

## News from Nan

NEWS 'N' VIEWS, TRAVEL

# LIVENGOODS IN BOULDER

JUNE 9, 2018 | ANNA | 1 COMMENT



*The original date on this post was June 9, 2018. It was updated on June 15. The photos were taken by one of the participants of our little family gathering (or a kind person on site). Thanks, all, for your contributions to this post!*

On Wednesday, June 6, 2018, three of the Livengoods joined us in our little rental house here in Boulder, Colorado (Rick joined us on Sunday, June 10). We're sorry the rest of the family couldn't come!

Our many activities fell into the following four categories, and the photos below are categorized the same way:

- 1. Games and Entertainment.** We solved an Enigma puzzle and escaped from the escape room (you can Google "Enigma escape" for more information about this fun phenomenon). The Livengoods did a

very difficult jigsaw puzzle. We went to a Rockies-Diamondbacks baseball game. We visited a butterfly pavilion.

2. **Hiking and Sightseeing.** We hiked locally at Boulder Creek and the Enchanted Mesa, and we drove to Rocky Mountain National Park and hiked there. We visited the National Center for Atmospheric Research (NCAR).
3. **Shopping and Eating.** We dined on Pearl Street (for example, Pasta Jay's and the West End Tavern) at the Chatauqua dining hall, and in the Stanley Hotel in Estes Park. We browsed the Boulder Bookstore.
4. We all enjoyed **visiting regional universities** of possible interest to Matthew, Miranda, and their friends. Those included University of Colorado (at Boulder and at Denver) and Colorado State University.

## Games and Entertainment



Yay! We solved the puzzle and escaped from the room in record time! What a team!



*Miranda getting her butterfly tattoo*



*Ellen reacting to her daughter's butterfly "tattoo"*



*Rick getting a unicorn "tattoo"*



Rick showing off his unicorn "tattoo"



Trying on hats at the Butterfly Pavilion



*Twin butterflies*



*Ellen fearing her encounter with Rosie the tarantula*



*Ellen enjoying her encounter with Rosie the tarantula*



*Grandma and Rosie*



*Swinging near the Boulder Creek path*



*Whose initials?! (Boulder Creek path)*



*Hamming it up at the Rockies-DBacks baseball game*



*Livengoods playing the lota game*



Miranda and Ellen doing a jigsaw puzzle



*Matthew at a park along Boulder Creek*



*Flowers for the butterflies*

## Hiking and Sightseeing



*Hiking at Hollowell Park (Rocky Mountain National Park)*



Hiking at Hollowell Park

## Hollowell Park

Elevation: 8,400 feet

### Welcome to Rocky Mountain National Park

**In Case of Emergency**

Report all emergencies to the nearest Park Ranger or call Park Headquarters at (970) 586-1203. After hours (5:00 p.m. to 8:00 a.m.) Call 911. Cellular phone coverage in the park is unreliable.

### Wilderness

Please Protect Rocky Mountain National Park's Precious Wilderness Resources

The trail ahead leads into wilderness. It is a place where wild plants and animals live out their daily lives and where natural processes prevail. It is an area for people to be spiritually refreshed and physically challenged. It is an area to enjoy. From our visits we gain rich experiences and memories, but in return we must remember to give this area another day of unspoiled wilderness.

*"...in Wilderness is preservation of the World."*  
Henry David Thoreau

Mill Creek Basin

### Regulations

- A backcountry permit is required for all overnight use. Campfires are allowed only at specific backcountry campsites with metal fire rings.
- Dogs, cats and other pets are not permitted on trails or away from roads or parking areas.
- All vehicles, including bicycles, are prohibited on trails.
- Stay on the trails where they are provided. Shortcutting of trails damages soils and plants. Spread out when hiking crosscountry, especially on the tundra. Hikers yield right of way to horses.
- Feeding park animals is prohibited. Store food properly. Never leave your pack unattended with food in it.
- Saddle and pack animals must stay on authorized trails. Grazing is not permitted. Certified weed free hay is required at trailheads. Palletized feed, hay cubes or grain products are required in the backcountry.
- Hunting & Recreational Use of Firearms Prohibited. Possession of Firearms must Comply with Federal & State Laws.
- A Colorado fishing license is required for persons 16 years or older. Persons 12 years old or younger may use bait in waters open to fishing, except in designated catch and release areas.

### Area Map

**Hiking essentials:** Topographical map, compass, high energy food, water, first aid kit, whistle, pocketknife, flashlight, waterproof matches or lighter, sunscreen, sunglasses, and extra clothes including raincoat gear, warm layers, hat and gloves.

Always let someone know where you are going and when to expect you back.

### Leave No Trace

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimize campfire impacts
- Be considerate of other visitors
- Respect wildlife

### High Country Hazards

**Mountain Weather:** A light, sunny day can turn windy and wet within a matter of minutes with high winds and driving rain or snow. Be prepared for changing conditions.

**High Altitude:** This increases the chance of dehydration, severe altitude, mountain sickness (headache, nausea, dizziness) and the aggravation of pre-existing medical conditions. Drink several quarts of water per day to ward off dehydration. There is a wide temperature range and unpredictable. Arrive well-rested. If you begin to feel sick or experience any physical problems, descend to lower elevations.

**Lightning:** Start your hike early in the day, stay to the left of rocks and better shelter before a storm strikes. If caught above treeline, get away from high areas and wooded trees and rocks. Find shelter if possible, but avoid rock overhangs. Crouch down as low as possible, but do not lie down. Horizontal striking is the most common cause of lightning deaths.

**Wildlife:** Approaching, feeding, or disturbing wildlife is dangerous. Keep a safe distance. All park animals are wild and may react in unpredictable ways. Do not approach or attempt to touch any animal. Do not feed any animal.

**Streams, Lakes and Waterfalls:** These can be treacherously dangerous. Keep your distance. In winter, ice is thicker than it looks and hidden, and can be very slippery. Purity stream water to prevent parasites and other water borne diseases.

**Falling trees:** We are aware of the danger when traveling or camping in the woods or following a streambed after a storm. Be particularly watchful when the wind is blowing a streambed after a storm. Do not camp or travel in areas of falling trees.

**Snow and Ice Fields:** They may look like snow fields and meadows, but are actually dangerous. They are very slippery and can be very deep. They are a serious hazard to hikers and can be very dangerous.

**Hypothermia:** This is a lowering of the body's core temperature which can be life-threatening. Dress and eat right of your. Dress warm and dry.

**Mountain Climbing:** This activity requires extensive training and proper equipment to ensure safety. Do not attempt to rock climb or scramble on steep slopes or crag.

**You assume complete responsibility for your own safety and that of your group.**

**MOUNTAIN SAFETY:**

Hollowell Park Sign

https://www.newsfromnan.com/livengoods-in-boulder/

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*View from the Hollowell Park trail*



*Hiking at Enchanted Mesa*



*Hiking at Enchanted Mesa*



*Matthew relaxing on the Enchanted Mesa trail*



*Taking a selfie on the Enchanted Mesa trail*

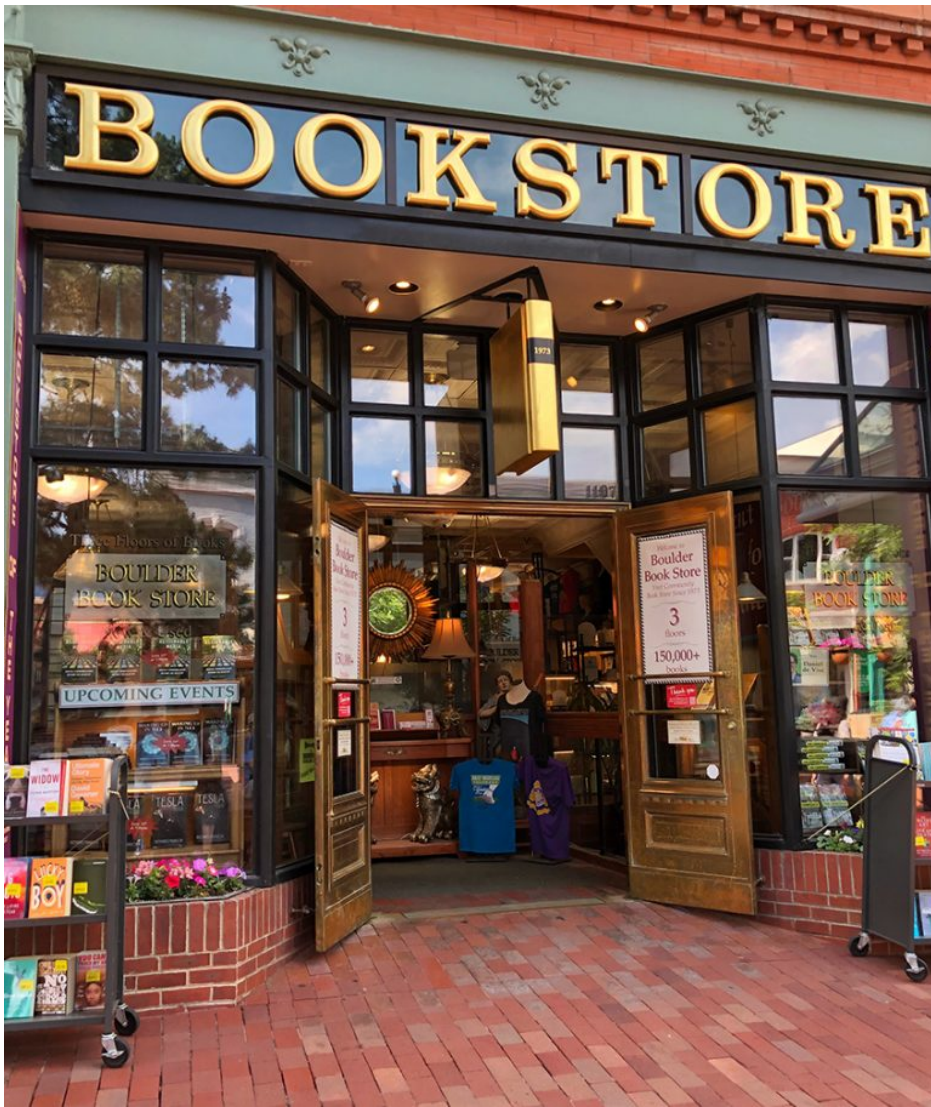


NCAR poster



*View from the plane (taken by Ellen)*

## Shopping and Eating



Boulder Bookstore in Pearl Street



Pasta Jay's on Pearl Street



Pasta Jay's sign



*Stanley Hotel in Estes Park*



*Dressed for cool weather at the Stanley Hotel*



*View at Chataqua*



*Sunset at Chataqua*



*Cute little bunny at Chatauqua*



*"Minnetonka" for the Blomquists*



Pearl Street Mall



Pearl Street Mall

## University Visits



*UC Denver buildings (physical therapy)*



*UC Denver*



*Cam the Ram at CSU, Fort Collins*



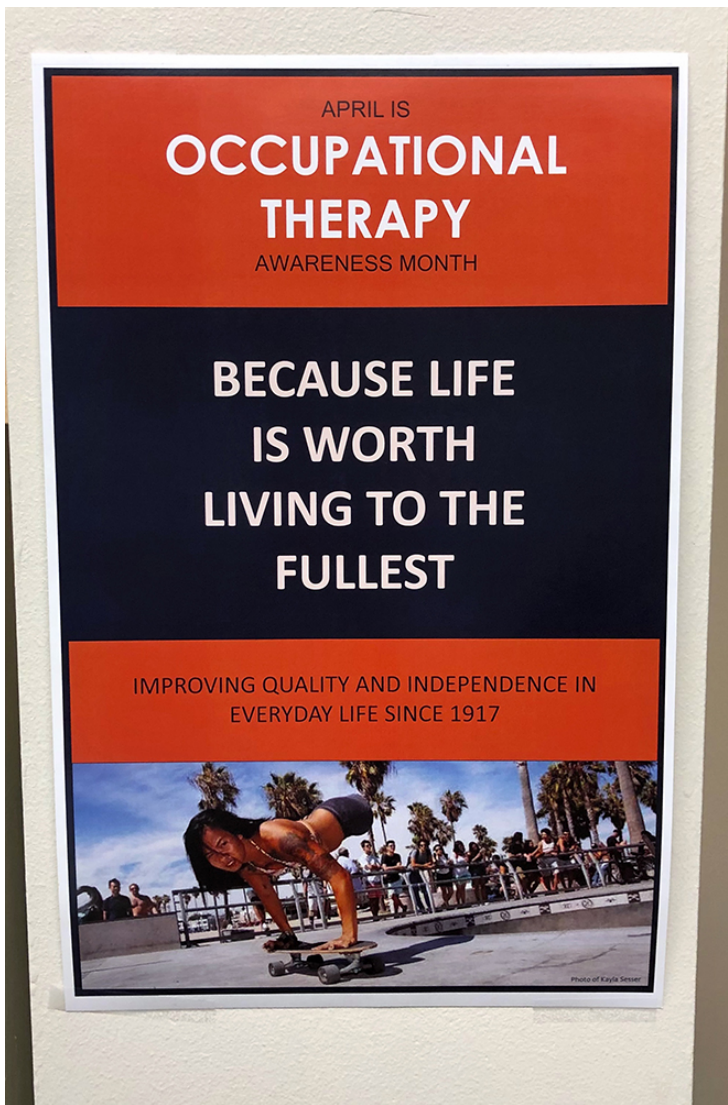
Matthew and sign at CSU



Occupational Therapy building at CSU



*Miranda and Ellen on the CSU oval*



Occupational therapy sign (good thought, yay occupational therapists!)

- ◀ 2018
- ◀ BOULDER
- ◀ BOULDER BOOKSTORE
- ◀ CHATAUQUA DINING HALL
- ◀ COLORADO
- ◀ COLORADO STATE UNIVERSITY
- ◀ DENVER
- ◀ ENCHANTED MESA
- ◀ ENIGMA
- ◀ ENTERTAINMENT
- ◀ ESTES PARK
- ◀ FERN LAKE
- ◀ GAMES
- ◀ HIKING
- ◀ HOLLOWELL PARK
- ◀ JOHNSON
- ◀ LIVENGOOD
- ◀ NATIONAL CENTER FOR ATMOSPHERIC RESEARCH
- ◀ NCAR
- ◀ OCCUPATIONAL THERAPY
- ◀ PASTA JAY'S
- ◀ PEARL STREET MALL
- ◀ PHYSICAL THERAPY
- ◀ ROCKY MOUNTAIN NATIONAL PARK
- ◀ SHOPPING
- ◀ SIGHTSEEING
- ◀ STANLEY HOTEL
- ◀ UNIVERSITY
- ◀ UNIVERSITY OF COLORADO
- ◀ VAN RAAPHORST

## ONE THOUGHT ON "LIVENGOODS IN BOULDER"

**Kathy Hallstein**

JUNE 11, 2018 AT 9:20 PM

Looks like a beautiful place. Had dinner with Rick on Friday, watching the Warriors sweep the Cavs.  
Have fun, Miss you all

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