

50 Plus Marketplace

NEWS



Local News, Profiles, Events & Resources For 50 Plus Adults

November 2024 • Volume 30 • Issue 11

Northern Colorado Regional Airport's New Director

John Kinney has been appointed as the director of the Northern Colorado Regional Airport (FNL) following a national search. This decision was made by Loveland Acting City Manager Rod Wensing on behalf of the Cities of Fort Collins and Loveland. Kinney will assume his new role on Tuesday, November 12. As the airport director, Kinney will oversee the daily operations, planning, development, and maintenance of the airport, ensuring compliance with regulations from both cities, the TSA, and the FAA.

"The Northern Colorado Regional Airport is a well-designed airport with a solid reputation, talented team, great tenants, and strong community partnerships. I'm eager to join this dynamic environment and help shape its future," said Kinney. "FNL is not only a vital community asset but also a powerful economic driver with tremendous potential. I look forward to leveraging my experi-

ence and fostering collaboration with airport staff to benefit the airport, its stakeholders, and the broader community."

Kinney brings over 30 years of dedicated service in aviation management and leadership to his new role. He has overseen operations and emergency management at major airports including Denver International and Los Angeles International, as well as regional airports in Aspen and, most recently, Boulder. Kinney also served as federal security director for the TSA.

A licensed pilot since 1982, Kinney has been a prominent speaker in the transportation industry, in addition to being a contributing writer and advisor. He is certified through the American Association of Airport Executives and has served on the board of directors for the Southwest and Northwest Chapters of the American Association of Airport Executives.

"Over the past decade, the air-

port has consistently excelled in safety, innovation, and operational efficiency. John's extensive and diverse aviation experience make him the ideal leader to guide the airport into the future and serve the northern Colorado community," said Acting Loveland City Manager Rod Wensing. "As we prepare for the grand opening of the new terminal and other advancements, I am excited to welcome John to the team."

Located in the heart of Northern Colorado, the Northern Colorado Regional Airport (FNL) serves as the premier destination for aviation-centered business, research, development, education, and training. Co-owned by the Cities of Fort Collins and Loveland, FNL is one of fourteen commercially certified airports in the State of Colorado.

Conveniently adjacent to Interstate 25 and US Highway 34 at 4825 Earhart Road, Loveland, CO 80538, the airport's new commercial passenger terminal will open during a Grand Opening Celebration on November 7. Additional developments include a runway widening project and future additional hangars.



NOCO Airport Director John Kinney

CSU Symphony Orchestra & Dance Present Two Nutcracker Suites

Get ready for a new performance of Two Nutcracker Suites! The Colorado State University's Symphony Orchestra, directed by Dr. Rachel Waddell, teams with the Jazz Ensemble I, directed by Wil Swindler, and CSU Dance to present two Nutcracker Suites: Piotr Ilyich Tchaikovsky's and Duke Ellington's version. This extraordinary musical event combines the CSU Dance Dept. with guest soprano soloist Tiffany Blake to give a new version of the popular Nutcracker theme.

Praised by Opera News Online for her "...truly virtuoso performance...immaculate tone, good support and breath to spare," soprano, Dr. Tiffany Blake, received her D.M.A. in Vocal Performance with a minor in Opera Stage Direction from the Eastman School of Music, where she also earned her Master's degree and was awarded the prestigious Performer's Certificate. She currently serves as associate professor of voice and director of the Charles

and Reta Ralph Opera Program at Colorado State University.

Dr. Blake's operatic roles include Desdemona in Otello, Marguerite in Faust, the title role in Carlisle Floyd's Susannah, and Mercedes in Carmen among others. Solo engagements have included appearances with the Rochester Philharmonic Orchestra, Missouri Symphony Orchestra, and Opera Fort Collins. Dr. Blake has a special interest in song literature, and has given several recitals in Scotland, France, Salzburg, and across the U.S., appearances with Chicago's Arts at Large and the Odyssey Chamber Music concert series in Columbia, Missouri, and a vocal chamber music recital with Salzburg International Chamber Music Concerts.

Join us as we experience the famed holiday classical in a new way, paired with other works

for studio orchestra featuring the confluence of jazz and the symphony orchestra. The performance will be held on November 21 at 7:30 pm at the Griffin Hall in the University Center for the Arts (UCA) at 1400 Remington Street in Fort Collins.

No charge for CSU students with \$5 to \$15 for adult visitors. Purchase tickets at the box office at UCA or call 970-491-2787.



CSU Soprano Tiffany Blake

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NOVEMBER Calendar

Monday/11

The combined veterans posts in Loveland will hold its annual Veterans Day parade at 11:11 am.

in downtown Loveland with a route that follows Railroad to 4th, left on 4th to Garfield, right on Garfield to 13th St., then left on 13th to Dwayne Webster Park (Also called Cannon Park). The ceremony at Dwayne Webster Park will start shortly after the parade is over. This year's speaker will be Colonel Gregg Johnson.

Thursday/14

Global Village Museum in Fort Collins presents a Fort Collins book presentation and signing with local authors Mike Viney, Wayne Sundberg, and Meg Dunn will discuss their new book, "A History of Fort Collins Through Postcard Views" from 6-7:30 pm. The book focuses on the city from the late 19th to early 20th century. Copies of the book will be available for purchase and signing by the authors.

Saturday/16

Larimer County Genealogical Society presents a free hybrid program on "Post Office Records: Geography, Politics, Religion, and More" by Diane L. Richard at 10 am in the Prairie Sage Room at the Fort Collins Senior Center and on Zoom. Please register online at www.lcgsc.org to receive the Zoom info and handout.

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:
Beyers Law

We Care

Can you hear me now?

How Does Diabetes Relate to Hearing Loss? Think Twice.



Susan Baker

While many are familiar with how circulatory issues affect heart health, it is also essential to know how they can negatively impact cochlear anatomy, nerve signals and auditory function. Research indicates high blood sugar levels may damage the inner ear's small blood vessels and nerves, diminishing our ability to hear best.

Type 2 diabetes is dysfunction in how our body regulates and uses sugar (glucose) as fuel. This chronic disease results in excess sugar circulating through the bloodstream. When the pancreas does not produce proper amount of insulin to regulate sugar movement, cells may take in less sugar than normal. As a result, elevated sugar levels may damage circulatory, nervous and immune systems.

Regarding prevalence, here are CDC Estimates for your easy reference:

<https://www.cdc.gov/diabetes/php/data-research/index.html>

Since Type 2 diabetes may de-

velop slowly, many are unaware they live with this serious condition. If and when these signs or symptoms persist, or if you have a family history, proper evaluation by your primary care doctor or endocrinologist is recommended:

- Increased thirst
- Numbness, pain or tingling in hands or feet
- Unexpected weight loss
- Frequent urination
- Slow healing sores
- Blurred vision

With respect to Diabetes and hearing loss, Did You Know?...

• Diabetes and hearing loss are two of America's most widespread health concerns. More than 34 million people in the U.S have diabetes, and an estimated 34.5 million have some type of hearing loss. Those are large groups of people, and it appears there is a lot of overlap between the two."

• "Of the 88 million adults in the U.S who have prediabetes, the rate of hearing loss is 30% higher than in those with normal blood glucose."

• The prevalence increases with age, reaching 26.8% among those 65 years or older, being highest among American Indians / Alaska Natives, people of Hispanic origin and Blacks.

As patients typically learn about this systemic disease's impact from primary care providers, endocrinologists, eye doctors or podiatrists, more should get sound advice from their hearing care providers. Did you know hearing loss occurs almost twice as often in adults who have diabetes than in those that do not?

Do you have diabetes or a family history that may increase your risk of diabetes-related hearing loss? With the daily challenges of having diabetes or caring for loved ones who do, effective communication is vital.

Please proactively see us for periodic evaluations to monitor your type and degree of hearing loss. In close coordination with your other healthcare providers, we will suggest healthy options to reduce the risk of inner ear damage, optimize hearing acuity and enhance quality of life. In the spirit of the holiday season, we Give Thanks for all opportunities to be of service.

Susan Baker is the owner and operator of Advanced Hearing Services in Fort Collins. She has been helping people with hearing loss and tinnitus for the past 24 years. Please call (970) 221-5249 for an appointment today.

This Holiday Season – What Joys of Hearing Will You Be Thankful For?

Family Conversations **Social Activities** **Holiday Parties**

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Menus & Memories



Steve Anderson

Calling it chow, grub or slop certainly doesn't capture the essence of a memorable meal, any more than a fancy description disguises a forgettable one. When all is cooked and consumed, the key to unlocking the best elements, from location and lighting, preparation and presentation to friends savoring creations with you, is you.

Thinking back on favorite meals over time, its difficult to separate one meal in particular from a dining experience, whether its the occasion, the venue or those with

you who created the fond memories. Whether its a smothered chili dog on the pier, a vinaigrette salad at a sidewalk cafe, or a thick filet in a 'five-star', the best meals have memories in the mix.

There are those who think of eating as a function, like breathing, but sadly, they've missed out until they step up to the bigger platter. Often the meals we've enjoyed most, be it Thanksgiving or Christmas dinners, a backyard BBQ, or Waffle House at midnight, have a story mixed in with them, each one different, some more tasty than others.

For me, a trio of carne asada street tacos with frijoles and caso can't be beat, and yet on its own, its missing something, something

offered by a shady tree, some good music and a friend or six to talk and eat and smile with! We've all had these moments, the best committed to memory, and funny enough, as you think back on these best of times, you can sometimes taste the flavors experienced long ago.

So for your next meal, make it memorable, enjoyable and tasteful, for you only go around once, so why not make the most of filling your gullet. Think of every meal as a chance to live larger and chow down great grub like there's no tomorrow!

WE ARE LOCAL!

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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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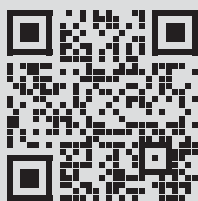
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Veterans Echoes

Semper Fi To Country And Community



Brad Hoopes

1st Sgt Duan J. Rockette is a good example of so many Veterans, in that his service to our country and community didn't end for him on the exit date found on his discharge papers. The foundation of who he is can be attributed to his mother Connie and the Marine Corps.

Duan was raised by his single mother, with whom he said embodied resilience, tenacity and grit. He then joined the Marines to challenge himself, serve his country, and

further hone those qualities that his mother instilled in him.

After serving 22 years in the Marine Corps, he transitioned into a career in real estate. Right away he wanted to honor and support the Veteran community in St. Louis where he had settled. That first year he organized a company sponsored Veterans Day breakfast celebration with 23 people. He continued the program during a four-year tour in Omaha. Eventually he landed at The Group Real Estate, Inc. In 2022 they hosted their first Annual Veterans Breakfast. The Can-Do attitude and passion of this Marine and the Partners at The Group has grown the breakfast from that initial

23 people in 2016 to a projected 776 people on the upcoming 3rd Annual Breakfast on the 8th.

"November holds special significance for me with two important events: the Marine Corps birthday and Veterans Day. Before starting the annual Veterans breakfast, November was a challenging month for me. It now has become a source of strength and motivation, turning the month into a time of celebration and connection.", he said.

Brad Hoopes has a passionate project of preserving the stories of Veterans. You can view these stories at: youtube.com/@rememberandhonorstories



1st Sgt Rockette
3d Battalion 7th Marines, I Co



They're Super Spiders

It's mating season for tarantulas in Colorado and the town of La Junta has its share of the spiders – enough to draw tourists from all over the country. In fact, in recent years the town has created a tarantula festival to celebrate the annual event when the arachnids seek their mates. It may sound creepy, but these super spiders aren't as scary as you might think

and, in fact, they are an important part of the ecosystem, according to Cara Shillington, a biology professor at Eastern Michigan University. "When you encounter them, they're more afraid of you. Tarantulas only bite out of fear," she said.



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Fort Collins Multicultural Business and Entrepreneur Center Receives Gold Award

The City of Fort Collins Multicultural Business and Entrepreneur Center (MBEC) received a 2024 Excellence in Economic Development Gold Award from the International Economic Development Council (IEDC). The award was bestowed specifically for the organization's work in the Entrepreneurial & Small Business Development category that impacted 25,000-200,000 residents.

MBEC makes it easy for entrepreneurs to access business services, understand licensing and permits, and receive guidance on catching up on regulatory requirements. The center connects businesses to the resources they need to start, grow, and thrive in Fort Collins, including access to specialized training and support.

"It's an incredible honor to see the Multicultural Business and Entrepreneur Center recognized at this level," said SeonAh Kendall, Economic Health Office director. "Our work is deeply collaborative, and this recognition is a testament to the collective efforts of all our partners across Northern Colorado. Together, we are dedicated to ensuring that entrepreneurs in Fort Collins, especially those from underrepresented and underserved

communities, have equitable access to the resources they need to succeed. Small, local businesses are the heartbeat of our city's economy, and by breaking down barriers and creating pathways to opportunity, we help ensure that every entrepreneur has the chance to thrive."

The IEDC judges praised MBEC's work to have, and facilitate, dedicated communication channels between different governmental departments to remove barriers for entrepreneurs.

Every year IEDC looks specifically for economic development organizations, government entities, initiatives and programs that have demonstrated consistent, exemplary performance in the economic development profession, leading the execution of projects that have a significant impact on revitalizing communities and playing a major role in shaping and improving the practice of economic development.



Larimer County Office on Aging Residents' Rights Month



Dani Martin

November is National Family Caregiver Month, an opportunity to celebrate the extraordinary contributions of those who dedicate themselves to caring for a family member. Join us in honoring the often-overlooked heroes who provide unwavering support, compassion, and love - sometimes at great personal sacrifice.

While caregiving can bring rewards, connection, and joy, it also takes a toll on physical and mental health. Caregivers face higher levels of depression and anxiety, worsening health and immune function, and even an increased risk of early death. The economic strain of caregiving only adds to the challenge. According to the Family Caregiver Alliance, over 53 million Americans serve as unpaid family caregivers, devoting an average of 24.4 hours per week to their loved ones.

National Family Caregiver Month is not just a time for recognition - it's also a call to action. Here are some ways you can make a difference:

Express Appreciation: A simple thank you can go a long way.

Acknowledge the efforts of caregivers in your life and let them know their efforts are valued.

Support Organizations: Donate to or volunteer with organizations that provide resources to caregivers.

Advocate for Change:

Support policies that improve access to respite care and financial aid for caregivers.

Educate Yourself: Learn more about the challenges caregivers face and how you can offer practical support or simply be a compassionate listener.

This month let's not only appreciate caregivers, but also work to improve the lives of these vital individuals. Celebrate their resilience and commitment by striving to make a tangible difference in their support systems and communities!

If you are a family caregiver who wants to learn more about the resources available in Larimer County, contact the Office on Aging at 970-498-7750 or aging@larimer.gov. ¡Hablamos Español!

We Care

Pets Are Family Keeping Our Pets Safe During Thanksgiving

Thanksgiving is a time for food, family, and fun, including our wonderful furry friends! But keep in mind the hustle and bustle of the holiday can pose unique risks to pets. By following a few simple guidelines, you can ensure that your furry friends stay safe and comfortable during the festivities.

Watch What They Eat

Thanksgiving meals often include rich and fatty foods that can upset a pet's digestive system. Keep pets away from foods like turkey skin, bones, stuffing, and anything seasoned with garlic, onions, or chives, which are toxic to most pets. Instead, consider pet-friendly treats or plain, unseasoned turkey in moderation.

Mind the Decorations

Holiday decorations like candles, centerpieces, and festive plants (like poinsettias) can be hazardous. Candles can easily be knocked over, posing a fire risk, and many holiday plants are toxic if ingested. Keep decorations out of your pet's reach or opt for pet-safe alternatives to reduce the risk.

Provide a Safe Space

Guests and loud noises can be overwhelming for pets. Create a quiet, comfortable space where



Judy Calhoun

your pet can retreat if the holiday excitement becomes too much. This can be a bedroom or a cozy spot with their bed and favorite toys.

Be Careful with Doorways

With people constantly coming and going, pets can easily slip outside unnoticed. Make sure your pet has a collar with identification tags, and consider microchipping if you haven't already. Keep a close eye on doors, or place gates to keep pets from sneaking out.

As always, consult with your veterinarian if you have specific concerns about your pet's needs throughout the holiday season. By being mindful of these potential hazards, you can ensure your Thanksgiving is a safe and enjoyable celebration for both you and your pets! Nocohumane.org.

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Fort Collins

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Ron Stern's Travel Series

Bar Lazy J Guest Ranch, Parshall, Colorado

Nestled alongside the majestic Colorado River, Bar Lazy J Guest Ranch has been welcoming travelers to its unique brand of Western hospitality for more than 100 years. With fourteen rustic cabins, this is "The oldest continuously operating guest ranch" in the state. The owners say it offers a "step back in time" for families looking to reconnect with nature and themselves. Providing great food, abundant activities and personalized service, the ranch is one family getaway with life-changing possibilities.

Hands-on owners, Jerry and Cheri Helmicki oversee all aspects of ranch operations along with Tammy and Chad Yurich who also handle most administrative duties. From the time a guest arrives for their seven-day stay, every staff member knows their names



Pot roast, noodles and sides

and escorts them to their respective cabins. After a group orientation, families can sign up for any number of adventures. These include horseback trail rides, zip lining, trap shooting, fly fishing, and nature walks just to name a few.

Each of the cabins has the basic amenities including comfy beds,



Owners Jerry and Cheri

bathrooms, showers, coffee makers, and refrigerators. Some alcohol can be purchased on-site, but you might want to bring your own, in addition to your favorite beverages.

You won't go hungry here with ample portions served for breakfast, lunch and dinner. They also can accommodate most dietary concerns. Other amenities include a swimming pool, hot tub, petting zoo with cute baby goats, a library, and a recreation barn for activities like line dancing. Horseback riding is a featured activity and 100 well-trained horses ensure every type of rider is paired with the right animal for their needs.

All meals are served in their main dining hall or buffet style on their screened-in river porch. Des-



Jump shot in front of recreation barn

serts are prepared by their talented pastry chef who bakes everything from chocolate chip cookies (available 24/7) to cannoli to tres leches cake (My favorite!). Everything I had was well-prepared, attractively plated and taste-temptingly delicious.

Of all the activities at Bar Lazy J, horseback riding is a guest favorite. Everyone capable is invited to participate, including young "buckaroos." All trail rides are led by their team of wranglers, most of whom have had years of experience. Morning and afternoon



3 ranch staff at breakfast ride along river

rides are offered with choices of scenic (walking only), moderate (some trotting and loping), and adventure (more loping and technical). Drawing inspiration from the spectacular scenery of the Rocky Mountains with you, your horse and the sounds of nature has a way of soothing the most active mind.

One of the best things about Bar Lazy J is that you can do as much or as little as desired. For some, it could be participating in every activity while for others, it might be just relaxing and taking in the surroundings. Whatever you choose, you will discover that Bar Lazy J has something fun to offer the entire family.

This was a sponsored visit, however, all opinions expressed by the author were honestly assessed.



Apply for Senior, Disabled Veteran, and Gold Star Spouse Exemptions in January 2025!

Two property tax exemption programs for property owners who qualify are back this year.

The Senior Property Tax Exemption, and the Disabled Veteran and Gold Star Spouse Property Tax Exemption are two programs Larimer County Assessor Bob Overbeck is delighted to encourage the Larimer County community to apply for.

"These programs are a significant help to our senior property owners in Larimer County, and I'm always happy to tell our community that they're available," said Overbeck. "The Assessor's Office is always looking for ways to help our seniors with their property taxes."

The deadline to apply for the Disabled Veteran Property Tax Exemption and the Colorado Senior Property Tax Exemption was July 2023. However, please apply again in January 2025!

The Disabled Veteran and Gold Star Spouse Exemption are available to property owners who:

- Sustained a service-connected disability while serving on active duty in the Armed Forces of the United States, and were honorably discharged, and
- Were rated by the U.S. Department of Veteran Affairs as 100% "permanent and total" disabled. VA unemployability awards do not meet the requirement for determining an applicant's eligibility.

• Owned and occupied the property prior to January 1 of the current year.

The Gold Star Spouse Exemption extends the homestead property tax exemption to the spouse of a deceased veteran member of the U.S. armed forces.

The Senior Homestead Exemption has remained in effect since it was reinstated in 2012. The exemption is dependent on annual funding from the Colorado Legislature. The Colorado Legislature has again funded the exemption for 2023. The State of Colorado pays the property taxes on the exempted value.

Seniors that were previously approved do not need to reapply. The Colorado Senior Citizen Exemption is available to applicants who:

- Are at least 65 years of age prior to January 1 of the year of application,
- Owned their home for at least 10 consecutive years prior to January.
- Occupied the home as their primary residence for at least 10 consecutive years prior to January 1.

Forms for both exemptions which need to be filled out and submitted can be located at the Senior and Disabled Veteran webpage <https://www.larimer.gov/assessor/exemptions> which also contains instructions on how to fill out and submit both forms.

Loveland Artists To Begin Stormwater Inlet Project

City of Loveland Art in Public Places (AIPP) has hired three Larimer County artists, Amela Furman, Julie Young, and Tristin Hammel, to paint five murals around stormwater inlets in downtown Loveland. This pilot project is a collaboration with the City of Loveland Stormwater Division, which approached Loveland Art in Public Places staff about developing this project to raise awareness about urban impacts on Colorado waterways and wildlife.

"When we decrease pollutants, it benefits the health of our community and those downstream of us as well as the wildlife that calls our local rivers and lakes their home," stated Kelly Leedy, Loveland's Stormwater Quality Coordinator. "Due to the increased awareness these murals will create I think we will see a decrease in the amount of pollutants entering our storm drain system and ultimately our local waterways."

Loveland's Visual Arts Commission agreed with that assess-

ment and the planning began. Once City staff identified, AIPP posted a call for Larimer County artists to participate in this pilot program.

"We are grateful for the artists that participated in the application process. Seventeen designs were submitted for the project," stated Suzanne Janssen. "Narrowing the submissions down to five was a challenge. The selected designs are eye-catching and capture the essence of protecting Colorado waterways."

If the pilot program is successful, Art in Public Places consider adding additional murals in the future. In the meantime, Furman, Young and Hammel are preparing to bring their designs to life on Monday, October 14.



Social Security Today

Veterans And Active-Duty Military Members: Social Security Has Your Back!

Veterans Day is on Monday, November 11, 2024. We honor all veterans who served our country and risked their lives to protect us.

If you know a veteran, please let them know about our Military and Veterans webpage at www.ssa.gov/people/veterans.

On that page, we have information about Social Security Disability Insurance (SSDI) benefits for veterans, including:

- How SSDI benefits are different from benefits available through the Department of Veterans Affairs and require a separate application.
- How we expedite the processing of Social Security

disability claims for service members.

- Answers to questions asked about Social Security.

Some active-duty military service members are unable to work due to a disabling condition but continue to receive pay while in a hospital or on medical leave. They should consider applying for SSDI. Active-duty status and receipt of military pay doesn't necessarily prevent payment of SSDI benefits.

Our Military and Veterans webpage is easy to share on social media and with your friends and family. Please consider passing this information along to someone who may need it.

Origins of Thanksgiving

The Thanksgiving holiday's history in North America is rooted in English traditions dating from the Protestant Reformation in the early 1500s. It includes the harvest festival in New England that occurs well before the late-November date on which the modern Thanksgiving holiday is celebrated.

Pilgrims and Puritans who emigrated from England in the 1620s and 1630s, carried the tradition of Days of Fasting and Days of Thanksgiving with them to New England. The modern Thanksgiving holiday tradition is a well-recorded 1619 event in Virginia and a sparsely documented 1621 celebration at Plymouth, Massachusetts. The 1621 Plymouth feast and thanksgiving were prompted by a good harvest, which the Pilgrims celebrated with Native Americans, who helped them get through the previous winter by giving them food during that time of scarcity.

Thanksgiving proclamations were made mostly by church leaders in New England until 1682, and then by both state and church leaders through the American Revolution. Our first President George Washington proclaimed the first nationwide thanksgiving celebration in America marking November 26, 1789 as a day of

public thanksgiving and prayer.

Since then, Thanksgiving in the United States has been observed on different dates. The final Thursday in November had become the customary date in most U.S. states by the beginning of the 19th century. In 1939, President Franklin D. Roosevelt signed a presidential proclamation changing the holiday to the next to last Thursday in November for business reasons. However in 1941, he signed a joint resolution of Congress changing the national Thanksgiving Day back to the fourth Thursday in November.

The "Holiday Season" generally begins with Thanksgiving. Currently, the first day after Thanksgiving Day, Black Friday, marks the start of the Christmas shopping season followed by Cyber Monday for the online shoppers. Enjoy for the holidays! Article courtesy of Wikipedia.



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Right At Home

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Lisa Bradford

Ageism Matters

Feeling Better About Aging



Kris & Sara

How do you feel about your age? Many of us have negative views about aging. This negativity is both inaccurate and limiting. Age discrimination can come from both the inside and outside.

Maybe we take less care of our health because we are old. We might say we are "too old" to learn something new, when truly our ability to learn doesn't end. Collectively, we spend billions on anti-aging products and put ourselves down for not "aging well," which often means not appearing to age at all.

It is hard to counter our culture's ideas about older people, but not impossible. Here are some responses to common objections:

"But we have to laugh at ourselves"

Not everyone appreciates jokes about old people. Humor is a great asset, but humor isn't all the same. Humor can help or hurt. What are we laughing at? Are we laughing because it's true or because we think we have no choice? Let's question the beliefs behind the jokes.

"Aging is hard and you are glossing over the challenges"

No doubt aging comes with challenges. But, negativity becomes a self-fulfilling prophecy when we accept it as the whole truth. Aging is more complicated. Along with the hard things, it can bring wisdom and understanding.

"I can still run for miles."

That's great. But, when we equate aging well with not changing, we severely limit our options to enjoy life. Not everyone can run for miles, even when young. There are many ways to live a satisfying and meaningful life.

Time to drop negative attitudes about not being young and get to living.

Changing the Narrative, www.ChangingtheNarrativeCO.org, is a national initiative to change the way we think, talk and act about aging and ageism.





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Technology is Hip!

Two New Electrical Pain Relievers Seem Promising!



Bob Larson

After watching several recent TV programs, two electrical pain relievers using nerve stimulation hold promise on relieving chronic pain in your legs, back, arthritis, or even neuropathy.

Transcutaneous Electrical Nerve Stimulation (TENS) devices have been used by physicians, physical therapists, and other health care professions for decades to manage pain, and are recommended for treatment of chronic pain by the American Society of Anesthesiologists in their practice guidelines. The first 1998 product is by a U.S. manufacturer NeuroMatrix called Quell. Quell Relief pads are a wearable pain relief technology wrapped around your calf that provides prescription-strength nerve stimulation. It is designed for use during the day while active and at night when sleeping. It is comfortable to wear and stays in place.

Quell is an FDA Class II medical device. The product automatically adjusts for the level of pain relief required. You can vary the pain setting, and track your activity level, pain, and sleep using the Quell Relief app on your smartphone. The cost is \$299 plus replacement electrodes at \$30. The second electrical pain reliever device is medically implanted probes into the affected area in your back to relieve chronic pain. It's called a spinal cord stimulator. More than 30,000 people annually undergo surgery to implant a spinal cord stimulator to relieve chronic pain. Spinal cord stimulator implantation involves two procedures. The first is a "trial" procedure. The second, if the trial succeeds, will involve full surgery to implant the pulse generator or battery.

A spinal cord stimulator involves attaching one or more electrical leads are implanted into the spinal area. The leads are connected to a pulse generator, which generates the electrical current that will stimulate the spinal cord. The TENS devices are FDA and Medicare approved. This is another great use of technology to benefit the human race. Bob Larson is a technologist and Marketing Director for 50 Plus!

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Elder Law Q & A

The Components of a Successful Estate Plan



Will Beyers

Many people believe that if they have a will, their estate planning is complete, but there is much more to a comprehensive estate plan. A

good one should be designed to avoid probate, minimize taxes, and protect assets if you have to move into a nursing home.

All estate plans should address, at minimum, two scenarios: incapacity and death. They should provide for trusted personnel to step in at the right times, and for the eventual passing of your property to beneficiaries. These two scenarios are addressed via the usage of the following documents.

“Death Docs”

Wills and Trusts

What Is a Will, and Why Do I Need One?

A will is a legally binding statement directing who will receive your property at your death. If you do not have one, your state will determine how to distribute your property. A will also appoints a legal representative to carry out your wishes. A will is especially important if you have minor children because it allows you to name a guardian for the children. A will, by its nature, must go through pro-

bate if there are sufficient probate assets.

What Is a Trust, and What’s the Benefit?

A trust is a legal arrangement through which a person(s), the “trustee,” holds legal title to property for another person, who is the “beneficiary.”

Think of a bucket: when you create a trust, you are (1) creating a “holding place” for your assets, and (2) determining, via the trust agreement, who will be involved and where the property will end up.

Setting up a trust is a good idea for several different reasons. The most common reason is to avoid probate. Another common reason is the ability to maintain control over assets for minor/spendthrift beneficiaries. A trust, for example, can provide for a “staggered” distribution scheme, so that a beneficiary does not receive the entirety of their inheritance at once.

Addressing Incapacity

Financial Power of Attorney

A financial power of attorney is another type of legal document important in estate planning. It allows a person you appoint to access your assets should you be unable to due to incapacity. Filing taxes, accessing bank accounts and many other financial actions require a financial power of attorney to perform if an individual is inca-

pacitated.

Without a financial power of attorney, no one can represent you unless a court appoints a conservator or guardian. That court process takes time, costs money, and the judge may not choose the person you would prefer.

Healthcare Power of Attorney

A healthcare power of attorney is a legal document in which you name someone you trust to make health care decisions for you if you become unable to do so. Oftentimes, if there is no healthcare power of attorney in place, a loved one would need to petition a Court for a guardianship to make decisions on another’s behalf. This

can be wildly costly, time-consuming and invasive for all involved.

Above all, a strong estate plan will address your unique needs and situation. Beware of free estate planning documents you may find online. The true value of the documents is not in the paper, but in the confidence of knowing they will perform when you need them most.

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PTC Program Helps with Taxes, Rent, & Heat This Winter

A new program to help Colorado residents with their property tax, rent, and heat is available this winter and in the future. The Property Tax, Rent Heat Rebate [PTC] is available to Colorado residents who qualify based on their income, including people with disabilities and older adults. The program rebate can be up to \$1,044 per year for applicants. The Colorado Department of Revenue is offering the program.

Coloradans might qualify for the PTC Rebate if they are a full-year Colorado resident, who is 65 years of age or older, a surviving spouse 58 years of age or older, or disabled, regardless of age. The rebate amount is based on the applicant’s income and expenses.

Colorado residents who feel they meet the requirements should submit a rebate application at <https://tax.colorado.gov/PTC-rebate> or bring it to a Colorado Department of Revenue Taxpayer Service Center, or send the application by US Mail to: Colorado Department of Revenue, Denver, CO 80261-0005.

Primary eligibility requirements for the PTC program are: 1) You lived in Colorado from January 1 –

December 31, 2022, 2) Your total income from all sources was less than \$16,925 for single filers and \$22,858 for married filing jointly.

Applicants also must meet one of the additional criteria as of December 31, 2022: 1) Age 65 or older, 2) You are a surviving spouse, age 58 or older. If you were divorced before your spouse dies, you are not considered a surviving spouse, 3) A disabled person of any age who was unable to engage in any substantial gainful activity for medical reasons.

You also must have qualified for full benefits from January 1 – December 31, 2022 from a bona fide public or private plan or source, based solely on your disability: 1) You paid property tax, rent, or heating bills during the PTC period, & 2) You were not claimed as a dependent on someone else’s federal income tax return.

Also available this year is an Income Qualified Senior Housing Income Tax Credit. The Colorado Department of Revenue will use an applicant’s available information to evaluate whether applicants qualify for an additional tax credit.

Colorado Gerontological Society

LEAP Funds Start November 1 to Help With Utility Bills



Eileen Doherty

As winter approaches, many individuals, including older adults, are concerned about the high cost of utility bills, how to keep warm, and pay the bills.

Income limits have increased so more people qualify. Starting November 1, LEAP helps to pay for some of the heating bill, meaning it will pay for gas, electricity or wood, depending on which form of utility you use to heat your house.

To be eligible for LEAP, if you are renting or a homeowner, you must have the utility bill in your name with the local utility company such as Xcel Energy or Black Hills. If utilities are included in your rent, provide a rent receipt or a lease showing that the utilities are included in your rent. Residents living in a subsidized housing are not eligible for LEAP.

Your income must be less than

\$3382/month for a single person or \$4423/month for a couple. Income limits are higher if you live in a multi-generational or mixed status household. Resources are not counted.

Apply at Colorado PEAK and click the “Energy” tab to complete the application. Upload a copy of your driver’s license or proof of legal identity, proof of income, your utility bill or lease agreement showing you pay the utilities (or a rent receipt showing the utilities are included in the rent).

If you are approved the payment will be sent to your utility company. If your utilities are included in your rent, you will receive a payment on your EBT (or SNAP) card that you can use for non-food purchases or redeem as cash.

If you want to submit a paper application, call 303-333-3482 or 1-855-293-6911 to have an application mailed to you.

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

Rocky Mountain Geriatrics Conference

In September, the University of Colorado Anschutz Medical Center's Multidisciplinary Center on Aging in Aurora hosted the 26th annual Rocky Mountain Geriatrics Conference & Community Research Symposium. The two-day event began with an introduction by Dr. Vineet Chopra, Chair for Anschutz's Dept of Medicine and Dr. Cari Levy, Chair of Anschutz's Division of Geriatrics. Ms Jodi Waterhouse, Director of Strategic Partnerships & Programs also provided interim introductions and comments on the day's events.

Many geriatric subjects were covered at the event beginning with a panel of speakers discussing "Transforming Geriatric Care with Artificial Intelligence (AI) Opportunities & Challenges." Dr. Casey Greene, Director of Health AI and Professor commented on how AI has impacted health research. Dr. Elizabeth Goldberg, Associate Professor of Emergency Medicine discussed fall prevention and how patient falling in hospitals is a major problem. Using AI and special monitors has decreased the amount of patients falling by 80%. Also, AI has helped to reduce early sepsis attacks.

Dr. J. Kalpathy-Cramer, an Ophthalmologist, commented on using AI and medical imaging in reducing brain and eye tumors, which has been very beneficial! Dr. Ted Bennett Associate Professor indicated sepsis has been a tough challenge and kills many older adults, however AI has been very instrumental lately in detecting and reducing sepsis attacks.

The next subject on "Sexual Health in Older Adults" was presented by Dr. Helen Coons, Clinical Director of Health Psychology Solutions. Dr. Coons commented it's OK for older adults to have sex! She indicated emotions change as we grow older, and many have diminished sexual functions. Always seek professional help for any sexual problems and don't rely on the Internet to solve your sexual problems!

Dr. Dan Matlock, professor of geriatrics, presented "Shared Decision Making: Paradise City or

Welcome to the Jungle." Dan indicated 50% is relative and 1% is absolute on decision making between doctor and patient on resolving medical problems. His biggest concern is giving strong risks in any medical decisions to patients. Most patients are not thrilled with therapy. Are doctors risk takers or risk averse on giving advice to patients? Depending on how any therapy is presented to the patient, The bottom line is how many are saved and how many die due to the doctor's decisions?

Dr. Tim Farrell, professor of medicine or University of Utah, presented "Ageism: Uncovering the Invisible "IsM." Tim discussed how ageism affects older adults and how ageism affects this older population. It affects older adults on how they feel and act with others. There are basically three types of ageisms: Interpersonal, Institutional, & Internalized. 50% of the world's population are thought to experience ageism in work and volunteering.

Several break-out sessions were held, which this reporter attended the session on "Aging Health in Rural Communities." Tele-Health Challenges and Benefits" when connecting with palliative care and dementia patients for veterans. Over 4.7 million veterans live in rural areas, thus healthcare is not easily available to this older population. Only 2.7 million veterans are enrolled with any Veterans Affairs (VA) medical center. It's estimated that 62% of veterans have one disability. Because of a lack of VA facilities in rural areas, the VA contracts many rural medical facilities to support the rural veterans.

Telehealth is being used by many rural veterans, but 15% of rural veterans have no Internet. Thus those veterans have any type of Internet or cellphone coverage use free tablets or smartphones provided by the VA to connect to their primary provider for healthcare solutions.

Visit our website at www.50plus.news in the Denver edition webpage and Latest News to see the remainder of this article.



Dr. Cari Levy & Jodi Waterhouse

Reflections

Traveling The Friendship Miles



Martha Coffin Evans

In a recent out of state trip, we had the opportunity to visit with a number of friends. As we drove, I thought about these friendships over the many years and miles.

Memories of our meeting each other, establishing decades-long connections, along with many fun adventures filled the long drive. I've heard we're fortunate if we have friends from past work places, organizations or events.

I began wondering what makes these life-long friendships so special even across the miles. Perhaps one aspect is our being able to pick up conversations, or stories, where we last left off.

Sharing trips, whether domestic or foreign, has added to miles of smiles. Reunion meals, skiing, riding in a dog sled, soaking in hot springs, watching horse races, enjoying historical sites on river trips, or dodging icebergs, all evoke never-ending memories.

Holidays shared, whether with family members at home or abroad, have added to their significance. Being invited to join my friend's family for Thanksgiving, when I was away from home,

was so appreciated. In turn, inviting others to join our table when their families were elsewhere meant a lot.

I've enjoyed birthday celebrations with several of these long-time friends. My December birthday-mate and I traveled out of the country several times to celebrate our natal day. One year, I "locked" myself into my apartment so not to be disturbed by my across the hall neighbor while I created a German Chocolate Cake for her surprise birthday celebration.

For years, another group of friends and I gave ourselves a 49ers party. Attendees could be 49 plus or minus. Celebrating together mattered more than our respective ages.

If I totaled the years of knowing these special friends, it certainly would be in the hundreds. So too would be the countless memories.

Martha (Marty) Coffin Evans, Ed.D., freelance writer with MACE Associates, LLC, can be reached at itsmemartee@aol.com or www.martycoffinevans.com.



Genealogy Rocks!



Carol Darrow

"Where, Oh Where, Is Uncle Fred Buried" is the third installment of the All Things Cemetery series. It will be free on

Zoom on Saturday, November 2, 2024 from 9 am – noon. The presentation will explore mysteries, mistakes, misinformation and misdirection that hamper us as we seek to locate the final resting place of our ancestors.

Unknown and unidentified burial locations have been covered by concrete, asphalt, or in my case, the runway at Atlanta's Hartsfield-Jackson Airport. Some are on private land surrounded by corn fields.

Hasty removals often happened in advance of the creation of a lake or reservoir. Caskets were hurriedly moved to other cemeteries. Cheeseman Park in Denver is believed to contain more than 4,000 bodies that were never claimed in the removals from Mt. Prospect.

Colorado was not always the final resting place for people who died here. Victims of mine disasters and death from tuberculosis were transported back to their homes in the East.

There are many state and local

death record sites but they may not point to a burial location. Findagrave.com may provide a burial site but no birth or death dates. Family researchers may have to search through newspapers, church records and probate records to answer the question of burial location.

The Cemetery Records Preservation Project is a significant endeavor to save Colorado cemetery records and make them available to researchers through local libraries. An online database is in the plans.

The Colorado Historic Cemetery Association and the Colorado Council of Genealogical Societies are co-sponsoring this event. To register for this free event, use the link <https://www.eventbrite.com/e/all-things-cemetery-part-iii-where-oh-where-is-uncle-fred-buried-tickets-1038340342917?aff=oddttdcreator>.

Carol Cooke Darrow is a professional genealogist, researcher and lecturer located in Denver. She teaches Zoom classes on beginning genealogy and writing up the family tree. Register for classes at cogensoc.us.



Attorney General Phil Weiser Issues Warning During 2024 Election

Attorney General Phil Weiser issued a public advisory today to remind Coloradans of their right to vote free from intimidation and to ensure polling places remain secure as the 2024 election approaches. The advisory replaces a previous version issued in 2022 and reflects the enactment of new legislation from Senate Bills 23-276 and 24-131.

The advisory outlines the importance of maintaining a secure, accessible voting process in Colorado, and provides clear guidance on what constitutes voter intimidation. It also details the penalties for violations, which include fines and imprisonment.

Weiser said, "We will not tolerate any attempts to undermine the integrity of our elections, and those who seek to intimidate voters or disrupt poll centers will be held accountable." Highlights from the public advisory:

- Voter intimidation is illegal: Under Colorado law, voter intimidation includes threatening, harassing, or coercing voters to influence their decision to vote or refrain from voting. It is punishable by a fine of up to \$1,000, imprisonment of up to 364 days,

or both.

- No harassment near polling places: Campaigning or aggressively questioning voters about their citizenship, age, or how they intend to vote within 100 feet of a polling center or ballot drop box is unlawful.

- Firearms are prohibited: A new law passed by the legislature this year now prohibits both concealed and open carried firearms (the prior law barred just open carry) within 100 feet of polling locations or ballot drop boxes on election day or during voting periods. Certain exceptions are provided for people on their private property, uniformed security guards, and peace officers.

- Certified poll watchers only: Poll watchers must be officially certified and may not interfere with or intimidate voters at any time.

Any person who witnesses or is a target of voter intimidation or election worker intimidation should contact their local law enforcement agency or county clerk and recorder for immediate assistance, or the Colorado Attorney General's Office at ag@coag.gov or (720) 508-6000.

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Thanksgiving Quotes

"The more you practice the art of thankfulness, the more you have to be thankful for." — Norman Vincent Peale

"I can't cook a Thanksgiving dinner. All I can make is cold cereal and maybe toast." — Charlie Brown, "A Charlie Brown Thanksgiving"

"Abundance is not a result you create. It is an existing state you recognize." — Ralph Waldo Emerson

"Many people will walk in and out of your life, but only true friends will leave footprints in your heart" — Eleanor Roosevelt

"When you wish someone joy, you wish them peace, love, pros-

perity, happiness ... all the good things." — Maya Angelou

"We must find time to stop and thank the people who make a difference in our lives." — John F. Kennedy

"Reflect upon your present blessings — of which every man has many — not on your past misfortunes, of which all men have some." — Charles Dickens


The average time for eating a Thanksgiving dinner is 12 minutes, which, incidentally, coincides with halftime." — Erma Bombeck

"You can tell you ate too much for Thanksgiving when you have to let your bathrobe out." — Jay Leno


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Energy Employees Occupational Illness Compensation Program Act

The Department of Energy (DOE) and various agencies employed thousands to perform hazardous work in nuclear weapons production. This exposed many employees to toxic substances. The Energy Employees Occupational Illness Compensation Program Act (EEOICPA), administered by the Department of Labor (DOL), provides compensation and medical benefits to current and former nuclear and uranium workers for illnesses they have developed that are linked to occupational exposures. EEOICPA benefits are divided into two main programs – Part B and Part E.

Available Compensation for Workers Under Part B

One-time payment of \$150,000, full medical coverage related to your DOL approved condition/s. Qualifying conditions under Part B include; Chronic Beryllium Disease and Cancers, including, Leukemia, Lung, Bone, Renal, Myeloma, Lymphoma (non-Hodgkins), Thyroid, Breast, Esophagus, Stomach, Pharynx, Small Intestine, Pancreas, Bile Duct, Liver,

Gallbladder, Salivary Gland, Urinary Bladder, Brain, Colon, and Ovary

Available Compensation for Workers Under Part E

Up to \$250,000, full medical coverage related to your DOL approved condition/s. Qualifying conditions include, but are not limited to; COPD, Interstitial Lung Disease, Asbestosis, Coronary Artery Disease, Atrial Fibrillation, High Blood Pressure, Kidney Disease, Obstructive Sleep Apnea, Diabetes II, Arthritis, and more.

Medical Benefits Covered

Medical benefits for specific covered conditions include; no cost for doctor visits, medical treatments, consultations, inpatient and outpatient hospital charges (including ER visits), prescriptions prescribed by a physician, durable medical equipment (DME), and more.

Let Giving Home Health Care help you understand and maximize this program. Simply give us a call at 720.612.4708.

WWII and Navy Veteran Mary Lou Batman Celebrates Her 100th Birthday

In October, WWII and Navy veteran Mary Lou Batman celebrated her 100th birthday. Over 80 of her relatives, friends, Loveland first responders, and fellow veterans joined her at a special parade given in honor of her 100th birthday at the Loveland Sports Park.

A brief history on Mary Lou begins with her joining the Navy Waves, a women's reserves unit, when she turned 20. After taking basic training in Brooklyn, NY, then transferred to Stillwater, OK for her secretarial training, and finally transferred to the Naval Station in Corpus Christi, TX, where she served for two years as a bookkeeper and secretary before being discharged in 1946. While there, she met and married her husband Frank Arthur (Art) Batman, another Navy veteran

Mary Lou and Art moved to Pierce Colorado on a farm to start

their family, consisting of four children: Josh, Jason, Geery, and Carmen. For 35 years, she volunteered at the local senior center, as a teacher's aide, and at the local Methodist Church. Today, she has 12 grandchildren and waiting for her first great grandchild.

Veterans Honoring Veterans founder Bart Bartholomew and his staff organized a special parade in honor of Mary Lou's 100th birthday celebration. The parade consisted of Loveland first responders and other veterans.

Mary Lou has become good friends with another well-known veteran, George "One Shot" Norton (age 99) (pictured with Mary Lou) after meeting each other at the PAMVETS breakfast Club in Loveland six months ago. George had a 30-year career in the Navy serving in WWII through the Vietnam War! Article by Bob Larson.



Navy Veterans Mary Lou Batman & George Norton

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Veterans Day Quotes

Veterans know better than anyone else the price of freedom, for they've suffered the scars of war. ...

A hero is someone who understands the responsibility that comes with his freedom." ...

Our debt to the heroic men and valiant women in the service of our country can never be repaid.

To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory. Woodrow Wilson

The highest obligation and privilege of citizenship is that of bearing arms for one's country." General George S. Patton Jr.

It doesn't take a hero to order men into battle. It takes a hero to be one of those men who goes into battle." Norman Schwarzkopf

I respect every soldier, from every country, who serves beside us in the hard work of history. Ameri-

ca is grateful, and America will not forget." George W. Bush

"The only easy day was yesterday." U.S. Navy SEALs

Courage is contagious. When a brave man takes a stand, the spines of others are often stiffened." Billy Graham

Only our individual faith in freedom can keep us free." Dwight D. Eisenhower

"Freedom is never free." Unknown

Some people live an entire lifetime and wonder if they have ever made a difference in the world, but the Marines don't have that problem." Ronald Reagan

Any nation that does not honor its heroes will not long endure." Abraham Lincoln

I joined the Army because they said I'd get to see the world. All I saw was Texas and Louisiana." Bob Hope

"Never was so much owed by so many to so few." — Winston Churchill



Why a Healthier Mouth Equals a Healthier You

(StatePoint) Better oral health is strongly linked to better overall health, helping you speak properly, eat healthfully, and prevent certain infections and disease. According to experts, it all starts with preserving your natural teeth.

"Your natural teeth are not disposable. They are designed to last a lifetime," says Dr. Natasha M. Flake, president of the American Association of Endodontists (AAE). "Taking steps to preserve your teeth is fundamental to a healthy mouth, a healthy body and a happy life."

Unfortunately, millions of U.S. adults don't have dental insurance, and many low-income adults lack the means to acquire dental services. As a result, they may forgo preventive care and even emergency care when issues arise.

"Delaying or avoiding care can

cause a snowball effect of additional oral health and systemic health issues," says Dr. Flake. "Even a minor oral infection can escalate into a life-threatening situation if left untreated."

In an effort to urge Americans to get timely oral health care, the AAE has launched a multipronged campaign highlighting the link between oral health and overall health. The campaign includes digital billboards in Times Square, advocacy messages in building lights, and pop-up educational events where free dental care kits are distributed.

Many AAE members even provide free root canal treatments to those in need through organized free root canal days. Flake points out how critical this service is.

"All too often, the default treatment for infection and tooth decay is tooth extraction," says Dr. Flake. "The truth is that we can do better for all patients, particularly those in underserved communities. In fact, outreach efforts funded by the Foundation for Endodontics help patients in underserved communities receive much-needed dental care and save their teeth."

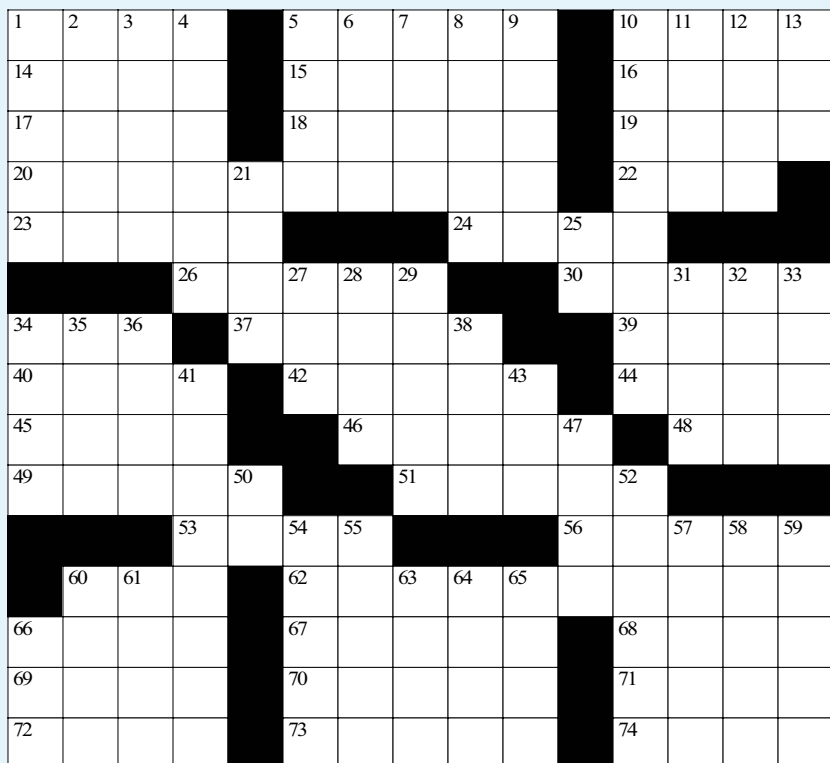


Endodontists are highly skilled dental specialists in diagnosing and treating tooth pain. When performing root canals, they use the latest in 3D imaging and advanced technology to put safety first and reduce the risk of infection. With 25 million procedures performed every year, root canal treatments are safe, convenient and widely recommended. To locate a nearby endodontist, visit the AAE's useful patient tool findmyendodontist.com.

If you're experiencing tooth pain or sensitivity, don't delay your care. Visit an endodontist to protect your smile and your health.

November 2024
Answers page 7

50 Plus Marketplace News Crossword Puzzle



ACROSS

- 1 Hungarian sheepdog
- 5 Parrot
- 10 Distribute cards
- 14 English public school
- 15 White poplar tree
- 16 Overhanging lower edge of a roof
- 17 Smallest component
- 18 Flat shelf
- 19 Group of three persons
- 20 Put in a new position
- 22 Advanced in years
- 23 Rendezvous
- 24 Wildcat
- 26 Bell-shaped flower
- 30 Greased
- 34 Printer's measures
- 37 Fabric hand-dyeing technique

39 River crossing

- 40 Harvest
- 42 Porto-Novo
- 44 Indian exercise method
- 45 First-class
- 46 Confused hand-to-hand fight
- 48 Plaything
- 49 Remove dirt with a broom
- 51 Eccentric
- 53 Hazard
- 56 Approaches
- 60 Girl or woman
- 62 Nonsense
- 66 Departed
- 67 Angry
- 68 Gammy
- 69 Greek god of war
- 70 Mortal

- 71 Augury
- 72 Street of stabling
- 73 Inactive
- 74 Timber

DOWN

- 1 Cheerful
- 2 Speak
- 3 Full of loops
- 4 Most intimate
- 5 Republic in W Africa
- 6 Encourage in wrongdoing
- 7 Basic monetary unit of Ghana
- 8 This star which is also called Beta Persei is the prototype of a class of variable stars called eclipsing binaries
- 9 Tiny
- 10 Rid of poison
- 11 British nobleman
- 12 Ardent
- 13 The Lion
- 21 Stump
- 25 Negative vote
- 27 Laboratory
- 28 Separate article
- 29 Longed
- 31 Spoils or plunder
- 32 Therefore
- 33 June 6, 1944
- 34 Periods of history
- 35 Sound of a cat
- 36 Having a sound mind
- 38 Thousand
- 41 Matchless
- 43 Open mesh fabric
- 47 Sicilian volcano
- 50 The ratio between circumference and diameter
- 52 Yolk of an egg
- 54 Science fiction
- 55 Sacred text of Islam
- 57 A poplar
- 58 Lover of Juliet
- 59 To use up
- 60 Clotted blood
- 61 Once more
- 63 The day of the month
- 64 Celestial body
- 65 Wale
- 66 Leg

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