

# HospiceCare

HospiceCare of Boulder and Broomfield Counties

We provide compassionate end-of-life care, comfort the grieving and educate our community.

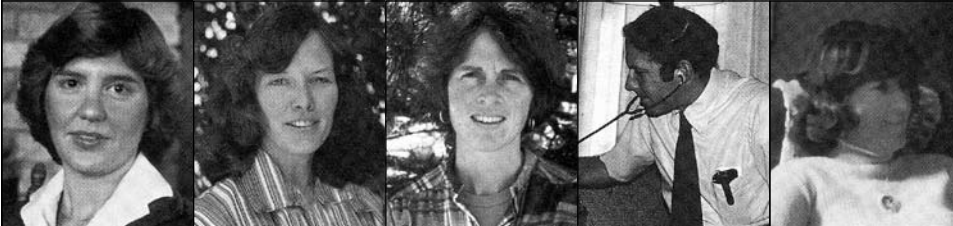
## HospiceCare Celebrates 30 Years of Caring

2006 marks a major milestone for HospiceCare of Boulder and Broomfield Counties. It's our 30th Anniversary, and we couldn't be prouder that our organization has been caring for those who are dying and their families for three decades. To celebrate, we're planning some exciting 30th Anniversary events throughout the year. We'll also be sharing a part of our history in each of our 2006 newsletters. It's an inspiring story with an exceptional cast of characters. And it all began in 1976, when one of our founders was asked, "Have you ever thought about starting a hospice?"

### The Pioneers of the Early Years

The question was posed to Beau Bohart Rezendes (then known as Beau Bohart), who was just finishing her PhD dissertation on death and dying when she asked Dr. Darvin Smith what he thought could be done to help people who were dying or aged. His thought-provoking response was the beacon that pointed the way for Beau. Before long, she was talking to anyone who would listen about starting a hospice in Boulder County.

### HospiceCare Founders, circa 1976



Marcia Lattanzi-Licht Beau Bohart Rezendes Kathryn Riddle-Oakes Dr. Alan Snyder Karin Sobek

Among those she approached were Kathryn Riddle-Oakes (then called Kitty Riddle), a well-known community organizer with vast experience in volunteer activities; Dr. Alan Snyder, an internist/oncologist at the Boulder Medical Center; and Karin Sobek, who had just completed her master's degree in mental health nursing and was holding workshops on death and dying across the country. Along with Marcia Lattanzi-Licht (then known as Marcia Lattanzi), a respected psychiatric nurse who was involved in grief-related work, this team of professionals added their formidable talents and energy to the quest to bring hospice care to Boulder County.

*"I think all of us came with the vision that there were better ways to care for people who were dying and grieving and that there were clear gaps in services," related Marcia Lattanzi-Licht.*

Filling those gaps would prove to be a challenging mission. In the beginning, the group met in living rooms. They stored donations in a cigar box. They paid their own way to hospice care conferences on pain management. But despite such

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"We care for all people regardless of ability to pay, race, disability, color, creed, religion, gender, age, sexual orientation, gender variance, national origin, ancestry, citizenship or veteran status."



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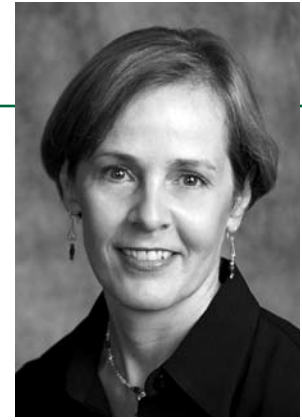
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## *A Message from* **DARLA SCHUETH**

EXECUTIVE DIRECTOR, HOSPICECARE OF BOULDER AND BROOMFIELD COUNTIES



**D**ear HospiceCare Friends and Families,

Over the past year, there seems to have been a greater public focus on issues surrounding death and dying. First, the March 31, 2005 death of Terri Schiavo engaged Americans in a heated national debate about death, dying and an individual's right to self-determination. Next, the U.S. Supreme Court upheld Oregon's physician-assisted suicide law. And now, the Colorado General Assembly is addressing SB 06-102, offering liability protection for palliative care physicians and others who prescribe or administer medications.

At HospiceCare, we're heartened that end-of-life issues are receiving the public attention they warrant. These are complex, real-life matters we deal with every day. So we understand the difficulties that can arise when families aren't aware of their loved one's final wishes, and why medical professionals must be protected in their use of palliative therapies to aggressively manage pain and symptoms for their patients.

On a personal level, I'm particularly gratified by the national discussion about our right to self-determination. Having dedicated the last 13 years to end-of-life issues, I've long recognized the importance of advance care planning. And the controversy surrounding Ms. Schiavo's last days only strengthened my resolve to talk to anyone with any interest about the critical need to make their wishes about end-of-life care known. In fact, for the first time, I even broached the subject with my parents — alerting them to my new advance care plan and gently reminding them to create their own.

It wasn't an easy conversation. But speaking about our own mortality or that of those we love is rarely comfortable. How do we begin the conversation? What will our siblings think if we initiate this talk with mom and dad? Will they feel we're willing our parents' deaths? Add in the complicating public sentiment and government regulation surrounding this very personal issue, and it's easy to see why so many people simply avoid discussing it.

But ignoring advance care planning isn't the answer. Yes, it's a complicated issue. No one, not even those of us who care for the dying, can tell another person what to think or what to do when it comes to end-of-life care. We all must make these decisions for ourselves, then make them known to our loved ones. Doing so takes a lot of thought, a lot of time, and a lot of communication with those who care about us. But if our loved ones are ever faced with the gut-wrenching responsibility of carrying out our wishes when we can't speak for ourselves, having an advance care plan in place will help to ease their burden and ensure that we still have a voice in our care. Likewise, if we must make life and death choices for someone we love, knowing their wishes will help lighten our load and assure that their choices and values are honored.

And that makes these difficult conversations well worth having.

*Darla L. Schueth*

Darla Schueth

(CONTINUED FROM PAGE 1)

humble beginnings, they never wavered in their steadfast commitment to the cause and by early 1977, Boulder County Hospice was incorporated as a nonprofit, tax-exempt organization. Not surprisingly, its all-volunteer management team was comprised of the dedicated professionals who have come to be known as our founders: Beau Bohart Rezendes, Executive Director; Marcia Lattanzi-Licht, Director of Education and Bereavement; Kathryn Riddle-Oakes, Director of Volunteers; Alan Snyder, Medical Director; and Karin Sobeck, Director of Nursing.

Our first patient received hospice care in June of 1977. And thanks to one provocative question and five remarkable visionaries, the organization

that has grown to become HospiceCare of Boulder and Broomfield Counties was born.

### Taking the Next Steps

Because no fees were charged for services, all positions in the new organization were unpaid. Still, our volunteer interdisciplinary Hospice team cared for 15 patients in 1977. In the first year, this staff also developed a physician's manual, created an educational slide presentation, and made its home in donated office space in First United Methodist Church.

This was a good start by any measure. Yet it soon became abundantly clear to our founders that greater financial resources were needed in order to provide quality, compassionate, end-of-life care to all who could benefit from it.

Fortunately, there was a national movement afoot to make hospice care eligible for Medicare and Medicaid reimbursement and by 1979, our founders were at its forefront. In 1983, this legislation was passed, paving the way for our first in-patient unit at Boulder Community Hospital and enabling us to care for 153 patients in that year alone. By 1986, the number of terminally ill people served throughout our history topped 850. And at our tenth anniversary celebration, our founders looked back on a rewarding decade spent caring for the dying, comforting the grieving and educating the community.

The dream had been fulfilled.

*Read part two of the HospiceCare story in our 2006 Summer newsletter.*

## Board of Directors Changes and Grows

In January, we warmly welcomed eight new members to the HospiceCare Board of Directors. Elected for two-year terms were Greg Anderson, President and Publisher of the Daily Camera/Broomfield Enterprise; Mary Cowen Beitner, marketing communications professional; Jane Butcher, community volunteer and philanthropist; David Gehant, President and Chief Executive Officer of Boulder Community Hospital; Dean Obenauer, Vice President and Branch Complex Manager of Citigroup, Smith Barney; Jim Skrine, Senior Director of Quality and Compliance for Amgen; Euvaldo



**l to r: Former Board President Alice Voss with B. Scot Smith, Jere Mock, Terre Rushton, Robert Stuenkel, and Norma Ekstrund (in front)**

Valdez, retired Medicare Ombudsman and community volunteer; and Kenneth W. Zelig, Regional President of Wells Fargo.

As these exceptional community leaders join our Board of Directors, we bid a fond farewell to five long-standing members, all of whom left after three two-year terms, the maximum time permitted for service.

Our sincere appreciation is extended to Norma Ekstrand, B. Scot Smith, Jere Mock, Terre Rushton and Robert Stuenkel for their considerable contributions over the past six years. We wish them all the best in future pursuits and look forward to their

continued support of HospiceCare in years to come.

## Life and Death in the Land of the Midnight Sun

The charming port city of Bergen, Norway, nestled on the southwestern coast of this ruggedly beautiful country of mountains, fjords and glaciers, is a long way from the Colorado town where HospiceCare nurse Autumn Zegel lives with her young daughter and devoted husband. Still, the warm hospitality and familiar passion of the Norwegian doctors and nurses she met there soon made her feel right at home.

“It was wonderful to meet people who cared as much as we do about our patients,” Autumn explains. “Their pure passion for delivering quality end-of-life care is just like ours.”

Autumn—along with a Rotarian team leader, a geriatrician, a social worker and a critical care nurse from the Boulder/Denver area—traveled to Norway last summer as part of an occupational exchange program sponsored by Rotary International. The focus of the group’s month-long visit was on sharing ideas with their Norwegian counterparts about the best ways to care for the terminally ill and their families. And as Autumn and the rest of the team soon realized, their colleagues’ thirst for information about our country’s hospice programs was nearly unquenchable.

“Hospice and palliative care in Norway are relatively new concepts,” notes Autumn. “Their program is

only 12 years old and just starting to become known to the public.”

In comparison, HospiceCare has been caring for those who are dying and their families for thirty years. This contrast in experience—coupled with the Norwegian system of socialized medicine—helps to explain some of the differences in our programs.

Case in point: the types of patients we treat. Here, end-of-life services are available to those with any type of terminal illness. But in Norway, where healthcare funds are solely allocated and distributed by the government, only those suffering from life-limiting cancer qualify for hospice. And as

Autumn says, despite the dedication and expertise of the Norwegian medical team, it can be difficult to provide the high level of care they would like even to these patients.

One reason is the country’s harsh geography. With so few roads and so many remote areas, it can take hours for a hospice nurse to reach a patient’s home. Factor in the dearth of medical professionals trained in end-of-life care (in all of Norway, there are only 16 hospital-based, hospice-trained teams, though great efforts are being made to boost this number) and it’s simply not feasible for Norwegian hospices to provide 24-hour support for home hospice care patients, as we do.

Still, there is great eagerness and commitment on the part of Norwegian

hospice doctors and nurses to improve end-of-life care in their country. At the Palliative Care Center in Bergen, the western region’s central unit for research, education and pain control, an interdisciplinary team works tirelessly to treat patients and promote the aims of hospice. Their goal is to teach end-of-life care to all medical staff, with an emphasis on training home health aides who currently care for the dying.

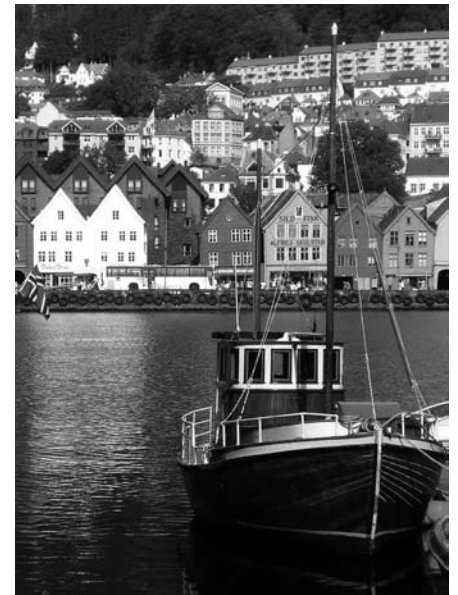
As Autumn voices, “That’s why the hospice medical teams in Norway are so inspiring—they’re so passionate about enabling death with dignity that they’re willing to go above and beyond to help other healthcare professionals learn more about quality end-of-life care.”

“They know that people are dying alone and in pain and that there is a better way. They want to let everyone know that even at the end of our lives, we can still have beauty and joy and love and dignity.”

She smiles. “We’re a lot farther along here, but in the end, we’re all working for the same thing.”



Autumn Zegel with Norwegian hospice patient



The port city of Bergen, Norway

## Fun and Fashion at the HospiceCare & Share Thrift Shop

Those who passed by the HospiceCare & Share Thrift Shop early in the morning on November 12th may have noticed throngs of women huddled in the entry way, anxiously waiting for our doors to open. The occasion was “All That Glitters,” our exhilarating one-day sale of gently-worn evening dresses, shoes, bags and accessories. Shoppers left even more excited than

they arrived, and the event raised a whopping \$5,000 for the HospiceCare Patient Fund.

If you missed “All That Glitters,” be sure to make it to our next HospiceCare & Share Thrift Shop extravaganza. We invite you join us there on May 4th from 4:30 to 7:00 p.m. for “Passion for Fashion,” our first-ever spring fashion show and sale. Festivities include

food, fun and affordable women’s fashions, and the proceeds support important HospiceCare programs. Be there for great buys, a great time and a great cause!

*HospiceCare & Share Thrift Shop is located at 5290 Arapahoe Road (below Subway). To find out more, visit [www.HospiceCareOnline.org/Thrift.html](http://www.HospiceCareOnline.org/Thrift.html)*

## PIAZZZ! 2005 Inspires Record-Breaking Generosity

Friends of HospiceCare are still abuzz over last fall’s big benefit event. And no wonder. PIAZZZ! is widely known as the premier gala in the area and PIAZZZ! 2005 “Safari — A Journey of the Heart” not only lived up to everyone’s high expectations, it exceeded them. In fact, you could say PIAZZZ! 2005 was a roaring success, raising over \$250,000 for HospiceCare’s Patient Care Fund, as well as our new Grief

and Education Center and other important programs.

We offer our sincere appreciation to all who helped make this special evening so wildly successful. Without your commitment and support, hosting a celebration as exciting and rewarding as PIAZZZ! simply wouldn’t be possible.

Planning is already underway for our next glamorous gala, PIAZZZ! 2006 “Red Carpet Premier: A Night with

our Stars under the Stars,” celebrating our 30th anniversary and the power of giving. Volunteers are needed to make this a dramatically memorable evening. Call Mary Cowen Beitner at 303.442.0513 to find out how you can help. Then join us on October 21 for another spectacular event to benefit HospiceCare.

## Caring for the Dying is a Privilege, Medical Director Says

According to Dr. Michele Ferguson, physicians don’t really have much say about the type of medicine they ultimately practice. “In most fields of medicine, people don’t choose their specialty, they get chosen by the job,” she says. “It’s a calling.”

Thankfully for HospiceCare, Dr. Ferguson heeded her own inner voice back in 2001 when—after exploring end-of-life issues with the Boulder Community Hospital Ethics Committee on which they both served—former HospiceCare Medical Director Dr. George Stark invited her to become a member of our Medical Advisory Committee. Her affirmative response marked the beginning of what was to



be a change in career for Dr. Ferguson. In fact, though she was then in private practice following a long tenure on the faculty of the University of Colorado School of Medicine, just four short years and many hours of course work in palliative care later, Dr. Ferguson was named Medical Director of HospiceCare of Boulder and Broomfield Counties.

“It wasn’t as big a leap as it seems,” she relates. “In neurology, many diseases

are incurable, without life-prolonging medications available. A lot of times, treatment is about improving quality of life, not extending it. At a certain point, after helping to prepare my patients for the end of life, I referred them to HospiceCare.”

Today, Dr. Ferguson oversees the care of those who are terminally ill herself—with great respect, compassion and expertise. Most days, she can be found at the HospiceCare Care Center and, forever true to her calling, would choose to be nowhere else.

“This feels like what I should be doing,” she smiles. “It’s an honor to care for the dying. I am privileged to be here.”

## Grief and Education Center Offers Enhanced Programs

It's been almost a year since HospiceCare opened the Grief and Education Center at 1585 Patton Drive in Boulder, and we're more thrilled than ever about our new site and the expanded offerings it allows us to bring to the community.

To Director Kim Mooney, the opportunity to reach more people with enhanced programs is a dream come true. Since last May, she and the rest of the dedicated Grief and Education Center staff have been working enthusiastically to develop new ways to support our community during transitional times. We're proud to introduce the wealth of offerings that resulted, including our new Public Education Series, our enlightening Body & Soul Series and some first-of-their-kind discussion and support formats.

We're also thrilled to announce the inaugural issue of the Grief and Education Center's newsletter, *Connections*, designed to inform you about the many new programs we'll be offering in the months to come. (If you would like to receive it, please call 303.604.5300.)

We hope you'll attend any of the following sessions that might be relevant to your life situation, and pass the word on to anyone else who might benefit from coming. Please check our website ([www.hospicecareonline.org](http://www.hospicecareonline.org)) for more information.

### 2006 Public Education Series

Our 2006 Public Education Series is designed to support people dealing with illness at any stage, along with those who care for them. Many times, we find ourselves thrust into medical situations without warning or time to prepare. This series will help you discover...



### WHAT'S NEXT?

#### **You've Got the Power — Or Do You? What's Next with a Medical Power of Attorney?**

Discover what it takes to communicate your wishes as clearly as possible to get the results you want.

*Thursday, April 20,  
Longmont United Hospital,  
The Gallery, 7:00-8:30 pm*

*Wednesday, April 26,  
Mamie Doud Eisenhower Library,  
Broomfield, 6:30-8:30 pm*

#### **Living with a Diagnosis of a Life-Threatening Illness. What's Next?**

Explore the range of issues that arise at a diagnosis and how to begin to keep your world intact in the midst of a medical crisis.

*Thursday, May 11,  
Boulder Community Hospital,  
Gene Wilson Room, 7:00-8:30 pm*

#### **Who Cares About the Caregiver? And What's Next?**

Learn about the challenges and gifts caregivers may experience, as well as the critical importance of self-care.

*Wednesday, May 24,  
Lafayette Public Library, 6:30-8:00 pm*

*Monday, June 19,  
Louisville Senior Center, 1:00-2:30 pm*

### BODY & SOUL

While losses challenge our physical, emotional and mental limits, they also eventually bring us into the possibility of greater connection with everything — our selves, our sense of divinity, life itself. In order to find yourself in the midst of the chaos of change, even for a second, you need ways to relax your body, comfort your heart, and re-focus your mind. Our Body & Soul Series will provide the opportunity to explore new methods to nurture your spirit.

### **Heart to Hand: Writing Through Loss**

Writing exercises, voluntary sharing and discussion of the grieving experience will be part of this three-hour workshop. No writing experience necessary. Space limited. Suggested donation of \$25. Call 303.604.5214 for information and reservations.

*Saturday, April 22, 9:00 am-12:00 pm*

### **Sound Medicine**

Discover ways in which music can refresh your mind, relax your body and unlock your creative spirit. Suggested donation of \$20. Call 303.604.5267 for information and reservations.

*Saturday, May 6, 10:00 am-12:00 pm*

### **Comfort Touch**

Relax, rejuvenate and have fun as you learn easy techniques of Comfort Touch to share with family and friends. Suggested donation of \$20. Call 303.604.5267 for information and reservations.

*Saturday, June 17, 10:00 am-12:00 pm*

### **COMMUNITY DIALOGUES**

#### **Nobody Likes to Talk About Death**

Not entirely true. In this series, we'll talk about everything. Why we're afraid. What we think death is. How can we possibly get ready? Space is limited, so please call 303.604.5267 to reserve a spot.

*April 12, 6:00-7:30 pm  
(Feel free to bring your dinner)*

#### **Anticipatory Grief Discussion**

Explore what it means to be looking at loss coming in the near or distant future. Space limited so please call ahead, 303.604.5267.

*May 15, 6:00-7:30 pm  
(Feel free to bring your dinner)*

### **Trainings & Speakers Bureau**

The Grief and Education Center provides a variety of professional development trainings on working with loss organizationally for schools, faith communities, corporations, medical facilities and other organizations. We also have a Speakers Bureau available to address end-of-life care, advance care planning, dying and grief concerns. Presentations can be tailored to the needs of your group. Call 303.604.5267 for information or visit [www.hospicecareonline.org](http://www.hospicecareonline.org)

### **GROUP SUPPORT**

Providing a place where people can get help as they navigate through the complex and delicate process of grieving is central to our mission at the Grief and Education Center. Whether your

loss was recent or farther in the past, we offer a wide range of support groups, from Pregnancy/Infant Loss to Widowed Persons. You do not need to be a HospiceCare family member to attend these groups. They are open to all residents of Boulder and Broomfield Counties. The meetings, led by experienced bereavement group facilitators, include discussions of specific topics and optional personal sharing in a safe and accepting atmosphere. Please visit our website ([www.hospicecareonline.org](http://www.hospicecareonline.org)) for more information and to learn about our new Bereaved Spouses group, our Young Adult Support group, and our Anticipatory Grief group.

## **A Sad Goodbye to a Devoted HospiceCare Volunteer**

### **Bernie David Lieff**

AUGUST 20, 1944 - FEBRUARY 24, 2006

**S**ome people just seem to know when they're needed. At least, that's true of longtime HospiceCare volunteer Bernie Lieff. As those on our Care Center staff affectionately recount, whenever a patient or one of their family members needed a little extra care, a comforting touch, or an understanding word, Bernie would magically appear at the door for an impromptu visit. With his two gentle dogs by his side, he'd quietly offer the healing warmth of his compassion to whoever was hurting. "It was almost as if he had a special kind of intuition," Volunteer Coordinator Lynette Fuller-Rowell says. And that's just one of the reasons we will all deeply miss Bernie, who died of melanoma on February 24th at the age of 61.

From the moment he began volunteering with HospiceCare in April of 2001, Bernie's kindness and generosity profoundly touched our staff and patients alike. Committed husband, father, investment banker, cyclist, and skier, Bernie had a full calendar even before embarking on his mission here. But he was a caring soul who believed he had a great life and wanted to give something back to his community. He did that and more for many years at our Care Center, faithfully visiting patients during his scheduled weekly shift and whenever else that mysterious sixth sense alerted him to another's distress.

We extend our sincerest condolences to Bernie's family and friends. His bighearted compassion will long be remembered.

## Volunteer VOICE:

Volunteer Voice will be a regular newsletter feature, introducing volunteers and addressing their concerns.

### *Jan Barnett*

Jan Barnett has been volunteering at the HospiceCare Care Center since March of 2000. And even after all these years, she believes she leaves a little wiser each time she visits.

"I never go there without learning something new," she says. "I think that's what's most surprising about volunteering with HospiceCare. It gives back so much more than you would ever imagine. It's an exhilarating experience, spiritually and emotionally."

Jan—who is the wife of Gene; mother of beloved Joey, who has Down Syndrome; stepmother to two daughters; and grandmother of two little girls—

began volunteering with HospiceCare when she retired from her position as a special education teacher with the Boulder Valley School District.

"Hospice had helped walk me through my own mother's death years earlier," she explains. "I wanted to do my small part for other people." So twice a week for the last six years, Jan has reached out to the patients at our Care Center, offering the quiet comfort of her presence when they and their loved ones need it most.

"I give foot rubs and sips of water. I help with bathing. Sometime I read to patients or sing to them. Other times I just hold their hands," she says sincerely. "I love doing these simple tasks. It's



gratifying to see that tiny actions can make a big difference for another person."

Jan may call her huge contributions at the Care Center "tiny," but the patients and family members who have benefited from her kindness certainly wouldn't. Nor would those on our Care Center staff, who appreciate Jan as much as she does them.

"These are some of the brightest and most sensitive people I have ever met," Jan enthuses. "I've learned so much from everyone. I've been given reminders of a respectful value system, reminders of what's really important in life."

She smiles warmly. "Ultimately, I've seen that death doesn't have to be a struggle. It can truly be peaceful. I believe it's an honor to share that with patients here."

And we believe it's an honor to work with a volunteer as committed and caring as Jan.



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### **CHANGE SERVICE REQUESTED**

If you receive two newsletters, please share one with a friend and call us at 303.604.5236 or email [info@hospicecareonline.org](mailto:info@hospicecareonline.org). and we'll correct our records.

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