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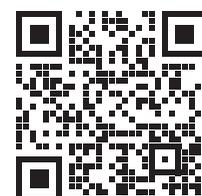
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**NEWS**

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August 2014 • Volume 20 • Issue 8

# “Golden Moments” - A magical event!



2014 Ms. Colorado Senior America Contestants (l-r). Marilyn Litman, Karen Osbourne, Yvonne Zebrauers, Claudette Erek (2nd Runner-up), Sharon Nuanes (Queen), Diane McKnight Page (1st Runner-up), Camella Landrum, Marta Leoni.



Ms. Colorado Senior America Past Queens



Sharon Nuanes

The 20th annual Ms. Colorado Senior America Pageant was simply magical as six distinguished judges had to choose between 8 beautiful & talented contestants that mesmerized the audience.

It was no illusion when Sharon Nuanes walked across the stage crowned as Queen after her superb

performance in showing the crowd a ‘symphony of magic’ tricks with grace and poise.

Sharon volunteers for the Citizen Emergency Response Team and plans training exercises. She is a talented costume designer and loves to dance, performing with 3 different groups.

Pulling out of their sleeve, was the fantastic talent of the Cameo Club which sang & danced to a “Broadway ladies medley”, joined by one dapper Bob Antosik in tophat.

Be sure not to miss the fun next year; polish up your talent, don your beautiful evening gown and bring a bus load of friends. Con-

gratulations to all performers!

If you would like the Queen or Cameo Club at your event or would like to be a sponsor call: Ramona 303-759-8148 or <http://www.cosenioramerica.com/>.

## INSIDE

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## Boost Your Grandchild’s Interest in Learning

*By Jandel Allen-Davis, Kaiser Permanente Colorado.*

August usually brings promise of the hottest days of the year, the last chance to hit the pool and for many children in Colorado, it’s the sure-fire sign that school is starting up again. As a grandparent, you might be trying to find an activity you can squeeze in with your grandchild before they head back to school.

The Denver Museum of Nature and Science recently opened up their newest permanent exhibition,



the Discovery Zone. Sponsored by Kaiser Permanente, the Discovery zone is an interactive exhibition where kids do what scientists do: look, ask, discover, make, and share.

It’s the perfect end-of-summer activity to help inspire children and get them excited about learning.

Children need a strong foundation for learning and those earliest years are critical to their academic success later in life. The new Discovery Zone will help inspire an entire generation of Colorado youth to explore the fascinating world of science through interactive exhibits and hands-on play.

The exhibit provides experiences

Continued on page 5 ►

# August CALENDAR

Cataract Awareness  
Psoriasis Awareness  
Relay For Life

## Tuesday/12

Denver West Womens Connection Fiesta Luncheon Concordia Lutheran Church, 13371 w. Alameda Pkwy, Lakewood, 12-2 pm. RSVP: 303-985-2458

## Tuesday/15

AARP, Centennial. 1 pm, at Thomas More Catholic Church, 8035 S Quebec St. Travelog movie. All are welcome. Info: 303-797-9251.

## Wednesday/20

Clear Creek Church, 10555 W. 44th Ave. Senior Lunch, 3rd Wed. monthly, 11:30 am. Lunch & program. Info: 303-424-3031.

## Tuesday/26

TRIAD 1:30 pm, Jffco District Attorney, 500 Jefferson Cty Pkwy, Golden. Program: How to Avoid Scams. Info: 303-271-6980.

## Every Monday

Forest Street Care Center, 3345 Forest St., 10-noon. Free Info. Reg: [www.alz.org](http://www.alz.org) or 720-877-3474.

# Englewood High School And Jack Fisher

By Michael Buckley, 50 Plus Marketplace News

The Class of 1964 recently gathered at the Embassy Suites in south Denver to celebrate their 50th High School Class Reunion. Almost 150 classmates, spouses, and friends gathered for an evening of reminiscing, entertainment, seeing old friends and catching up, viewing all the Class of 1964 photos and memorabilia.

The class celebration was highlighted by a very special remembrance of a beloved Englewood High School teacher Jack Fisher. Jack served as the Head of the Speech and Drama department from 1959 to 1974. His impact on his students was enormous. Mr. Fisher passed away in 1976 leaving a long standing and admired legacy.

Betty (Pace) Plotz recalls Mr. Fisher's knack for making his students feel important. He instilled within us a genuine taste for theatre. He was a gift!

Richard Hanson, retired University of Arizona Theatre and Arts Professor recalled Jack coming into a high school play rehearsal very ill. So ill, his wife Katherine brought in a lounge chair from which Jack directed. He was indeed a dedicated man. Richard also commented, "We had better be on time for rehearsal, too!"

Mr. Fisher's family was invited to the reunion as special guests of the Class of 1964. His wife Katherine, daughter Brigid Fisher Walje and



grandchildren Tyler and Lauren were honored to be there and take part in the celebration. Tyler and Lauren commented how proud they were of the grandpa and were amazed about the impact he had on so many.

Gil Moon, KFKA, 1310AM Greeley Radio host and a 1963 Englewood High School graduate presented Katherine Fisher and her family a handmade scrapbook con-

taining a compilation of memories and photos contributed by Jack's students. A beautiful shadow box displaying a piece of the curtain from the "Fisher Auditorium for the Performing Arts" was also presented to the family. The family expressed their heartfelt appreciation.

Entertainment by Robert Johnson vocalist and Bob Schlesinger, at the keyboard added to the evening.

## HEALTH TIP:

### Keep Mosquitoes at Bay

Mosquito bites can be more than just an itchy annoyance; they can transmit diseases such as West Nile Virus.

The California Department of Public Health suggests how to help prevent mosquito bites:

- As standing water is a breeding ground for mosquitoes, promptly eliminate any standing water around your home.
- Stay indoors during the times

when mosquitoes are most active, notably at dusk and dawn.

- Use an insect repellent that protects against mosquitoes, such as those that include DEET, IR-3535, oil of lemon, eucalyptus or picaridin.
- Check window screens to make sure they do not need repair.

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

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## Allay Home Care Raises over \$2800 for the ALS Rocky Mountain Chapter

The first annual "Ride With Reason: A Motorcycle Ride for Charity" was a big success.

Everyone who attended left with a renewed passion for creating awareness for the ALS Rocky Mountain Chapter.

Randy Smith is taking "The Ride of Life" riding across the U.S. in memory of his wife, Sophia. Sophia succumbed to ALS in April of 2013 after a 28-month battle.

Avid motorcyclists, Sophia and Randy always dreamt of riding their beloved Harleys from coast-to-coast, "dipping a toe in each ocean," Randy says. Sophia was never able to realize that dream, so instead, she used her last months of life to give ALS a face and a voice, speaking out about this largely un-

known and under-researched disease, maintaining that "someone has to stand up and fight."

Now Randy continues the fight, with plans to take the Ride of Life for Sophia, traveling from South Texas to California, up the West Coast to Washington, across the Midwest to Maine, then down the East Coast to Florida before heading back to Texas. In Harley parlance, Randy is making the ultimate "Poker Run," traveling to cities in the four corners of the United States before returning to his hometown of Victoria, Texas. Randy rides with a two-fold purpose: 1st to raise awareness about ALS, and 2nd to complete an inpatient center for Hospice of South Texas, a state-of-the-art facility for those who require intensive palliative care." For more of the story visit <http://www.rideoflife.org/>.

The Ride With Reason ride,

originating in Thornton took place on June 21st. Through the ALS Assoc. Network, Randy's son learned of this ride on June 19th and called his father. Randy, in Montana at the time was headed to Colorado within 30 min. of that call. Randy also called his friend Jode Zavesky from Texas, who 2 hours later was also on his bike headed for Colorado.

Randy and Jode both have extremely big hearts for going out of their way to not only show support for the ALS Rocky Mountain Chapter, but for taking on the challenge of raising awareness for the ALS Assoc. across the entire country. All of us here in Colorado who were lucky enough to meet these two great individuals really enjoyed getting to know them and look forward for their return for next year's Ride With Reason: A Motorcycle Ride for Charity.

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## Technology is Hip!

### The Future of Automobiles

Per n a recent Gartner research survey, auto owners want to be connected to the Internet in more ways than one. Forget horsepower! The connected car or truck is becoming



**Bob Larson**

the hottest feature for vehicle buyers. “Consumers are increasingly looking for solutions that allow them to stay connected wherever they are,” per Gartner Research. “This will actually make cars the coolest mobile device going.” In-vehicle technology is the top selling point for 39 percent of new car buyers today according to a study by consulting firm Accenture released last December. That’s why cars that talk, show drivers the way and steer them from harm is dominating the 2014 Detroit auto show. Built-in radar is now used for collision avoidance and parking, dashboard screens for accessing the Internet or a mobile office, Ford or GM’s electronic wireless vehicle system with help on di-

rections, accessing the Internet, or calling for help, voice or hand gesture activation controls, remote home security, ability to watch any TV show or movie in the back seat, and much more!

The number of cars connected to the Internet worldwide will grow more than sixfold to 152 million in 2020 from 23 million now, according to researcher IHS Automotive. American, German, and Japanese auto manufacturers plan to offer more Internet connections in their mid to upscale 2014 cars, including Wi-Fi hot spots for tablets and laptops. By 2017, one-quarter of all automakers will earn money from e-commerce transactions in the car.

By 2018, one in five cars will be “self-aware,” able to discern and share information on their mechanical health, their global position and status of their surroundings per Gartner Research. The future of auto technology is rapidly changing with educational, entertainment, and safety benefits.

❖ *Bob Larson is a technologist and our Marketing Director for 50 Plus. Contact Bob at Marketing@50plus-mediasolutions.com*

## Birds Eye View

### Keep On Learning

“You have to write your own job description and then expect something from yourself”. Peter J. Bourke: Sea Trials, a first person account of a solo crossing, Atlantic Ocean adventure, of a 58 year old man aboard a 44 ft. sail-boat.



**Shirley Riggs**

Retirees challenged by life style changes discover benchmark days which include learning curves. The day a person knows that a learning curve stalemate must be tackled becomes a benchmark day. It is demarcation where space stops and another begins. Learning curves precede benchmarks and lead to records of achievement.

In the pursuit of new and varied interests, hobbies and acquaintances, in which they come in contact, expansion of the norm is required. A new “Hive” cannot work up to speed. Arts and crafts require a trial and error process. Artists learn

new skills of creating in their work. They study under mentors.

It is the norm in today’s world to walk, jog and run. A runner in a new space will stand back, gather bearing and stabilize momentum. Runners like to break records of achievement. We are all running in various ways on our journey.

Retirees have records of achievement in their chosen life style. Tradesmen, airline pilots, mechanics, dentists, sea captains, engineers, journalists, food handlers, ranchers, teachers and especially students all are challenged by various benchmarks and learning curves in a continual education process in order to become more vibrant and useful, not only to themselves, but those around them.

Those who benefit from continuing education are not only the participants, but also those who become recipients of the process. Colorado provides several avenues for growth. Colorado Free University is a prime source.

❖ *Shirley Riggs, member Colorado Press Association; [www.enlightenseries.com](http://www.enlightenseries.com)*

# Schedule a Tour at Mount Vernon Country Club!

Mount Vernon Country Club is reinventing itself! Their Main Dining Room renovation is complete, along with an expanded view deck including a fire pit for lunch, sunset dinner, or cocktails and appetizers.

With only a \$400 one-time initiation fee per family, (limited time), seniors 55 and over may enjoy membership which includes dining, events and activities, and complimentary room rentals for celebrations or meetings. There is never a monthly food and beverage minimum to meet, and it is just \$43 per month to maintain a membership.

It's New Year's Day, 1924, and 154 members of the club gathered on the foothills for an afternoon of toboggan rides. Later, there is a dollar-a-plate celebratory meal back at the clubhouse. The Club has grown and changed since 1924, but young and old alike continue to create memories.

They are bucking the trend in 2014 and offering more benefits for members, not less. There is so much more than one would expect. From its nightly dining specials, interactive cooking classes or wine tasting, there is something for all ages to take part in. Adults enjoy dancing and top name jazz artists,

yet all ages love holiday hay rides, swimming, tennis, and events such as Oktoberfest.

Members are welcome to invite friends or family to join them at any time. Their many partners, such as the Denver Center for the Performing Arts, offer members ticket discounts.

Dining options are endless, The Club Saturday Steakhouse, Shrimp dinners, a weekly "all you care to eat" Friday King Crab Buffet and Sunday Brunch, are just a few.

Visit the Club soon and see for yourself! The scenic and historic club is located at I-70 on Look-out Mountain in Golden, only 10 minutes from Lakewood. Contact Linda McFarlin, Marketing & Membership Director, Linda@mountvernoncc.com, 303-526-3135, or Beth McHugh, Membership Executive, Beth@mountvernoncc.com, 303.526.3102, with membership questions. Visit their extensive website [www.mountvernoncc.com](http://www.mountvernoncc.com).



## The ABCs of Assisted Living Facilities

Whether you want a cozy environment with fine amenities or around-the-clock assistance with personal care needs, assisted living facilities (or ALFs) are a practical choice for seniors who want to enjoy their retirement years in a safe, secure environment. With National Assisted Living Week upon us this September, take time to learn three major ways these communities can provide you or your loved one the quality of life you deserve.

**Amenities and Community Programs:** In an ALF, residents can enjoy deluxe dining, group outings and activities, special events and more, so there's never a dull moment.

**Beautiful, Custom Arrangements:** Select communities come with luxuriously furnished private or semi-private rooms while others offer a blank canvas for residents to decorate and explore their desired level of comfort.

**Clinical Care Services:** Some ALFs provide residents with prompt medical attention and routine health care depending on their level of need and ability to perform day-to-day tasks.

If assisted living sounds like a lifestyle you or your loved one would enjoy, research your options to get the most out of your experi-

ence. Start by touring prospective communities and ask ALF representatives a few good questions about:

- Amenities included in the cost
- Accommodations, such as a special diet or pet allowance
- Types of care programs
- Visitation hours and curfews

For more information about ALFs, or to find a community in your area, visit [eldercare.org](http://eldercare.org) or contact your local Area on Aging.

With independent living for seniors in mind, this is an article sponsored by Life Care Centers of America.

## Boost from page 1

that expose early learners to basic science concepts in physical science, life science, earth and space sciences, math, and human culture, by engaging them in open-ended play and experimentation. I'll say too that when I went, I was playing and exploring just as much as the little ones!

So gather the grandkids and drive, bike or walk your way to the Denver Museum of Nature and Science and explore all the possibilities in the Discovery Zone.



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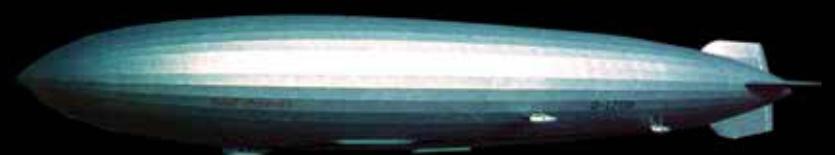
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## Aging Well

### Healthy And Livable Communities

“Healthy aging is the development and maintenance of optimal mental, social, and physical well-being and function in older adults. This will most likely be achieved when communities are safe, promote health and well-being and use health services and community programs to prevent or minimize disease.” West Virginia Rural Healthy Aging Network



Donna Mullins

aging is a wonderful guiding statement for all of us working in the field of aging, we should not assume that it only applies to older adults. As we face the growing demographic, socioeconomic trends, changes in health status, and market demands for city versus suburban versus rural living, we are quickly learning that age differences do not always mean conflicting preferences.

When envisioning future communities and improving existing communities cultivating a better quality of life is a goal shared across generations. According to the AARP Public Policy Institute (PPI) What Is Livable? Report: Younger and older generations have

many similar desires about what they want in their communities.

All generations appreciate pedestrian-friendly streets and good public transportation. All adults want amenities close to home. Lively streets full of pedestrians, a variety of shopping destinations, meeting places, housing, entertainment and good transportation all located close to home appeal to people of all ages. Researchers have found that millennial and older adults, especially Baby Boomers, enjoy the features of healthy and livable communities.

❖ *Donna Mullins, Mullins Youngdahl Design Company, Co-Chair of the Housing Workgroup, Aging Well in Jefferson County project.*

## Genealogy Rocks!

### Dig Deeper

If you're a new family researcher, you probably started with the 1940 U.S. census. You looked up John Sommers in Smith County, Nebraska and you know it's the right one because it's your grandfather and his wife, Mary



Carol Cooke Darrow

Jane, is your grandmother. Is that it? Did you look to see where they lived in 1935? What was your grandfather's occupation? Where was he born? Where was she born?

Now you should think about digging deeper. Go to the 1930 U.S. census. Are they married yet? Are they living in the same place as in 1940? Do you recognize the names of their children? They are your aunts and uncles. Are any names missing? Perhaps the older children are married and living in their own household. Did your grandfather own his house or did he pay rent? Were the children / young adults all single or married but living at home? Were any divorced?

When you look at the 1920 U.S. census, you may find information about when your grandparents or their parents came to the U.S. if they were immigrants. You may learn if they have become naturalized (Na) or have filed the first papers (Pa) to become naturalized.

The 1900 and 1910 censuses tell you how many years a couple has been married. It also tells you how many children the wife has given birth to and how many are alive at the time of the census. The 1900 census also gives you the month and year of their birth.

Now you're back to your great-grandparents, their marriage & children. In the 1880 census, they may have been children. My own grandfather was born in 1888 in Alabama and appears for the first time in the 1900 census in Louisiana. By 1920 he was living in Texas.

When you have collected all the information of their birth date, birth location, current residence, citizenship status, occupation, marriages and children, you are ready to look for the documents to support this information. Focus on the location where these events happened and narrow your search to the time and place of the events.

❖ *Carol Cooke Darrow is a certified genealogist, learning about the lives of her ancestors.*

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## Better Business Bureau

### Beware the Grandparent Scam

“Grandma! It’s me, your grandson. I’m in a bind!” Many emergency or ‘grandparent’ scams begin with words like these on the other end of your phone line. The voice is distressed, usually explaining an arrest or car accident in another state or country, and pleads for money but doesn’t want his or her parents informed. The problem is—the caller isn’t your grandchild—the caller is a con artist.



**Megan Herrera**

Once the fraudster explains the alarming story, he or she requests money to be wired through a transfer company, often Western Union or MoneyGram. Another method used as of late is to ask you to load a prepaid debit card like a Green-Dot MoneyPak, and give the serial number to the scammer who still has you convinced he or she is your grandchild. This prepaid debit card method is becoming more

widespread as the Federal Trade Commission has focused heavily on reducing wire transfer fraud in recent years. All of these methods, however, are essentially untraceable and once the money is transferred, it’s gone into the hands of the scammer and there is little or no recourse.

If you receive such a call, don’t give any information and hang up. Call your grandchild directly and his or her parents. Unfortunately, reports to the BBB have even mentioned twists in which the grandparent calls their grandchild, but the scammer answers. Technology can allow for such sophisticated schemes completely unbeknownst to your grandchild.

To be proactive, talk about this scam with your grandchildren and their parents and establish a code word or phrase to ask if any strange calls ever occur. If you have been victimized by this scam, report the incident immediately to your local police department and BBB.

❖ *Megan Herrera, BBB’s Communications Director: mherrera@denver.bbb.org.*

## Joan & Rochelle Say

Sometimes as care-givers, or even as family members called upon to make difficult decisions on a loved one’s failing health seems the worst agony. For instance your relative is already afflicted with a debilitating disease and receives a diagnosis for something far more life-threatening. Do you opt for them to undergo potentially excruciating treatment that might extend life a few months, but dwindle even further their quality of life?



**Joan Toohey & Rochelle Faraco**

That’s when knowing the patient’s goals and values helps with decision-making. Is he or she a fighter, who is willing to try anything, for the satisfaction of never giving up, or have they made peace with death, and prefer to hang on only if suffering isn’t a requirement?

Don’t make assumptions; the elder population is as diverse as any. You may be surprised to find out your loved one’s views on the subject.

Have these conversations as soon as possible after the first condition sets in when the patient still has faculties to decide for him or herself, even to the point of helping them research and weigh options.

Preserve their dignity by involving them in the discussions as much as possible, and defer to their wishes about having someone else make final decisions or not. If they prefer to be the one in charge to the end, get them to iron out some guidelines, such as whether they want to be resuscitated or not, should they go unconscious.

The medical community is required to do so, so they need to let you know if that’s not their preference. Have them decide as well if they want hospice care or not, and about extraordinary measures to be taken. These conversations don’t have to be long drawn-out ones. Most people have some pretty firm opinions!

❖ *Joan Toohey and Rochelle Faraco Founders & Executive Directors of Seniors Solutions of Colorado, LLC 720-295-6263 for a variety of senior and aging adult resources.*

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This group is hailed by critics and fans alike as the most authentic and enduring Beatles tribute in the world. Choosing songs from the pre-Sgt. Pepper era, "1964" recreates an early 60's live Beatles concert with period instruments, vintage costumes, hairstyles, on-stage mannerisms, speaking voices, and unmistakable harmonies of the lads from Liverpool. Over 30 years of researching and performing at major concert venues on 4 continents has made the "1964" group masters of their craft in capturing the essence of the Beatles live on stage.

This 50th Anniversary celebrates Red Rocks Amphitheatre as one

of 4 original concert sites still remaining from the Beatles first American tour in 1964. In celebration of this historical event, "1964" kicks off the evening with the 10 songs The Beatles performed at Red Rocks in 1964. Come experience the magic and see what it was like at the beginning.

For more information on "1964" The Tribute visit: [www.1964site.com/](http://www.1964site.com/). This concert benefits Colorado Public Television 12 and is sponsored by 99.5 The Mountain, KOSI, Marriott Denver West, The Denver Post, Out Front, Integrity Limousine, 50Plus Marketplace News, Prime Time for Seniors, and Brothers BBQ.

Friday, August 22, 8 p.m. Gates open at 6:30 p.m. Red Rocks Amphitheatre. \$32 GA, plus service charges, [www.ticketmaster.com/](http://www.ticketmaster.com/), all Ticketmaster centers, 1-800-745-3000, [www.cpt12.org/](http://www.cpt12.org/), 303-296-1212, M-F 9-5pm.

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## Uniquely Bea

### Shut Up, I Had a Heart Attack

I had always heard that a woman's heart attack is different than a man's. We do not get the sharp pain in the chest and the pain down the left arm, which is often dramatized in men by the media. Many women reported mild symptoms occurring as much as month before a heart attack. Our symptoms are far more subtle and can be overlooked or discounted.

The day before I had my heart attack, I noticed that some of the fingers on my left hand would go numb from time to time. "Oh, well, I thought. Just a pinched nerve from working out." WRONG. Later that night, I sat propped up on the couch relaxing. I got a sharp pain that radiated from the front of my right shoulder to my left.



**Bea Bailey**

Indigestion? Perhaps. Then I got the pain again and the fingers on both hands started to tingle and go numb. I knew that this was a sensation that I had never felt before, so I drove myself (WRONG) to the hospital. I didn't want to fuss with 911 (WRONG). I knew that it wasn't a heart attack because I am fit and my weight is good. I was WRONG and quickly discovered that no matter what you do; you can't out-diet or out-exercise your family's DNA!

I was blessed to find out that I had no damage to my heart and any cardiac issues can be controlled with medication and slight modifications to my diet. If you feel any of these symptoms, err on the side of caution and Go To The Hospital and get yourself checked out.

As my friend told me, "It is better to be seen than viewed!"

❖ *Beatrice Toney Bailey, TV Host, Author & Lecturer, [farewellmyfriend.net](http://farewellmyfriend.net)*



## Senior Emergency Rooms

By Brian Newsome

Going to an emergency room is never fun, but it can be an especially stressful experience for senior citizens. Elderly patients may move slower than the fast-paced world around them, or have special needs that a typical hospital doesn't provide.

But that's not the case at three Denver-region hospitals, which have redesigned services with seniors in mind. Lutheran Medical Center in Wheat Ridge, Good Samaritan Medical Center in Lafayette and Saint Joseph Hospital in Denver, all offer Senior Emergency Rooms.

In each case, the ER offers features targeted at older adults' needs and wants. Non-skid flooring prevents falls, and special 6-inch-thick mattresses prevent pressure ulcers from forming on bony areas. Nurses and doctors are specially trained

in geriatric care, and there is adaptive equipment for fall safety.

To improve the patient experience, senior ER rooms are private, not separated by curtains, and they have softer lighting. Audio and visual aids are available, such as TV speakers near the head, to accommodate hearing and seeing impairments.

The changes have been well-received, according to hospital officials. At Lutheran Medical Center, home to the fastest-growing senior population in the state, the success of the ER has prompted the hospital to also create a Senior Surgery Center and Senior Behavioral Health unit.

The three hospitals, which are part of SCL Health, recognize that no one wants to be in an ER. But when the need arises, they expect the patient experience to match the quality of care they provide.

## A LITTLE BIRD TOLD ME... SOUTH TEXAS IS FUN!

By Ron Stern, Photojournalist



in the Western Hemisphere. There are 7 nature-related festivals held each year and 9 world birding centers, making



McAllen and the surrounding areas popular destinations for tourists and snowbirds.

The glowing orange sun slowly rises over the Lower Rio Grande Valley as the music of songbirds greets me with the morning dew. I steady my camera and telephoto lens as a Green Jay, one of the specialty birds of the area, lands on a nearby branch. As I focus, his brilliant blue and black crown and yellow throat appears illuminated by the warm morning light. After a few great shots, I wait for the next example of nature's splendor to wander into my view.

**Birding:** Such are the sights in McAllen, Alamo, Mission, and other towns that make up part of the Lower Rio Grande Valley. These are some of the most popular birding and butterfly watching destinations in the United States and home to over 580 recorded bird species, 39 of which are only found here.

What makes this area so special for bird lovers is that it is on one of the primary migratory flyways

There are several special spots to see the wide variety of birds in this area, including many specialty birds such as Green Jays, Great Kiskadees and Altamira Orioles. Santa Ana National Wildlife Refuge, for instance, has more than 400 species of birds and is considered one of the top birding locations in the U.S. At Bentzen-Rio Grande Valley State Park in Mission, you can take a tram around a 3-mile loop and stop off at one of two blinds offering great views of the local wildlife. There are also an exhibit hall, a coffee shop and camping facilities. \$3 vehicle parking fee for Santa Ana National Wildlife Refuge, \$5 for adults at Bensten.

McAllen Convention and Bureau [www.macallencvb.com](http://www.macallencvb.com)

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## Nostalgia Road

### Wadayawanna Watch Tonight?

Movies are better than ever! That was what Hollywood was telling us back in the 1950's. What they meant was movies were better than television. But we didn't buy it. Ticket sales have been going down-hill ever since.



**Dick Dedrick**

In the old days, films were trucked into my home-town in heavy metal containers and carried up to the projection booth on a broom handle, by two people. Then the reels were loaded onto 35mm projectors with carbon lamps. In the cities, the films were new and pristine. In small towns like mine they were dirty and scratched up. Today movies are digitally downloaded by the theaters. No scratches. No trucks or broom handles required.

These days at our house we do most of our movie watching on Netflix and Amazon. There's no need to go out and find a parking space or buy five dollar popcorn.

No need to look at all the movie posters either, to see what's coming. No need to watch a boring newsreel or travelogue, or Three Stooges comedy. Or yell like crazy when the Durango Kid western came on at the Saturday matinee. No need to go to the lobby for Black Crows, or walk over to the Rexall drug-store after the show either ... for a root beer float, and maybe pick up a Captain Marvel comic before you ride home on your bike. Thanks, Digital Age.

❖ Visit Dick Dedrick's web-site, [NostalgiaRoad.com](http://NostalgiaRoad.com)

Say You Saw It In  
**50 Plus Marketplace News**

## Train Your Brain

One of the most common questions that people ask me as a cognitive enhancement specialist is if computer training exercises that tout to increase memory really work. Before I answer, I would like to say that much like that amazing exercise equipment or food supplement that we see advertised, these are in fact more often than not a 'starting block' for increasing our physical activity and nutrition and so too are computer exercises to increase cognitive performance. By choosing only one method to achieve any desired goal is outlandish. We all know it takes effort on many fronts. Yet, computer training is a viable and essential component to worthwhile cognitive training. In addition, many of these computer training programs have trial periods where you do not have to pay anything for a certain period of time. Once expired, the



**Torsten C. Jess**

monthly or yearly fees are nominal. During my own sessions, I introduce which exercises are most beneficial and provide training to optimize performance. Another benefit is that educational material is readily available on these sites which are superb for novices or lifelong learners. Many will provide a description of which part of the brain is being taxed during which exercise. Some caveats to be aware of though. First, it is recommended that if you are truly concerned about your memory that you go to your physician. Second, these exercises are mainly geared towards individuals who merely want 'stay' mentally sharp or who have only 'slight' deficits. Otherwise, you need the full gamut of training.

❖ Please send questions, comments or requests for professional training to Torsten C. Jess M.S.CCC-SLP at Email: [BrainFunctionOptimization@Yahoo.Com](mailto:BrainFunctionOptimization@Yahoo.Com), Call: 303-658-9868 and Visit: [www.BrainFunctionOptimization.Com](http://www.BrainFunctionOptimization.Com).

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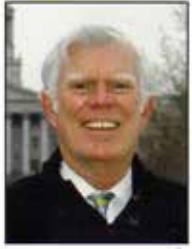
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**Buffalo Bill Experience.** Th, Aug. 28, 10-11am, \$5. Take an untamed frontier journey as re-enactor & impersonator "Gunny" Jeff Norman shares the life of Buffalo Bill. Norman portrays Buffalo Bill's amazing life, with humor, drama and little known historical anecdotes that's entertaining & informative! \$5.

**Water Bath Canning.** Learn the art of canning fruits and vegetables. Discuss acid and low acid foods and the best method to preserve them. Also, how to preserve fresh fruits and vegetables to enjoy throughout the year with no preservatives! Teaches the basics of canning peaches, the equipment needed, how to prepare the fruit, the canning procedure, and other tips. Take home a jar of fresh preserves. \$5 to instructor. Sat, Aug. 2, 10-Noon, \$16/\$13.

**Bunco Bash Fridays.** 1st, 3rd, 5th Fri. monthly, 1-3pm, An easy-to-learn, yet exciting game! Played with dice and a score sheet, just roll the dice and add the points! Partners rotate, \$1. Refreshments and prizes included.

**Artistic Painting Workshops.** Follow along step by step and end up going home with a beautiful painting. All the supplies provided with a teacher to go through each part of the painting. Materials: \$20/per class, to instructor. No experience required. Sweet refreshments and drinks provided. Wed, Aug. 20, 6-8pm, \$13/\$10, project: Color Still Life of Wine Bottles

**Knitting & Crocheting.** Create new projects, learn new stitches and techniques to knit and/or crochet. Help is available to finish problem projects or starting new ones. Learn how to determine a gauge and a variety of stitch patterns. For all skill levels. Instructor Lynda is an author, pattern creator and has 50 years of experience. Receive the supply list at the first class. Instruction book available for purchase in class. Tue., Aug, 5-19, 6-8pm, \$31/\$26.

**Social Ballroom.** Learn ballroom steps, placement of hands and arms, how to tie steps together, specific footwork such as back steps and how to do turns. Practice with Latin and American Ballroom dance. A new dance taught each month. Aug: Samba Mon, 3-4:30pm, \$5/free.

**The World of Google.** "Googling" the internet can open a whole new world! Learn about free email, free messaging, and free video conferencing. Practice using search engines, maps, games, translators, and discuss much more! Tue, Aug. 28, 9-noon, \$24/\$22.

**How Oral Health Affects Total Health.** A seminar on how a fit mouth equals a fit body, and what you can do to maintain oral health. Tue, Aug. 5, 10-11am, Free.

**Affordable Care Act.** AARP's presents clear, simple facts and straight talk. Basic facts: If you have insurance, the law has new benefits and protections. If you are uninsured, there are ways to find a plan that fits your needs with options to get financial help. The law also strengthens Medicare by including new benefits at no cost, lowering the price of prescription drugs in the Medicare Part D. Learn about the new law and get questions answered. Th. Aug. 14, 10-11:30am, Free.

## In The Spirit

### The Company You Keep

Mark 6: 1-6

*Motto: "It Is Better To Be Alone, Than In The Wrong Company"*

Tell me who your best friends are and I will tell you who you are. If you run with wolves, you learn how to howl. But, if you associate with eagles, you learn how to soar to great heights. "A mirror reflects a man's face, but what he is really like is shown by the kind of friends he chooses." The simple but true fact of life is that you become like those with whom you closely associate - for the good and the bad.

The less you associate with some people, the more your life will improve. Any time you tolerate mediocrity in others, it increases your

mediocrity. An important attribute in successful people is their impatience with negative thinking and negative acting people. Friends that don't help you climb will want you to crawl and those that don't increase you will eventually decrease you.

❖ For more inspiration; purchase a copy of "How To Get Your Hands Out The Lion Mouth" at Central Baptist Church, 2400 California St., Denver, Colorado, Attn: Dr. Henry L. Armington, Sr. or visit our edifice to hear a dynamite sermon every Sunday Morning at 10:45 a.m.



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**Carnation Festival.** 45th annual Wheat Ridge Carnation Festival, Fri. & Sat., Aug. 15 & 16, 4-11pm at Anderson Park, 44th & Field. Fireworks both nights at dark. Zoppé Italian Circus tickets are also available. Info: <http://www.thecarnationfestival.com/>

**Ice Cream Social.** Cool down with yummy ice cream before the last free concert of the summer featuring the Hot Tomatoes at Anderson Park, 44th & Field. Register, \$4.

**It's hiking season!** Aug. 21, RMNP, Allspark/Calypto Cascade area. \$16 covers transportation and an escort/driver.

**Aging Wisely.** Who's Driving Miss Daisy? Informational class on Tues. Aug. 26, 1:30pm, \$5 register.

**Mad Russian Golf Outing.** \$19 includes transportation, tee times and prize pool; cost for 9 holes of golf, cart, etc. on own.

**Computer Classes.** Camera or Tablet One-on-One: a private tutor 1-hr., \$20. Computer Tutoring One-on-One: a private tutor 1-hr., \$20.

**Art Classes.** Handmade Cards: Th, Aug. 14, 1-3pm, \$10 + \$10 supplies. Jewelry: Th, Aug. 28, 1-3pm, \$10 + supplies \$10-\$20. Ongoing Pastel: 6-wks, Mon, Aug. 11, \$50 + \$15 supplies.

**Special Interest.** Drop-in fee \$2. Low Vision Support: 3rd Tues, Aug. 19, 1:30-2:30pm, free. Write & Share: 3rd Tues, Aug. 19, 2-3:30pm. Krafty Needles: Knit & Crochet every Tues, 9:30-11am. Social Bridge: every Tues, 12:40-3:45pm. Laughter Yoga: every Tues, 12:15-1:15pm. Silversmiths: every Wed, 9-noon. Woodcarvers: every Wed, 1-3:30pm. Booktalk: Th, Aug. 28, 10-11:30am, Choosing books for next year. Computer Lab: Mon-Fri, 8:30-12pm & 1:30-3:30pm, unless scheduled class. Pinochle: every Fri, 12-3:30pm

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**5th Community Safety Awareness Day**

Saturday, August 23rd, 9 -1 pm, at the Jefferson County Fairgrounds, 15200 W. 6th Ave., Golden, the District Attorneys Office presents a fun and informative event for families, older adults, singles... everyone.

This FREE event offers information concerning safety, health and wellness presented by law enforcement, fire departments, criminal justice agencies, human services, health agencies, insurance agencies, non-profit care and assistance agencies, service organizations, State Parks and Wildlife agencies; over 90 vendors. "Birds of Prey," and a Bike Rodeo for children, those completing in it receive a free bike helmet, a water boat, fire trucks, fire dogs, a crash car, seat-belt simulator, DUI simulation, jumpy castles, water safety, fire extinguisher techniques, Child ID kits, free '911' cell phones for seniors, face painting, snow cones,

and more great information than you can imagine receiving in one place. At a Computer Lab, inside the Exhibit Hall, attendees can receive assistance to get signed up for the Colorado 'No Call' list, have a credit report downloaded, and then receive assistance from a FirstBank employee in reviewing that credit report to make sure there are no errors or fraudulent activity. And free shredding (5 boxes max), electronic recycling, and a prescription round-up. Attendees can also bring old cell phones for our "911' Cell Phones for Seniors" program. Parking is free and a shuttle bus brings attendees from the parking lot to the front door of the event.

You don't want to miss this great opportunity to receive safety, health and wellness information in a fun environment. Take 6th Ave. to the Indiana/Denver West exit in Golden and head south one block to the 6th Ave. frontage road. For more information: [csjohnso@jeffcoco.us](mailto:csjohnso@jeffcoco.us) or 303-271-6970.

July Crossword solution

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Y	E	U	K	E	B	U	N	I	T	E	D		
G	D	D	A	Y	A	T	O	M					
A	N	E	R	A	W	E	D	S	K	E	L	P	
E	A	L	A	G	E	N	D	A	A	V	E	R	
L	O	E	T						R	N	E	N	E
I	M	A		S	E	C	E	D	E	A	R	T	S
C	I	N	G	I	D	O	I	D	A	Y	E	S	
			S	P	E	D	G	I	B	E	N		
X	O	T	I	C	N	M	A	B	B	A	B		
P	A	C	A	T	S	A	R	A	B	A	C	A	
M	E	L	E	T	A	E	R	I	E	S	L	A	B
O	N	E	H	T	R	I	A	L	S	K	A		
A	S	S	E	Y	E	B	A	L	L	A	T	E	

August Crossword solution

L	E	T	G	O	D	D	E	S	C	A	B			
V	I	A	A	B	O	U	T	C	I	M	A	M		
A	N	T	A	T	E	N	C	H	U	P	D	A	T	
A	K	E	L	A	Y	O	K	E	L	I	E	S		
L	N	A	I	F	R	R	P	E	R	S	O	N		
S	S	M	O	G	T	E	S	T						
P	O	T	S	I	N	A	A	H	G	R	O	W	N	
A	C	R	E	S	U	A	B	L	E	I	C	E	S	
R	I	E	L	T					R	C	H	A	T	
B	A	N	S		P	S	Y	C	H	E	K	E	N	O
O	L	D	E	N	A	P	E	F	A	R	R	E	P	
I					T	W	I	S	W	R	A	P	R	
L	E	A	D	E	N	N	B	M	I	E	N	C		
P	E	L	T	S	K	U	A	D	A	I	L	Y		
G	O	A	L	I	E	T	I	T	L	E	K	E	O	S
O	R	C	A	N	E	S	S	A	Y	C	U	T		
B	E	Y	T	O	R	T	U	R	E	Y	E	P		

**The World Famous GLENN MILLER ORCHESTRA**



**Saturday, October 25, 7pm  
Paramount Theatre**

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**Nick Hilscher**



Tickets on Sale

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303.296.1212**

## Aurora Center for Active Adults

303-739-7950 • auroragov.org/adults50plus

**20th annual Veterans Salute.** Wed, Nov. 5, 9-1:30 pm. Registration begins Aug. 5th and includes a special tribute to Military Families. Hosted by the Wings Over the Rockies Air & Space Museum. Tour the Museum, enjoy refreshments and visit with sponsors from 9-11:30 am. Lunch is catered by Carrabba's Italian Grill and served by JRAFROTC cadets. \$20 per person. Info: 303-739-7950; www.auroragov.org/salute.

**Digital Coupon Savings.** Wed, Aug. 6, 10-noon. \$17/\$13

**Cane Kung Fu.** Monthly self defense course teaches the use of a cane as a weapon. Get exercise, gain agility, and security. Fri, Aug. 8, 10:15 am. Free, register.

**Beginning Pilates.** Strengthen core muscles & increase flexibility by developing lean, well toned muscles. Improve posture & mental awareness. Th, Aug. 7-28, 10:15-11:15 am. \$33/\$25

**Hatha Yoga.** Mon, August 4-25, 9:15-10:45 am. \$36/\$27, registration required. Smoky Hill Library, 5430 A. Biscay Cr., Centennial.

**Restorative Yoga.** Th, Aug. 7-28, 10-11 am, registration required. Meadowood, 3054 S. Laredo St. Aurora, \$33/\$25, 303-326-8300

**Breckenridge Shopping Trip.** Over 200 quaint shops line Historic Main St. No itinerary, so explore Breckenridge at your leisure. The van drops off downtown so the amount of walking on the trip is up to you. Fri, Aug. 15, 9-7 pm. \$48/\$37 Res.

**Denver History Tours.** Find the places that care for animals, from shelters and pet stores to farms with rescues. Learn about the possibilities to help. Lunch \$10-\$20. Fri, Aug. 22, 10-3 pm. \$46/\$35 Res.

**Rockies VS Marlins.** An afternoon to cheer for the Rockies! Food on own at the ballpark. Tickets to the game are included in fee. Sun, Aug. 24, 12:30-6 pm. \$43/\$33. Register by: Aug. 7.

**Senior Citizen Police Academy.** The fall 2014 Senior Citizen Police Academy starts Mon, Sept. 8, 1-3 p.m. 11 week course meets at the ACAA. Space is limited. Call 303-739-6346 or email krogers@auroragov.org to register.

## Community Recreation Center of Apex

303-425-9583 • www.apexprd.org

**Swing Fling.** Th, Aug. 21, noon. Enjoy Big Band tunes from the 1930's and 1940's. Lunch included. Register by 8/18, \$8.

**50+ Job and Volunteer Fair.** Fri, Aug. 22, 8:15-11:30 am. Talk to agencies that are looking for seasoned workers and volunteers. Bring resume, free critique by Red Rocks Community College. Free; register. Employers and agencies call 303-467-7197 for vendor info/fees.

**Photographing Pets.** Fri, Aug. 8-22, 10-noon. Enhance photographing of pets, through posing, props & lighting. Register, \$52/\$62.

**Gifts From the Garden.** Wed., Aug. 20, 3-5 pm. Share garden bounty by creating exciting gifts. Register, \$15/\$18.

**Taking in the Good.** Mon, Aug. 11, 1-2:15 pm. Learn to take in and savor the good in your life. Register, \$3/\$4.

**Drop-In Book Club.** Wed, Aug. 13, 1 pm. "Orphan Train" by Christina Baker Kline. \$1.

**Spanish Classes.** Learning a 2nd

language can keep your mind sharp! Beginning to advanced Spanish classes begin the week of Aug. 11. Call for info.

**First Aid, CPR and AED.** Sat, Aug. 23, 9-4 pm. To help you save your own life or that of another. Certification is through Health Smart. Register, \$54/\$65.

**Understanding Medicare Advantage Plans.** Mon, Aug. 11, 7-8 pm. What are the differences, advantages and things to be aware of in choosing between Medicare supplemental plans and a Medicare Advantage Plan, by State Health Insurance Program, underwritten by Centura Health LINKS. Free, register.

**Computer Classes.** Learn basic to advanced use of the computer in a small class setting. Topics include Basic Computer, Windows, Word, E-mail, Internet, Graphics, Excel, and Access. One-on-one personal training is available. Call for info.

**Craft Carousel Gift Shop.** Open Mon-Fri, 9:30-3:30 pm. Handmade items from over 100 consignors, including scarves, hats, jewelry, quilts, baby gifts & more.



**HISpanic**  
CHAMBER OF COMMERCE OF METRO DENVER

# The 7th Annual Sabor

An evening at Carnival!

**HISpanic**  
CHAMBER OF COMMERCE OF METRO DENVER

The Hispanic Chamber of Commerce of Metro Denver proudly presents the 7th Annual Sabor: A Night at Carnival! Carnival is a traditional Latin American celebration full of fun, feasting, dancing, and colorful and extravagant costumes – join us as we celebrate with flavorful food, great company and live music!

Presented by Bud Light, Sabor is an opportunity to network while enjoying a variety of spirits, beer, wine and delicious foods from Denver's top restaurants and distributors.

**FRIDAY, AUGUST 1, 2014**  
MAIN EVENT: 5-9PM  
VIP POST-PARTY: 9-11PM

GENERAL ADMISSION	VIP* ADMISSION
Early Bird Ticket: \$50 Regular Ticket: \$75	Early Bird Ticket: \$125 Regular Ticket: \$150

**TICKET PACKAGE OPTIONS**

ORO PACKAGE	GRANDE PACKAGE
4 Regular VIP* Tickets: \$500	20 VIP* Tickets: \$2500
<b>GOURMET PACKAGE</b> 8 Regular VIP* Tickets: \$1000	*All VIP Tickets include: VIP Pavilion and VIP Post-Party

**DENVER BOTANIC GARDENS**  
1037 YORK STREET, DENVER CO 80202

All Weather Event: Cocktail Attire. Guests 21 and Over. No Children. Early Bird Rate Ends July 8, 2014. Sponsorship Opportunities Available at SaborDenver.com

**PURCHASE TICKETS at www.SaborDenver.com**

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## Active Minds®

303-320-7652 • www.activeminds.com

**The Evolution of NATO.** Mon, Aug. 4, 1-3 pm. Look at the triumphs, challenges and how NATO continues to adapt to the 21st century landscape. Sunrise at Flatirons, 400 Summit Blvd, Broomfield, Free. RSVP: 303-466-2422.

**Ukraine at a Tipping Point.** Tues, Aug. 5, 10:15-11:15 am. Explore the situation between ethnic Russians and Ukrainians. Jewish Community Center, 350 S. Dahlia St, Denver, Free. Info: 303-316-6359.

**Cuba: Past, Present & Future.** Tues, Aug. 12, 11-noon. Cover Castro's revolution, the Cuban Missile Crisis, and ongoing property disputes. First Presbyterian Church of Lakewood, 8210 W 10th Ave, Free

**A Century of Women's Progress.** Th, Aug. 14, 6:45-7:45 pm. From women's suffrage, to the Women's Liberation movement, to the role of

women in the workforce today. Sam Gary Library, 2961 Roslyn St, Denver, Free.

**Streetcar Neighborhoods Bus Tour.** Sat, Aug. 16, 12:30-4:30 pm. Denver had the 2nd largest streetcar system in the nation. Tour shows where the lines ran, and how whole cities were able to exist because of them. SarahCare at DTC, 8000 E Quincy Ave, #1700, Denver, CO 80237. \$35/person. Register: 303-221-7272.

**The National Parks.** Mon, Aug. 18, 1-2 pm. The national park system includes 392 sites, over 83 million acres of land, and hosts a quarter million visitors yearly. Keystone Place at Legacy Ridge, 11180 Irving Dr, Westminster, Free. RSVP: 303-465-5600.

**India: A Story of Contrast.** Tues, Aug. 19, 2-3 pm. Explore the con-

trasts to understand India and how it fits into the global community. Heather Gardens, 2888 S Heather Gardens Way, Aurora, Free. RSVP: 720-974-6931.

**The Civil Rights Act.** Wed, Aug. 20, 1:30-2:30 pm. Examine the act 50 years later and evaluate its impact on civil rights. Washington St. Community Center, 809 S Washington St, Denver, Free. RSVP: 303-733-4643

**Origins of World War I.** Wed, Aug. 20, 1:45-3:30 pm. Understande how the stage was set by a variety of forces. Covenant Village of Colorado, 9153 Yarrow St, Westminster, Free. RSVP: 303-515-6351.

**The History of Denver.** Th, Aug. 21, 2-3 pm. Learn how our city was founded and trace the development of a city that has enjoyed tremen-

dous booms and weathered debilitating busts. Windsor Gardens, 597 S Clinton St, Denver, Free.

**South Africa.** Th, Aug. 21, 2:30-3:30 pm. Explore the history of South Africa, its struggle with Apartheid, Mandela's legacy, and the country's journey to rejoin the international community. Atria Inn at Lakewood, 555 S Pierce St, Free. RSVP: 303-742-4800.

**Fracking & US Energy Policy.** Mon, Aug. 25, 2:30-3:30 pm. Explore the risks & benefits of fracking. Springbrooke, 6800 Leetsdale Dr, Denver, Free. RSVP: 303-331-9963

**Egypt in Turmoil.** Th, Aug. 28, 6:45-7:45 pm. Explore the origins and implications of Egypt's current situation. Sam Gary Library, 2961 Roslyn St, Denver, Free.

## TRADING POST

### Services

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### Help Wanted

#### VOLUNTEERS:

Make a difference in our community, volunteer for 'Catch Healthy Habits.' Many opportunities, training provided. Call Erika at Seniors' Resource Center, 303-235-6947

**JOBS!** We are currently seeking Cooks and Dietary aids at Caley Ridge Assisted Living. Please apply in person. 9350 E Caley Ave Englewood, Co 80111. Experience preferred.

#### GAIN 130 LBS

Savio House needs families to provide foster care for troubled teens. We provide 24/7 support and \$1900/mo. Reimbursement. Call Michelle for more information: 303-225-4073

#### Caregivers Needed

Caring individuals needed to assist seniors in their homes. FT/PT. Must have a car and drive.



303-734-0641

### Help Wanted

#### VOLUNTEERS WANTED

Come and join our family of volunteers at Lutheran Medical Center. We currently need help in Patient Dismissal, Lobby Greeting, Patient Safety Representative and Information Desk services. Orientation and training are provided. Call (303) 425-8028 for more information.

### Part Time SALES!



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Call Robert at 303-694-5512 For Details.

### Wanted

#### OLD GUITARS & AMPLIFIERS

I buy old Fender, Gibson and Martin guitars and amps for cash. Fast, friendly and fair. Kevin 303-946-2458.

#### RELIABLE TRANSPORTATION

for a positive senior. Good Mileage a plus. BUT no car is ignored. Call 303-694-5512 to show. Need to be mobile.

#### GUNS WANTED

I buy select older rifles and revolvers for my personal collection. Please call Fred at 720-934-7203.

### For Sale

#### AFFORDABLE FINAL EXPENSE

Well-known carriers with the guaranteed lowest rates. For a no obligation, in home consultation with a licensed broker, please contact Tomas Ooka @ 720-323-1164 tomas ooka@comcast.net

**2 side by side lots** for sale at Fairmount Cemetery reasonably priced. Good Location. Please call with inquiries 720-851-9981.

**FOR SALE:** 2 Crown Hill Cemetery Plots, Sections 3&4, Unit B, Lot 26, Block 47, \$1000 ea. plus Transfer Fee. Call 303-663-8084, ask for Kay.

#### Classifieds WORK!

Call 303-694-5512 For Rates

#### FOR SALE:

Crown Hill: One cemetery plot in a lovely location under a tree; Block 6, Lot 44, Unit D, Site 3. Call Marcella at 303-233-6790

#### CROWN HILL CEMETERY

Upright Block 42, lot 57, spaces 3,4,5 & 6, \$8,500. Block 20, lot 68, D3&D4; Both \$4,495. Block 21, Lot 65, C1&C2, Both \$4,495. 303-433-5775.

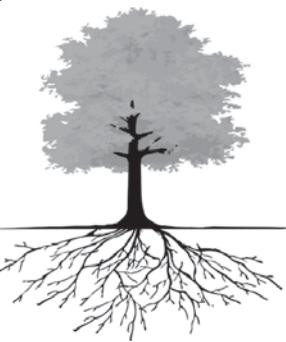
#### FAIRMOUNT CEMETERY

4 Plots, desirable location, Block 89, Lots 23, 24 Close to Mausoleum. Call Roy: 303-233-6400.

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Pastor Clifton Mizer • Phone 303-781-5519



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Copy is due by the 10th of the preceding month.

<input type="checkbox"/> September	8/10/2014
<input type="checkbox"/> October	9/10/2014
<input type="checkbox"/> November	10/10/2014
<input type="checkbox"/> December	11/10/2014
<input type="checkbox"/> January 2015	12/10/2014

## Clements Community Center

303-987-4820

**Hassle-free Travel.** Trips to destinations throughout the state. Includes planning, round-trip transportation, tickets & a travel leader. Reservations: 303-987-4820. Call Travel Hotline at 303-987-7011 for information on new trips.

**Grand Lake Escape.** Sat, Aug. 2. Drive over Berthoud Pass for lunch at the Daven Haven Lodge. Grand Lake to browse and shop. Includes meal, transportation & driver gratuity.

**“Joseph & the Amazing Technicolor Dreamcoat.”** Space Theater, Sun, Aug. 3. Phamaly Theater Company reprises this irresistible family musical about the trials and triumphs of Joseph, Israel’s favorite son. Includes travel leader, transportation and admission.

**The Reserve Casino.** Central City, Tues, Aug. 19. Includes \$5 coin coupon w/minimum 40 same-day points, \$5 food credit and 20% off in the gift shop.

**Georgetown Loop Train.** Fri, Aug. 2. This 2-hr dinner ride from dusk to dark to provide 2 experiences. Steak and lobster dinner, shopping in Georgetown. Includes transpor-

tation, train fare, meal and motor-coach gratuity.

**Cinzetti’s.** Wed, Aug. 27. A true Italian feast for the senses. Lunch on own, starting at \$7.99 plus beverage, tax and tip. Includes transportation and travel leader.

**Th, Walks.** Range 2-5 miles with an altitude gain not over 700 ft. Details available at front desk. 8-3 pm.

**Th, Hiking.** Moderate & upper level. Details available at front desk. 7:30-5 pm.

**Drawing.** 9-11:30pm, Fri, Aug. 15-Oct. 3. Learn the basic techniques for drawing a variety of subjects. Include elements of design, line control, highlights, shadows, perspective.

**Oil painting.** 1-3:30 pm, Mon, Aug 11-Oct 6. For all abilities, new techniques.

**Glass Fusing.** 9:15-11:45am, Th, Aug.21-Sept. 25. Learn the techniques of making fused-glass and complete 5 projects. Glass, tools, supplies and firings are included.

**Beginning Mah Jongg.** 1-3:30

pm, Fri, Aug. 15-Sept. 5. Learn what those funny-looking tiles are all about and make sense of the Mah Jongg playing card. Bring a pen and paper for taking notes. A handout of rules is available.

**Sat Night Dance.** 7-10 p.m., 2nd 3rd & 4th Sat. each month (open at

6 pm) 3 hours to dance with a live band and refreshments. \$7 person. Bands: Aug. 9, Tom Allan Variety Band; Aug. 16, Terry Norona; Aug. 23, Blue Notes.

**Afternoon Tea Dance.** 1-3:15 pm, 1st Fri. each month. \$5 per person. Band: Tom Yook.

## The MAC

303-426-4310

**Canvas & Coffee.** A Gallery on the Go Guide helps you create a masterpiece acrylic painting in just 2 hours. Step by step instruction. All supplies provided. A different painting each month. \$25/\$29, Fri, Aug. 8, 9-11 am

**A-Maizing Corn.** Learn the nutritional value, types, and some unique methods of preparing this summertime favorite. Samples provided. \$11/\$13, Wed, Aug. 13 6-7:30 pm

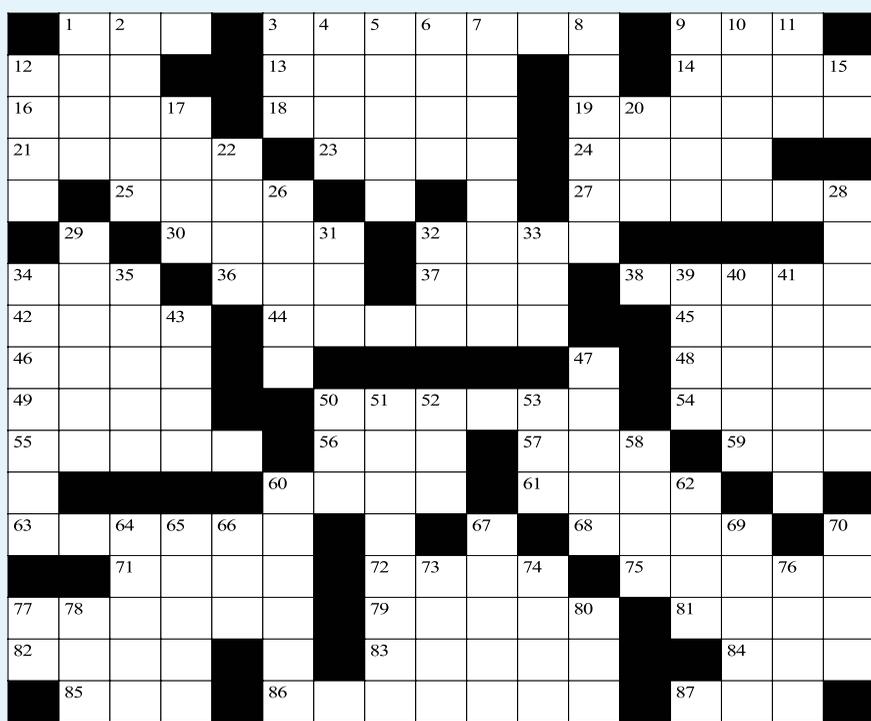
**Workout with Kettlebells.** Kettlebells have long been used as an athletic training aid, for developing flexibility and muscular strength for all ages and fitness levels. Learn to incorporate them into a workout.

Wear comfortable clothes for exercising. \$9/\$11, Mon, Aug. 25, 1-2 pm

**Vendor Registration Opens.** Tues, Aug. 26; 7 am for 27th Annual Holiday Craft Bazaar, The bazaar is Sat, Nov 1, 9-3pm. Vendors must come to The MAC to register and select a booth space beginning Aug 26 at 7 am. All items must be handmade. Sale of food items and business vendors are not accepted. Space is reserved on a first come, first serve basis. Vendors are limited to one booth space, and responsible for collecting both state and city sales tax. Booth sizes are approximately 8’x6’. Call 303-658-2292 for more information. Booth space fees \$35/\$40.

# 50 Plus Marketplace News Crossword Puzzle

August 2014 • Denver Metro  
Answers page 12



- ACROSS**
- 1 Wreath of flowers
  - 3 Female deity
  - 9 Taxicab
  - 12 By way of
  - 13 Concerning
  - 14 Officiating priest of a mosque
  - 16 Rectangular pier
  - 18 Freshwater food fish
  - 19 Bring up to date
  - 21 Pack leader
  - 23 Symbol of slavery
  - 24 Falsehoods
  - 25 Naive person
  - 27 Individual
  - 30 Smoke combined with fog
  - 32 Trial
  - 34 Container used for cooking
  - 36 Transgression
  - 37 Exclamation of surprise
  - 38 Adult
  - 42 Land measure
  - 44 Liable to be sued
  - 45 Frozen treats
  - 46 Monetary unit of Cambodia
  - 48 Converse
  - 49 Prohibits
  - 50 Human mind
  - 54 Game of chance
  - 55 Ancient
  - 56 Monkey
  - 57 Organ of hearing
  - 59 Corded cloth
  - 60 Certainly
  - 61 Enclose in paper
  - 63 Heavy
  - 68 Demeanor
  - 71 Skin
  - 72 Gull-like predatory bird
  - 75 Each day
  - 77 Goalkeeper
  - 79 Name
  - 81 Greek island in the Aegean
  - 82 Killer whale
  - 83 Short literary composition
  - 84 Sever
  - 85 Turkish governor
  - 86 Agonize
  - 87 Yes

- DOWN**
- 1 Chain piece
  - 2 Consumed
  - 3 Pistol
  - 4 Comply
  - 5 Giver
  - 6 Web-footed swimming bird
  - 7 Celestial
  - 8 Carve
  - 9 Apple juice
  - 10 Gather
  - 11 Racket
  - 12 South African river
  - 15 Objective case of I
  - 17 Exclamation to express sorrow
  - 20 Filled pastry crust
  - 22 Intentions
  - 26 Force upon
  - 28 Without interruption
  - 29 Pert. to society
  - 31 Oxlike African antelope
  - 32 Label
  - 33 Fem. pronoun
  - 34 Boil for a short time
  - 35 Tendency
  - 39 Hay stack
  - 40 Red earth pigment
  - 41 A recently weaned animal
  - 43 Otherwise
  - 47 Arm again
  - 50 Foot of an animal
  - 51 Unmarried woman
  - 52 Affirmative reply
  - 53 Chop
  - 58 Sudden assault
  - 60 Purpose
  - 62 Highest point
  - 64 With speed
  - 65 Postpone
  - 66 Biblical high priest
  - 67 Representation of the Buddha
  - 69 Daughter of one's brother or sister
  - 70 Vesicle
  - 73 Chest
  - 74 Having wings
  - 76 Leap
  - 77 Depart
  - 78 Globe
  - 80 Organ of sight



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Senior Answers and Services provides counseling and consulting for seniors and their families as well as information, resources, and services to improve quality of life for older adults.

# Remembering Herb Homan

On July 6, older adults in Colorado lost one of their fiercest and most respected advocates. Herb Homan (age 94) had been a leader in the field of aging for nearly thirty years. Herb's work promoted the quality of life for Colorado's older adults immeasurably.

He served as an officer of the Colorado Senior Lobby, a contributor to the Colorado Senior Lobby newsletter, a member of its legislative committee, a legislative liaison, and a member of the committee to put together the Lobby's Legislative Scorecard. For many years, Herb was the most recognizable member of the Senior Lobby at the State Capitol. His fiscal expertise was such that many legislators including Joint Budget Committee and Finance Committee members sought out his expertise. He served on special task forces and regularly testified for the Senior Lobby on fiscal matters. Herb was respected for his thorough research and the clarity and integrity with which he spoke on issues. As recently as this past legislative session, Herb could be seen testifying in support of legislation to increase an income tax rebate for certain senior hous-

ing expenses.

In recognition of his outstanding leadership and strong advocacy, Herb was chosen to receive the prestigious Colorado Commission on Aging "Allen Buckingham Senior Leadership Award" in 2006.

Herb grew up in the Bay Area of Northern California – after toddling at 6 months (he's told) across the border from Arizona. He was working as a federal stenographer at an Army subsistence warehouse when he was drafted in WW II and served two years in Iceland as secretary to the Base Quartermaster. (Later he joined the Army Reserve for 25 years and retired as a Lieutenant Colonel. (Civil Affairs).

Herb attended the University of California at Berkeley under the GI Bill and graduated in 1948 with a degree in political science. He worked for Alameda County, the Naval Supply Depot in Oakland, and the City of Hayward in statistical, personnel classification, and management posts from 1948-1960. Herb came to Colorado in 1961 as Denver's recruitment officer for 11 years. After gaining a Master's Degree in Public Admin-

istration from the University of Colorado, he served as Personnel Director/Budget Officer and the Assistant City Manager in Aurora 1972-78. Herb retired in 1985, after seven years back with the federal government as

an Administrative Officer in the Department of Interior's local Office of Surface Mining.

In addition to his many activities with the Colorado Senior Lobby, Herb was active in NARFE (National Association of Retired Federal Employees), including holding leadership roles in that organization. He also participated in his neighborhood organization, veterans groups, and other groups advocating for the public good. In what seemingly little spare time he had left, Herb's retirement hobbies included gardening and biking (even until he was 90!).

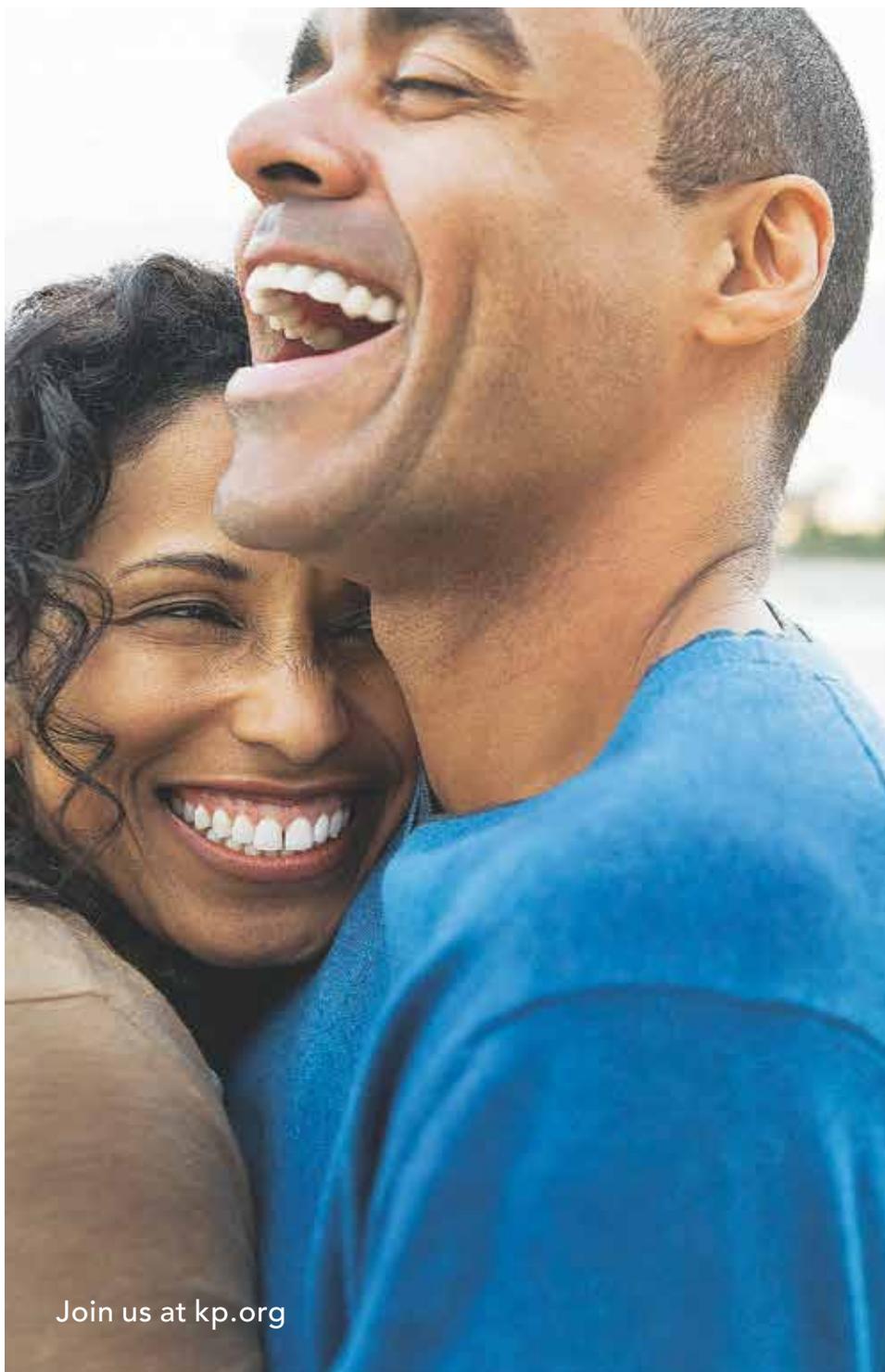


Still, he once said his most satisfying retirement activity was participating in the successful 2005 Referendum C campaign when the voters approved a five-year moratorium on the TABOR tax and spending limitation. He was hopeful "a more reasonable

arrangement can be devised and adopted for funding government in the future. Achieving a proper balance between public and private enterprise is a never-ending challenge; both are essential to a good society."

Despite all these activities and accomplishments, Herb was a quiet gentleman who would never toot his own horn. But he was the kind of person that when he spoke, everyone listened. And advocates for older adults in Colorado will continue to hear his voice for many years to come.

*Prepared by Rich Mauro, July 2014*



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