

# New Beginnings

Open up! It's a New Year!

By *Marty Coffin Evans*

Open that new calendar, turn the page and begin your New Year. Just as in opening the pages of a book, who knows what the contents contain.

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

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

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

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

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

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

How risky is it to open our hearts to others? Will this be nourishing? How much do we trust with an open heart? Once open, do we stay so?

Remaining open to opportunities may enable us to face challenges. It may contain the po-



tential for healing broken bodies, relationships and even addressing our emotional pain.

Just as that calendar and book, when opened, contain certain elements, we wonder what they are – surprise, intrigue, challenge. In

looking at this coming year, anticipation and uncertainty might be included in the mix. How will we live into this New Year? Will we be open to all it holds? With eyes, mind and heart wide open, enjoy it all. Happy 2017!

## Resources to Help You Keep Your Resolutions

Making and keeping resolutions is difficult without direction or the advice of experts. Luckily, there are plenty of great resources to help, no matter what you are trying to accomplish.

Here are four books that can help you stick to your goals throughout the year.

**Clean Eating.** From quinoa and chia seeds to spinach and pomegranate, "Super Clean Super Foods" is a colorfully illustrated, comprehensive guide that shows readers how to incorporate unfamiliar ingredients into everyday dishes. The book explores the incredible health properties of each super food and includes tips on how to maximize its health benefits, allowing readers to work toward specific goals. For instance, you can create a food plan to boost energy, have a

healthier pregnancy, limit jetlag, reduce aging, and more.

**Achieve More.** Whether you are seeking improvement in your career, relationships, or in your overall performance, "Success: The Psychology of Achievement," can help equip you with the tools you need to drive yourself toward success using proven psychological strategies and expert advice. From positive thinking to work-life balance to learning how to say "no," the lessons in this dynamic infographic guide, authored by an organizational psychologist, are tailored to your personal situation through questionnaires and self-analysis exercises.

**Smart Meals.** Bowls are a delicious way to lose weight and eat healthy, but they can also be laden with hidden calories. Inspired by the very latest bowl

food trend, "100 Weight Loss Bowls," features color-coded recipes engineered to come in at under 400, 500, or 600 calories, allowing you to easily build a nutritious meal plan that meets your daily target for gradual and sustained weight loss.

**Workout Buddy.** The first full-color fitness book that teaches you how to actively engage a partner in your workout routine, "Partner Workouts" features bodyweight exercises, yoga positions, cardio and more. Three long-term, comprehensive exercise programs provide regimens so you and your partner can motivate each other to achieve your fitness goals over a period of time. From choosing your partner and setting your goals to tracking your progress and nutrition, this guide doesn't require

a gym membership or expensive fitness equipment.

Start 2017 off on the right foot. Relying on books, tools and other resources can help you achieve your goals.

*Provided by StatePoint*

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# JANUARY Calendar

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

**Thursday/12**

Weld County Area Agency on Aging Advisory Board, 2nd Thu, monthly 9-11 am, 315 North 11th Ave Building C.

**Tuesday/13**

Greeley Friends & Newcomers' monthly lunch, noon. The Grill at Westlake, 2118 35th Ave, Greeley. Info: 970-336-1233.

**Saturday/21**

NCMC Sleep Apnea Support Group. 12:30 pm, North Colorado Medical Center. 3rd Sat. monthly. Free. RSVP: (970) 350-6587.

Calendar sponsored by  
**Dacono Discount Groceries**

## Tips to Save and Spend Wisely in 2017

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

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

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

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

any interest you've earned.

Creating a savings account for a specific purpose is a perennially sound savings strategy. Look for banks that are fee friendly, such as Ally Bank Member FDIC, ally.com, which allows you to open an Online Savings or Money Market account with no minimum and no monthly maintenance fee. You can deposit money easily through e-check deposit, direct deposit and you'll earn interest compounded daily on your savings. In addition, putting this money in a separate account allows you to track your spending against the account balance.

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

shopping portal instead of going straight to the big name retailers' websites.

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

"Use credit cards that reward you for the things you buy the most," says Diane Morais, chief executive officer and president of Ally Bank, the direct banking subsidiary of Ally Financial Inc.

There are often offers for opening a new credit card with a minimum spend, such as the Ally CashBack Credit Card, which provides a \$100 bonus when you make \$500 in eligible purchases during the first three billing cycles, and offers two percent cash back at

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### Social Security Is Always Evolving

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



**Josh Weller**

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

### Social Security Today

working Americans out of poverty. Without your contribution, wounded warriors wouldn't receive the benefits they deserve.

Children who have lost parents would have no social safety net. Millions of elderly people would be destitute. In the same way that we take great pride in helping people who need it, you should take pride in making this country stronger. You can see the many ways our retirement benefits help your loved ones and neighbors at [www.socialsecurity.gov/retire](http://www.socialsecurity.gov/retire).

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

ously meet disability standards.

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

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

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

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

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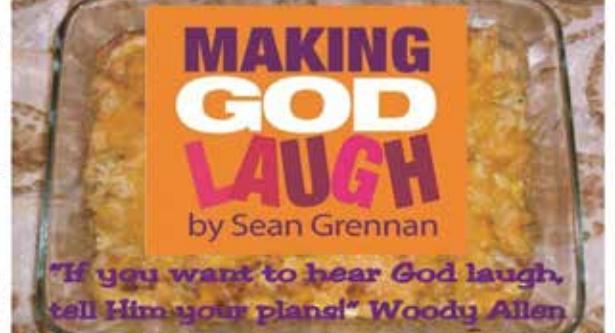
**Tickets \$15**

*Making God Laugh* follows one typical American family over the course of thirty years' worth of holidays. Starting in 1980, Ruthie and Bill's grown children - a priest, an aspiring actress, and a former football star - all return home, where we learn of their plans and dreams as they embark on their adult lives. The empty-nester parents contend with their own changes, too, as old family rituals are trotted out and ancient tensions flare up. As time passes, the family discovers that, despite what we may have in mind, we often arrive at unexpected destinations.



**PROUDLY PRESENTS**

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CoDirector: Tim Bernhardt

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Matinee on Sunday, Feb 26 @ 2PM

Doors open 30 Minutes prior to show

# National Mentoring Month

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

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

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

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

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

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

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

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

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

## CONTACT

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Published by  
Seniors Marketplace News, Inc.

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**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 Weld County citizens. 50 Plus has 38,300 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@50plusmarketplaceneews.com](mailto:sales@50plusmarketplaceneews.com). Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi as JPEG files) and should also be 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 15th of the month. They must be PDF files (with fonts embedded and print optimized), or JPG files. Ad space is provided in column-inches, equating to fractions of a page, up to a full page, with many sizes to choose from. We have an excellent graphics design team by request.

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**Design/Production**

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## We Are Honored...

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

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



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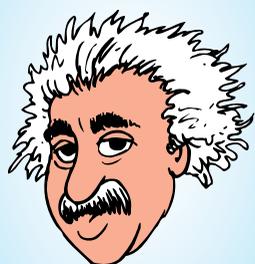
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## Effective Communication Strategies for Dementia

Tuesday, January 31<sup>st</sup> at 4:00pm

Join us as we partner with the *Alzheimer's Association* to present *Effective Communication Strategies for Dementia*. This program teaches caregivers and loved ones to decode verbal and behavioral communication by someone with Alzheimer's and other forms of dementia. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

SEATING IS LIMITED.

Please call Sarah at 970.576.7202 to reserve your seat.

## Italian Dinner with Live Entertainment by Steve Manshel

Tuesday, January 24<sup>th</sup> at 5:00pm

Come celebrate the New Year! Relax and enjoy a night out on us!

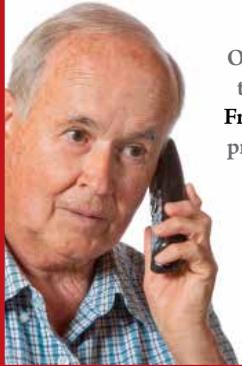
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## FRAUD ALERTS

Thursday, January 19<sup>th</sup> at 1:30pm



Our educational event this month will be on **Fraud and Scam Alerts** presented by the **Weld District Attorney's Office**. Learn how to protect your purchases and be aware of the latest phone scams.

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## January Blah Buster Bash!

Friday, January 20<sup>th</sup> at 3:00pm

*After the holidays let's beat the winter blahs with some upbeat music from Bernard Boos!*

Light refreshments will be available at each event. RSVP to 970.578.0343.

## News Talk Radio

### Susan Hayward

June 30, 1917 – March 14, 1975

The youngest of three children, Edythe Marrenner was born in Brooklyn, New York to transportation worker Walter Marrenner and wife Ellen. Educated in Public Schools and acting in various school plays she was named "Most Dramatic" by her graduating class in June of 1935.



Gil Moon

She'd planned to become a secretary but changed direction after modeling in New York City calling herself Susan Hayward.

In 1937 she traveled to Hollywood to take part in a nationwide search to cast Scarlett O'Hara for "Gone with the Wind" at MGM. Although not winning that part, she got work elsewhere developing her acting skills. She was cast in 1939s "Beau Geste" with Gary Cooper and during the war years her work included "Reap the Wild Wind" (1942) and "The Fighting Seabees" (1944) with John Wayne. Numerous memorable performances earned her a contract with Walter Wagner in 1946 at an unprecedented \$100,000 a year.

In 1947, she received the first of five Academy Award nominations for her role in "Smash-Up, the Story of a Woman" and became one of Hollywood's most popular leading ladies. In 1949 she was nominated again for "My Foolish Heart" and in 1953 for "With a Song in My Heart". A fourth

nomination for "I'll Cry Tomorrow" in 1955 brought concern that she might never see a win. Finally, in 1958, her portrayal of Barbara Graham, a woman convicted of murder and sentenced to death in "I Want to Live", won her the Oscar. Many "Film Buffs" consider it to be one of the finest film performances of all time.

The years that followed her Oscar generally saw Ms. Hayward making at least one film a year until 1972 including "Woman Obsessed" with Stephen Boyd, "The Marriage-Go-Round" with James Mason, "Ada" with Dean Martin, and later "Valley of the Dolls" with Barbara Parkins, Patty Duke and Sharon Tate.

In 1973 Ms. Hayward was diagnosed with brain cancer, allegedly from exposure to radioactive toxins in 1956 while shooting "The Conqueror" with John Wayne in the deserts of Utah. The disease finally claimed her life on March 14, 1975, in Hollywood at only 57.

Ms. Hayward married twice; first to actor Jess Barker from 1944 to 1954 giving birth to twin boys in February of 1945. In 1957 she married Eaton Chalkley, a Georgia rancher and businessman, who passed away in 1966.

❖ *Be sure and listen to "Senior's Circle" every Sunday morning from 10 to 11 am and "Golden Years Theater" from 6 to 10 pm on 1310 KFKA, Colorado's First Radio Station.*

## Snow Removal From Sidewalks

Remember that city codes require that snow and ice be removed from all public sidewalks within 24 hours after the end of a winter storm, so pedestrians, especially school children and the physically-challenged may safely use the walkways. Please make arrangements to have walkways cleared to prevent a code violation and make property appear to be occupied to help prevent a burglary.

This includes areas improved with concrete or similar materials and areas within a street right-of-way used or capable of use as pedestrian walkways even though the area is not paved. Properties with a back or side yard facing a street must also clear those locations. Snow removed from private property may not be placed onto any street, gutter, sidewalk or other public areas.

For more information, contact: Joe Collins, Code Compliance Inspector II; 970-350-9833, Joe.collins@greeleygov.com/.



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**Jim Doyle**

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

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

a reverse mortgage are: the unused funds in the line of credit grow over time; the funds are tax free with no pre-payment penalty; and reverse mortgages are insured by the federal government.

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

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

Talk to your Reverse Mortgage Specialist for more information.

❖ *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.*

## Technology is Hip!

### Gene Editing Saves Lives!

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



Layla



**Bob Larson**

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

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

A trial in the U.S. will start soon and is far more ambitious. This involves adding an extra gene engineered to make the immune cells target tumors and then using CRISPR to disable the cancer genes. The addition of tumor-targeting genes has already produced very promising results in trials for cancers like leukemia, but has not worked for solid tumors. It is hoped combining the two techniques will make the treatments even more effective for most cancers.

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

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



## What Is Your Encore Performance?

### Workshop & Career Fair



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**JIM DOYLE, NMLS #335659**  
Reverse Mortgage Specialist

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*January is  
Healthy Aging Month*

By Patty Endres, Garden Square at Westlake, 970-576-7222

People are always talking about staying healthy and we can get a bit tired of all the hype. When you see it in print, and people talk about it so much, you may end up not paying attention since it's there all the time. We all know that eating right, getting enough sleep, managing your stress and getting regular exercise will help. But there are a couple of things you may not attribute to healthy aging.

Staying involved with friends or do something to make new ones. If you hide in the house all the time, you aren't socializing. I read in a stress management course that relationships are more impactful to peoples' health than having money. Not that we don't need money, but for a person to be happy and healthy, they need to be around others.

Continue to learn. Many folks feel that they don't need to take any more classes or learn new activities, because they've retired and

are going to relax. Just because you don't have to, or you don't need college credit doesn't mean the classes aren't meaningful. Your brain craves new things to keep you sharp both mentally and physically, as they both seem to work together.

Attitude is everything. If you are in a funk and can't seem to get out of it, you need to find a way to change your attitude. Take a laughter course, go to the comedy club, and find one thing each day that makes you laugh, especially at yourself. Also, I read that keeping a gratitude journal helps attitude.

Volunteer. Many people find that when they give to others it puts their own problems in perspective. It allows the giver to feel useful which focuses attention on something other than themselves.

I think it was Einstein who said that it's insane to think things will change by doing the same thing over and over. It's a new year. Start it off right by doing something different to make your life healthy and happy.

# Koblenz, Germany

## Where the Rhine and Mosel Converge

By Ron Stern, Travel Photojournalist

It would be hard to find a lovelier off the beaten track city to visit in Germany than Koblenz. Ideally situated where the Mosel River flows into the Rhine, this city has a history dating back 2000 years starting from when it was a Roman settlement. Today, it is a top tourist destination of stunning beauty with a rich history and culture and a thriving culinary scene.

A strip of land marks the confluence of both rivers at the popular Deutsches Eck or German Corner. Visitors can gaze upon the colossal bronze statue of Kaiser Wilhelm I on horseback, triumphantly towering 120 feet above the city and affording grand views of the area from its pedestal.

The area all along this part of the Middle Rhine is buzzing with activity. Pedestrians or cyclists (You can ride all the way to Basel, Switzerland.) can explore miles of scenic beauty along the river's banks,



but one of the best ways to see this area is to take a riverboat cruise. For as little as €9, you can cruise for around 90 minutes with grand views of the river, which has been designated a UNESCO World

Heritage Site.

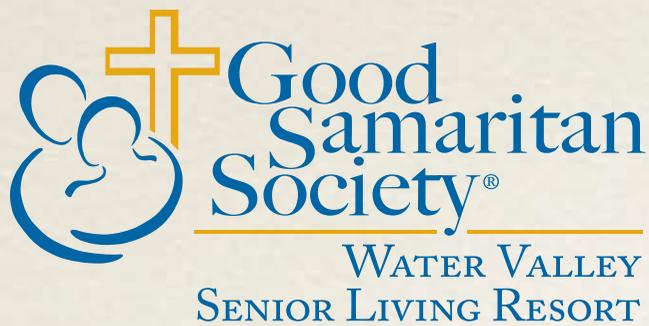
Not to be missed would be the cable car ride to the Ehrenbreitstein Fortress that overlooks the town (€11.80 for the cable car ride and castle visit).

Located in the Forum Confluentes building in the city center is the Romanticum. More than a typical museum, this is an interactive, highly imaginative educational center for the entire Middle

Rhine region.

Gastronomically speaking, Koblenz is a culinary gold mine. Here, you can find pubs, ice cream, and konditorei or pastry shops. In one area, you almost have a side by side selection of Indian, Mexican, Italian, and Chinese restaurants.

*Resources: Historic Highlights of Germany. This was a sponsored visit, however, all opinions herein are the authors.*



## Grand Opening of our New Luxury Twinhomes at Water Valley Senior Living Resort

### Wednesday, January 25, 2017

### Ribbon Cutting at Noon

### Grand Opening 10:00AM - 4:00PM

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*For further information please call (970) 686-2743 or visit our website at [www.good-sam.com/watervalley](http://www.good-sam.com/watervalley)*

# Father Daughter Dance

**Fri., Jan 27 • 6pm**  
**Sat., Jan 28 • 1pm and 6pm**

Don't miss this unique opportunity to spend an evening with your favorite girl. Father and daughters of all ages welcome! Ticket price includes dance, finger food, refreshments and a professional photo of you and your princess. Tickets are on sale now at the Greeley Recreation Center or at the Family FunPlex. Phone-in purchases available at 970-350-9400. Dance Ticket \$30 advance purchase per couple, \$35 per couple the day of the dance, \$10 each additional daughter.



Greeley Recreation Center • 651 10th Ave • 970-350-9400 • GreeleyRecCenter.com

## Windsor Community Center

970-674-3500 • www.windsorgov.com

Call for details and to register.

**Thu Jan 12.** Snowshoe Trip, North Lone Pine Trail (Red Feather): Snowshoe trips will be scheduled at different locations and may be changed according to weather conditions. Some experience is necessary and these trips are not intended for beginners. Bring your own gear, pack a lunch, dress appropriately, and be prepared to purchase a trail pass or park permit depending on the location. Walking level: 4 miles, moderate. Depart: 8 a.m. \$15, bring lunch.

**Thu Jan 19.** National Western Stock Show, Denver. Bulls and broncs, cowboys and cowgirls — rodeo's biggest superstars perform amazing feats of athleticism dur-

ing each performance of this professional rodeo. Whether you prefer thrills and spills or speed and agility, the National Western's Pro Rodeo is the event for you. With time to explore the rest of the exhibits before leaving. This is a co-op trip with the Greeley Senior Center. Walking Level: Moderate). Depart 8 a.m. \$25, lunch on own.

**Fri Jan 27.** Snow Sculptures, (Breckenridge: In Breckenridge each year, blank canvases of snow become works of art. From a whimsical bouquet of enormous flowers, to thought provoking abstract shapes, sculptors form these masterpieces before thousands of spectators over the course of five days in the heart of town. Artists from all over the world will come together to present intricate, awe-inspiring snow sculptures. These artists carve 20-ton, 12-foot-tall blocks of snow into pieces of art using only their creativity, inspiration, own two hands and permitted hand tools. Remember the high altitude and weather conditions. Walking Level: Moderate. Depart 8 a.m. \$23, lunch on own

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

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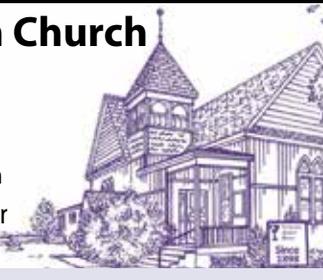
Mon. - Fri.  
 9:30 a.m. - 5:30 p.m.  
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# Greeley Assistance League

In December, the Greeley Assistance League (ALG), a non profit philanthropic organization, held their annual recognition luncheon at the Greeley Country Club. The following organizations were honored for their support and generous contributions to ALG.



l-r: Lola Lucero, Joan Ingmanson and Teddy Sanchez



l-r: ALG honorees, Michael Buckley, 50Plus MarketPlace News, Jonnie Schommer, Walmart, Erica Herman, First National Bank and ALG Board, Joan Ingmanson, ALG President, Robert Trembly, Plus MarketPlace News and Katie Shilts, UC Health. (photos by JoAnn McGrath)



Lola Lucero, JoAnn McGrath, Joan Ingmanson and Weston Edmonds.

**Make a Difference Day Campaign.** Volunteers purchased and collected over 715 children's books during the Make A Difference Day campaign last October. This year the books were donated to The Greeley Transitional House, Weld Food Bank.

A special thank you goes out to Thrivent Financial, Target, Lulac, Reflections of You Photography, Preceptor Gamma Rho, Eaton Library and all other donors for their generosity.



ALG board members & committee chairs; seated l-r: Missi Harrison, Warm Up Weld County; Carol Cox, Operation School Bell; Vicki Sanderson, Bargain Box Building. Standing JoAnn McGrath, Public Relations/Marketing; Carolyn Bernhardt-Jones, Assault Survivor Kits; Carol Lance, Resource Development; Dorothy Eckas, File of Life; Ann Van Matre, Single Parent Scholarship; Joan Ingmanson, ALG President; Pam Neville, Philanthropic Programs.

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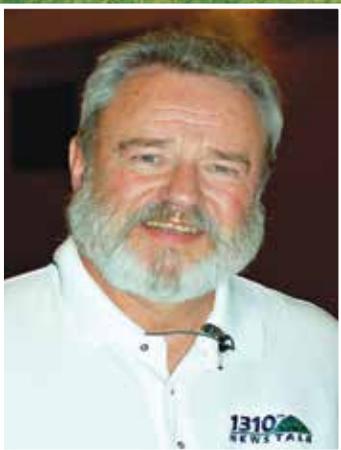
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Find one that you'd like in the Recreation Connection magazine online. There's so much to choose from, you'll have a hard time deciding!



Join the Greeley Senior Activity Center – the benefits are endless!

**Greeley Senior Activity Center**

1010 6th St • 970-350-9440  
GreeleySeniorActivityCenter.com



In seated: Scott Finn, Steven Haas, actors portrayed multiple characters. Standing: Tim Bernhardt, Monica Pickens, Stephanie Pickens, Eika Haas, worked backstage.

## Hilarity At Its Best

If you missed 'A Tuna Christmas' presented at Windsor Community Playhouse in December, you missed all the fun and hilarity. Scott Finn and Steven Haas performed outstandingly portraying different characters, both male and female, from opening to closing curtain. For more information about Windsor Community Playhouse, visit WindsorPlayhouse.org or call (970) 674-1790.

## TRADING POST

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2 @\$2250 each (fees paid by seller). Sunset Memorial Gardens in Greeley, CO; Sermon on the Mount area. Call: 970-396-4842.

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The RSVP Grocery Shopping and Delivery Program provides a service to those who are homebound and unable to shop for themselves in the Tri Town community. This no cost grocery shopping and delivery service is available weekly. For information and to place an order please call 303-833-2739.

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

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Copy due by the 10th of the preceding month.

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| 6 Beef Stew, Lima Bean Salad, Orange Apple Banana, Corn Bread, Honey   | 19 Chicken Noodle Casserole, California Blend Vegetables, Rainbow Fruit Salad, Wheat Roll, White Chocolate Chip Cookie |
| 9 Lemon Baked Fish, Tartar Sauce, Lemon Wedge, Baked Potato & Sour Cream, Asparagus & Red Pepper, Sunny Lemon Raspberry Muffin       | 20 Roast Beef w/Brown Gravy, Mashed Potatoes, Coleslaw, Mixed Fruit  |
| 10 Mexican Chicken Bake, Snap Peas w/ Red Pepper, Pears, Sandy Cookie  | 23 Beef Tips over Scalloped Potatoes, Brussel Sprouts w/Carrots & Malt Vinegar, Mix Fruit, Pistachio Pudding           |
| 11 Roast Turkey w/Gravy, Mac & Cheese, Lemon Seasoned Broccoli, Strawberry & Bananas, Wheat Roll,                                    | 24 Dilled Salmon w/Lemon & Tartar, Roasted Garlic Mashed Potatoes, 3 Bean Salad, Melon Mix, Wheat Roll                 |
| 12 Cabbage Roll, Roasted Red Potatoes, Grapes, Melon and Bananas, Nut Cup, Wheat Roll  | 25 Parsley Penne Pasta w/meat sauce, Marinated Vegetables, Grapes, Multigrain Roll                                     |
| 13 Vegetable Lasagna, Tossed Salad, Sliced Almond & Italian Dressing, Pears, Peaches & Cherries, Chocolate Pudding, Multigrain Bread | 26 Stuffed Pork, Whipped Sweet Potatoes, California Vegetable Mix, Cottage Cheese w/Pineapple Tidbits                  |
| 16 Navy Bean Soup, Wheat Crackers, Chicken Salad on Multigrain Bread, Lettuce & Tomato, Kiwi, Chocolate Chip Cookie                  | 27 Turkey Pot Pie w/Wheat Biscuit, Spinach Salad, Italian Dressing, Peaches w/Raspberry, Spice Cake                    |
| 17 Teriyaki Beef over Brown Rice, Japanese Blend Vegetables, Spinach   | 30 Shredded Chicken Tacos, Lettuce, Tomato & Sour Cream, Aztec Black Bean Salad & Rice, Tropical Fruit                 |
|  | 31 French Dip, Au Jus, Sweet Potato TaterTots, Lima Beans, Spice Cake  |

### Weld County Senior Nutrition Program

Menus are subject of change based on product availability. All menus include ½ pint of 1% Milk Windsor, Johnstown, Greeley Senior Center, & Carbon Valley locations have self-service salad bar on Tues. To find a site near you contact (970) 346-6950 X6120. Suggested donation: \$3 for adults 60 years or older. ability.

## Erie Active Adults

303-926-2550

**Mardi Gras Casino.** Package includes \$10 food credit, \$5 free play on card, & free drinks while gambling. Use player card, earn points for promo. Age 21 up. Meals on own. Includes transportation. Register 2 weeks prior. Mon, Jan 30, 8:30-4:30 pm, \$5/\$6.

**Leopold Bros Distillery Tour.** Includes: malting, mashing, fermentation, distillation, aging, packaging, and a tasting of up to 14 spirits. \$10 of the ticket price is can be used towards the purchase of 2 bottles in the tasting room. Lunch, Islamorada Fish Company and time to shop. Includes tour & transportation. Lunch on own. Register by Dec. 29. Fri, Jan 13, Noon-6:30 pm. \$40/\$50.

**Evening of Dancing Horses.** National Western Stock Show brings the best equestrian talent together in front of live music from the Denver Brass. With formal dressage, reining, liberty and other talent from around the world. Time to explore & eat. Includes entrance to grounds, show & transportation. Meal on own. Register by Jan. 2. Thu, Jan 19 4-10:30pm. \$27/\$34.

**Forever Plaid. Candlelight.** This heaven-sent quartet comes back to earth to perform the show that should have been. Includes show, dinner, coffee, tea, soda, tax, tip and transportation. Menu upgrades are extra. Register by Jan. 2, Sat. Jan 28, 11:30-5 pm. \$55/\$69.

**Breckenridge Snow Sculptures.** The event fosters a spirit of worldwide artistic camaraderie, bringing together diverse cultures. The result: art, pure and simple. Includes: transportation. Lunch on own. Register by Jan. 19. Fri, Feb 3, 7:30- 4 pm. \$23/\$29.

**An Iliad.** Boulder Ensemble Theater. A one-person retelling of Homer's tale of the Trojan War. Our storyteller, The Poet, weaves a story with poetry & humor, heroism & horror. Lunch, on own, at 95a Bistro. Includes show & transportation. Register by Jan. 16. Sun, Feb 12, 11:45-4 pm, \$34/\$43.

**Supper Club.** Martini's Bistro, An upscale restaurant and bar in Longmont offering casual American dining and happy hour. Includes transportation. Meal on own. Register by Jan. 2. Tue, Jan 17 4:30-7:30 pm, \$9/\$11.

**Reckless Abandon.** Dinner & Concert. Covers 4 decades of songs from Country to Classic Rock. Enjoy a catered meal from Pasta Jay's. Cash wine sales. Erie Community Center. Register by Jan. 15. Fri, Jan 20, 6-8 pm, \$13/\$16.

**Facebook 101.** Learn the basics of setting up and using a personal Facebook account including posting, sharing photos, finding friends, commenting, and managing privacy settings. Bring your device, but is not required. Detailed instructions provided. Wed, Jan 11, 8:30 - 10:30 am, \$17/\$21.

### Tips from page 2

gas stations and grocery stores, and one percent cash back on all other purchases -- as well as 10 percent bonus on rewards that are deposited into an eligible Ally Bank account.

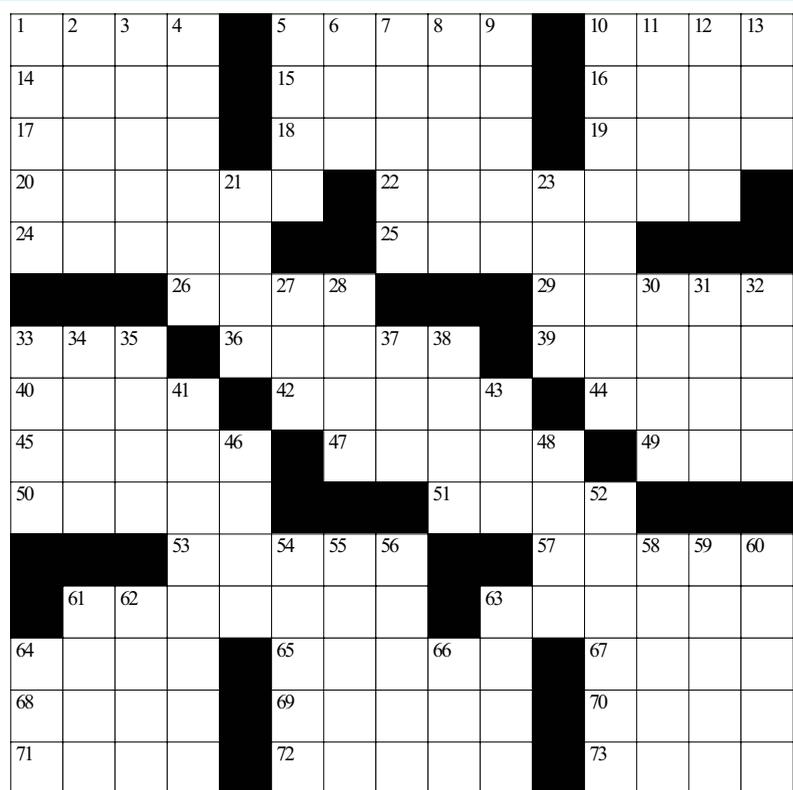
If you don't want to open a new account, check your current credit cards for promotions or cash back offers, which can add up quickly on everyday purchases.

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

◆ Provided by StatePoint

# 50 Plus Marketplace News Crossword Puzzle

Weld County • January 2017



### ACROSS

- 1 Seize
- 5 Lying flat
- 10 Little devils
- 14 Resembling a rope
- 15 Occur again
- 16 Wife of Jacob
- 17 Certainly
- 18 Beyond what is usual
- 19 Ornamental fabric
- 20 Contemptibly small
- 22 Attack
- 24 Boredom
- 25 Judges
- 26 Observed
- 29 Which is the sixth of the twelve Minor Prophets of the Old Testament

### DOWN

- 1 Dirt
- 2 Aftermath
- 3 Pertaining to bees
- 4 Ancient cloth
- 5 Animal hunted for food
- 6 King
- 7 Group of eight
- 8 Suckle
- 9 Efface
- 10 Illusory
- 11 Repast
- 12 Agreement
- 13 Fem. pronoun
- 21 Willing
- 23 Ammunition
- 27 Former measure of length
- 28 Part of speech
- 30 Roman censor
- 31 On the top
- 32 Seize
- 33 Flat-bottomed boat
- 34 Having wings
- 35 Learned
- 37 Single unit
- 38 Hindu music
- 41 Corsair
- 43 Corded cloth
- 46 Pelt
- 48 Phial
- 52 Prejudice against old people
- 54 Clock faces
- 55 Convocation of witches
- 56 Loincloth worn by Hindu men
- 58 Scoop
- 59 Showy actions
- 60 Monetary unit of Botswana
- 61 Coffin stand
- 62 Bone of the forearm
- 63 Iceberg
- 64 Snow runner
- 66 Lair

- 67 Doing nothing
- 68 Game of chance
- 69 Coming after
- 70 Thick slice
- 71 Republic in SW Asia
- 72 Sharp pain
- 73 Allot

### DOWN

- 1 Dirt
- 2 Aftermath
- 3 Pertaining to bees
- 4 Ancient cloth
- 5 Animal hunted for food
- 6 King
- 7 Group of eight
- 8 Suckle
- 9 Efface
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- 59 Showy actions
- 60 Monetary unit of Botswana
- 61 Coffin stand
- 62 Bone of the forearm
- 63 Iceberg
- 64 Snow runner
- 66 Lair

Answers page 8

# Remembrance Ceremony



l-r: Greg Heiny, TRU-HNC Family Member; Maria Thomas, TRU Communications Coordinator; Debra Heyart, TRU Philanthropic Services Assoc.; Phil Tarman, Chaplain; Julianne Graul, Counselor

TRU Hospice of Northern Colorado held its annual Tree of Memories to honor loved ones who have touched the lives of family members, friends, associates and acquaintances; many who were present to place their remembrance ornament on the special tree.



There was a special thank you extended to Stoddard Funeral Home/Sunset Memorial Gardens for sponsoring the event and preparing a very moving and remembering slide show. For more information about TRU Hospice of Northern Colorado, call

970-352-8487.

## Home Care is Not a Career, It's a Calling



Irish Martin-Danhoff, Regional Director of Operations/Agency Manager; Jeanette Weinz, Business Development Director



Brian W. Wilson, Owner; with his wife Tina



Lindsey Combs, Scheduler; Stacy Sanchez, Care Coordinator

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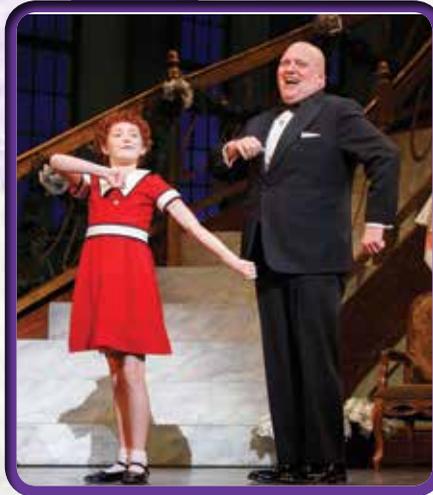
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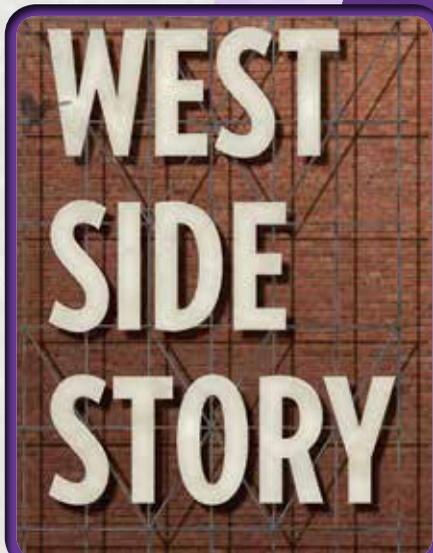


### Annie

**Tue., January 24, 2017 • 7pm**  
**Family 4-pack only \$99!**  
The world's best-loved musical returns in time-honored form with unforgettable songs such as "It's the Hard Knock Life" and "Easy Street."



**Hotel California**  
**Sat., February 4, 2017 • 7:30pm**  
This dynamic, highly acclaimed show incorporates an exciting showcase of the Eagles megahits such as "Take it Easy," "Heartache Tonight," and of course, "Hotel California."



### Greeley Philharmonic Orchestra & University of Northern Colorado present: West Side Story

**Fri. & Sat., March 3 & 4, 2017 • 7:30pm**  
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