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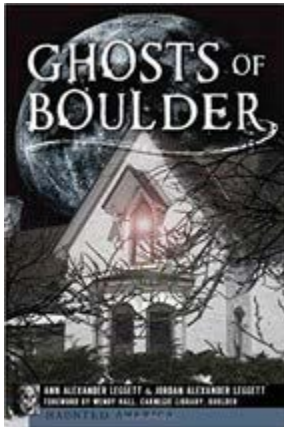
Spring 2020 |

Preview of our Alumni Spring Event



Plans for our Annual Alumni Spring Event are well under way. Although COVID-19 has put the date on hold, we think you'll enjoy the program that we've put together for you. Here's a peek at what what's in store for our next gathering. Watch for an email with the date and instructions about how to register. Until then, stay healthy!

You'll take a step into the past for a delightful program and light lunch at the Goodhue Farmhouse at Rock Creek Farm. Abner Goodhue purchased the property in the 1870s and built the Goodhue irrigation ditch and reservoir that would become Stearn's Lake. Boulder County purchased a portion of Rock Creek Farm in 1980, and restoration on the 90-plus-year-old farmhouse began in 2004. Besides the modern meeting center, the facility includes a small parlor furnished with period furniture of the 1930s.



You will be treated to a spirited talk by local ghost seekers, Ann Leggett and Jordan Alexander Leggett, about their book, [Ghosts of Boulder](#). Boulder's rich past hides plenty of hair-raising lore. One home is said to be haunted by a previous owner who was displeased with remodeling done on his longtime abode, while a small Victorian on Pearl Street has been plagued by strange events for more a century. A local hotel is also wrapped in mystery, and spirits have a standing reservation at a popular restaurant that was once a mortuary.

You'll have an opportunity to have books autographed after the presentation.

Tips to keep your spirits up during COVID-19 quarantine

For many of us, the novel coronavirus is affecting our psyches, whether it's fear, anxiety, insomnia, depression, or an exacerbation of an underlying mental health issue. Try out these ideas to help relieve tension and put a smile on your face.

Crafts and other hobbies

Crafts and other hobbies, such as needlework, decorating cakes, coloring and painting, building model cars and airplanes, playing card games like bridge or poker, all require visualization, repetition, focus, and time that can reduce stress, anxiety and depression. Repetition and focus

CATCHING UP WITH RETIREES



Peggy Jackson, in Spain

release serotonin in our brains—the chemical responsible for stabilizing our moods and feelings of well-being.

Virtual gatherings

FaceBook, FaceTime, Zoom, and other social media sites make it possible to party with friends, virtually. Set up a coffee time, Sunday brunch, wine-and-cheese gathering to meet regularly with your friends.

Just dance. Clear some space, put on some music, and take a dance break! It can re-energize a work meeting. It's also a fun activity for the whole family. Let each person take a turn as DJ so everyone's favorites get played.

Schedule a cardio-strengthening workout. The American Heart Association shows you how to build a [circuit workout routine](#) at home. No equipment needed!

Get your garden on! Spring is here. Gardening is a great activity that you can do on your own. No yard? No problem. Try container gardening.

Tickle your funny bone

Check the web for lots of funny videos. You're bound to smile with this [young lady](#) as she explains about the lipstick she got from Home Depot.

Alumni web site sports new look

Click to edit this placeholder text.

The [Boulder County Alumni Association](#) web site is getting a face lift. Please bookmark the page for easy reference. Although COVID-19 has interrupted the effort, we'd like the site to be interactive in the future, and your ideas are welcome. Just drop a note, recipe, photo, etc. to Lisa Krebs at lkrebs@bouldercounty.org

TRAVEL TIPS

Tiptoe through the tulips



With travel restrictions in effect, we suggest a simple walk along Boulder's brick-paved Pearl Mall, which in early spring becomes color-filled with upwards of 15,000 tulips. Observe social distancing, bring a camera and enjoy. Don't live near the mall? Frequent your local trails and downtowns for spring blooms!

NEWS AROUND THE COUNTY

I retired from the County in December 2008, after more than 25 years as the Human Resources Director. My husband Russ and I live in Longmont and have six grandchildren, five of whom go to school locally. It's fun to attend their activities, and I often run into old friends from the county.

I enjoy the solitude of painting and working in my garden, but Russ and I also like to travel. This fall we took a trip to Europe, flying to London and then taking the train to Rome. The wine country was beautiful, with perfect lighting for my painting--and Russ's wine tasting! From Rome, we took a transatlantic cruise back to the United States, with stops in Spain and the Azores.

Back home, I plan to work for the 2020 Census as an Enumerator for two months this summer.

After retiring, I enjoyed the freedom but missed the people. When the opportunity came up to serve on the Alumni Board, I saw it as a connection to old friends and coworkers and was happy to help create a program that kept retirees in touch with the county and its mission of serving.



Ken Ziebarth, with wife Charlotte

My wife Charlotte, our daughter Jennifer, and I moved back to our "grad school home" in Boulder in 1976 to seek our fortunes. A temporary position at the library increased my interest in Boulder County and its history, which led, in 1978, to my first Boulder County employment as a Zoning Inspector in the Land Use Department.

I became a Planner in 1980, and my interest in maps and GIS technology, with its ability to link maps and data retrieval, led to my promotion to manager of the new GIS Division. I managed the small staff that converted all property maps to digital form.

Assessor Cindy Dominico and I were among the first to realize that almost every activity of county government was related to specific locations. That meant we could use a single GIS database for county data storage and access. After discussions with other department heads, Commissioners, and the IT department, we established a database for use by the Sheriff, Public Works, Parks & Open

Historic Lohr/McIntosh barn to become ADA compliant

The Lohr/McIntosh barn, built in 1900 and located on the Agricultural and Heritage Center site in Longmont, underwent an exterior rehabilitation and structural stabilization in 2000 to make it safe for visitors.

Owned and maintained by Boulder County Parks & Open Space (POS), the barn is designated as an historic landmark.



The popularity of the site and increasing interest in public tours have motivated POS to make it compliant with the American Disabilities Act (ADA).

Modifications will include an exterior ADA ramp on the east side, two new doors along the accessible route, and an interior ADA ramp to access the west shed from the hay barn. Work is scheduled to start in the spring of 2020.

Barn enthusiasts may enjoy reading [17 beautiful old barns in Colorado](#).

"There may have been a time when preservation was about saving an old building here or there, but those days are gone. Preservation is in the business of saving communities and the values they embody."

--Richard Moe, National Trust for Historic Preservation

Fun facts about Boulder's old hospitals

BOULDER COMMUNITY HOSPITAL, BROADWAY & ALPINE

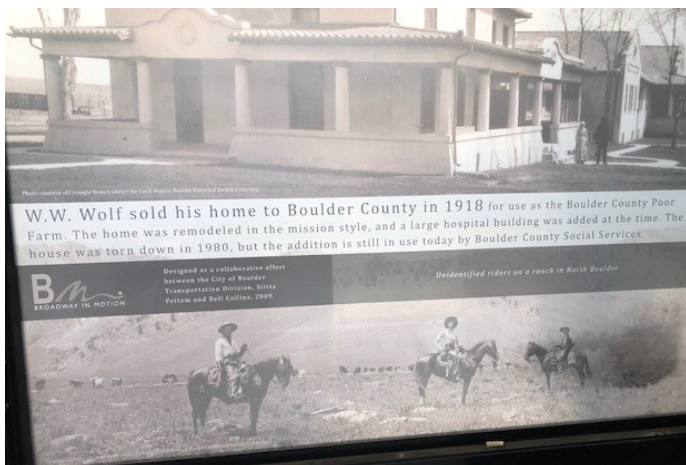
Boulder's first hospital was a teaching hospital built in 1889 on the University of Colorado campus. In 1920, the university moved the medical school to Denver. To ensure residents retained access to quality health care, 26 doctors bought the Ben Hagman residence at Broadway and Alpine and converted it into the 15-bed North Boulder Hospital.



Nearly two years later, the property was sold to the community. On April 19, 1922, the Community Hospital Association was incorporated as a not-for-profit organization. Four years later, a new Boulder Community Hospital building, with 45 patient beds, was dedicated. By 1974, the hospital hosted 172 beds, had admitted 200,000 patients and treated more than 14,000 emergency patients annually.

OLD COUNTY HOSPITAL, BROADWAY AT IRIS, BOULDER

The Old County Hospital, designed in 1918 by Architect Arthur E. Saunders in the Mission Revival Style, was a Sanitarium and Tuberculous Ward with a working farm on the site. It was the only facility in Boulder County to house the homeless and mentally ill, and documents call the farmland around the building the "Poor Farm."



Space, as well as the original Land Use and Assessor.

In 2009, after more than 30 years with the county, I moved on to retirement, and my wife and I left on a three-week car trip in Scotland.

We now spend time traveling and indulging our major interest in opera. We visit Santa Fe for the season of five operas. This year will be our 30th to see all five. In April we are planning a week in Chicago to see our 10th production of the Richard Wagner "Ring Cycle" of four operas in six nights. Our daughter, son-in-law and granddaughter live in Oakland, Calif., so we visit them and the San Francisco Opera at the same time.

We have given up solo rail, bus, and car travel in Europe, choosing instead the Road Scholar tours. We have been to Cornwall, Paris and Brittany. Among many other art-related locations in France, we visited Monet's home in Giverny and saw his water lily gardens!

Charlotte continues to be a productive fiber artist, and I spend time updating my model railroad, reading, and comfortably accomplishing "very little, slowly."

Confronting difficulties



"When you're at the end of your rope, tie a knot and hang on."

--Franklin D. Roosevelt

10 smart tips to downsize in style



[Epoque](#) offers the following tips to help you create a stylish, streamlined look in a smaller space.

1. Shift your mindset.

Mayo Clinic recommends 10 foods to keep healthy

With Coronavirus topping the news, we looked for ideas that could help fight the virus. Here are [10 foods that the Mayo Clinic suggests](#) to maintain a healthy lifestyle:

- Almonds
- Apples
- Blueberries
- Broccoli
- Beans
- Salmon
- Spinach
- Sweet Potatoes
- Vegetable Juice
- Wheat Germ

Your Board of Directors working for you



Pam Stonecipher, Alan Watkins, Peggy Jackson, Tom Shomaker, Margaret Parish, Ron Stewart, Rick Meyers.

If you are interested in serving on the Board, please send an email to alumni@bouldercounty.org or to Lisa Krebs at lkrebs@bouldercounty.org

As trusted stewards of Boulder County's future, we provide the best in public service

--Boulder County Vision Statement

We'd love to include social and out-and-about news and photos in our quarterly newsletter! Visit anywhere interesting? Volunteer? Have a new grandchild? Were you out and about with other alumni? Submit photos and info to alumni@bouldercounty.org!

Suggestions for the newsletter? Submit those as well!

There's a lot to look forward to in a smaller space. If you've shifted from home to apartment, you can enjoy the freedom of maintenance-free, lock-and-leave living. With less items tucked away in remote basements or closets, you've more of what you need at your fingertips. Embrace the lightness.

(Go to [Epoque](#) for details on the following tips.)

2. Measure twice, move once.

3. Reimagine your style.

4. Divide and conquer.

5. Hire a pro.

6. Maximize storage that wows.

7. Think quality and multipurpose.

8. Go for big art.

9. Make use of photos.

10. Layer your layout.
