

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 Organization.

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 happening 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.

CSU Symphony Presents Dances Rustic and Macabre

Immerse yourself in an evening of symphonic splendor with the University Symphony Orchestra, conducted by Robert Stahly as his master's degree recital. The evening begins with Jean Sibelius' hauntingly beautiful Valse Triste, a mesmerizing waltz full of melancholy and longing.

The program also features one of the 2024 CSU Concerto Competition winners, Ayo Derbyshire, performing Richard Strauss' Horn Concerto No. 1. Ludwig van Beethoven's exhilarating Symphony No. 7 concludes the evening - from energetic rustic rhythms to the famous Allegretto movement to its electrifying finale, this symphony will keep you on the edge of your seat!

Engaged in every aspect of music, Robert Stahly is an award-winning Northern Colorado based musician. As an educator Mr. Stahly has taught instrumental

music for over a decade.

Robert is the conductor of the Longmont Youth Symphony String Ensemble, the Denver Young Artists Orchestra String Ensemble, and is a frequent guest conductor and clinician. A 2008 graduate of Colorado State University, Stahly received degrees in Music Education, Tuba Performance, and a String Pedagogy Certificate. Since then, he has continued to study at programs such as the CU Conducting Workshop, Conductors Institute at Bard College, MSU Conducting Symposium, Eastman School of Music Conducting Workshop, and CCM's Opera Bootcamp.

Concert to be held on March 7 at 7:30 pm in the CSU Griffin Concert

Hall at 1400 Remington St. in Fort Collins. Tickets prices range from free for CSU students, \$4 for youths under 18, \$12 for seniors over 62 years, and \$24 for adults. Purchase ticket online or at the hall.



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MARCH Calendar

Thursday/7

Colorado State University Symphony presents a concert music featuring Strauss and Beethoven selections conducted by Robert Stahly at 7:30 pm in the CSU Griffin Concert Hall at 1400 Remington St. in Fort Collins. Tickets prices range from free for CSU students, \$4 for youths under 18, \$12 for seniors over 62 years, and \$24 for adults. Purchase tickets at the hall or online at <https://csuartstickets.universiticket.com/>.

Saturday/16

Larimer County Genealogical Society presents a free program on "Family Search Centers" by Caryl Griscavage at 10 am at the Fort Collins Senior Center and on Zoom.. Caryl will explain how the many Family Search Centers in our area to help genealogists by providing research help and databases in searching for their ancestors. Please register online at www.lcgsc.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>.

Check individual venues for current information

Calendar sponsored by:

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We Care

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.

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

DEADLINE

10th of the Preceding Month

Advertising supports all publication efforts. Call 303-694-5512 to request a media kit. Ads are accepted until the 16th of the month, provide by email in PDF, or JPG files. Ad space is provided in column-inches, equating to fractions of a page, up to a full page, with many sizes to choose from. We have an excellent graphics design team by request.

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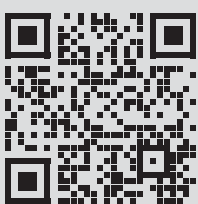
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Can you hear me now?

The importance of an Annual Hearing Evaluation: Parts of a hearing evaluation

The main reason why I recommend a hearing evaluation as part of your annual health check-up is to rule out medical conditions related to your ears and brain. What to expect during your annual hearing check-up.



Susan Baker

- pure tone audiometry – a machine called an audiometer produces a range of beeps and whistles (pure tones). You press a button or otherwise indicate when you hear the sounds. If you listen to the pure tones through headphones or inserts, your air conduction hearing is being measured. This checks your outer hearing pathway as well as your inner ear. If you listen to the sounds through a bone conductor – a vibrator held against the mastoid bone (located behind the ear) – the sounds your inner hearing pathways can hear are measured.

- speech discrimination – this is a measurement of how clearly you hear speech. Speech discrimination tests require you to repeat words said to you. Age-related hearing loss (ARHL or presbycusis) typically begins with the loss of higher frequencies, so that

certain speech sounds (such as 'p', 'f' and 't') end up sounding very similar.

- Speech-in-noise – this measurement shows how well your brain can separate speech from background noise. Sentences are presented to both ears and the background noise becomes louder and more interfering with each sentence.

- Middle ear check – tympanometry and acoustic reflexes are

performed for new patient hearing evaluations to determine the mobility of the eardrum and the health of the middle ear.

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Susan Baker has been helping people with hearing loss and Tinnitus for the past 24 years. Please call (970) 221-5249 for a hearing evaluation and complimentary consultation.

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Link between hearing loss and cognitive decline



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- 10% of the population has hearing loss – it is common in the aging process.
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Can A Best Friend Ever Be A Better Friend?



The answer to the question is depending on the quality, continuity and overall plan of training according to Sara Duke a loving, caring, and professional dog trainer. A profession she has dedicated nearly 12 years of her life too. Any breed, any size of a dog is welcome in her training classes. She loves and cares for them all.

Sara's background experience reaches back to her Larimer County Humane Society volunteer work, caring for abused dogs, belonging to a puppy training group, being associated with a professional dog trainer, all of which lead her to her becoming a dog trainer herself. Her Animal Behavior College involvement en-

hanced her professional-ism.

Her business entails boarding & training, special one on one training classes and dog/pet sitting. Sara even makes home visits. She leaves nothing to the imagination. With Sara, the reality of a dog's needs is paramount.

Sara is a native Coloradoan. She and her husband Blair are the parents of a son Ethan. Two older brothers are part of

Sara's immediate family.

We chatted about hobbies and interests. Sara has traveled extensively domestically and internationally including Asia with her Dad, Europe, Mexico and Down Under!

She enjoys snow skiing. Vail, Colorado is her favorite spot. Hiking and scuba diving. Speaking about scuba diving, her one major and exciting goal is coming face to face with a Great White Shark. She was quick to mention a cage and a ten-foot distance between them. We chatted about a video if such an encounter ever took place.

Sara's busy schedule allows her time to serve as VP of Media Relations and Marketing for K4CO which features a streaming platform highlighting Colorado in a very interesting, educational, and fashionable way.

There was great pleasure in meeting with Sara Duke. She is wished an abundance of success and good fortune in her life's endeavors. May she also, have her dream come true. Meeting and saying HELLO to a Great White Shark with these specifications – a cage & at least a 10' distance between them!!!



NEED HELP NAVIGATING MEDICARE?



State Health Insurance Assistance Program (SHIP) is a local resource that provides unbiased help with Medicare. SHIP can help with:

- Enrollment.
- Plan comparison.
- Cost and coverage.
- And much more.

SHIP counselors are available in Fort Collins, Loveland, Greeley and Estes Park. All counselors are screened, trained and certified by Centers for Medicare and Medicaid Services (CMS).

Contact the UHealth Aspen Club for assistance: 970.495.8558 or 970.495.8560.



Elder Law Q & A

What are Veterans Death Benefits?

Although death benefits are available to veterans and their families, less than half of those who are eligible for death benefits use them, according to the American Association of Retired People. Available veterans death benefits may include burial in a national cemetery, compensation for expenses, or grave markers for private cemeteries.



Will Beyers

Burial in VA National Cemeteries: Who Is Eligible?

While many believe that death benefits are only available for those who fought in combat, most veterans are eligible to be buried in a Veterans Administration (VA) national cemetery.

To qualify for these benefits, the veteran's discharge must not have been dishonorable. They must have received care from a VA facility, gotten a VA pension, or passed away while serving or because of a service-connected disability.

Veterans' spouses, minor children, and unmarried adult dependent children may also be able to qualify for veterans death benefits, allowing them to be buried in national cemeteries alongside their loved ones.

Veterans Burial Benefits: Help for Families

Individuals who make funer-

al arrangements for qualifying deceased veterans can receive compensation to cover the expenses. To obtain benefits, an individual must have paid for the burial, transportation, or funeral costs. The person must have also either been a close family member or managed the estate. For those buried in a national cemetery, benefits provided at no cost include a gravesite, services to open and close the grave, and maintenance of the gravesite.

Making Advance Arrangements

While veterans do not need to plan their funerals and burials ahead of time, the VA does pre-approve national cemetery burials. Preapproval involves determining whether you are eligible, selecting a VA national cemetery, and filling out an application.

Even if you do not preplan your services, let your loved ones know where you have stored your discharge papers and any wishes you may have regarding your final resting place.

Beyers Law LLC is a law firm serving clients throughout Colorado. They specialize in Elder Law, Estate Planning, and Special Needs planning and can be reached at 970-669-1101 or at www.beyerslaw.com.



Joy on the Journey 2024

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Pets Are Family

Pet Poison Prevention

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.



Judy Calhoun

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.

Veterans Echoes

Steve Mulvihill



Brad Hoopes

Steve Mulvihill served two tours in Vietnam. The first was aboard the USS Skagit, where he served on the landing boats delivering supplies up rivers to bases. The downside to this tour was being shot at like a moving duck on the shooting gallery at a carnival. The upside was the ports of call the ship made in Asian countries. Steve didn't approach these port visits like your average sailor. Oh sure, he had his fair share of wild times, but mostly Steve liked to explore and learn about the local culture. He often found himself wondering into areas off-limits to sailors. Once in an off-limits part of Hong Kong, Steve and a friend came across a man trying to sell a baby girl to a crowd. They pooled their money (\$50), bought her, and immediately took her to a nearby orphanage run

by nuns. To this day, Steve still wonders about his little "China Girl" and how her life turned out.

Steve volunteered for the second tour, which proved to be much different than the first one. Steve was now a member of the Navy's Beach Jumpers, a Naval Special Warfare unit. They were akin to the Navy Seals, which eventually absorbed them in 1974. His unit operated off the USS Iwo Jima, doing missions along the coastal region. The upside was he was now able to shoot back. The downside was that what he experienced changed him forever. He, like so many of our veterans, experienced things no one should ever have to.

Brad Hoopes has a passionate project of preserving the stories of our veterans. To view veteran stories, please visit: www.youtube.com/@rememberand-honorstories



Larimer County Office on Aging

Powered by Connection
Older Americans Month Awards

Every year in May, the Administration of Community Living leads the nation's observance of Older Americans Month. This year's theme, "Powered by Connection," acknowledges the profound impact that meaningful relationships and social connections have on our health and well-being. In Larimer County, we want to celebrate the significant role of older adults and their caregivers in our community by recognizing two individuals with the Outstanding Senior Volunteer and Outstanding Family Caregiver awards. Do you know someone who inspires you or makes a difference in our community? We invite you to help us celebrate these special community members by submitting a nomination by March 15.

By combatting isolation, loneliness, and other issues, connectedness plays a vital role in supporting independence and aging in place. We know that Larimer County is full of individuals with a generous spirit and who devote their time to helping others, making a difference in our community. Help

us recognize and appreciate these incredible people by nominating your friend, colleague, or family member for our Older Americans Month Awards.



Nicole Limoges

Remember, the Outstanding Senior Volunteer is someone involved in our community as an advocate for seniors and senior issues. And the Outstanding Family Caregiver is someone caring for an individual aged

60 or older, providing them with the highest quality of life possible. You can submit a nomination now through March 15. Find more information on the award criteria and submit your nomination on our website, Larimer.gov/seniors.

We invite you to join us in celebrating these individuals who are Powered by Connection and are making a difference in our community. The Larimer County Office on Aging will host an award ceremony on Wednesday, May 1st, at the Office on Aging Community Fair to honor the two award recipients. Let's recognize and pay tribute to these remarkable individuals who inspire us all.

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 Dick-

inson

"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."



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 instance, 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.

*Help us Help the
50+ Community*

Genealogy Rocks!

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



Carol Darrow

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.

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

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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Better Business Bureau

BBB Scam Alert: Responding To That Phony Bank Text Message Could Cost You Thousands

Better Business Bureau is proud to announce that BBB Scam Tracker is being honored by the Global Anti-Scam Alliance (GASA) and ScamAdviser.com as Best Scam Fighting Tool of 2023.



Shelley Polansky

to build a trustworthy marketplace by providing their expertise, resources, and funding support.

Following the launch of the upgraded BBB Scam Tracker in 2022, BBB Institute added a Scam Prevention Guide

on the homepage to help people learn how to spot and avoid scams.

“Our goal is to continue building out the BBB Scam Tracker platform to empower people to protect themselves from fraud,” said Trumpower.

The ability to search reported scams is made possible thanks to the dedicated, collaborative work of Better Business Bureau professionals working in communities across the US and Canada to review and publish scam reports.

Launched in 2015 and retooled in 2022, BBB Scam Tracker had 4.58 million views and published more than 65,000 scam reports in 2023. Visit BBB.org.

“We are incredibly proud of BBB Scam Tracker and grateful for this recognition from the Global Anti-Scam Alliance,” says Melissa Lanning Trumpower, Executive Director of BBB Institute for Marketplace Trust (BBB Institute), the educational foundation of the International Association of Better Business Bureaus. “BBB Scam Tracker allows people to search previous reports to determine if they’re being targeted. As a result, we estimate that our scam-fighting tool helped people avoid losing \$24.3 million in 2023. We want to thank GASA, ScamAdviser.com, and the esteemed panel of judges, for honoring BBB Scam Tracker with this award.”

BBB Scam Tracker is supported by Amazon and Capital One, members of the BBB Corporate Trust Council, a coalition of select companies that join with BBB Institute

We Care

3 Companies With VIP Treatment

(StatePoint) Part of being a savvy consumer is finding valuable perks in unexpected places. These extras won’t just make you feel like a VIP, they’ll help you save big on the things you want and need.

1. A phone plan with a difference: Simply by being a T-Mobile customer, you not only have wireless on the nation’s largest and fastest 5G network, you also have “Magenta “Status,” which comes with a suite of one-of-a-kind benefits across premium brands and services that can get you anywhere you want to go with style. T-Mobile has long given customers free streaming services and free in-flight Wi-Fi, along with free stuff every week from T-Mobile Tuesdays, such as fuel rewards and restaurant giveaways. Add Club Magenta to your virtual wallet to enjoy premium views, private bars, giveaways and more. All the Magenta Status perks can add up to more than \$1,500 each year in added value, putting money back in your pocket. Too many cool perks to track? Use T Life, a new app available on Android and iOS to easily manage them. To learn more about Magenta Status, check out www.t-mobile.com/status.

2. Savings on everyday items: Nobody likes paying more for need-

ed items like prescription drugs, toiletries, personal care items and household supplies. Being an ExtraCare member of CVS offers you access to sale prices, special deals, birthday rewards, cash-back at the pharmacy and more. Membership is free, and easy to apply for at checkout or on the mobile app. There is also an ExtraCare+ option for \$5 a month offering additional benefits, like prescription delivery and discounts on CVS-branded products. With the free tier already offering plenty of opportunities to save, you may not see a need to upgrade.

3. A faster and more affordable cup of joe: A morning cup of coffee is non-negotiable for many Americans, making racking up rewards through Starbucks Rewards painless. This loyalty program is not just about money, but about time as well. Because you can order ahead or scan and pay at the register in one step, you’ll move through the in-store or drive-thru line sooner, so you have more “me time” during those busy mornings.

At a time when the cost of most goods and services is on the rise, finding companies that give back to their customers can not only help you stretch your budget, it can feel like a breath of fresh air.



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Help Wanted

HELP WANTED:
Sales and Marketing Assistant to call on Larimer County Businesses. 10 to 15 hours a week and set appointments for the Larimer County edition Marketing Team. Experience helpful, but not necessary. A passion to help Seniors is a plus. Call Michael Buckley, Associate Publisher at 970-673-5918 for more details.

Wanted

Wanted to Buy: Vintage and fine wrist and pocket watches and watch-related material. Call Jeff in Windsor for an assessment and offer (970/217-3065).

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Cobblers in the truest sense they are: The Zavala Family (l-r) Cesar, Martin, Victor

Find Einstein



Can you find the hidden Einstein in this paper?

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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

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.

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

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.

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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.



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.

All About Life & Living Early 1800s to 2023

“The Way I Was Told,” Growing Up in East Texas is the captivating title of a book authored by Leonard B. Dickey a United States Navy Veteran serving 1951-1955. He left East Texas at 18 to join the Navy where he served on land and on ships. He found himself from time to time at the helm of the ships he served on.

Leonard and his wife Mary Jane have been married for 56 years. They proudly talk about their three sons and two daughters along with five grandchildren and to the family are added great-grandchildren.

Leonard and Mary Jane have lived in Fort Collins, CO since 1967. Before coming to Fort Collins, they could be found living in Alaska, Idaho, Washington State.

He worked for Montgomery Ward for 14 years. Commercial and Residential construction was a main stay in his working years. Leonard retired at 72 years old. And appreciated the decision he made.

He enjoys woodworking, domestic and international travel with Mary Jane. He served as President of the Northern Idaho Quarter Horse Association. And writing...

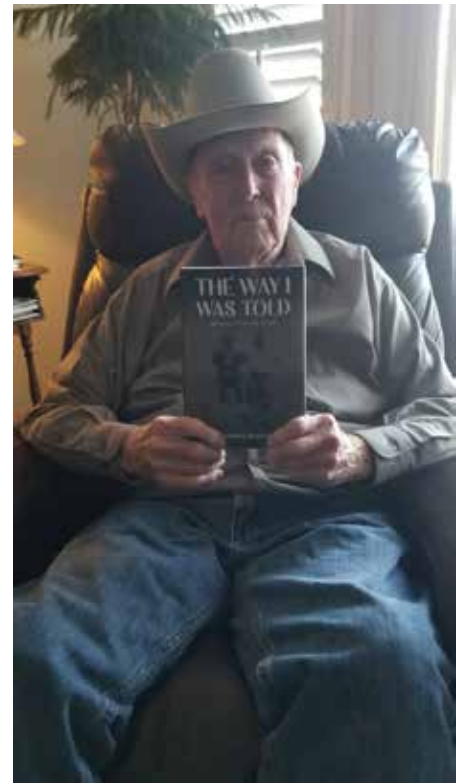
Fond memories of his life and family encouragement prompted him to take pen in hand and author “The Way I Was Told,” Growing Up in East Texas. The book covers his great-grandparents, grandpar-

ents, parents lives and his personal life. The book is full of interesting and engaging life happenings, experiences and often wrapped up in humor. His memories brought back life's tough times, good times, and times in-between. The pen kept moving...

The book is available on Amazon. Leonard is looking forward to book signings at Barns & Noble. Perhaps other locations too! Be on the lookout. Take advantage of seeing him personally and learn more about him. Leonard will appreciate meeting you. You will appreciate meeting him!

Written By: Michael Buckley

Associate Publisher



Larimer County Offers Free Citizens Class

Who maintains the road and bridge I drive on every day? Where does my trash go? Is the restaurant I'm going to eat at safe?

Find answers to how these and other vital public services are provided to all Larimer County residents in our free, 10-week class, Larimer County 101. Whether you live within a city, town, or outside those jurisdictions, Larimer County provides many services you use every day.

LC101 is an interactive class and is accepting applications now for our Spring 2024 session. The class meets on Thursday nights from 6 p.m. to 8:30 p.m. from March 21 to May 23, 2024. To register for the class, visit <https://www.larimer.gov/LC101>.

LC101 introduces class members to how Larimer County services are provided to residents by the people who provide those services. Class members get to interact with elected officials and staff during the course.

Class members learn about the

county budget, property taxes, elections, Larimer County Clerk and Recorder, Assessor, Treasurer, Sheriff, District Attorney, Coroner, land use, building roads and bridges, human services, public health, solid waste, community corrections, and more.

Classes are held in different locations to keep the experience fresh, and class members tour facilities like The Ranch Events Complex, Horsetooth Area Information Center, Behavioral Health, Community Corrections, Emergency Management, and Larimer County Landfill. For more information, contact Jordan Dunn, at 970-498-7364, or email: dunnjw@co.larimer.co.us.

WE ARE LOCAL!

Larimer County Conservation Corps Offer Home Efficiency Assessments

The Larimer County Conservation Corps is performing home efficiency assessments as a free service to Fort Collins Utilities and Loveland Water and Power customers.

During a Home Efficiency Assessment, corpsmembers educate residents about water and energy efficiency practices and services as well as retro-fit water conserving shower heads and faucet aerators, smoke/carbon monoxide detectors, clotheslines, light bulbs, furnace air filters, and high-efficiency toilets based on residents needs. All corps members are trained and adhere to current COVID-19 protocols.

To qualify, you must be a utility customer of either Fort Collins Utilities or Loveland Water and Power. Homeowners and renters are eligible for this free service.

Corpsmembers of the Water & Energy Crew perform free home efficiency assessments to Fort Collins Utilities and Loveland Water and Power customers with the following procedures: 1) Conduct a basic inspection of your home, appliances, windows, toilets, and heating/cooling system, 2) Install appropriate efficiency products based on your home's needs. Products may include: LED light bulbs,

water conserving shower-heads and aerators, smoke/carbon monoxide detectors, clotheslines, and high-efficiency toilets, and 3) Educate customers about water and energy efficiency practices and services.

Reviews from past Larimer County citizens include: "They were awesome! I was pleasantly surprised by their professionalism and by the value of the information they were able to give me."

"Great experience. Explained benefits of updating aerators and light bulbs, gave advice on how to be more efficient. They were prompt, fast, professional, and friendly. Couldn't have been better. Thank you!"

"Friendly, personable, polite, showed human side (enjoyed puppy we were babysitting), interesting--not stiff or rigid, relaxed but efficient, worked quickly and knew what they were doing, gave interesting side knowledge when asked, seemed well educated in what they were doing. It was a pleasure-- and so much more thorough than I expected."

To schedule an assessment of your home, please contact the corps at email: lccc@larimer.org or call (970) 498-6660.

Larimer County to Expand Broadband Infrastructure

In partnership with Fort Collins Connexion and Loveland's Pulse Fiber Internet, the Larimer County community has been awarded \$14 million in grant awards to enhance and expand its broadband infrastructure to an additional 1,935 locations, including areas in Rist Canyon, Red Feather Lakes, Colorado Mountain Campus, Poudre Canyon/Poudre Park, Pole Mountain, Hidden Valley Estate, and Storm Mountain.

This substantial funding, provided through the Capital Projects Fund of The Colorado Broadband Office, marks a pivotal moment in the county's commitment to ensuring high-speed, reliable internet access for all residents and supports Colorado Governor Polis' goal to connect 99% of Colorado households with reliable high-speed broadband by the end of 2027.

Larimer County Support Services Director and Chief Information Officer Mark Pfaffinger said, "I want to thank our NOCO Community Fiber partners who have worked collaboratively to expand community-owned broadband services to become the most connected community in the nation. We hope to use this as a springboard to connect the remaining 15,000 underserved

households in the county through future grant programs."

Larimer County provided matching funds for ten 10 projects and was awarded seven in partnership with Fort Collins Connexion and Pulse. Larimer County will continue to partner with Fort Collins Connexion, Pulse, Estes Park Trailblazer, and other local internet service providers. These partnerships allow Larimer County to facilitate the expansion of high-speed internet while enabling service providers to extend their network while keeping service costs low for county residents.

"This announcement marks yet another significant accomplishment for NOCO Community Fiber," stated Briana Reed-Harmel, Pulse broadband manager. "We're thrilled to continue our expansion into Larimer County, solidifying the community broadband presence in Northern Colorado and our commitment to ubiquitous access."

"Fort Collins Connexion is proud to partner with Larimer County to serve its residents with fast, reliable, local internet to those that currently have extremely low internet speeds and reliability," said Connexion Executive Director, Chad Crager.

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.



Timnath Town Manager Aaron Adams Receives Prestigious ICMA Award

The Town of Timnath proudly announces that Aaron Adams, our esteemed Town Manager, has been awarded the Credentialed Manager designation by the International City/County Management Association (ICMA). This prestigious recognition is granted to less than 1,400 local government professionals committed to the highest standards of integrity and leadership.

ICMA's mission is to advance professional local government

through leadership, management, innovation, and ethics and by increasing the proficiency of appointed chief administrative officers, assistant administrators, and other employees who serve local governments and regional entities worldwide. The organization's 13,000 members in 27 countries include educators, students, and other local government employees.

To receive the prestigious ICMA credential, a member must have significant experience as a senior management executive in local government, have earned a degree, preferably in public administration or a related field, and have demonstrated a commitment to high standards of integrity and to lifelong learning and professional development.

Adams, who has over 15 years of experience in public service leadership, has significantly contributed to the growth and development of Timnath through his strategic and innovative management style.

Since his appointment in 2021, he has spearheaded numerous initiatives that have enhanced our community's infrastructure and quality of life.

The Town of Timnath commends Adams for this well-deserved accolade and remains dedicated to the principles of excellence in local governance.

ICMA, the International City/County Management Association, advances professional local government worldwide. The or-

ganization's mission is to advance professional local government through leadership, management, innovation, and ethics.

ICMA identifies leading practices to address the needs of local governments and professionals serving communities globally. The management decisions made by ICMA's members affect millions of people living in thousands of communities, ranging from small towns to large metropolitan areas.



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Are You Addicted to Junk Food?

Michael Prager doesn't go near junk food. After he eats a frozen pizza, candy bar or packaged pastry, his head will throb. Then, a craving will hit. Prager, 65, a retired journalist and author in Arlington, Massachusetts, is not alone. One in eight adults ages 50 to 80 show signs of addiction to ultraprocessed foods, or what we call junk food: sugary sodas, salty chips, and fatty fast food according to a 2023 report from the National Poll on Healthy Aging, sponsored by AARP.

Nearly half of older adults experience at least one symptom of junk food addiction, such as intense cravings, an inability to stop eating once they start, or withdrawal symptoms when they try to resist.

The term "ultraprocessed" refers to foods that have been altered by the addition of super-flavoring agents to create irresistible tastes; preservatives to prolong shelf life; food dyes to alter hues; and refined fats and carbohydrates that have been stripped of fiber and other nutrients to improve their texture and appearance.

Sweet, salty, crunchy, creamy fare: From candy bars to chips, from cookies to pastries, these foods have been created to be hyper-palatable so that you'll come back for more. And it's easy to do just that, considering they're all around us. They line checkout counters in

gas stations and grocery stores, and they're stuffed in vending machines at high schools and hospitals.

Today, almost 60 percent of the calories consumed by Americans comes from ultraprocessed food. That figure may help explain why the U.S. has the world's highest obesity rate among high-income countries.

A pivotal 2019 study from the National Institutes of Health found that participants who ate a diet chock full of processed foods: packaged muffins, frozen fish sticks and canned ravioli ended up eating more food and gaining more weight in a two-week window than participants on a more natural diet: oats, fish filets and barley even though the meals and snacks prepared contained a similar number of calories and other nutrients.

The brain is hardwired to favor high-calorie foods. It's an evolutionary trait that helped keep humans alive long before the age of grocery stores. The smell or taste of something sweet or fatty floods the body with feel-good chemicals like dopamine, Gearhardt says.

That's because refined carbs and fat found in highly processed foods and often found in combination can trigger a release of dopamine at levels that surpass what is seen when, say, an apple is digested. In

fact, several experts in the field say the response is more like what we see with nicotine and alcohol.

These foods have also been linked to numerous health issues that plague the 50-plus population, including diabetes, heart disease, cancer, and dementia.

For people looking to dial back their intake, small steps can make a big impact: Cravings build, but they eventually peak and disappear. Next time you get a craving, try waiting it out.

Avoid triggers. Become aware of what environments or situations trigger your food cravings, such as binge-watching TV, and if possible, avoid them.

Packaged doesn't have to mean unhealthy. Lentils come pre-steamed; brown rice can be cooked in one minute in the microwave. Canned beans, frozen vegetables and frozen fruit are other healthy shortcuts.

Don't skip meals. Hunger will make you more vulnerable to cravings. So will giving up foods you enjoy. Aim for three minimally processed meals a day, Gearhardt says.

And then there's abstinence. That's what eventually worked for Prager, who, along with seeking therapy, decided to cut out refined sugar and flour. Article courtesy of AARP.

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

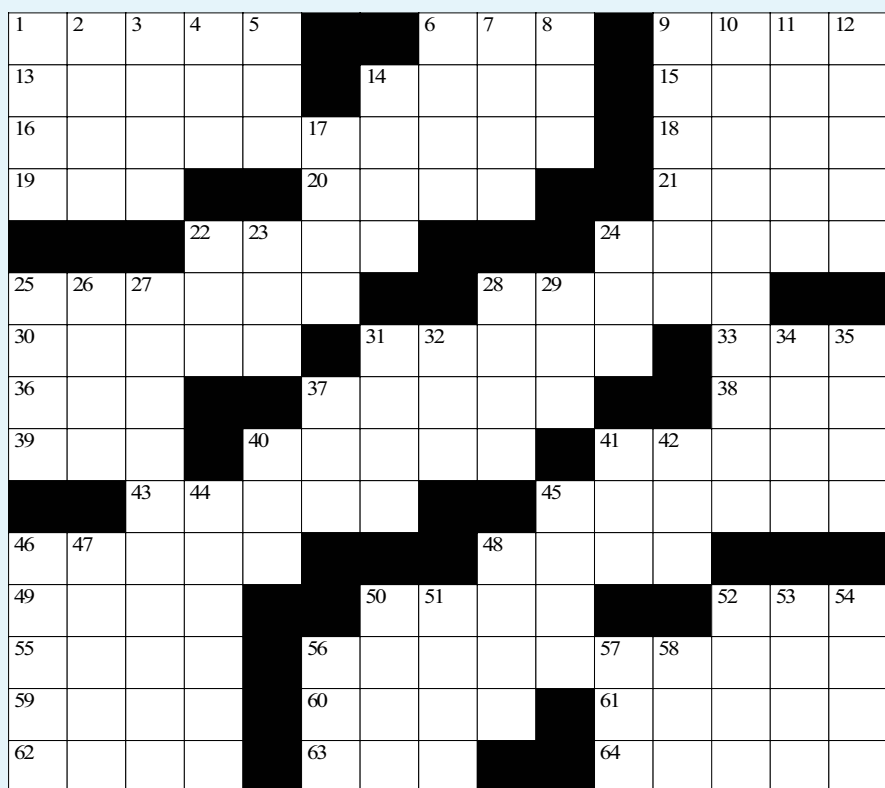
"Spring brings new growth. Weed out the bad and make new for something beautiful." - Unknown

"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

50 Plus Marketplace News Crossword Puzzle

March 2024
Answers page 8



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 stem
- 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

Happy Birthday, Edie

Edith "Edie" Recagno Keenan Ceccarelli was born in the town of Willits, California and still lives there. She's the oldest resident in Willits, a town with a population just shy of 5,000 residents. In fact, at the age of 116 years, she's the oldest woman in America and the second oldest woman in the world. Each year, on February 5, the whole town comes out to celebrate her birthday and Edie wonders, "Why am I still here?" As one of her best friends put it, "God has a plan for you."

How Did He Get In There?

Somehow three-year-old Ethan in Queensland, Australia managed to work his way into a claw machine via the chute through which prizes are dispensed. In this case it was a Hello Kitty plush toy machine. Using hand gestures Dad signaled his boy to stand far back in the machine's container allowing police to smash through the glass pane. All's well that ends well. When the ordeal came to a successful end, one of the police officers told Ethan, "You won a prize, which one do you want?"