

Abstract for an Invited Paper  
for the TSF07 Meeting of  
The American Physical Society

**How to Measure the Age of the Universe**

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In this public talk, we will review the different steps followed by astronomers to measure the age of the Universe. In order to achieve this goal, we need to be able to measure precise distances. We will learn about parallax, Cepheid variables, and supernovae explosions. We will also discuss recent discoveries in this area and their implications for the ultimate fate of the Universe.