

‘Henry VI’ Trilogy Concludes CSF’s 2017 Season

Festival recounts England’s bloody history in a pair of ‘original practices’ performances

The Colorado Shakespeare Festival’s 60th season concludes with two highly-anticipated original practices performances of “Henry VI, Part 3,” part of a history series that cemented William Shakespeare’s fame in the late 16th century.

This year marks CSF’s fourth season doing Shakespeare the way Shakespeare did Shakespeare. Imitating the Bard’s Globe Theatre troupe, festival actors rehearse for just 20 hours with scripts that only contain their characters’ lines and cues, pull together costumes and props from plays past, and perform in broad daylight. The tradition started in 2014 with a sold-out presentation of “Henry IV, Part 2;” this year, audiences can choose from two evening performances on Aug. 6 and 8.

Actor and director Kelsey Didion, who played Queen Margaret in the original practices production of “Henry VI, Part 2” last year, is thrilled and intimidated to make such an unusual CSF directing de-



but.

“It’s so rare and exciting to share something under-rehearsed,” Didion says. “We’re accustomed to making shows that are polished and ready for the audience, so to act in something that’s inherently messy and alive is a joy. To direct something like that ... it’s gonna take a lot of deep breathing.”

If you’re familiar with the hit HBO series “Game of Thrones,” which drew inspiration from both history and Shakespeare, you already know this plot. Two opposing family houses, the Yorks and the Lancastrians, are in an all-out war for the ultimate prize: the English throne. It’s a bloody tale



of revenge, betrayal and heartbreak—and it’s based on real events

that transpired 600 years ago.

“Shakespeare humanizes all these people we’ve read about in textbooks and gives them such shape and depth,” Didion says. “In this play, there’s no clear villain, no clear protagonist. Each character has a separate journey.”

That’s quite an accomplishment, given there are more than 40 characters in the play. Some CSF cast members will juggle up to six different roles to pull off the performances—a challenge Shakespeare’s troupe of actors at the Globe Theatre met time and time again.

“They were busy producing dozens of plays,” Didion says. “Their seasons were packed. When new material came in, they didn’t always have a ton of time together—they just got on the train and rolled with it.”

Back in Shakespeare’s time, there was no appointed director. The acting troupe was a democracy, deciding together what tone to strike (usually fast-paced and interactive, to appeal to a wide variety of audiences), which costumes to wear (most clothes were cast-offs from wealthy patrons) and how much rehearsal time they needed (usually very little and sometimes absolutely none).

Much of that applies to CSF’s original practices productions. Ac-

Continued on page 3 ►

COLORADO TOURISM SETS ALL-TIME RECORDS FOR SIXTH CONSECUTIVE YEAR

The Colorado Tourism Office (CTO) recently announced that Colorado once again set all-time records for total visitors, visitor spending and tax generation in 2016, welcoming 82.4 million visitors who spent \$19.7 billion and generated \$1.2 billion in state and local tax revenue.

This is the sixth consecutive year the CTO has seen record-setting growth. Since the depths of the recession in 2009, the state has posted a 37% increase in visitation,

more than double the 17% growth in travel nationally.

The strong gains in visitor numbers pushed Colorado’s share of marketable leisure travelers – who are the target of the state’s “Come To Life” marketing campaign – to 3.1%, up from 2.8% in 2015. With that increase, Colorado’s market share rank rose from 13th place to 9th place nationally for 2016.

The announcement includes findings from a collection of studies detailing the impact of Color-

ado’s tourism industry during 2016 along with the effectiveness of the state’s award-winning ‘Come To Life’ marketing campaign.

Travel Spending Sets New Records in 2016. From Colorado Travel Impacts 2016, Dean Runyan Associates.

Total direct travel spending in Colorado reached an all-time high of \$19.7 billion in 2016, with 66% of that total from overnight stays in paid accommodations (hotels, mo-

Continued on page 12 ►

INSIDE

Water Quality Month
Page 2

Mannheim, Germany
Page 6

Your Life Support
Page 11

AUGUST *Calendar*

Skilled Nursing Facility in Louisville

Psoriasis Awareness Month
National Water Quality Month
National Eye Exam Month

Tuesday/ August 1

Boulder Genealogical Society, 7:30pm. Nichelle Barra presents 'House Histories' Frasier Meadows, 350 Ponca Pl. Free. Visitors welcome. Info: <http://www.bouldergenealogy.org> / Free, 6:30-7:15, New Genealogy Software" by Beth Benko.

Wednesday, Aug 2

Boulder In-The-Round Showcases 4 Singer-Songwriters At Etown Hall. 1st Wed every month. 7-9:30 pm. Free, tickets: www.etown.org/.

Thursday/6

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

Friday/7

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

Monday/10

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

Wednesday/19

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

Every Tuesday

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

Every Friday

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

Every Saturday

The RED ROCK RAMBLERS, Modern Western Dance every Sat. 7-10:15 pm. Lyons Elementary School Gym. Info: 303-823-5925 or lavern921@aol.com

Calendar sponsored by...

Dignity Care
303-444-4040

Flatirons Health and Rehab is the first, and at present, the only Skilled Nursing Facility in the city of Louisville. It provides quality Short Term, Inpatient, skilled Nursing and Rehabilitation services. Located off McCaslin Blvd, it is conveniently situated and surrounded by a variety of restaurants and stores, easily accessed by families and visitors.

This spacious and modern facility encompasses many large lounge areas within the building, that allow for a relaxing and calm, healing environment, that is welcoming to patients as well as their families and visitors. There are 4 rehab houses, each able to serve 12 patients. An open kitchen on each level permits the accommodation of various food preferences, and provides a restaurant style dining experience. Every room is Private, with its own temperature control and walk in shower.

The guiding principle at Flatirons Health and Rehab is ILEE

(Improving Lives, Exceeding Expectations). And in keeping with this philosophy, the staff at Flatirons aim to provide the best quality nursing and Therapy services. The Physical, Occupational and Speech therapists are experienced

in motivating patients and maximizing functional outcomes in order to return patients to their prior level of function. Nursing care is aimed at managing medical issues effectively with a focus on preventing rehospitalization.

Communication is key, and the process of communicating



with families and associated healthcare partners begins early in the process at Flatirons Health and Rehab. Care conference meetings are held soon after admission, and at regular intervals thereafter. The Goals of the Patient and Family are front and center. Healthcare

partners from home health, ALFs and ILFs who will be continuing to care for patients after discharge from the facility are also involved early in the admission process.

Flatirons Health and Rehab looks forward to Serving and being an Integral part of the community.

August is National Water Quality Month

By Bora Mici, <http://www.goodspeaks.org/event/august-is-national-water-quality-month>

National Water Quality Month reminds us to take a long, hard look at what your household and community are doing to protect sources of fresh water.

Water sustains all life. Entire ecosystems depend on it for their survival.

The United Nations has declared 2005-2015 an International Decade for Action 'Water for Life' in

order to emphasize the importance of water quality as it relates to sanitation, human rights, geography, urbanization and sustainability.

It has identified eutrophication, or the incidence of high-nutrient concentrations - phosphorus and nitrogen - as the most widespread water quality problem globally. The way people manage wastewater from cities, farms and industrial sites contributes to this phenomenon, which contributes to water pollution everywhere.

Emphasizing how interlinked

water systems are, the Audobon Society points to the dangers of runoff from agriculture, forestry, construction and people's personal yards:

"Each individual household may not produce enough pollution to force a beach closing or cause a fish kill, but the combined output of all the homes in a community can be severe. And, consider that about half of the U.S. population lives within 50 miles of a coastline where runoff flows quickly to

Continued on page 11 ▶



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

Hear today.

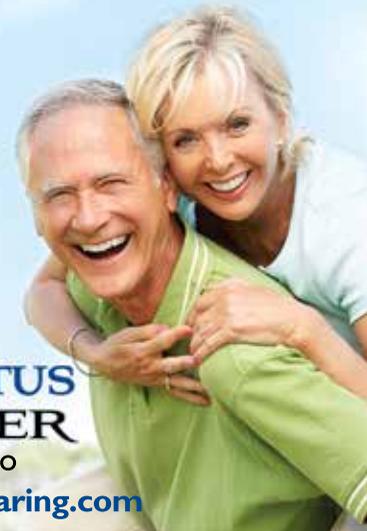
At the Longmont Hearing and Tinnitus Center, it's our focus to provide **state-of-the-art technology** with **professional care** at **affordable prices** you deserve and expect. Our comprehensive hearing healthcare care services include hearing testing & consultation, tinnitus evaluation & treatment, hearing aids & repairs, earmolds and hearing protection.

Call **(303)651-1178** today to schedule your hearing evaluation.



1146 Francis Street - Longmont, Colorado

(303)651-1178 • www.longmonthearing.com



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

Published by
50Plus Media Solutions, Inc.
Lafayette, Longmont, Lyons, Erie,
Nederland, Superior

50 Plus Marketplace News, Inc., is published the first of each month for folks over the age of fifty and dedicated to providing information, programs, matters of interest, and services to Boulder County citizens. 50 Plus has 42,000 county readers monthly. The paper is distributed by free newsstands in businesses that cater to the needs and interests of Agers.

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.

Publisher/Editor
Robert A. Tremblay II

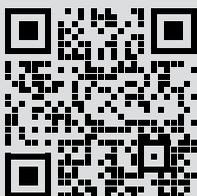
Chief Financial Officer
Michael Gumb

Contributing Writers
Boulder County Senior Centers
Boulder County Agencies
& Businesses

Product Consultants
Cathy LaMothe
Guy Holden

Design/Production
Lynne Poole

Smart Phone Access



Printed on Recycled Paper

Where are we?

Road trips provide many adventures along the way. Some cause travelers to wonder just there they might be. Geography lessons abound.



Martha Coffin Evans

On one such trip, we left Boulder early in the morning only to have the possibility of finding lodging in Boulder. The difference – the first city was Colorado; the second – Montana. Compounding the problem, the second city had no accommodations. We chose another option.

Recently we traveled to Atlanta, Georgia by way of family in northern Indiana. On the way, we drove through Aurora – Colorado and Illinois. The same became true for Springfield, Colorado or was it Illinois or Tennessee? Another day, we visited Richmond in the afternoon and stayed in Richmond that evening. Had we turned east,

Reflections

it might have been another Richmond. Whether Indiana, Kentucky or Virginia, they had the same name. That's where the similarity stopped.

We were near Lafayette in several states before returning to Lafayette. In between, Indiana and Georgia provided their namesake's version of Colorado's.

That happened with Columbus as well in Georgia, Ohio and Mississippi. Perhaps other Columbus cities exist elsewhere too. A quick look in the Atlas or Google should answer that question.

In Atlanta, I was talking with a woman whose name tag showed she was from Louisville. I did a double take and commented our cities had similar names but were pronounced differently. Hers def-

initely was Kentucky while our Louisville, remains in Colorado.

Heading home, we saw a number of Clinton towns – Georgia, Arkansas, Iowa, Mississippi and Oklahoma for starters. Ada in Oklahoma and Texas could cause some confusion much as Decatur might whether Illinois or Texas.

We safely returned home much the wiser from our travels. Perhaps, if we didn't have our Atlas, road maps, Garmins and other means of finding our location, we might have thought we'd headed to California, Nevada or other Western States only to find repeated city names all over again.

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

CSF ■ from page 1

tors pick out their costumes from the festival's existing wardrobe; they work collaboratively with Didion to make staging decisions; they speak directly to the audience, encouraging cheers and jeers; and they go into rehearsal with little knowledge of the play's plot, only having seen their own lines.

"The actors get full creative control, so it's their baby," Didion says. "The scenes live or die based on their impulses and how much they're willing to give, which is a really neat experiment."

Another neat experiment? Sharing a set with CSF's minimal "Ju-

lius Caesar."

"Ancient Rome meets 'Game of Thrones?'" Didion says, laughing. "We'll make it work."

"Henry VI, Part 3" takes place in the Mary Rippon Outdoor Theatre on Sunday, Aug. 6 at 6:30 p.m. and Tuesday, Aug. 8 at 6:30 p.m. Tickets start at \$20. Buy them online at coloradoshakes.org, over the phone at 303-492-8008 or in person at the CU Presents box office, 972 Broadway, Boulder. The box office is open from 10 to 5 p.m. Monday through Friday and is located in the University Club building on the CU Boulder campus.

Find Einstein



Can you find the hidden image in this paper?



I Saw It in 50 Plus Marketplace News



NEVER MISS A WORD!

Captioned telephone service (CapTel®) from Relay Colorado allows you to **LISTEN** and **READ** captions of everything during your phone conversation

FEATURES

- Built-in answering machine with captions
- Built-in speakerphone
- Large touch-screen display
- One-touch button to reach customer service

RelayColorado.com/captel

CUSTOMER SERVICE

- 888-269-7477
- 866-204-9134 (español)
- captel@captel.com (e-mail)

CapTel 2400i



CapTel is a registered trademark of Ultratec, Inc.

Family Memories & Family Trees

Using Censuses to Discover Your Family's Past, Part 3

Parts 1 and 2 of this series told you how to find someone in the 1940 census. Part 3 shows you how to trace a person's ancestors back in time.



Ted Bainbridge

Get on the internet and go to the census site you used before, but this time ask for the 1930 census. Get your notes about the person you found in the 1940 census.

If the person you found in 1940 was living in 1930, look for him or her by asking for the facts you found in the 1940 census. If the person you hunted in 1940 was too young to be alive in 1930, then you must have found the person with his or her parents and recorded their information; ask the 1930 census for one of those parents. When you find the family you want, write down all the information about that household and its location. (When you find the correct family, don't be upset about slight variations in the facts you see. For example, some people ap-

pear to age a couple of years more or less than ten between censuses.)

After you find the family you want in 1930, hunt for those people in the 1920 census. As you go back in time a parent you've found will be too young to be a parent, and you will find the person as a child. Congratulations, you've just identified that person's parents and extended your line of ancestors back in time! Continue these processes to go back in time as far as you can. (The 1890 census was destroyed, so expect to jump from the 1900 census to the 1880.)

If you are lucky, you can go back to the 1850 census and identify parents who were born in the early 1800s. Rarely, you might even find grandparents living in a household, and so run your line of ancestors that much farther back in time.

Good hunting!

❖ *Ted Bainbridge, Ph.D. has been a genealogical researcher, teacher, speaker, and writer since 1969. You can contact him at ted.bainbridge@gmail.com.*

Editor's note: parts 1 & 2 ran in in May & June 2017, respectively. Find back editions on our website at: <http://www.50plusmarketplaceneews.com/boulder-county/>

Finding Relief and Saving Money with a Geriatric Care Manager



While the term "geriatric" may no longer be as popular as "elder" or "senior," Geriatric Care Managers belong to a very established, nationally certified profession.

So, what is a Geriatric Care Manager? Here are some of the skills a GCM brings to their work:

- Develops kind, trustworthy relationship with client.
- Matches client with local services such as in-home care, skilled companionship, financial and legal experts and hospice.
- Meets client where they are rather than having to travel an office.
- Saves families money by avoiding having to leave work to help parents, while GCM tackles the tasks at hand. The GCM becomes a sounding board for decision making, and provides stress relief.
- Develops a friendly working relationship with client's doctors, and maintains detailed reports, thorough organization, and support

that extends to both the client and the family.

- Accompanies client throughout medical processes, makes regular home visits, plans enjoyable outings, coordinates client's schedule and personal network, and more.

Why it's important to find a certified GCM:

- Certification process is rigorous and provides proof of adequate skill; candidates for certification are required to have advanced degree in health related field.
- Certified GCMs are members of a large national network, so it is possible to locate their services out of state.

Costs:

- Most certified GCMs are paid privately, charging between \$60 - \$250/hour.

Ellen Knapp has Masters in Psychology, 27 years as counselor, owned and ran assisted living home 12 years, 22 years total in eldercare profession.

Still Truckin'

Rite Of Passage

Those grandparents who have the good fortune to live close to their grandchildren enjoy the opportunity to be present at their Rites of



Sandy Hale

Passage. Not so for me. My now-older grandchildren grew up in Germany and Japan. Only now with my great-granddaughter, who was born and has lived in Colorado for all over her almost 5 years, have I been privileged to share in her growing up and been part of one of her Rites of Passage.

It was just last week. It was Awesome. (Do the kids still describe the peaks of human experience as "Awesome"?) I was at my grand daughter's new house, which

is nearby. We went outside for a training lesson on Dominique's new 2-wheeler bicycle. I had seen her previously on her balance bike – the kind without pedals – that didn't look like much fun. We never had that kind for my children. Within three hours I watched, listened and marveled as my grand daughter taught her little girl to master riding a bike. It was truly awesome.

I joined in their mutual elation as we high-fived each other. What a priceless experience for me. To have been a part of this important Rite of Passage.

I am anticipating a visit from my 19-year-old grandson from Tokyo en route to his sophomore year as an exchange student at the University of Illinois. Enjoy the peak of the summer with your family.

❖ *Sandy Hale can be contacted at rhoda888@yahoo.com*

Senior Law Day
2017

Saturday, September 23, 2017

Plaza Conference Center
1850 Industrial Circle, Longmont, CO

For info:
www.bouldercountyseNIorlawday.org

Facebook:
www.facebook.com/bouldercountyseNIorlawday/

Registration starts August 1, 2017

Audio Information Network

New Study of Eyedrop for Wet AMD

Age-related macular degeneration (AMD) is an eye condition that causes a loss of central vision due to deterioration of the macula. It is a leading cause of blindness worldwide. There are two types, wet and dry. Currently, there is no treatment for dry AMD. Wet AMD is less common but more serious as vision loss occurs more quickly. Individuals with this condition have new, abnormal blood vessels growing under the retina of the affected eye. These vessels may leak blood or other fluids causing scarring of the macula. Ophthalmologists treat wet AMD with anti-VEGF drugs that are delivered by injection into the eye using a very slender needle. The treatment reduces the number of abnormal blood vessels in the retina and slows leaking. Injections may occur as frequently as once a month making treatments time-consuming and expensive. There are also risks of complications that



Kim Ann Wardlow

include infection and retinal detachment.

A recently published study by scientists at the University of Birmingham shows that it may be possible to treat wet AMD with an eyedrop. The eyedrops most consumers use only treat the surface of the eye. The drops need to reach the back of the eye to treat wet AMD. The eyedrops in the study contained a cell-penetrating peptide that allowed the drug to pass through the many tissue barriers in the eye. The peptide allowed the drug to reach the back of the eye in minutes. Researchers treated mice with the drops twice a day. They found the twice daily treatment to be as effective as a single injection. More work is needed to determine the drug's safety and efficacy in humans. For more information go to the American Academy of Ophthalmology website at www.aao.org.

❖ *Kim Ann Wardlow, Director of Marketing for the Audio Information Network of Colorado. She may be reached at 303-786-7777, ext. 112 or kim@aincolorado.org. AINC is a member of Senior Solutions of Colorado and the Colorado Coalition of Blind and Low-Vision Resources.*

Reverse Mortgage

Extend Retirement Funds

Many financial planners are now advising their clients to get a reverse mortgage as soon as they are able (when one spouse is 62) for several reasons. First, it eliminates your mortgage payment, although property taxes and insurance must continue to be paid. This frees up money which may be used for any purpose including savings, or investment.

Second, by using the often substantial reverse mortgage proceeds, taking social security benefits can be delayed to the age of 70. This increases that monthly check by 76% over what would be received at 62 years old, according to Forbes magazine.

Third, having a reverse mortgage in place allows you to have a backup plan if the stock market falters which eliminates "sequence of returns" risk. You can forgo withdrawals from your stock portfolio allowing it to recover.

Fourth, when rates are low as they are now, a person in his/her

60s can access about 50% of the home's equity (the older you are the more you can access). Any money not drawn out becomes a line of credit on which you do not pay interest, but which grows at about 5% a year. This provides a "safety net" of ready cash should a need arise in the future.

Whether you are in your 60s or your 90s, a reverse mortgage is an excellent financial tool and can benefit you by adding to your financial stability. It is government insured, and is a non-recourse loan, meaning that no debt is passed along to your estate or your heirs. You are the only one who will own the home (the lender does not go on title), and you may will the property to your heirs.

Contact your local Reverse Mortgage Specialist to learn more about how a reverse mortgage may help your portfolio and provide for longevity.

❖ *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.*



Jim Doyle

We deliver energy

We'll take care of the cooking, so you can take care of you.

Meals on Wheels of Boulder delivers hot, nutritious meals right to the homes of our Boulder neighbors, because we believe everyone deserves a good meal. We serve a wide range of people facing various circumstances including:

- Individuals of all ages and economic abilities confined to their homes for any reason.
- People of any age leaving the hospital who need meals during the often difficult transition from hospital to home, whether recovering from surgery, an accident or an illness.



mowboulder.org

For meal delivery, information, or to get involved call: 303-441-3908.

The NEW Reverse Mortgage

Have You Heard About the Great Changes to the New Reverse Mortgage?

- ✓ Receive tax-free loan proceeds that may be used for any purpose if you are 62 years and older
- ✓ Eliminate existing mortgage if you still have a mortgage balance
- ✓ Replace cash reserves or pay off debt
- ✓ You always own your home, the bank doesn't
- ✓ Postpone drawing down retirement assets, therefore giving them more time to grow
- ✓ Cover unexpected expenses such as medical bills or home renovation
- ✓ You always own the equity in your home



JIM DOYLE, NMLS #335659

Reverse Mortgage Specialist

Direct: 303.875.5994

Office: 720.458.4029

JimDoyle@SilverLeafMortgages.com

6972 S. Vine Street, Ste. 366
Centennial, CO 80122

Call today for a FREE consultation!

Contact the local expert, Jim Doyle, at Silver Leaf Mortgage to see what options are best for you.



Silver Leaf Mortgage NMLS #1394377 is an Equal Housing Lender. Some products and services may not be available in all states. Credit and collateral are subject to approval. This is not a commitment to lend. Programs, rates, terms and conditions are subject to change without notice. Regulated by the Colorado Division of Real Estate.





Mannheim: Unexpected Culinary Diversity in This Southwestern German City

By Ron Stern, Travel Photojournalist

Located between the Rhine and Neckar Rivers in the sunniest part of Germany, Mannheim is one of those cities that many have heard of but few really know, especially in a gastronomic sense. Almost completely destroyed by Allied bombing during World War II, Mannheim has slowly rebuilt itself, adding rich and culturally diverse dining options along the way. So foodies, take notice, this is one city that grabs your taste buds and won't let go.

One of the largest cities in the state of Baden-Württemberg,

Mannheim was laid out on a grid system and is sometimes known as the city of squares. Instead of street names, letters and numbers identify the locations, which are rather easy to figure out once you are here for a few hours.

Here are a few that will get you excited about planning a visit:

- **Eis Fontanella** (gelato pasta) Dario Fontanella invented the original Spaghetti Eis, a dessert made to resemble pasta with tomato sauce. First, a bottom layer of thick whipped cream is topped with vanilla gelato that has been squeezed through the press. Tangy strawberry sauce is added and

topped with white chocolate crumbles meant to resemble cheese.

- **Keller's Weinrestaurant** (German food and wine). Located in the heart of Mannheim, Keller's Weinrestaurant offers a wide variety of local wines together with traditional German cuisine.

Seasonal specialties include a hefty and tasty portion (1 lb.) of white asparagus with ham, new potatoes, and melted butter for around €24. **Der Kaffeeladen & Die Schokoladenwerkstatt** (Coffee and Chocolate)

This charming little shop is run by two gentlemen whose passions are coffee and chocolate.



Wanting to offer something that truly represented his city, Lehmann also created the Mannheimer Schlosspflaster. These chocolate squares are meant to resemble the cobblestones surrounding The Mannheim Baroque Palace.

Resources: *The Sunny Side of Germany*: <http://www.tourism-bw.com/>




The care you need to stay in the community you love.

All-inclusive healthcare and social services

In-home and day center programs

Serving seniors in Boulder and southwest Weld Counties



Program of All-inclusive Care for the Elderly

Call now for more information for yourself or a loved one.

303.665.0115 pace.trucare.org

It's never too late for a roommate.



Flatirons Terrace
AT GOLDEN WEST

We offer many apartment sharing and lifestyle Options—partners, friends, siblings and more!

Call us to learn more or schedule a tour.

930 28th Street || flatirons terrace.org || 303-939-0594 || 

Vincent, Romeo & Rodriguez LLC

Experts in Elder & Disability Law



- Medicaid Qualification
- Asset Protection
- Care Planning & Coordination
- Wills, Trusts & Powers of Attorney
- Probate & Elder Litigation
- Special Needs Trusts
- Guardianships

Boulder County
(303) 604-6030

Denver Metro
(303) 770-0673

www.ElderLawColorado.com

Technology is Hip!

Self-Healing Concrete

Concrete has been used for several millennium since the Romans built the famous Coliseum. It's considered the most popular building material in the world. However many of the world's bridges and highways are literally falling apart. A typical bridge lasts 50 years. Today the average age of U.S. bridges is 42 years. One-quarter of all U.S. bridges are either structurally deficient or functionally obsolete last year by the U.S. Department of Transportation.



Bob Larson

Self healing concrete is coming to the rescue! Several methods of concrete healing are being tested worldwide. One method in the U.S. uses microfibers, while other methods in Europe use bacteria. Both methods seem viable and time will tell if either method is successful.

Victor Li, a civil and environmental engineering professor at

the University of Michigan, invented a new kind of concrete that hardly ever cracks and can bend too. It can repair itself and reduce the cost of maintaining bridges and roads. When the microfiber composite is stressed, it bends without fracturing. If it does crack, the cracks tend to be less than a human hair. These tiny cracks have the ability to heal themselves.

Dutch microbiologist Henk Jonkers with the Delft University of Technology in the Netherlands, created self-healing concrete using capsules of limestone-producing bacteria. When the concrete cracks, air and moisture trigger the bacteria to begin sealing off the cracks. The bacteria can lie dormant for as long as 200 years, well beyond the lifespan of most modern buildings. Either method costs about three times that of normal concrete, but is estimated to last forever, thus lowering the overall maintenance costs. This is another great use of technology in improving life on our planet.

❖ *Bob Larson is a technologist and our Marketing Director at 50 Plus.*

Caregiving

Who Are the Caregivers?

According to National Alliance for Caregiving, an estimated 65 million Americans provide care for a chronically ill, disabled, or aged family member or friend during any given year. They spend an average of 20 hours per week providing that care, and the value of their unpaid services is \$375 billion per year—almost twice as much as is spent on homecare and nursing home services combined.



Emily Cooper

These loving folks are caregivers, and they come in all kinds of packages. Some provide hands-on care for an elder in their home, some support a loved one in a long-term care facility, some watch over an older relative from a distance, and others provide help with transportation, shopping, or other tasks for an elder who still lives on his or her own.

We generally use the term "family caregiver" to distinguish these caregivers from professional care providers. "Family" include friends, neighbors, partners, and any other person who has an emotional at-

tachment to the care recipient and acts like family.

We often hear, "Oh, I'm not a caregiver. I'm just a husband [or wife, or daughter, or ...]" Recently I met a woman who cares for her mother with Alzheimer's disease and supports another elder relative as well, and she was surprised to learn that we consider her a caregiver. More important, she was delighted to hear about the services offered to persons in her situation—to family caregivers—by our agency and others.

The name itself doesn't matter. Caregiver, care partner, husband, wife, partner, friend ... whatever you choose to call yourself, just know that you're not alone. You're part of a great outpouring of love that includes many millions of others, and your community is eager to support you in your caring work. Please contact Boulder County Area Agency on Aging or your local City Senior Services to learn more about that support.

❖ *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.*



Ellen Knapp MA, LPC, CSA
Geriatric Care Manager • 18 Years Experience

- Caregiver support and coaching
- Medical care management and advocacy
- Assistance with daily activities

Call for a free phone consultation.

720-217-9614 • ellenknapp.com • ellen@ellenknapp.com



Loving Family Home Care
DignityCare LLC

Licensed Medical Private Pay Agency
Nursing • CNA • Companion Care

303.444.4040

www.dignitycare.com

Get On Our Wait List Today!

QUIET, SECURE, UPSCALE Rentals for Independent Seniors 55 years & better!



Call for appointment!
Large 1 & 2 bdrm condos all w/WD
Elevator, Club Rm, Soc. Events
Underground Parking Garage
LOW MAINTENANCE!!!



100 21st Ave. Longmont -303/774-0300

Announcing Our Opening



FLATIRONS
HEALTH & REHAB
In Louisville

Improving Lives. Exceeding Expectations.



Specialty: Short Term In-Patient
Physical Rehabilitation

Exceptional attention is paid to
preventing re-hospitalization

Superb Physical, Occupational and
Speech Therapies maximize recovery

All Private Rooms in 4 rehab houses
for a calm, healing environment.

We look forward to being part of your care team.

Call: 720-507-3447

www.flatironshealthandrehab.com

1107 Century Drive, Louisville, CO 80027



of northern colorado, pc
TOTAL EYE CARE

- Yearly Eye Exams
- Specialists in Macular Degeneration, Glaucoma, Cataract & Retinal Surgery
- Contacts & Glasses
- LASIK
- On-Site Optical Lab
- Cosmetic Plastic and Reconstructive Surgery

The Most Comprehensive Multi-Specialty Eye Care Group in Northern Colorado since 1969

Call today: 303.772.3300

In Longmont: 1400 Dry Creek Dr.
In Lafayette: 300 Exempla Cir., Suite 120
www.EyeCareSite.com

William L. Benedict, MD
Retina Specialist

Joel S. Meyers, MD
Oculoplastic & Cataract Specialist

Micah Rothstein, MD
Glaucoma & Cataract Specialist

Peter R. Andrews, MD
Cornea, Cataract & LASIK Specialist

Elisha Tilton, MD
Retina Specialist

Justin Kanoff, MD
Retina Specialist

Anjali Sheth, MD
Glaucoma & Cataract Specialist

Irene Olijnyk, MD
Comprehensive Eye MD

Robert Krone, OD
Comprehensive Eye Care Provider

Jane Wolford, OD
Comprehensive Eye Care Provider

Boulder Senior Services

W 303-441-3148 • E 303-441-4150 • www.boulderseniorservices.com

Get Acquainted! Fri, Aug 31, East, 1-2pm. Learn about the opportunities and resources available.

This Full House. Thu, Aug 10, East, 3-4:30pm. A discussion/support group for people who have accumulated items and want to discuss practical ways to de-clutter, streamline, and organize. 2nd Thu. every month.

NASA Human Spaceflight Research. Mon, Aug 28, West, 10-11:30am. Emily Matula, Ph.D. candidate, at CU, presents the types of research NASA is currently conducting with its astronauts and CU's funding to support NASA's aspirations for study in the future.

Zero Waste Ordinance. Thu, Aug 31, East, 1-1:45pm. Learn about recycling, composting, & Boulder's Universal Zero Waste Ordinance that was adopted on June, 2015. This ordinance expands recycling and composting to all residents and enforced this year.

Chautauquan Series. Thu, Aug 24 West, 12:45-1:45pm. Walt Disney has been described as an optimal behaviorist. Join Walt as he goes on a magical and nostalgic journey

into the realms of animation, motion picture production, theme park and urban development.

Introduction to Email. Wed, Aug 9, East, 10-noon. Learn what email is, providers, and the tools included with an email account.

2017 Denver Parade of Homes. Thursday, August 31, East, 10:15-4:30pm. Discover some of the model and custom homes that range from luxury show homes to affordably priced homes. The tour showcases some of Denver's best craft builders. All homes on the tour are for sale. Cameras are welcome, includes a lunch break, on own. Register by Aug 14.

Walk/Hike & Nature Education. Tue, Aug 15, 11-1 pm. Open Space and Mountain Parks staff lead walks/hikes paired with nature education. Natural Selections is an ongoing series of educational nature programs on topics including ecology, wildlife, and local history. Walk/hike, under 2 miles, at a conversational pace. Meet at the trailhead. Each date has differing trails based on conditions.

Bone Health. Bone Builders and Bone Breakers, Mon, Aug 28, West, 10-11am. Bones are living tissue that respond to bone building care throughout life. Support lifelong bone health by knowing how to get all the nutrients bones need.

Now Hear This!

Risky Hearing Habits

Hearing loss in younger demographics is a growing problem. Studies from the Centers for Disease Control & Prevention within the last decade found that about 20% of U.S. adolescents and young adults show signs of hearing damage. This reflects a 5% increase from 20 years ago. While infections, genetics, and medications can also contribute to hearing loss, recent information suggests that hearing loss and other hearing disorders like tinnitus and hyperacusis in younger populations are related to noise exposure from common, every day activities.



Dr. D'Anne Rudden

Hearing loss can occur suddenly, from a single event, or from exposure to noise over time. Sound intensity, described by units called decibels (dB), is measured on a logarithmic scale. For every 10 dB increase, sound is actually 10x more intense. The World Health Organization (WHO) considers prolonged exposure to sounds over 85 dB to be dangerous. Loud sounds create mechanical and metabolic damage and interfere with the brain's ability to interpret sounds. The combination of the intensity and the duration of the exposure determine the extent of damage; loud noises cause damage more quickly.

Venues that carry a large risk for hearing loss, especially when attended frequently, include: Concerts, Auto racing, Sporting events, Bars, clubs and live music. The WHO reports 1.1 billion

young people worldwide risk hearing loss from dangerous listening practices, and nearly 50% of teens and young adults aged 12-35 years old listen to unsafe levels of sound on personal audio devices. Sound level output from earbuds or headphones is not regulated in the U.S. and can range from 85 dB to 110 dB—the same intensity as a jet engine. Using earbuds at high-volume for more than 5 years can lead to bilateral and symmetrical hearing changes in both higher and lower frequencies.

The impact from noise-induced hearing loss (NIHL) can be lifelong, yet is also 100% preventable. It's important to routinely assess loud noise exposure at work and recreation. Guidelines include:

- Turning down the volume, move away from excessive noise, use hearing protection.
- Implementing the 60/60 rule for personal listening devices: use at 60% max volume and take breaks every 60 minutes.
- Ensuring that when wearing earbuds or headphones, outside conversation can still be heard.
- Considering noise-cancelling headphones, rather than earbuds, to keep volume lower.
- Downloading a noise meter app on a cell phone.

❖ *Dr. D'Anne Rudden is a Doctor of Audiology, board certified by the American Board of Audiology. Dr. Rudden travels nationally as a featured speaker & expert in Audiology.*



Call for a Tour. Lunch is on us!

Peaceful Assurance

Rest assured knowing we will take care of the ones you love.



Residents at the Bridge live in lovely surroundings while receiving all the personal assistance they need to keep their independence. We offer several private studio and one-bedroom apartments.



THE BRIDGE
AT LONGMONT

303-774-8255

2444 Pratt Street, Longmont CO 80501
www.centurypa.com

Elder Law Issues

Guardians and End of Life Decision-Making

By Brooke W. Brestel & Jonathan Leinhardt, BCBA Elder Law Section Co-Chairs

A court appointed Guardian has the authority to make decisions regarding a ward's support, care, education, health, and welfare. The Guardian is tasked with making all medical decisions on behalf of the ward. This includes end of life decisions. Making decisions regarding life sustaining treatments, resuscitation, and when to accept or deny treatment are some of the most difficult decisions family members ever face. Guardians of a dying loved one are often put in the precarious situation where they are forced to balance their duty to act in the ward's best interest, with managing familial relationships, and wishes, while limiting their own liability.



Rick Romeo

A Guardian must consider the expressed desires and personal values of the ward to the extent they are known. If the ward is able to articulate their wishes, the Guardian must consider them. The Guardian must also consider prior written wishes of the ward, including a Medical Orders for Scope of Treatment (MOST) form. Further, preexisting advance medical directives such as Living Wills and resuscitation orders executed by the ward remain valid unless they were specifically revoked by the Court. Therefore the Guardian

can likely rely on the directions in these documents with some assurance that they are, in fact, the true wishes of the ward.

Also, a guardian must provide any preexisting medical directives to healthcare providers. This is an often overlooked way of insulating a guardian from liability. If a ward's medical professionals have the directives on file, the guardian avoids having to search for the documents in a time of crisis.

Guardians cannot execute a new medical declaration on behalf of a Ward, other than a resuscitation directive. Therefore, in the event a ward does not have a preexisting directive, the Guardian must make decisions based on what they believe to be in the ward's best interest. This is not a simple task, and certainly not when coupled with siblings, children, and other interested persons who may have different opinions, but all believe that they know what the ward would have wanted. In this instance, the guardian may want to seek the appointment of a guardian ad litem (GAL) to assess the situation and make recommendations on what is in the ward's best interest. Still, the Guardian has the sole authority to make the final decision.

Meeting with an experienced elder law attorney to complete and execute advance directives is a crucial component to ensuring a ward's wishes regarding their end of life treatment are honored.

❖ *Rick Romeo is a partner with the law firm of Vincent, Romeo & Rodriguez, LLC providing a broad array of services. Contact the firm at 303-604-6030 or visit www.elder-lawcolorado.com/.*

Social Security Today

It's More Convenient than Ever to Apply for Benefits

You've worked hard your whole life, and receiving your Social Security benefits should be the icing on the cake at your retirement party. We're working hard to make it as quick and seamless as possible for you to apply for benefits from Social Security.



Josh Weller

Simply visit www.socialsecurity.gov/applyforbenefits to get started. Through our safe and secure website, you can apply for:

- Retirement benefits;
- Spousal benefits;
- Medicare;
- Disability benefits;
- Extra Help with Medicare prescription drug plan costs; and, in some cases,
- Supplemental Security Income.

You don't have to be internet savvy to finish most of our online applications in one sitting with your computer. Or, if you prefer, we offer you the options to apply in person at your Social Security office or by telephone with one of our application representatives. Please call 1-800-772-1213

from 7 a.m. to 7 p.m. weekdays to schedule an appointment.

You should also call us to schedule an appointment if you wish to apply for certain family benefits, including those for surviving spouses and children, divorced spouses and dependent children, and parents of beneficiaries.

After you've applied for benefits — whether online, by phone, or in person — you can securely and quickly check the status of a pending claim through your online my Social Security account. If you haven't created your account yet, you can do so today by visiting www.socialsecurity.gov/myaccount.

You can also use my Social Security to view estimates of how much you would receive in retirement benefits and potential disability benefits and how much your loved ones could receive in family or survivor benefits.

We're with you throughout life's journey, from applying for your first job to receiving your first retirement payment.

To learn more about our programs and online services, please visit www.socialsecurity.gov.

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

We love your paper!
 Heard from attendees at every resource fair 50 Plus attends

BUSINESS PARTNERS

You Thank Our Advertisers For This Newspaper When You Buy Their Products And Services!

FILE OF LIFE Our sponsors have partnered to provide a identification program to assist individuals who, due to dementia, disease or trauma, are unable to communicate needed information.

Boulder Fire Rescue Longmont Fire Department

Dacono Discount Groceries **Big Savings** on major brand groceries, health & beauty & much, much more. Also fresh produce & bread

913 Carbondale Dr., Dacono Mon-Fri 9-6, Sat 9-4
 (2 miles east of I-25 on Hwy 52) Closed Sun

THRIVENT FINANCIAL

Deidre G. Farrell, MBA, CFP®, RICP®
 Financial Consultant
 Boulder Associates
 1942 Broadway, Suite 314
 Boulder, CO 80302
303-938-3093
deidre.farrell@thrivent.com

Connecting faith & finances for good.®

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP® and CERTIFIED FINANCIAL PLANNER™ in the U.S. 27193 R4-15

50 Plus Marketplace

Advertise Your Service Here!

ONLY \$57

Call 303-694-5512 for details!

DONATE YOUR CAR!

Wheels for Wishes

Make-A-Wish Colorado

Call: 720-907-3825

Call For Eligibility!

Boulder Meals on Wheels: 303-441-3908

Coal Creek Meals on Wheels: 303-665-0566

Longmont Meals on Wheels: 303-772-0590



Wellness Matters

303-441-3599
or mp Pruitt@bouldercounty.org

Wellness Programs are offered without charge to Boulder County residents 60 and over and their caregivers. Donations are encouraged and appreciated.

Diabetes Prevention Program. Diagnosed with pre-diabetes? Get support to make healthy lifestyle changes with this year-long program. Call to find out if you qualify and for details on the next class starting in September.

A Matter of Balance. Learn to manage your risk of falling, reduce your fear and strengthen your body. Classes meet weekly for 2 hours for 8 weeks. Sessions include group discussions and gentle exercises. Fall classes forming in Nederland, Lafayette, Longmont and Lyons.

Healthier Living. Diabetes & Chronic Pain Self-Management (*developed by Stanford University*). Learn techniques to help change your perspective and manage your chronic condition. Classes meet weekly for 2 1/2 hours for 6 weeks. New classes start this fall.

Falls Prevention Week: September 18 – 22. A week of educational and fun activities offered throughout the county. Schedule will be available Sept. 5th at www.bouldercountyfallsprevention.org and at county senior centers.

Medicare Basics Classes
Aug. 3, 2 – 4 p.m. East Boulder Senior Center, 303-441-1546
Aug. 18, 1:30 – 3:30 p.m. Lafayette Senior Center, 303-665-9052
Aug. 21, 10 - noon Longmont Senior Center, 303-651-8411

Nutrition Education. Aug. 21, 11– noon. Food sensitivities diagnostics, elimination technique and more.

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

www.bouldercountyhealthyaging.org

High Plains Library District August Events

Erie Community Library, 400 Powers St, Erie. Carbon Valley Regional Library, 7 Park Ave., Firestone.

Money Matters. Understanding Social Security Choices. Thu, Aug 3; 6:30 pm. Erie. Tue, Aug 15; 6:30 pm. Carbon Valley.

Social Security. When should I start collecting? What if I am divorced? Will the Social Security fund last? Get the answers to these, and other questions, to assist you in making a well-informed decision about retirement.

Carbon Valley Quilters. Wed, Aug 9; 1 pm. Carbon Valley. Explore the art of quilting. Scrappy Trips pattern, provided. Bring sewing machine. All skill levels, ages 16 and up. Register.

Spirits of the High Plains. Spirit Hound. Thu, Aug 10; 6:30 pm. Erie. Local distillers and brewers talk about their products, how they are made, how they got started and a tasting. Register; ages 21+.

SBDC Start Up Seminar. Tue, Aug 15; 6 pm. Erie. This free comprehensive program provides a Colorado Start-Up Guide, library re-

sources and websites to support your business, plus a general overview of the things to consider: business licensing requirements, business taxes you are required to pay, legal forms of organization, components of a business plan, marketing essentials, management requirements, financial planning, funding your business, grant opportunities, putting a business plan together, and launching your business. Registration required.

Home Canning. Pickling. Wed, Aug 16; 6 pm. Carbon Valley. Thu, Aug 17; 6 pm. Erie. Learn how to preserve foods with the pickling method. Anne Zander, CSU Boulder County Extension Agent, discusses high-altitude adjustments and the important safety issues involved with canning. Bring home reliable recipes so that you can be successful in your pickling adventure.

Book Lover's Book Club. Tue, Aug 29; 6 pm. Carbon Valley. Everyone is welcome.

Star Party. Wed, Aug 30; 7 pm. Carbon Valley. Stories and stargazing! Northern Colorado Storytellers and the Longmont Astronomical Society. Telescope viewing begins around 8:15. Snacks provided.

For FREE digital subscription visit our website!



50 Plus Marketplace



Colorado's Largest Monthly Newspaper for 50+ Adults
Call for information: 303-694-5512

www.50plusmarketplacenews.com

Trading Post ORDER FORM

To advertise in the classified section, email 30 words or less to robert@50plusmarketplacenews.com or mail this form and a check for \$29 per month made payable to:

50 Plus Marketplace
4400 Sioux Dr.
Boulder, CO 80303

Copy due by the
10th of the preceding month.

- September 8/10/2017
- October 9/10/2017
- November 10/10/2017
- December 11/10/2017
- January 12/10/2017

ADVERTISER'S INFORMATION

Name _____
Company _____
Address _____
City, State, Zip _____
Phone _____
Email _____

TRADING POST

Services

GOT CLUTTER?

Free guide to getting organized and staying organized. Call Lucy Kelly, Professional Organizer at Joyful Surroundings LLC, 720-526-2114 or email lucy@joyfulsurroundingsllc.com to get your free copy.

SENIOR COMPUTER HELP

Retired systems analyst makes house visits. Offering computer literacy help including email, Facebook, attachments, etc. plus hardware repair, installation. Reasonable rates! WWW.SeniorTech.CO Call 720-480-6636.

BOOKS

Hey Boomers! Diann Logan's new book *The Navel Diaries: How I Lost My Belly Button and Found Myself* tells it like it is and was for us. Get your copy or gift for a friend @thenaveldiaries.com, Tattered Cover, Book-Bar, Amazon, B&N

PIANO TEACHER

All ages, levels, methods, styles
303.776.4020
longmontpianopro.com

Services

AMERICAN MAH JONGG LESSONS in 4, 2-hour sessions, \$90, plus \$5 materials fee. Call 303-444-1513.

Wanted

OLD MUSICAL INSTRUMENTS

I'm a musician interested in buying old guitars, basses, mandolins, ukuleles, banjos, steel guitars. If it has strings, I'm interested. Steve 303-517-0336.

OLD TOOLS WANTED

Serious Collector & user buys your antique hand tools. One tool or whole estate. Trusted & sincere; references provided. 303-651-6822, or e-mail: whiskers3@comcast.net.

ASPIRE PHYSICAL THERAPY.

Personalized one-on-one care! Your source for back, neck, shoulder, and other muscle and joint pain. Convenient downtown Louisville location. Accepting Medicare clients. (720) 523-0643 or www.aspireptcolorado.com

For Sale

JAZZIE SELECT model power chair. Good working order, Best offer call Wendell at 303-818-9884.

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.

Help Wanted

SALES JOBS!
Great PT employment



Choose Your Hours
Work With A
Professional Sales
Team and Serve
Seniors.
Call **303-694-5512**
For More Details.

Water ■ from page 1

the ocean. This is why watershed protection — attention not only to the body of water but the area that drains into it — is important.”

The Environmental Protection Agency, which reports that 40% of the nations waterways suffer water quality problems, has a detailed watershed database, which allows users to locate which watershed they live in and learn about how polluted it is and what actions they can take to protect their regional water quality.

Clean Water Action offers a succinct but thorough fact sheet on what individuals and families can do to prevent water pollution from their homes, including:

- not using antibacterial soaps or cleaning products
- not flushing unwanted or out-of-date medications down the toilet or drain
- not putting anything but water down storm drains
- fixing leaks that drop from cars and putting liners in driveways to collect oil and other materials
- avoiding using pesticides or chemical fertilizers
- choosing nontoxic household products when possible
- picking up after pets
- not paving properties

Can you believe it? This poem was actually published in The Saturday Evening Post in 1949, under the title, “Time of the Mad Atom.” See if it sounds familiar.



Steve Goodier

*This is the age
Of the half-read page.
And the quick hash
And the mad dash.
The bright night
With the nerves tight.
The plane hop
With the brief stop.
The lamp tan
In a short span.
The Big Shot
In a good spot.
And the brain strain
The heart pain.
And the cat naps
Till the spring snaps –
And the fun's done!*

It seems that people were as frantic then as they are now.

Many years ago James Lachard (pen name for John James Brown) wrote a piece called “An Interview with God.” In it, the narrator asks

Your Life Support

These Are the Only Times I've Got

God, “What surprises you most about mankind?”

God's answer is telling: “Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.”

Are we so driven to make a living that we can't make a life? Are

we so anxious about what might happen tomorrow that we miss what is happening today? What if we decided that today is too important not to cherish?

I don't want to get addicted to being busy. And I don't want to die before I've ever really lived. Whether these are the worst of times or the best of times, I know these are the only times I've got and I want to live them with intention. I think I can start that today.

❖ Steve Goodier, <http://www.life-supportsystem.com>

Book Shelf

NEW FICTION

- High stakes *Fern Michaels*
- Any day now *Robyn Carr*
- The broken road *Richard Paul Evans*
- Twelve angry librarians: a cat in the stacks mystery *Miranda James*
- Secrets in summer *Nancy Thayer*
- A million little things *Susan Mallery*

NEW NON-FICTION

- Dodge City: Wyatt Earp, Bat Masterson, and the wickedest town in the American West *Tom Clavin*
- Colorado myths & legends: the true stories behind history's mysteries *Jan Elizabeth Murphy*

NEW IN LARGE PRINT

All by myself, alone

- Mary Higgins Clark*
- A deadly affection *Cuyler Overholt*
- My own words *Ruth Bader Ginsburg*

FICTION BESTSELLERS

- The silent corner *Dean Koontz*
- The identicals *Elin Hilderbrand*
- Dangerous minds *Janet Evanovich*
- Kiss Carlo *Adriana Trigiani*

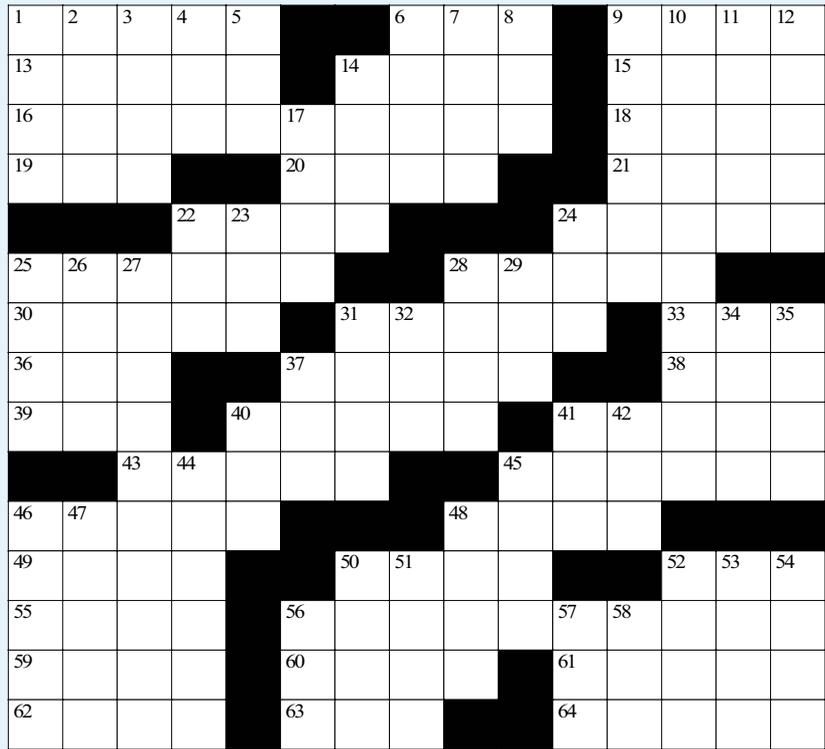
NON-FICTION BESTSELLERS

- Bill O'Reilly's legends and lies: the civil war *David Fisher*
- Hunger: a memoir of (my) body *Roxane Gay*
- You don't have to say you love me: a memoir *Sherman Alexie*

50 Plus Marketplace News

Crossword Puzzle

Boulder County • August 2017
Answers page 8



ACROSS

- 1 The elbow
- 6 Mischievous child
- 9 Stool pigeon
- 13 Caravansary
- 14 Spoken
- 15 Not closed
- 16 Reckless extravagance
- 18 Foretell
- 19 Dip in liquid
- 20 Hawaiian goose
- 21 Ripped
- 22 House rodents
- 24 Standards
- 25 Monetary unit of Macao
- 28 Make into an act
- 30 Big
- 31 Woman in charge of a household
- 33 Electrically charged atom
- 36 Part of verb to be

- 37 Steer
- 38 Single unit
- 39 Light meal
- 40 Entirely
- 41 Flinch
- 43 Sift
- 45 Skilled
- 46 Prolonged pain
- 48 Cloak
- 49 Damn
- 50 Native of Thailand
- 52 Coloring material
- 55 Musical instrument
- 56 Basis
- 59 In addition to
- 60 Sturdy wool fiber
- 61 Stretch of turf
- 62 Trial
- 63 Lyric poem
- 64 Natives of Poland

DOWN

- 1 Serpents
- 2 Emperor of Rome 54-68
- 3 Harvest
- 4 Idiot
- 5 Naught
- 6 Republic in SW Asia
- 7 Clublike weapon
- 8 Wield
- 9 Algae
- 10 Assigns
- 11 Arm again
- 12 Leg joints
- 14 Double curve
- 17 South American Indian
- 22 Magazine
- 23 Frozen water
- 24 Vietnam
- 25 Plot of ground
- 26 River in central Switzerland
- 27 Treasonable
- 28 Whirlpool
- 29 Not
- 31 Hybrid
- 32 To be unwell
- 34 A single time
- 35 Requirement
- 37 Governor
- 40 Whimsical
- 41 Spun by spiders
- 42 Wrath
- 44 Incept
- 45 Empty
- 46 Take as one's own
- 47 Architectural feature
- 48 Tolloed
- 50 Tailless amphibian
- 51 Enormous
- 52 Clock face
- 53 Long ago
- 54 Finishes
- 56 From
- 57 Viper
- 58 Twain

*Personalized
Service
with Dignity and
Compassion*

*Family Owned and
Operated*

Since 1958
AHLBERG
Funeral Chapel and
Crematory
326 Terry Street, Longmont
303-776-2313

www.ahlbergfuneralchapel.com

*~ We Care
~ We Listen
~ We Provide*

Call today to find out
about our affordable
service options.

TOURISM ■ from page 1

tels, rented condos, campgrounds, RV parks and bed & breakfasts). The state's total travel expenditures increased by 2.7% from 2015, pacing national spending growth.

Underscoring the importance of tourism for Colorado residents, the state's travel industry generated \$1.2 billion in local and state tax revenues in 2016, an increase of 7.3 percent from 2015. To replace those visitor taxes would have required an additional \$216 tax payment from each of Colorado's 5.56 million residents.

Visitor spending also spurred job creation. In 2016, the travel industry directly supported 165,000 jobs, a 3.1% increase over 2015, creating earnings of more than \$5.8 billion in 2016, a 5.5% increase over 2015.

Record Visitation; Marketable Trips Reach All-Time High. From Colorado Travel Year Report 2016, Longwoods International

Colorado welcomed an unprecedented 82.4 million visitors in 2016, up 6% from the 77.7 million who visited in 2015. The 2016 numbers included a record 37.7 million overnight visitors and 44.7 million day travelers. The state's most valuable travel segment – marketable leisure trips – reached an all-time high of 18.7 million, a 9.3% increase over 2015. Marketable leisure trips, unlike business travel or visits to friends and family, represent travelers who have a choice of destinations and thus can be influenced by marketing.

Colorado's Ad Campaign Ranked Among Most Effective in U.S. From Marketing Effectiveness Research, Strategic Marketing & Research Insights (SMARI)

Colorado's award-winning 'Come To Life' marketing campaign continued to show a high return on investment. In studies, the campaign ranked among the top 10% nationally, both for inspiring travelers to want to visit and to

learn more about the state. More importantly, SMARInsights reported the campaign generated significant incremental travel, driving more than 2.6 million additional trips to Colorado with a total impact of \$4.2 billion. This was up dramatically from \$2.6 billion in 2014-2015 and \$3.5 billion in 2015-2016.

Based on a media spend of \$7.86 million, Colorado's marketing campaign also created an outstanding return on investment (ROI) for the state's investment in tourism promotion. SMARInsights found the campaign generated a record-high \$534 in travel spending for every \$1 of paid media, up from \$478 in the prior marketing year, mainly due to an increased focus on a national audience. Colorado's 'Come To Life' campaign was enhanced by nationally focused public relations and social media programs.

"Colorado Tourism continues to have one of the strongest tourism marketing campaigns in the country and continues to evolve the campaign to be more effective," said Denise Miller, executive vice president of SMARInsights. "The result is one of the best ROIs in the U.S. The CTO's move to a more national campaign has paid off and is telling the Colorado story to a larger audience. The campaign is also working to bring more families to the state, which is growing the current and future audience."

SMARInsights also found traveler interest in legal marijuana appears to have stabilized, with approximately 15 percent of visitors participating in a "marijuana-related activity," but just 5% reporting it as a motivation for their trip.

To view the full reports for Colorado Travel Impacts 2016 (Dean Runyan Associates) and Colorado Travel Year Report 2016 (Longwoods International), visit industry.colorado.com/research.

Colorado Citizens for Canine Welfare presents

Peter, Pups & Music!

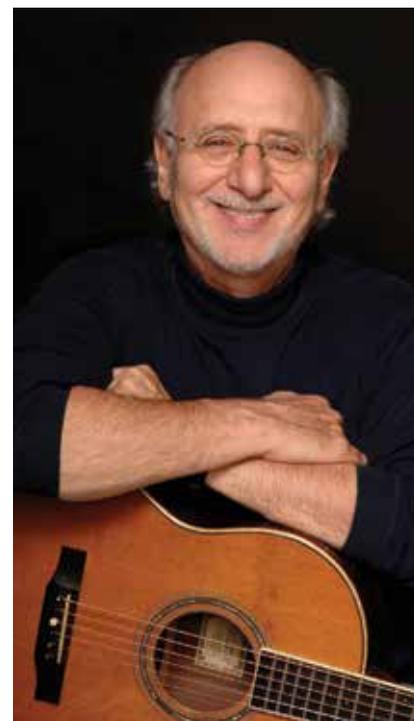
A Concert to Benefit Puppy Mill Dogs

August 18th, 2017

Boulder, CO

Register now-seats are limited!

Peter Yarrow, from the iconic group of Peter, Paul and Mary, brings an evening of musical enjoyment to every heart that loves music and every heart that loves dogs. Peter understands the inhumane suffering mill breeding dogs endure during their lifetime of living in cages, producing millions of puppies for pet stores and Internet sales. 3CW is excited to have Peter's help in telling their story.



Plus! For VIP ticket holders, a reception will start at 6 pm. Meet Peter, enjoy a little food, wine (non-alcoholic beverages, too), good conversation and make some awesome memories! VIP's will also receive a photo with Peter and his CD.

VIP tickets: \$100

Concert tickets: \$25, \$35, \$45

Available at:

www.caninewelfare.com/50plus



a nonprofit working to end puppy mills
Colorado Citizens for Canine Welfare is an
IRS 501(c)3 #45-3532052
Registered with Colorado Secretary of State

50 Plus Social Media Videos

August Video Schedule



Enjoy our educational & informational weekly videos presented by our monthly columnists.

View our columnist's videos at www.50plus.news/videos or www.facebook.com/50plusnews.

- August 7: Gerontology on Taking Care of Loved Ones
- August 14: New Features on Social Security Website
- August 21: Elder Law on Medicaid: Truth or Fiction
- August 28: Larimer Office on Aging: In Home Services

[More videos coming in September!](#)

Visit the 50 Plus Interactive Web site!

50^{Plus} Marketplace NEWS

Colorado's Largest Monthly Newspaper for 50+ Adults



Call for information:

303-694-5512

www.50plusmarketplaceneews.com

