

The Future of Our Planet!

If you think eight billion people living on planet Earth is optimal, think again! Many scientists have warned the world about over-population, climate change, starvation, extinction, and bio-diversity issues affecting our planet.

In 2023, our planet had eight billion people. There were only one billion people on the planet at the turn of the 19th century and only a few hundred thousand just 10,000 years ago. Scientists predict 9.8 billion population by 2050.

The world's richest 500 million people in North America and Europe produce half the world's carbon dioxide emissions, the primary greenhouse gas responsible for climate change, whereas the poorest three billion emit just seven percent.

Americans consume 25 percent of the world's energy despite representing just 5 percent of global population, and the band of industrialized nations combine to waste 222 million metric tons of food per year, according to the UN Food and Agriculture Organiza-

tion.

As for how many people our planet can sustain, the first such estimate in 1679 came from microbiologist Anton van Leeuwenhoek who calculated roughly 13.4 billion. A 1994 scientific study estimated optimal population size based on the minimal land needed for food production (0.5 hectare per person) and soil conservation, resulting in a population size of three billion people. Growth is expected to occur mostly in Africa, and abate in the Americas, Europe, and parts of Asia, especially as families in more-developed nations have fewer children. However, many overpopulated countries will need to slow their growth due to environmental concerns.

ABC TV's 2010 special "Earth 2100" and 2020 PBS TV special "Extinction Facts" indicated a major environmental problem with over population, lack of food and water, climate change, wildlife species extinction, and habitat destruction between 2075 to 2100 (maybe sooner) affecting our

planet.

More farmland is disappearing worldwide for housing demands and water supplies are not keeping up with the population demands. Plus, we have drought problems in the more populated areas or flooding attributed to the climate changes. If you notice in your local cities, you see new housing developments appearing every year to keep up with the population demands.

What is most alarming is our wildlife is declining quickly. The World Wildlife Foundation indicated in 2020 that 60% of our wildlife has been decimated in the last 50 years. One of the major problems with the extinction of our wildlife is the severe killing of many species for their fur, heads, tusks, or horns, which many cultures consider for either financial, religious, sexual, or medical reasons. Another wildlife problem is the worldwide wildfires. Remember when the USA promoted mink or sable coats until they were outlawed? This should be happen-

ing for all species worldwide, but sadly isn't!

And now, the threat of conflicts with either China, Russia, North Korea and/or the Middle East may depend on our next presidential election. With Europe and the USA in defensive positions against these major threats, early predictions show the Asian countries could easily win today, but in the near future it would be either a tie or in NATO's favor with the latest technology weapons. But for sure, both sides would likely have some or high casualties, which happens in every conflict and could determine the future of our planet.

And the need to colonize another planet such as Mars or further out will be imperative as our planet will be in serious environmental trouble unless changes are made in this decade.

However these major conflicts turn out, we have some major challenges ahead of us with hopefully the world leaders will fix before extreme measures are required! Sources: UN, WWF, ABC & PBS TV, & Pew Research Center.

Man the Lifeboats: Here Comes "Titanic" the Musical!

The idea of staging the tragic saga of the "Titanic" as a Broadway show must have seemed preposterous when it premiered in 1997. Some may have thought it was disrespectful of the 1,500 who went down with the ship on its maiden voyage in 1912. Not to mention the logistics of staging its demise. Yet the musical, created by Peter Stone (story and book) and Maury Yeston (music) was a hit, running for more than 800 performances and winning a Tony for best musical. It's since been staged around the world.

And now it comes to Boulder, directed by Broadway veteran and CU Boulder College of Music guest faculty member Bob Westenberg. In three performances, March 15-17, audiences in Macky Auditorium will relive the tragedy of that "night to remember." Visiting during a Zoom call from his Longmont home, Westenberg admits that directing "Titanic, the Musical" is proving far more exciting than "Beauty and the Beast."

So what changed Westenberg's mind? "I fell in love with the score.

The music is just so wonderful—and we'll have the great effect of a tea cart slowly rolling across the stage, and suddenly everyone stops and realizes the ship is sinking." The music is just so wonderful, and we'll have the great effect of a tea cart slowly rolling across the stage, and suddenly everyone stops and realizes the ship is sinking."

Those little moments are what can make theatre so special for this man of the stage. Consider his résumé: He made his debut eons ago in "Zorba" with Anthony Quinn; he was the original Prince Charming in Sondheim's "Into the Woods" (his "Cinderella," Kim Crosby, has been his wife for 35 years); he's portrayed "Javert" in "Les Misérables" on Broadway, and more. Plus national tours and plenty of film and TV roles.

Once auditions for CU Boulder singers were completed last fall and the cast of 40 was chosen, it

was full steam ahead. Westenberg's students include majors in opera and musical theatre. The orchestra numbers 30, but there will be no iceberg. "This is not about big production values," the director stresses. "Rather, the creators tried to humanize what happened, telling of passengers in first, second and third class. We'll see how those characters perform under that terrible duress and how the storyline is musicalized. This is what makes for the classical structure of a musical."

Tickets range from \$17 to \$50 each. Purchase tickets at www.cu-presents.org or call 303-492-8008. CU Presents charges a 10% service fee for single tickets (or a \$10 + 2% fee for season tickets).



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MARCH Calendar

Tuesday/5

Boulder Genealogical Society presents a free online program on “From Blackstone to the Statutes At Large: How Knowing the Law Makes Us Better Genealogists” by Judy G. Russell at 7 pm on Zoom. Learn how knowing the law our ancestors lived by helps us make sense of the records they left and find clues to more and different records. Please register online at www.bouldergenealogy.org.

Wednesday/13

Longmont Genealogical Society presents a free hybrid program on “Collateral Research and Fan Clubs, Adding Critical Tools to Your Research Toolboxes” by Mark Fearer at 1 pm at the First Evangelical Lutheran Church, 3rd and Terry Streets, in Longmont. Learn the value and methodology of sideways research, along with how delving into non-relatives can break through brick walls. Please register online at <https://longmont-genealogicalsociety.org/>.

Wednesday/21

The Colorado Gerontological Society presents a free online program on “The High Cost of Rent Dilemma” by Eileen Doherty. Rents in Colorado continue to escalate in Colorado with average rents costing \$1800 per month in the major cities. This session will a) review public benefits to ensure that individuals are taking advantage of all of the benefits; b) identify options to make additional income; and c) ways to reduce rent through shared housing, transportation, and other programs. Please register online at <https://www.senioranswers.org/>.

AARP presents many free online classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> to learn more about their online classes.

The Alzheimer’s Association presents free online classes including warning signs, financial and legal support, and caregiver helps on their website at <https://training.alz.org>.

Radon Causes Lung Cancer In Non-smokers and Smokers Alike

The Facts...

- Lung cancer kills thousands of Americans every year. Smoking, radon, and secondhand smoke are the leading causes of lung cancer. Although lung cancer can be treated, the survival rate is one of the lowest for those with cancer. From the time of diagnosis, between 11 and 15 percent of those afflicted will live beyond five years, depending upon demographic factors. In many cases lung cancer can be prevented.

- Smoking is the leading cause of lung cancer. Smoking causes an estimated 160,000* cancer deaths in the U.S. every year (American Cancer Society, 2004). And the rate among women is rising. On January 11, 1964, Dr. Luther L. Terry, then U.S. Surgeon General, issued the first warning on the link between smoking and lung cancer. Lung cancer now surpasses breast cancer as the number one cause of death among women. A smoker who is also exposed to

radon has a much higher risk of lung cancer.

- Radon is the number one cause of lung cancer among non-smokers, according to EPA estimates. Overall, radon is the second leading cause of lung cancer. Radon is responsible for about 21,000 lung cancer deaths every year. About 2,900 of these deaths occur among people who have never smoked. On January 13, 2005, Dr. Richard H. Carmona, the U.S. Surgeon General, issued a national health advisory on radon.

- o World Health Organization’s international radon project

- Secondhand smoke is the third leading cause of lung cancer and responsible for an estimated 3,000 lung cancer deaths every year. Smoking affects non-smokers by exposing them to secondhand smoke. Exposure to secondhand smoke can have serious consequences for children’s health, including asthma attacks, affecting the respiratory tract (bronchitis,

pneumonia), and may cause ear infections.

- o For smokers the risk of lung cancer is significant due to the synergistic effects of radon and smoking. For this population about 62 people in a 1,000 will die of lung-cancer, compared to 7.3 people in a 1,000 for never smokers. Put another way, a person who never smoked (never smoker) who is exposed to 1.3 pCi/L has a 2 in 1,000 chance of lung cancer; while a smoker has a 20 in 1,000 chance of dying from lung cancer.



Colorado Attorney General Phil Weiser to Block Proposed Kroger/Albertsons Merger

After a yearlong investigation, Colorado Attorney General Phil Weiser filed a lawsuit in Denver District Court to block the \$24.6 billion proposed merger between Kroger and Albertsons, two of the largest supermarket chains in Colorado. Kroger operates 148 King Soopers and City Market stores and Albertsons operates 105 Safeway and Albertsons stores in the state.

According to the lawsuit, the merger would eliminate head-to-head competition between Kroger and Albertsons and consolidate an already heavily concentrated market, which is bad for Colorado shoppers, workers, and suppliers. The lawsuit also challenges an illegal “no-poach” agreement between the two companies during a 2022 strike when employee movement was a threat to Kroger’s operations.

“Coloradans are concerned about undue consolidation and its harmful impacts on consumers, workers, and suppliers,” stated Weiser. “After 19 town halls across the state, I am convinced that Coloradans think this merger between the two supermarket chains would lead to stores closing, higher prices, fewer jobs, worse customer service, and less resilient supply chains.”

Kroger and Albertsons compete head-to-head in several ways. For example, the companies monitor each other closely on price and adjust their prices based on what the

other one is doing. A post-merger Kroger would have the ability to raise prices, pinching consumers. In urban areas, where consumers shop close to home, the consolidation of Kroger and Albertsons stores would create significant market power to raise prices and reduce quality and services. Consumers in other areas of the state would feel the effects even more. For instance, City Market and Safeway are the only supermarkets in Gunnison. The merger would make Kroger the only supermarket in this area, and a Gunnison resident would have to drive 65 miles to Salida or Montrose to reach a non-Kroger store, leaving them at the peril of their supply chain failing.

Kroger and Albertsons also compete for customers in part by offering strong customer service and a quality shopping experience. The King Soopers strike that lasted for 10 days in January 2022 is an example of this competition between the stores. Investigation documents show that consumers overwhelmingly diverted their shopping to Safeway stores during the strike.

The strike also shows that Kroger and Albertsons compete for employees. King Soopers was concerned about losing employees and customers to Safeway during the strike and entered into an agreement with Albertsons whereby Safeway agreed to not hire any King Soopers employees and to

not solicit any of King Soopers’ pharmacy customers, according to an email between company executives leading up to the strike. Such no-poach and non-solicitation agreements are illegal under the Colorado State Antitrust Act because they are agreements to not compete.

“In addition to challenging this merger, we are also suing the two companies for a no-poach agreement that harmed workers and blatantly violated antitrust law. No-poach agreements stifle worker mobility and depress wages and non-solicitation agreements harm consumers and raise prices,” explained Weiser.

Kroger and Albertsons also compete to offer the best local products to draw customers into their stores. For example, Kroger and Albertsons often sell Palisade peaches on promotion—and sometimes at a loss—to generate store traffic. This benefits Palisade peach farmers because they can be assured of a fair price and avenues to sell their crops, and it benefits consumers because they have access to great local product at low prices. The same dynamic plays out for other local Colorado products, ranging from produce and other fresh products like meat, dairy, baked goods, or center-store packaged products. The merger would eliminate this head-to-head competition between the companies.

Check individual venues for
current information

Calendar sponsored by:

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We Care

Technology is Hip!

Building the Eiffel Tower



Bob Larson

Recently, I watched PBS-TV's NOVA program on building the famous Eiffel Tower, which is a classic wrought-iron

lattice tower in Paris, France. It is named after the engineer Gustave Eiffel, whose company designed and built the tower from 1887 to 1889.

The tower was constructed as the centerpiece of the 1889 World's Fair, and to crown the centennial anniversary of the French Revolution. The tower received over five million visitors in 2022 and is the most visited monument in the world.

Today, the Eiffel Tower, which continues to serve an important role for television and radio broadcasts, is considered an architectural wonder and attracts more visitors than any other paid tourist attraction in the world. The tower is 330 meters (1,083 ft) tall, about the same height as an 81-story building, and the tallest structure in Paris.

The tower has three levels for visitors, with restaurants on the first and second levels. The top

level's upper platform is 276 m (906 ft) above the ground, the highest observation deck accessible to the public in the European Union. Tickets can be purchased to ascend by stairs or lift to the first and second levels. Eiffel even had an apartment built at the top.

Back then, nothing remotely like the Eiffel Tower had ever been built! It was twice as high as the dome of St. Peter's in Rome or the Great Pyramid of Giza. The tower was erected in two years (1887-89), with a small labor force at a slight cost, and some resistance by the workers during harsh times. The foundation is an amazing engineering feat that took creative engineering resources to build.

Because of its unique shape, the piers required elevators to ascend on a curve; the glass-cage machines designed by the Otis Elevator Company of the United States became one of the principal features of the building, helping establish it as one of the world's premier tourist attractions. Source: PBS-TV & Wikipedia.

We Care

Health Matters

Aditya Yerrapragada, MD



Aditya Yerrapragada, MD

Coloradoans certainly love the outdoors, and hiking is a favorite thing to do. To fully adapt to hiking culture, utilize dynamic

stretching before and after your hike to decrease soreness and gain the greatest range of motion.

- Dynamic stretches are done right before hitting the trailhead and will prepare your muscles for climbing up and down rocks and managing all the uneven trail surfaces.

1. Dynamic heel-to-toe walks – For 10 paces, walk on the ball of your foot and alternate to walking on your heels for 10 steps. Repeat two to three times.

2. Dynamic knee-to-wall stretch – While keeping your heel on the floor, stagger your legs and push your front knee gently toward the wall and adjust to feel a stretch in your calf. Be sure to keep your back knee straight. Hold for three seconds and switch legs. Repeat 10 times on each leg.

3. Dynamic lateral lunge – Start in a standing position

with your feet hip-width apart. While keeping your feet flat on the ground, step to one side. Put all your weight on one leg and bend it while keeping your other leg straight. Lean down as far as you can go. Repeat 10 times and switch sides.

- If you are a beginner hiker, practice distance walks on flatter trails before increasing your altitude or the level of trail difficulty. When planning a hike with rocky terrain or uneven surfaces, be sure to wear high-top boots or consider a lace-up ankle brace. Hiking poles can also offload your legs and prevent injury.

- Stay hydrated! Adults should plan on drinking at least half of a liter of water for every hour of hiking.

Aditya Yerrapragada, MD, is a fellowship-trained orthopedic foot and ankle surgeon with BoulderCentre for Orthopedics.

Say You Saw It in
50Plus
Marketplace
News

Be Aware of RSV Virus!

Each year, the cooling temperatures, falling leaves, and changing season remind us to get vaccinated against COVID-19 and the flu. But if you're an older adult, there's another serious health threat you should be aware of: respiratory syncytial virus, or RSV.

RSV can affect people of all ages. Each year, between 60,000-160,000 older Americans are hospitalized for RSV and 6,000-10,000 die due to RSV infection.

The good news is there's a vaccine available to help protect seniors who are most at risk for severe RSV disease. The Centers for Disease Control and Prevention (CDC) recommends all adults age 60+ talk to their doctor about whether the RSV vaccine is right for them.

Respiratory syncytial virus (or RSV) is a common respiratory virus that affects the lungs and breathing passageways. It typically causes mild, cold-like symptoms. Like COVID and the flu, RSV is highly contagious. It spreads in two main ways: 1) By coming into contact (via mouth, nose, or eyes) with droplets from another person's cough or sneeze, or 2) By directly touching a surface that has the virus living on it (e.g., a door handle), and then touching your face.

While most people recover from RSV within a week or two, some are more likely to develop serious illness and complications. This includes older adults and infants age 6 months or younger.

RSV symptoms in adults usually start within four to six days after getting infected with the virus. Signs of infection are similar to those of a common cold and may include: fever, runny nose, congestion, sore throat, sneezing, wheezing / barking cough, & loss of appetite.

According to CDC, adults at highest risk for RSV complications include: 1) those age 60+, 2) People who live in long-term care facilities (e.g., nursing homes), 3) people with chronic medical conditions such as: diabetes, heart, liver, or kidney disease, weakened immune system, hematologic disorders, or neurologic/neuromuscular conditions.

Two single-dose vaccines are currently approved by the FDA to help prevent severe RSV in adults: Arexvy by GlaxoSmithKline (GSK) and Abrysvo by Pfizer. These vaccines are recommended by CDC for people age 60+, "using shared clinical decision-making." Shared decision-making is a process in which doctors and patients work together to decide the

best course of action for that patient's health.

The RSV vaccines are reported to be highly effective in preventing severe RSV infection. A single dose of vaccine protects against RSV disease in adults age 60+ for at least two winter seasons. In trials, both RSV vaccines were 83%-89% effective in preventing RSV-related lung infections during the first RSV season after vaccination.

If you have Medicare Part D, your plan should cover the RSV vaccine at no out-of-pocket cost to you. If you receive your drug coverage through your employer or another provider, check your plan to see if the RSV vaccine is covered.

In addition to getting vaccinated,

there are smart steps you can take every day to reduce your chances of an RSV infection: 1) Wash your hands thoroughly and frequently, 2) Cover sneezes and coughs (with a tissue or sleeve, not your hands), 3) Avoid touching your face before washing your hands, 4) Avoid close contact with people who are sick, 5) Clean common surfaces often at home and/or at work, & 6) Stay home if you're feeling ill.

Stay healthy by staying up to date on your vaccines! Getting routine vaccinations is a vital part of aging well. One reason is that we cannot fight off viruses as effectively as we age, which makes us more vulnerable to preventable illnesses like RSV, COVID-19, and influenza. Article courtesy of National Council on Aging.



Louisville Pioneer Award 2024 Announced!

Historical Museum Advisory Board Chair John Honan was pleased to award the 2024 Louisville Pioneer Award at the annual Chamber of Commerce Awards Dinner in January. This year's recipient of the Pioneer Award is Louisville's own sign painter Ed Helmstead.



Ed Helmstead

You might not know Ed, but if you have ever been to downtown Louisville, you know his work. Ed's signs can be found up and down Main and Front Streets and throughout Louisville, enhancing the special feeling of the downtown area. Check out, for example, the Moxie signs, the front and side

of the Louisville Historical Museum or the multitude of signs at the corner of Pine and Front Street. Don't miss his most recent work, the sign on the Grain Elevator downtown.

Using both old time techniques and more modern technology, Ed works to create original signs that both grab our attention and convey within 2-3 seconds the nature of the subject business. To accomplish that, Ed likes to stick to plain lettering that pops, sometimes with a colorful background. Other techniques include wood carving, gold leaf and frosted crystal. Sometimes the signs are on the side of the building or hanging in the air; other times an A-frame serves to pique our interest and point us in the right direction. Ed's original signs are denoted by a small "Eddidit" signature with the date of the sign following.

Since 1985, the City of Louisville's Historical Museum Advisory Board has annually given the Pioneer Award to people in recognition of their contributions, in spirit and time, in promoting the interests and future of the City of Louisville through his/her or their personal service to the community and its residents.

Genealogy Rocks!



Carol Darrow

Genealogists come in all shapes and sizes. Genealogy is a fascinating hobby because it combines logical thinking and detective work to unpuzzle a twisted family tree.

Some have been "doing genealogy" for more than 30 years. Some of us started by writing letters to various court clerks to ask for marriage records. Some of us started by writing letters to elderly family members who preserved the family history and legacy. Some became interested in genealogy more recently with the advent of DNA testing.

Today we have wonderful tools to help us in our studies. We have online databases such as Ancestry.com and FamilySearch.org as well as My Heritage and Finding My Past. We have software on our computers that enables us to record information and automatically create reports and family trees. We also have various DNA testing options.

We have organizations that sponsor speakers and classes that enable us to enhance our skills and develop our research capabilities.

Many have a long history of supporting the study, craft and science of genealogy.

There's a place for each of us in genealogy. Some are deep into the scientific study of DNA. Some are trying to solve the mystery of their biological parents or grandparents. Some are artists who are creating beautiful family trees to share with family. Some are writers who are preserving their research in stories of family history that their descendants can enjoy. Some are trying to verify their ancestors' military support of American Revolution.

Take what you enjoy about genealogy – art, science, research, detective work, writing -- whatever. – and expand your experience in that area. There is no one path to success or enjoyment. Seek out the classes, study groups and organizations that will enhance your pleasure in this amazing hobby of genealogy.

Carol Darrow teaches a free Beginning Genealogy class on Zoom on the second Saturday of each month from 10 am – noon. Sign up at cogensoc.us to register.

WE ARE LOCAL!

Reflections Changing Addresses



Martha Coffin Evans

I wonder how many different addresses we have had. Better yet, how many addresses will there be in our future.

Being members of military families means a variety of moves both in the US and abroad. The saying was "I'm being moved" for IBM families.

Most likely, we've moved a variety of times whether for school, career, marriage, or even travel. Those serving as Vista Volunteers, in Teach America or the Peace Corps have moved several times.

We've know people who uprooted from one city to move where their children lived. That worked well until those same children were relocated elsewhere leaving the parents behind.

I remember several couples who moved from their communities to the northern part of that particular state. What looked initially as idyllic turned out not to be so. They felt isolated and, in one case, realized the medical facilities were not as accessible. Soon, back they moved near their previous homes.

With aging parents, a question arises who should move where. Do parents move closer to their

children, even crossing state lines to do so? Most commonly, that's the answer.

As with any change, adjustments occur. Finding an acceptable amount of distance between the two families – 20-30 minutes, no more than 60 – can provide a challenge depending on the communities and available housing.

"I don't want to move there because you'll feel you have to see me all the time," commented one mother to her children. She remained in a different state rather than moving closer to her family. All worked well until health problems arose.

No matter the move, establishing connections in a new community or housing complex results in a better experience. Many opportunities exist though community programs, educational offerings, recreational centers, and more.

How many address have you had? What's next?

Martha (Marty) Coffin Evans, Ed.D., is a freelance writer with MACE Associates, LLC. Follow her blog on martycoffinevans.com; email her at itsmemartee@aol.com.

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Mental Health

On Dreams: Conclusion



Dr. David Remmert

How do we approach a dream? First, we must have a dream. Dreaming can be hindered by alcohol and certain medications.

Next, come back to the present and examine: Why this dream, and why now? Is there anything in your present life that inspired this dream now. For big dreams, what does it say about your life? Is there a call-to-action or a demand for change?

When you're done, don't walk away from the dream. Look for the synchronous events during the day that point to the dream. Are there opportunities to use the insight you gained?

In conclusion, dreams offer a window into a world we live in 6-10 hours a day. Dreams can transform your relationships to the people in your life and point the way to solutions that your conscious mind can't formulate. Open the door to this fascinating world of self-discovery.

Dr. David Remmert is a Longmont-based psychologist at Mental Health Partners, a community mental health nonprofit serving Boulder and Broomfield counties since 1962.

It can also be enhanced by supplements like B6. It's good practice to ritualize bedtime with meditation, music or prayer to enhance dreaming.

Next, we must remember the dream. Don't force this memory. If you've forgotten the dream, just go about your routine and it'll often come to you. When you do remember it, write it down or record it. When you're ready to analyze the dream, start with images. Focus on one image at a time to 'amplify' the meaning. Record any and all associations you have to the image without censoring anything. For example, if "frisbee" comes to mind while amplifying an image of a tree, just write it down.

Next, look for common threads in the associations. Does a theme emerge? Start weaving together the

Poetry Rising

It's probably a pretty universal sentiment these days--why is all the news so often about hate. Not just the normal crash, bang, boom, .but stories about people choosing to hate...and the follow-up story about the crimes and heartbreak that ensue. Gracefully, and gratefully, there are songs and poems and sounds of nature to put hope in the bucket and a lift to our steps.

ABOUT HATE

Some days,
When hate seems to be winning,
my peace flag gently wraps itself
around its own support,
and a cool breeze blows it towards me,
and I feel saved.

Saved from the poison in the wordly well...
running for fresh water now
listening to birds
doing more
than just looking at the flowers.

Thank you for the peace flag.
Thank you for the blue sky,
and the quiet moment to drink of the well
that never runs dry.

(c) Barbara Wood Gray

BarbaraWoodGray@gmail.com
"Sharing the Song"



Social Security Today

Stay Healthy And Independent With The Senior Nutrition Program

Are you eligible for Social Security retirement benefits or already receiving them? Did you know that you can also receive healthy meals and other nutrition services through the National Senior Nutrition Program? Local meal programs in communities across the country are waiting to serve you.

As we age, we have different needs, different ways we take care of our health, and different nutrients we need to get from our food. But we don't always have enough healthy food or the desire to prepare or eat a meal. Whether you need more food, healthier food, someone to share a meal with, or just want to learn about good eating habits, a meal program can help.

Every day, senior nutrition programs serve almost one million meals to people age 60 and older. With home-delivered

and group meal options, you can get the food you need in a way that works best for you. Senior nutrition programs can:

- Help you avoid missed meals – and save time and money with less shopping and cooking.
- Offer opportunities to connect and socialize, which can help improve your mental and physical health.
- Teach you how to create a healthy eating plan. You can learn about healthy food recommendations based on your age, unique needs, and preferences.
- Connect you with other resources like transportation or homemaker services. This helps you stay connected and engaged in your community.

It's no surprise that 9 out of 10 participants would recommend a senior nutrition program to a friend. Find a senior nutrition

program in your area and help us spread the word by sharing it with your loved ones, neighbors, and community. Visit eldercare.acl.gov/Public/Index.aspx for more information.

The Senior Nutrition Program is administered by the Administration for Community Living, part of the U.S. Department of Health and Human Services.



Say you saw it in 50 Plus Marketplace News

Creativity and Dementia

A special event with Anne Basting, PhD
Scholar, artist, and advocate for the power of creativity to transform our lives

Learn how play and imagination can bring joy, meaning, and connection to people living with dementia

This program is for professionals as well as community members and care partners

Friday, March 8th
12:30-1:30 p.m.
Sam Gary Library
2961 Roslyn St.
Denver, CO 80238

REGISTRATION REQUIRED
Register and learn more at denlib.org/basting
Email olderadults@denverlibrary.org with questions

Working Past Age 65?



Corrin Campbell

If you're planning on working past 65, you may be wondering whether you should stay with your employer's health plan or enroll in Medicare. The answer depends on the size of your employer, as well as the cost and coverage of their health plan.

Most people benefit by enrolling in Medicare Part A (hospitalization) at age 65, whether or not, they plan to continue working. You pay no premiums, and enrolling as soon as you're eligible will help you avoid gaps in coverage later. Enrolling in Medicare Part B (doctors) depends on the size of your employer. If you work for a company of less than 20 employees you must sign up for Medicare. Medicare will be your primary health coverage and your employer's plan becomes secondary. If this is the case, to avoid penalties later it is usually best to sign up for Parts A, B and D (prescriptions) at age 65. If you work for a large company, you

don't have the requirement to sign up for Medicare until you stop working. You should compare your current coverage and costs with Medicare however it is easier at your retirement to access Medicare benefits if you have at least Part A at 65.

If your spouse is covered by your employer and is younger than 65 you will have to consider what choices your spouse would have. If you are covered by your spouse's company, you should compare the costs and coverages between the employer plan and Medicare. In 2024 Part B premiums are \$174.70/ month and Part D premiums range from 0- \$30/month.

Original Medicare doesn't cover all health insurance costs. You will need additional health insurance to supplement Medicare. When you have questions on your options please contact me: Corrin Campbell at 303-875-2944 or corrin@ccampbellassociates.com

Longmont Pet Licensing Made Easy with Docupet Partnership

Docupet is now the official pet licensing center for the City of Longmont, as all dogs and cats must be yearly licensed and vaccinated against rabies. The city believes proper identification is critical to safely reuniting pets with their owners. Of the 6.5 million pets that enter shelters, about 11% are reunited with their owners.

The new system provides: 1) Online registration at www.longmontcolorado.gov/pets, 2) Registration by phone through DocuPet at 1-877-239-6072, 3) In-person pet licensing registration at Longmont Public Safety, 225 Kimbark, during lobby hours, & 4) Fees for licensing are

- \$15 Spayed or Neutered;
- \$25 Not Spayed or Neutered.

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For additional information at Longmont Public Safety, please call (303)651-8501 or email at PSpoliceanimalcontrolunit@longmontcolorado.gov.

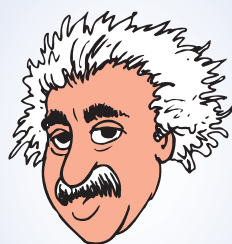
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\$1.6 Million in Emergency Services Grants Awarded to Local Fire Protection Agencies

The first grant cycle will provide more than \$1.6 million in funds from the Emergency Services Sales & Use Tax (County Issue 2022-1B) to improve radio communications countywide and provide needed equipment to rural and mountain fire districts.

Boulder County is giving money to fire protection districts in rural and mountain areas.

The money comes from a tax that people voted for in 2022 and which was first collected in 2023.

To receive this information in another language, call or email Barb Halpin at 720-564-2830 or bhalpin@bouldercounty.gov.

The Boulder County Commissioners have authorized the distribution of \$1,663,320 in awards for the first round of grant allocations from the Emergency Services Sales & Use Tax approved by voters in 2022 as County Issue 1B.

Revenues from the tax were first collected in 2023 to help provide financial assistance to underfunded or under-resourced organizations that provide emergency service such as firefighting and search and rescue, in the rural and mountain areas of Boulder County.

“We are pleased to award this new source of funding to our first responders and firefighters who perform critical, life- and property-saving work—all year round, all around the county—with very limited resources,” said Boulder County Commissioner Marta Loachamin. “The voters of Boul-

der County made money available and now a community advisory group has helped recommend funding to fill some of the gaps in resources for preparedness and emergency response.”

A total of six grants were approved for individual agency’s financial assistance needs as well as the fulfillment of a countywide request for dual band radios for every mountain and rural fire district in Boulder County that requested them. The awards were recommended by the Emergency Services Grant Program Advisory Committee, a volunteer group of nine Boulder County residents with extensive emergency service, firefighting, and search and rescue experience.

For this first round of grants, the Emergency Services Advisory Committee was tasked with making funding recommendations for fire protection districts that serve the mountain and rural areas of Boulder County. A second round of grants will be offered this spring to search and rescue and trail safety organizations in Boulder County.

The Boulder County Commissioners, with support from the Boulder County Sheriff, approved the grants for six separate organizations: 1) Boulder County Firefighter’s Association, 2) Gold Hill Fire Protection District, 3) Indian Peaks Fire Protection District, 4) Hygiene Fire Protection District, 5) Lafayette Fire Department, 6) Sunshine Fire Protection District.

Colorado Gerontological Society

Colorado Taxpayers To Get \$800 Income Tax Credit



Eileen Doherty

Denver, CO. If you are age 18 and over, you can receive an \$800 income Tabor Refund. All residents who live in Colorado all of 2023 are eligible because we

all buy clothes, personal items and much more.

If you file state and federal income tax, your refund will be calculated when you file your tax return. However, if you do not usually have to file a tax return, you will need to file a tax return.

The Colorado Department of Revenue, due to some taxpayer feedback and advocacy has created the DR0104EZ. The Colorado Simplified Individual Income Tax Return form is easier and can be used by individuals who only need to file taxes to claim the Tabor Refund, which is many older adults, especially individuals who have less than \$25,000 in income from Social Security or other non-taxable sources.

To claim your Tabor Refund, if you have less than \$25,000 in income, file the DR0104EZ by April 15, 2024 to claim the refund. You can get copies of the form at <https://tax.colorado.gov/DR0104EZ>.

If you lived in Colorado all of 2023, are age 65 and over or disabled, have 2023 income less than \$18,026 for single filers and \$24,345 for married couples, you should file the PTC104 for two refunds – the property tax/rent rebate and the Tabor refund. The PTC104 must also be filed by April 15, 2024, to get both refunds. You can get copies of the form at <https://tax.colorado.gov/DR0104PTC>

If you need copies of the form, call 303-333-3482 or 1-855-293-6911 (toll free) or 1-866-880-4777 (Spanish). If you need help filing the forms, please check for AARP or VITA tax site in your area or visit www.senioranswers.org.

Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society.

Pets Are Family

Pet Poison Prevention



Judy Calhoun

March is Poison Prevention Awareness Month – there are a handful of everyday household items and foods that can pose a threat to our pets’ health, and with simple awareness and intervention, we can ensure the well-being of our beloved furry companions.

When giving your pets people-food, please keep in mind which foods are safe and unsafe. Regarding safe foods, ensure it is unseasoned and cut into small pieces. Remove seeds, cores, stems, and peels from fruit, and meat should be lean, cooked, and boneless.

Safe: Apples, bananas, beef, blueberries, broccoli, cantaloupe, carrots, celery, cheese, chicken, cooked pumpkin, green beans, kiwi, peanut butter (without xylitol), pineapple, popcorn, pork, strawberries, and turkey.

Unsafe: Alcohol, avocados, chocolate, coffee, garlic, grapes, raisins, macadamia nuts, onions, products containing xylitol, and raw yeast bread dough.

These are not exhaustive lists – please consult with your veterinarian to discuss your pet’s specific needs.

Along with food safety, here is

a list of potentially poisonous household items: Prescription and over-the-counter medications, personal care products, cleaning products, glues/adhesives, batteries, mothballs, gasoline, antifreeze, pesticides/herbicides, and recreational drugs/tobacco products.

Additionally, several houseplants are toxic to dogs and cats, including lilies, philodendrons, poinsettias, and more – consult with your veterinarian about which plants your pet should avoid.

What to do in case of emergency?

In the event that your pet digests a poisonous product, call your veterinarian and follow their next steps, which may include taking them in. If you cannot get a hold of your veterinarian, the ASPCA Animal Poison Control Center hosts a 24/7 emergency hotline and can provide timely support: 888.426.4435. This hotline is staffed by full-time veterinarians, including board-certified veterinary toxicologists.

We hope this information will make life as a pet parent more enjoyable, less stressful, and most importantly, will help to protect your pet from poisonous substances.



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Moose on the Loose

The Jackson Hole Mountain Resort in Wyoming attracts skiing enthusiasts from all over the world. It occasionally also draws a moose or two as was the case recently and as Ken Rynearson will testify. Ken and a few fellow skiers were pursued on the Jackson Hole slopes for quite a hair-raising moment by a moose who apparently got bored and took a turn for the better. However, a wildlife expert viewed a video tape of the encounter concluded the moose “doesn’t really seem to be chasing anybody as much as just trying to kind of get out of the way.”

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7 Reasons to Upgrade to Electric and Induction Cooking Appliances

(StatePoint) Cooking with gas? Industry experts say there are many reasons to consider retiring your gas-powered appliances.

To help you understand what your kitchen may be missing, Melissa Haber, the vice president of EuroChef USA, the exclusive importer of the Verona and Lofra brands of residential cooking appliances, offers seven reasons why your next home upgrade should include making the swap to electric or induction cooking.

1. You're health- and eco-conscious. Gas appliances at home are associated with an increased risk of asthma and other illnesses, particularly in children, as they emit harmful air pollutants like nitrogen dioxide and methane, even when they're not in use. The same pollutants are also harmful to the environment, contributing to air quality issues and climate change. In fact, national annual emissions from gas cooktops are equivalent to the emissions transmitted from half a million cars.

2. They're easy to maintain. Compared to the metal grates of a conventional gas stove, the flat surface of an electric or induction cooktop is nearly effortless to clean. A damp dish rag and soap works for most cleanup sessions. For more involved messes, a little vinegar goes a long way.

3. They offer safety benefits. With no open flame, electric appliances lower the risk of burns or fires, particularly those with safety features such as "power on" lights and residual heat warnings that inform users when the surface is still hot. Induction cooking also has safety benefits, since only the cooking vessel is directly heated and the surface of the cooktop itself does not retain or give off heat.

4. You value precision. Induction cooking is faster and more efficient than cooking with gas. The high-end induction ranges offered by the Italian brand Lofra, which combine elegant design with modern cooking features, are a good

example of how accurate temperature control allows you to prepare meals like a professional in the comfort of home.

5. Making changes can be feasible. Installing a gas hookup can be costly, time-consuming and involve inspections. The installation process for electric appliances on the other hand is easier and less expensive. Not able to replace your gas appliances with electric? Investing in a range hood is a sensible solution that can cut your appliance's air pollution by about half.

6. You'll be ahead of the curve. A growing number of cities and municipalities are banning new gas hookups for appliances to reduce air pollution and help fight climate change. Making the switch to electric or induction can help you get ahead of the regulatory curve.

7. New options are being introduced. With sales of electric appliances on the rise, a few select manufacturers have taken note, and to meet customer demand, have recently introduced additional options offering style and sought-after features. For example, the Italian brand Verona offers electric ranges in its Prestige and Designer Collections that deliver an upgraded look, with single and double oven options to suit varying needs and tastes. All are equipped with five burners that accommodate pots of any size, and a multi-tasking dual element that ranges from simmer to boil with the simple turn of a knob.

"As more consumers have come to realize the value and advantages of electric and induction cooking, it became important to us to offer them the same versatility and style they might expect with traditional gas-powered cooking appliances," says Haber.

Whether you want to prioritize your family's health and safety, or you simply want to embrace the convenience of modern cooking technology, electric and induction appliances can be a game changer in your kitchen.

Now Hear This Eat Your Way to Better Hearing



Dr. D'Anne Rudden

We're living in a time of medical marvels that expand the mind, yet sometimes, the simplest is all you need. Did you know certain foods can either help or hurt your hearing? In fact, a healthy diet could help slow down the progression of hearing decline. Just like carrots are known to help with vision, different foods can help improve hearing. Let this list help guide your dietary decisions, it may make more of a difference than you think! Studies have shown that eating fruits, vegetables, omega-3 fatty acids, and Vitamins A, C, and E was linked to a lower risk of developing hearing loss. Let's break it down.

Certain fruits, like bananas and tomatoes, contain magnesium and potassium, both vital for ear health. Magnesium shields delicate hair cells, while potassium regulates inner ear fluid. Vegetables, like spinach and asparagus, have folic acid, which has been shown to improve tinnitus as well as sudden age-related hearing loss. Omega-3s, abundant in fish, walnuts, and chia seeds, may even reduce hearing loss risk in women, as a 2014 study suggests. While

more research is needed, these dietary heroes offer a delicious way to support your hearing.

But the best way to take care of your hearing health is to listen to your body and visit a hearing care professional if you ever notice something isn't quite right. An audiologist can perform all the necessary tests, provide diagnoses, and have you fitted for hearing aids, whatever the case may be. Addressing hearing loss early can significantly improve your quality of life - so don't wait!

In practice for over 28 years, Dr. D'Anne Rudden is a Doctor of Audiology, board-certified by the American Board of Audiology. Dr. Caney Demars joined the practice in 2020, adding 5+ years of experience and a passion for serving our community! Dr. Rudden is one of six founding members and Project Manager for Hearing the Call Colorado, a non-profit that helps income-qualified people get access to hearing healthcare. To date, they've provided 214 people in Colorado with hearing aids, 48 of those right in Longmont!

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Information for the 50+ Community

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Why You Shouldn't Brush Off the Dentist This Year

(StatePoint) When scheduling annual physicals, screenings, vaccinations and other preventive care, don't forget about another critical part of overall health that gets neglected all too often: dental care.

A recent study from the National Library of Medicine revealed that nearly half of American adults postponed their scheduled dental visits during the pandemic. Even prior to the public health emergency, at least one-third of U.S. adults didn't see their dentist annually.

"Now is a great time to schedule an appointment with your dentist," says Dr. Cary Sun, chief dental officer, Cigna Healthcare. "Brushing off dental care can have serious implications for your health and wellness. Even forgoing recommended teeth cleanings can lead to gingivitis, gum disease and cavities. This can also escalate into bigger problems, like the need for root canals or crowns, or even tooth loss."

Even with dental insurance, extensive treatments can amount to thousands of dollars in out-of-pocket expenses, compared to little or no out-of-pocket expense for preventive care, such as exams and cleanings. A recent study found that high out-of-pocket costs are the top reason people delay dental care – a good reason to see the dentist for an annual checkup sooner rather than later.

Studies also show that oral health has connections to overall health, including an impact on cardiovascular health. Research links gum disease to inflammation that can come before heart attacks, strokes and sudden vascular events, according to Penn Medicine.

With all this in mind, review your dental plan for available benefits. Don't have dental insurance? Dental plans can be purchased year-round and there are many affordable options. If you have a comprehensive plan through your job, it may cover care such as exams and cleanings, and other necessary treatments like crowns, root canals, gum therapy, extractions and orthodontics (braces).

If you are between jobs or

self-employed and are in need of a dental plan, online tools can help you comparison shop, and brokers can help you purchase an individual dental plan. You can also contact insurers directly to learn more about their options for individuals.

Finally, if you are afraid to see a dentist – which millions of Americans are – there are plenty of ways to address that, too. Many dentists accommodate fearful patients, offering headphones, sunglasses and other items to soothe anxieties. There are also new approaches, such as teledentistry, that allow you to see a dentist at home through imaging and communication technologies. This doesn't replace in-person care, but can help allay dental fears.

For those with dental plans through Cigna Healthcare, Cigna Dental Virtual Care is available through its partnership with dental.com, which provides a nationwide network of on-call, in-network dentists 24/7. Using this platform, Cigna Healthcare customers can get a video consultation, and licensed dentists can triage urgent situations such as pain, infection and swelling, and prescribe medications including antibiotics and non-narcotic pain relievers.

Cigna Dental customers can also use their smartphones to screen for potential oral health issues anytime and at no cost. Powered through its dental.com partnership, a new technology called SmartScan provides step-by-step instructions to help patients take guided photos of their teeth and mouth. While not a replacement for an in-person dental examination, SmartScan analyzes the photos to identify potential issues such as plaque buildup, possible cavities or tooth damage.

More information is available at cigna.com and cignadental.com.

"It's a perfect time to take control of your oral health. Innovations in dental care make it easier than ever to gain peace of mind from a checkup, or to catch the little problems before they become major, painful and expensive ones," says Dr. Sun.

Ageism Matters

What Reframing Is - And Isn't



Kris & Sara

When we start to explain reframing aging, sometimes we are asked "do you want me to make something up?"

No. This couldn't be further

from the point. The goal of reframing - or changing your narrative - is to see the bigger picture and find a different way to talk about it that is both accurate and more useful.

Reframing is acknowledging the valid, wide range of possibilities and then choosing the helpful perspectives. Reframing is not making up something that isn't or doesn't feel true. It is not self-deception or denial.

Another way to think about it: A frame goes around a picture. Reframing it isn't pretending that the picture isn't there. It is using a new frame to see the picture differently.

We need to question our assumptions about aging. For in-

stance, we're told that "old dogs can't learn new tricks". But, personal experience and plenty of research show that this isn't true. Another example: we might reflexively decide that we have to live with pain just because we are older. But, everyone deserves the best quality of life possible. So, go have that knee checked out.

Importantly, it turns out that how we think about aging impacts how we age. Internalized ageism correlates with shorter, less healthy and happy lives. We can't control what life brings, but choosing how we respond can mean living a better life.

Why add unnecessarily limiting and negative thinking to our lives? We can't change aging, but we can change how we think about it. We can reframe, which turns out to be extremely powerful.

Sara Breindel & Kris Geerken are Co-Directors of Changing the Narrative, www.ChangingtheNarrativeCO.org, the nation's leading effort to change the way we think, talk and act about aging and ageism.

32 Years of Service Providing Information for the 50+ Community

Happy Easter!

"Egg hunts are proof that your children can find things when they really want to." - Unknown

"Our Lord has written the promise of resurrection, not in the books alone, but in every leaf in springtime." - Martin Luther

"The first blooms of spring always make my heart sing." - S. Brown

"People come together with their families to celebrate Easter. What better way to celebrate than to spend a few hours going on the journey of Christ's life." — Roma Downey

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." -John 3:16

"Where man sees but withered

leaves, God sees sweet flowers growing." - Albert Lighton

"Spring brings new growth. Weed out the bad and make new for something beautiful." - Unknown

"The resurrection gives my life meaning and direction and the opportunity to start over no matter what my circumstances." - Robert Flatt

"Just living is not enough. One must have sunshine, freedom, and a little flower." - Hans Christian Anderson

"Golf is just the adult version of an Easter Egg Hunt." — Unknown

"Easter is the only time when it's perfectly safe to put all your eggs in one basket." - Evan Esar

"To plant a garden is to believe in tomorrow." — Audrey Hepburn



New Boulder County Coroner

The Boulder County Commissioners Have Agreed to Appoint Jeff Martin As Coroner

The commissioners have chosen Jeff Martin to fill the role of Coroner until January 2025

He was chosen after an application process and interviews

People can watch in-person and online as Jeff delivers a speech at a meeting on Feb. 20

Boulder County voters will elect a Coroner in November's General Election

To receive this information in another language, call or email Gloria Handyside 303-441-1622 ghandyside@bouldercounty.gov

Boulder County, Colo. -- Following today's public interviews, the Boulder County Commissioners unanimously agreed to appoint Jeff Martin as Boulder County Coroner to fill the position left vacant in January. Jeff will deliver his appointment speech during the Commissioners' Weekly Business Meeting held at 9:30 a.m. on Tuesday, Feb. 20 at the Historic Downtown Courthouse (3rd Floor, 1325 Pearl St., Boulder). The meeting will be streamed live on the county's website.

The position of Coroner is an elected office, but, under state statute, the resignation of the previous Coroner requires the commissioners to fill the position until voters have a chance to elect a Coroner in November's General Election. In accordance with state statute, the appointment will run until January 14, 2025.

New Coroner

Jeff Martin joined the Boulder County Coroner's team in 2021 with a background that includes ten years as a peace officer and 22 years in the medical examiner/coroner profession, including 19 years in executive leadership and extensive disaster response experience. He currently serves as Chief Dep-

uty in the Boulder County Coroner's Office and has led the office since the position of Coroner was vacated. He received overwhelming support for his leadership from his colleagues in the Coroner's Office as well as representatives from law enforcement and the local death care industry.

Visit the Coroner's Office website to find out more about the role of the Coroner and the services delivered by the Coroner's Office.

Appointment Process

Through the appointment process, the commissioners asked candidates to exhibit a high level of personnel and financial management experience, an ability to work collaboratively within a multifaceted organization, and a demonstrated commitment to providing the best in public service. Although not required by statute, the commissioners also sought candidates with education and experience as a medical examiner.

A public presentation outlining the role of the coroner and the recruitment process was hosted by the commissioners on Jan. 11 on the same day applications opened. Interviews were held in-person with qualified candidates on Feb. 6 and Feb. 15 and were open to members of the public to view in-person and online. In addition to the commissioners, the interview panels included the Boulder County Sheriff, the Boulder District Attorney, the Boulder County Assessor, a representative from the death care industry, and Coroner's Office staff members.

Election

Voters in Boulder County will have the opportunity to vote for a Coroner candidate in the June 25 Primary Election and elect a Coroner in November's General Election. To find out more about voting in Boulder County, visit the Elections website.

Casey Middle School Anniversary Display

Did You Know...

... that Casey Middle School was one of the first Junior High (Middle) Schools in the country?

Casey Middle School was built in 1924, in the collegiate gothic style, as one of the first Junior High (Middle) Schools in the country to create a unique environment for the 6th, 7th, and 8th grades. Prior to this, there were no Junior High Schools. The school was originally called North Side (Northside) Junior High, but was renamed Casey Junior High in 1944.

After extensive studies on the existing building layout, unstable soils, traffic patterns, student needs and teacher needs, the school district decided to demolish the ma-

majority of the existing building in 2009. A significant effort was made to save and restore two of the exterior walls from the original 1924 school as a means of preserving the rich history and architectural elements. These elements include terracotta wall panels, intricate brick work, wood trim and gothic style light fixtures.

Next time you're at the Museum of Boulder, make sure to check out the newest installation in our Curator's Closet celebrating Casey Middle School's 100th Anniversary! The display can be found adjacent to the lobby and features unique mementos and artifacts from the school's history. Courtesy Museum of Boulder

Happy St. Patrick's Day

Thomas Jefferson

I'm a great believer in luck, and I find the harder I work the more I have of it.

Irish Toast

Here's to you and here's to me, I pray that friends we'll always be, but if by chance we disagree, the heck with you and here's to me.

Irish Blessing

May you have all the happiness and luck that life can hold — and at the end of your rainbows may you find a pot of gold.

Shane Leslie

Every St. Patrick's Day every Irishman goes out to find another Irishman to make a speech to

"Everybody is Irish on St. Patrick's Day, but if your name is Eisenhower, you've got to wear something green to show it."

Dwight D. Eisenhower

"Wherever you go and whatever you do, may the luck of the Irish

be there with you."

"May the road rise to meet you, may the wind be always at your back."

"Luck is not chance, it's toil. Fortune's expensive smile is earned." —Emily Dickinson

"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright happy hours, that stay with you all year long."

"You gotta try your luck at least once a day, because you could be going around lucky all day and not even know it." —Jimmy Dean

Irish Blessing

"May luck be your friend in whatever you do and may trouble be always a stranger to you."

Irish Proverb

"A good friend is like a four-leaf clover, hard to find and lucky to have."

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West Age Well Center: 909 Arapahoe Ave. 303-441-3148, Mon. – Fri., 9:00 a.m. – 4:00 p.m.
 East Age Well Center: 5660 Sioux Dr. 303-413-7290 Mon. – Fri., 8:00 a.m. – 4:30 p.m.
 For information about programs and services: www.boulderolderadultservices.com.
 Weekly newsletter sign-up: <https://bouldercolorado.gov/lets-age-well-newsletter>.

Feldenkrais: Move with Ease

Increase ease and range of motion, improve flexibility and coordination, and rediscover an innate capacity for graceful and efficient movement.

- Feldenkrais – Chair Based Series, West Age Well Center, Mondays, March 4 – April 8, 2:00 – 3:30 p.m. (6 classes, Fees: R/NR \$60/\$75. Participants will walk, stand, or sit in a chair for all movements during this series.
- Feldenkrais – Mat Based Series, East Age Well Center, Tuesdays, March 5 – April 9, 2:30 – 4:00 p.m. (6 classes) Fees: R/NR \$60/\$75. Participants must be able to get up and down from a mat safely to join this series.

Intermediate Bridge

East Age Well Center, Wednesdays, March 6 – May 8, 10:00 a.m. – 12:30 p.m. Fees: R/NR \$55/\$69

Review and learn about opening

bids, responses, rebids, slam bidding and balancing. \$10 Material fee paid to the instructor on first day of class. Instructor: Sandy Koller.

Conversations about Death:

Movie and Discussion - “New Rules for End-of-Life-Care” East Age Well Center, Thursday, March 7, 1:00 – 2:30 p.m. This film is designed to promote discussion about dying and caring for someone at the end of life.

3rd Law Dance/Theater’s In Motion Project

West Age Well Center, Weekly on Thursdays, 1:00 – 2:00 p.m. These movement classes are for people living with Parkinson’s, but benefit anyone with mobility concerns.

Living History Performance

“Legendary Ladies:

Unconventional Women of the West” West Age Well Center, Wednesday, March 27, 1:00 – 2:00 p.m. During Women’s History Month, learn about extraordinary women who have made significant contributions to the history of the West.



Lafayette Senior Services

Programs offered by Lafayette Senior Services
 Call 303-665-9052 or email olderadults@lafayetteco.gov to register.

St. Patrick’s Day Luncheon

March 15, 12-2pm
 Luck of the Irish will be in 2024. Join us by wearing Green for a St. Patrick’s Day special event. Enjoy the festivities with great friends, good luck, and a great Irish meal.

Atlas Escape Room

March 18, 1-4pm
 Do you like puzzles or games? Challenge yourself with a trip to Atlas Escape Rooms in Longmont. Discover clues that allow you and your friends to solve the puzzle!

Denver Premium Outlets

March 13, 9:30am-2:30pm
 Shop til you drop and join us for a fun day of shopping at the Denver Premium Outlets located in Thornton. There are over 70 specialty shops and restaurants to choose from. The Outlets are an outside mall.

Golden Palette

March 14, 11:30am-1pm
 Discover the enchantment of art at our “Golden Palette” monthly gatherings, from March through August 2024. Bring your lunch as we gather for a delightful time, engaging conversations, and the

pure joy of artistic expression. From acrylic painting on canvas to mixed medial collage, each month unveils a new project for us to create our very own beautiful masterpiece.

Learn the Truth About Reverse Mortgages

March 5, 3-4pm
 If you are over the age of 62 and own a home, learn about the different variations and options available with a Reverse Mortgage.

DRUG TAKE BACK

March 19, 10:30-11:30am
 Please bring expired, unwanted, or unused prescription and nonprescription medications for proper disposal to the Senior Center. Brought to you by the Lafayette Senior Center in partnership with the Lafayette Police Department.

Peak to Peak Students – Classical Concert

March 20, 3:30-5pm
 Come listen and support the beautiful classical music from Peak-to-Peak students.



50 Plus Marketplace News Crossword Puzzle

March 2024
 Answers page 7

1	2	3	4	5	6	7	8	9	10	11	12
13					14				15		
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62					63				64		

- ACROSS**
- 1 Youngest son
 - 6 Law enforcement agency
 - 9 Prehistoric sepulchral tomb
 - 13 Alert
 - 14 Ceased living
 - 15 Upon
 - 16 Capital of California
 - 18 Move off hastily
 - 19 Organ of sight
 - 20 Old Indian coin
 - 21 Lake or pond
 - 22 Challenge
 - 24 Gave a measured amount
 - 25 Ice cream made with eggs
 - 28 Thorax
 - 30 Efface
 - 31 Series of metal rings
 - 33 North American nation
 - 36 Vietnam
 - 37 Dried plum
 - 38 Petroleum
 - 39 Exploit
 - 40 Give another name for the constellation *The ram*
 - 41 Throw
 - 43 Influential person
 - 45 Playful
 - 46 Scapegoat
 - 48 Musical percussion instrument
 - 49 Spoken
 - 50 Portico
 - 52 Toward the stern
 - 55 Roundish projection
 - 56 Capable of being measured
 - 59 Small island
 - 60 Rowing implements

- 61 Oilcan
 - 62 Ooze
 - 63 Malt beverage
 - 64 Carplike fish
- DOWN**
- 1 Portfolio
 - 2 Apart
 - 3 Fresh-water fish
 - 4 Sin
 - 5 Light meal
 - 6 Scandinavian
 - 7 Second letter of the Greek alphabet
 - 8 Revised form of Esperanto
 - 9 Universe
 - 10 Involving incest
 - 11 Gaze fixedly
 - 12 Carried
 - 14 Sandy tract
 - 17 The wise men
 - 22 Sparse fluid
 - 23 Consumed
 - 24 Lair
 - 25 Knee
 - 26 Periods of history
 - 27 Deplorable
 - 28 Metal containers
 - 29 Hasten
 - 31 Child's bed
 - 32 Tint
 - 34 Ailing
 - 35 An alcoholic
 - 37 In favor of
 - 40 To endure
 - 41 French vineyard
 - 42 Masc. pronoun
 - 44 Dormant state
 - 45 German Mrs
 - 46 Ancient Greek city-state
 - 47 Got up
 - 48 Improvised bed
 - 50 Authenticating mark
 - 51 Noxious weed
 - 52 Showing unusual talent
 - 53 Bloodsucking insect
 - 54 Division of a school year
 - 56 Extinct flightless bird
 - 57 Steal from
 - 58 Atmosphere

of northern colorado, pc

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