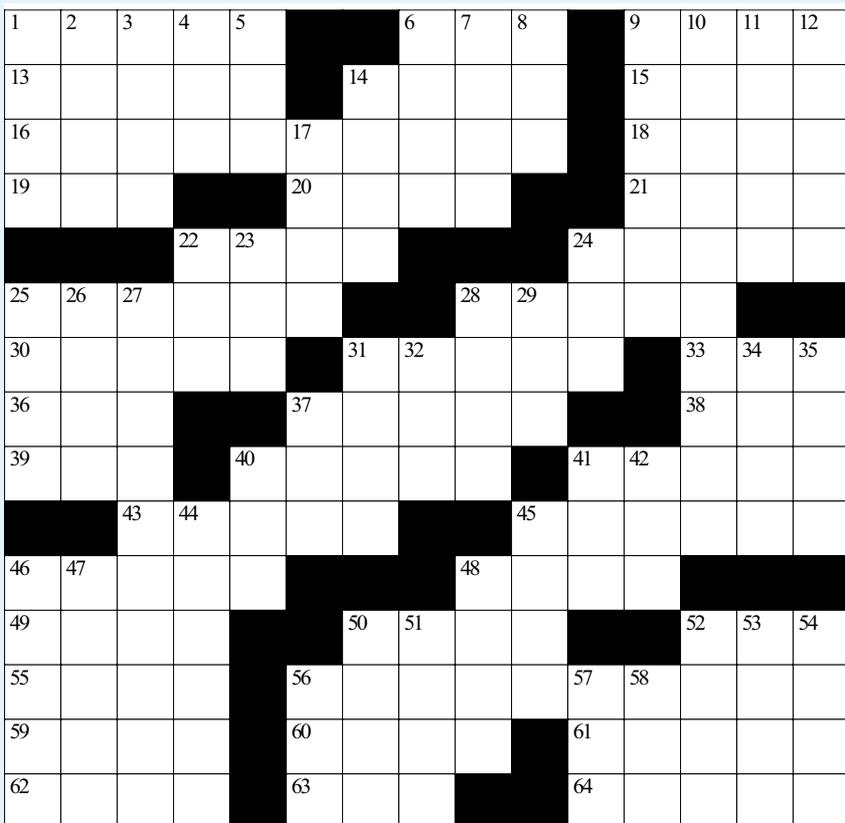
A fitness tracker can help you realize how much exercise you're really getting and push you to move more.

Here's how to get the most from a fitness tracker, courtesy of Johns Hopkins University Medicine:

- Wear your tracker every day. Create a realistic goal. While a common milestone is 10,000 steps per day, talk to your doctor about what's healthy and realistic for you.
- Choose fun activities that you will enjoy doing long-term. Encourage friends and family members to wear a tracker, too.
- Check your stats each day, and discuss them with your doctor.

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# 50 Plus Marketplace News Crossword Puzzle



### ACROSS

- 1 Raise
- 6 Sister
- 9 Whip
- 13 Card game for three
- 14 Built-in platform bed
- 15 Every
- 16 Tiny
- 18 Agitate
- 19 Some
- 20 Cereal food
- 21 Transmit
- 22 Blend
- 24 Eating implements
- 25 In the direction of
- 28 Stuffed savory vine leaf

### DOWN

- 30 Slip
- 31 Merrily
- 33 Summit
- 36 Help
- 37 Greased
- 38 Revised form of Esperanto
- 39 Fish eggs
- 40 Landed
- 41 Foot-wear
- 43 Flower-part
- 45 Throat abscess
- 46 Plentiful
- 48 Lubricate
- 49 Bog
- 50 Sewing case
- 52 Japanese sash

- 55 Executive Officer
- 56 Truckle bed
- 59 Strike forcefully
- 60 Relaxation
- 61 Nimble
- 62 Increases
- 63 Inquire of
- 64 Writers of verse

### DOWN

- 1 Goatskin bag for holding wine
- 2 Augury
- 3 Comply
- 4 Monetary unit of Japan
- 5 Attempt
- 6 Hard fatty tissue
- 7 Taverns
- 8 Firmament
- 9 Supple
- 10 Modification
- 11 Lizard
- 12 Refuse of flax
- 14 Glass ornament
- 17 Elevated tract of open country
- 22 Deranged
- 23 Before
- 24 Move through the air
- 25 Former Russian ruler
- 26 Potpourri
- 27 Spread over a wide area
- 28 Ceased living
- 29 Advanced in years
- 31 Female child
- 32 Malt beverage
- 34 Lyric poems
- 35 Bouquet
- 37 Wood sorrel
- 40 Monkey
- 41 Prefix "beneath"
- 42 Hasten
- 44 Chooses
- 45 One pound sterling
- 46 One-celled protozoa
- 47 Formed by mixing
- 48 Crescent-shaped figure
- 50 Periods of history
- 51 Protruding tooth
- 52 Off-Broadway theater award
- 53 Waist band
- 54 Ancient Roman days
- 56 Light meal
- 57 One circuit
- 58 Self-esteem

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Answers page 9

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# Tips to Save and Spend Wisely in 2017

Did you get carried away with the holiday spirit this past season? On the heels of hefty spending, the New Year is the best time to take stock of personal finance habits and make beneficial changes for the year ahead.

Here are some useful tips and tricks to spend and save wisely in 2017.

**Think Long-Term.** Don't neglect the future. It's never too early to save for retirement. In fact, the sooner you start, the better off you will be. Invest through a company-sponsored plan if possible. If not, look into IRAs that can help you grow your wealth exponentially.

**Create Categorized Funds.**

Consider the 52-week savings challenge. In the first week, save \$1, followed by \$2 the second week, all the way through week 52, when you put aside \$52. Sticking to this plan results in \$1,378 saved at the end of the year, as well as any interest you've earned.

Creating a savings account for a specific purpose is a perennially sound savings strategy. Look for banks that are fee friendly, such as Ally Bank Member FDIC, ally.com, which allows you to open an Online Savings or Money Market account with no minimum and no monthly maintenance fee. You can deposit money easily through e-check deposit, direct deposit and

you'll earn interest compounded daily on your savings. In addition, putting this money in a separate account allows you to track your spending against the account balance.

**Use Shopping Apps.** It is incredibly easy to save money with a little online research. With a few minutes effort, you'll find discount codes, loyalty programs or cash-back websites that track your purchases and reward you for the extra step of navigating through their shopping portal instead of going straight to the big name retailers' websites.

**Reap Rewards.** While no personal finance expert would advocate running up credit card bills one can't afford, savvy consumers know how to take advantage of credit card reward programs for hotel points, airline miles or just straight cash in their pockets.

"Use credit cards that reward you for the things you buy the most,"

says Diane Morais, chief executive officer and president of Ally Bank, the direct banking subsidiary of Ally Financial Inc.

There are often offers for opening a new credit card with a minimum spend, such as the Ally Cash-Back Credit Card, which provides a \$100 bonus when you make \$500 in eligible purchases during the first three billing cycles, and offers two percent cash back at gas stations and grocery stores, and one percent cash back on all other purchases -- as well as 10 percent bonus on rewards that are deposited into an eligible Ally Bank account.

If you don't want to open a new account, check your current credit cards for promotions or cash back offers, which can add up quickly on everyday purchases.

With a little homework, savvy consumers can make 2017 the year they spend strategically and save more.

❖ *Provided by StatePoint*

## Technology is Hip!

### Gene Editing Saves Lives!

In 2015, a one year old English girl named Layla was treated with gene-edited immune cells that eliminated all signs of an aggressive leukemia that was killing her. Layla's treatment was a one time technique. Chemo and a bone marrow stem cell transplant hadn't eliminated her aggressive cancer cells.



Layla

genes. The addition of tumor-targeting genes has already produced very promising results in trials for cancers like leukemia, but has not worked for solid tumors. It is hoped combining the two techniques will make the treatments even more effective for most cancers.



Bob Larson

If these trials show that editing cells' genomes is safe, it could soon be used to treat a much wider range of diseases. This is another great use of technology saving lives!

❖ *Bob Larson is a former engineer, photo-journalist, technologist, and Marketing Director at 50 Plus Media Solutions.*

Just before Layla's first birthday, Was-eem Qasim, MD, Consultant Immunologist at Great Ormond Street (Children's) Hospital in London asked for a special license to try his experimental product, which was quickly approved. This experimental gene therapy was applied, which led to a fast remission and after two months, Layla became cancer free. She then received another bone marrow transplant just to be more certain that the cancer cells were gone.

Nothing new, but gene editing involves altering or disabling existing genes. It took many years to develop the gene-editing tool that saved Layla, but thanks to a revolutionary method known as CRISPR, this can now be done in just weeks.

A trial in the U.S. will start soon and is far more ambitious. This involves adding an extra gene engineered to make the immune cells target tumors and then using CRISPR to disable the cancer

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