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December 2011

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KEVIN GROENHAGEN PHOTO



SENIOR
profile **R**

Sisters' \$1 dolls continue to bring joy.

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Topeka sisters still have Depression-era dolls

By Kevin Groenhagen

We have all heard stories about kids forgetting about expensive Christmas gifts. At times it seems as if the excitement for the gifts melts as quickly as the snow during the following spring. That is not the case with gifts Waunita Roseberry and Olivene Albrecht received in 1937 when they were 10 and 8, respectively.

“At our house, Santa always put the gifts behind the wood-burning stove,” Olivene said. “I was shocked when I saw the dolls sitting behind the stove.”

“I was just a little bit disappointed because it wasn’t a Betsy Wetsy,” added Waunita, Olivene’s older sister. “I really wanted a Betsy Wetsy doll, but my parents could not afford it.”

Betsy Wetsy, originally issued by the Ideal Toy Company of New York in 1935, was a doll that could “urinate.” According to Waunita, a Betsy Wetsy doll cost \$6, which would be equivalent to almost \$95 today.

“When we wrote our letters to Santa Claus, our mother told us to ask for dolls that we could hug,” Waunita said. “She had already bought our dolls and they said ‘Hug Me’ on the

back of their necks.”

The words “Kiddie Pal Dolly” also appear on the dolls’ necks. An Internet search shows that the Regal Doll Manufacturing Company of Trenton, NJ, and New York City made the dolls. Like most dolls during the 1920s, 1930s, and 1940s, they are composition dolls, meaning their heads, arms, and legs are made of a composition material of sawdust, glue, and other materials such as cornstarch, resin and wood flour. Composition was marketed as unbreakable. However, according to Waunita, it will crack and peel if you don’t take care of it.

“Our dolls cost a dollar apiece,” Olivene said. “Even then it was very difficult for our mother to come up with \$2 to buy these for us.”

This was, of course, during the Great Depression. Many gifts at that time, such as the boots the sisters received every Christmas, were not luxuries. They needed those boots for the 1 3/4-mile walk to and from the one-room schoolhouse they attended.

The Morey family, which also included an older sister and younger brother, lived on a farm five miles south of Fairview, Kan., on Highway 75. In addition to farming, Waunita

KEVIN GROENHAGEN PHOTO



Olivene Albrecht (left) with Bluebell and Waunita Roseberry with Rosie.

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Bridge Haven offers home-like setting

By Billie David

Lawrence's Bridge Haven Memory Care Residence celebrated a Thanksgiving dinner recently that featured a catered meal from Teller's Restaurant complete with the chef wearing a chef's hat. It was an opportunity for the residents and guests alike to experience firsthand how the concepts behind Bridge Haven work.

Those concepts include the importance of a homelike setting, honoring the lives of the people who live there, and encouraging a family atmosphere.

One manifestation of Bridge Haven's emphasis on a home-like setting is seen in its location and design. Not only does it look like a home from the outside, it actually is a house located in a residential neighborhood that has been remodeled to accommodate the seniors who live there.

"The safety features are hidden so it doesn't look institutional at all," said Executive Director Robert Wilson. "The rooms are decorated with the furniture residents are familiar with, and there are family photos on the walls."

Not only the décor, but also the flow of the residents' daily lives has a non-institutional emphasis.

For example, in a smaller facility such as Bridge Haven, the regimented schedules found in larger settings can be done away with, Wilson said.

"We can loosen the time frames," he explained. "People can get up any time before 9:30 a.m. to have breakfast. Here's your opportunity in retirement to say, 'I don't want to get up early today.' At your age, you've earned it. One lady here likes to eat peanut butter and jelly sandwiches for breakfast, and that's fine."

But the lack of regimentation doesn't mean that people sleep or sit around all day, either. For example, the televisions are turned on for only a couple of hours each day, and the rest of the time there's music.

"We encourage them to get out of their rooms and be engaged in stimulating activities according to their capabilities," Wilson said.

Family members are encouraged to visit as often as they like and can share a meal with residents at no charge.

"We always invite family members," said director of marketing Kristin Scheurer. "The door's always open."

In addition, pets are encouraged to visit.

"The residents spark up when they see puppies and cats," Scheurer said. "It's really amazing to see them light up and talk about the pets they used to own. Some of our residents grew up on farms and they like to talk about the animals they had."

The family atmosphere carries over to staff members as well.

"At Bridge Haven Care Cottage the staff members love to cook from scratch. When people wake up the kitchen just smells wonderful, so that's the place where people go. Everybody tends to congregate in the kitchen," Wilson said.

"We care for them," he added, "and they become part of our family. We hand-pick employees who go beyond the extra step. They truly enjoy what they do."

This sense of family naturally leads to honoring the lives and experiences of the residents.

This is especially important for those who may not remember what they had for breakfast, for example, but can remember incidents from World War II quite clearly.

"When you get to know the people who live here and their families, you really start loving them, and you want to honor their lives," Scheurer added.

Wilson and Scheurer can recall success stories that show how residents respond to this kind of care in a home-like setting.

"We have lots of success stories," Wilson said. "We have a lot of residents who are referred here from other medical institutions. Over a period of a couple of weeks they thrive and become more of who they are."

For example, he said, one man who was wheelchair-bound except for the occasional use of a walker began gradually walking laps around the backyard garden and wandering path with the aid of his walker.

"He loves the outdoors," Wilson said, "and he decided to see how many times per day he could do the figure eights."

COURTESY PHOTO



Left to right: Beth Greer, CMA, Linda Kizer, RN, and Margaret taste a home-made family recipe in Bridge Haven's kitchen. "Everybody tends to congregate in the kitchen," said Robert Wilson, executive director of Bridge Haven.

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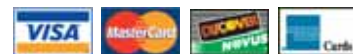
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Bridge Haven

■ CONTINUED FROM PAGE FOUR

He kept track of his progress and eventually increased his strength to where he is no longer wheelchair-bound.

"It's the extra attention we give," Wilson explained.

And although Bridge Haven may not have all of the amenities of a larger living situation, staff members can come up with solutions that work as well or better.

"We don't have a physical beauty salon on site," said Scheurer by way of example, "but we can bring that service in. Residents can sit in the living room, be pampered, and have their nails and hair done. The benefit is that they get to choose who they want to provide those services."

Bridge Haven consists of two facilities. The original one—Bridge Haven Memory Care, located at 1126 Hilltop Drive—has room for eight residents. It is an assisted living facility for people who have Alzheimer's and other forms of dementia.

The second facility, Bridge Haven

Care Cottage, is a smaller, four-bedroom home located at 3109 W. 26th Street. It was originally run by the Douglas County Visiting Nurses. Although Wilson plans to add bedrooms and increase the capacity to eight residents, he said that little else has changed there.

"The transition was extremely smooth," he said. "The staff and residents all stayed on. It's mainly for residents who need assisted living, who can't live alone and for those who prefer a more intimate home setting."

Bridge Haven takes private pay and long-term care insurance, and

there are also some veteran's benefits that may apply. "We're comparable in price with the larger institutions," Wilson said.

People who are interested in more information about Bridge Haven can contact Wilson at (785) 550-6168 to set up a time to talk and tour the community.

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Sisters' dolls

■ CONTINUED FROM PAGE THREE

and Olivene's father had many fruit trees. Since bees were already there to pollinate those trees, the family also had a good supply of honey.

"We also had chickens," Waunita said. "We would dress six chickens before we went to town, and then we would peddle them door to door for a dollar apiece. That \$6 would buy our groceries. Back then, momma would say to make sure all the fat was on the top of the chicken because people liked the fat."

Their mother saved enough from selling chickens to buy the dolls at the dime store in near-by Hiawatha. She gave a doll dressed in a pink outfit to Waunita. Waunita named hers Rosie. Olivene named her doll, which has a blue outfit, Bluebell.

"Mother would often make identical dresses for us," Olivene said. "She always got pink or red and I got blue. I don't know why.

We used to think we were twins when we were younger because we would meet somebody while walking down the street with our mother in Hiawatha, and they'd say, 'Hmm, twins?'"

The sisters are not sure why their mother picked those colors for them. However, Waunita noted that her married name is Roseberry and Olivene's favorite color is now blue.

"But not to wear," Olivene quickly added with a laugh.

Waunita soon got over the initial disappointment of not getting a Betsy Wetsy.

"These were precious to us as little girls," she said. "We wanted to take them to our grandma's for Christmas, but Daddy said no. When we got there, our cousin, who had everything, had a Shirley Temple doll. Our parents then wished that we had taken our dolls because they were prettier."

The dolls did take a few trips, such as when they went sledding with the sisters.

"I was always worried that something would happen to mine because we crashed a lot," Olivene said. "On the farm, we had a bin to keep grain in. During part of the year, the bin was empty. We would sweep it out, make some orange crate furniture, and then go in there and hand-sew doll clothes. I have great memories of that."

"It was wonderful to have a sister so close," Waunita said.

"I always had someone to play with, and I don't remember ever getting mad at her. We just plotted against our other two siblings. We had a wonderful childhood."

Eventually, the sisters grew up, got married, and left Fairview. Olivene's husband had a position with federal government that required them to move many times during his career. However,

they always took Bluebell with them.

"I had her in a basement at one time, which I shouldn't have done," Olivene said. "I had her stored really well, but there was some dampness that I didn't know about. It caused the stuff on her toes to curl a little bit."

Waunita and her husband, Don, lived in the Tecumseh area and, over the years, she had owned more than 1,000 dolls.

When Olivene returned to Kansas after her husband retired, Bluebell received a makeover.

"These are not the original dresses," Olivene said. "We were a little hard on them. But these are identical to the original dresses. My sister made a new dress for her doll. I admired it, so the next time I saw her she had a new dress for my doll."

"I was watching their home while they're on a trip, and I saw that her doll's dress was looking a little ragged," Waunita said. "So I took it home and redressed it, and put it on

her bed upstairs. I told her that she would find something that I did while she was gone, but I didn't tell her what I did."

"We don't sleep in the bedroom upstairs, so I had to go upstairs to find out what it was all about," Olivene added. "She's a good sister."

The sisters did receive other dolls as children, but Olivene said that these are the nicest dolls they ever had.

"Most of the dolls we got were celluloid," she said. "They were inexpensive and didn't last long. Our mother knew that we kept the dolls, but she has been gone for 40-some years now. She didn't have any idea of how long they would last."

Are Rosie and Bluebell valuable?

"When I was buying and selling dolls, someone offered \$100 for my doll," Waunita said. "But I wouldn't sell it."

After all, how do you put a price on the memories associated with these dolls?



Olivene Albrecht and Waunita Roseberry with their dolls in 1937.

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The Rehab Center at Brewster Place opens

By Kevin Groenhagen

If you've driven just west of the Topeka Boulevard-SW 29th Street intersection during the past few months, you may have noticed construction near the Brewster Place Health Center. With the opening of the new Rehab Center at Brewster Place on November 28, state-of-the-art rehabilitation tools have now replaced the construction tools.

"The Rehab Center at Brewster Place is a post-acute inpatient and outpatient rehabilitation center with 18 private rooms," said Lea Chaffee, the administrator of the Brewster Place Health Center. "It will provide physical, occupational, and speech therapy for individuals coming out of the hospital who meet the requirements for post-acute rehab."

In recent years, Brewster Place has worked to expand its services to Topeka-area residents who do not live on

the Brewster Place campus. For example, in November 2008, Brewster Place launched Brewster at Home. Brewster at Home members can visit Brewster Place to take advantage of, among other things, exercise programs, massage therapy, socialization events, the beauty salon, and even educational programs offered by the KU Osher Lifelong Learning Institute. In addition, Brewster at Home partners with in-home caregivers and other businesses to provide services at members' homes.

The Rehab Center at Brewster Place is another project designed to reach out to the community.

"We'd like to expand our services and embrace the community," Chaffee said. "We've realized a need in that area. With the capacity we had before, we were only able to accommodate our folks here on the Brewster Place campus. We wanted to expand our services to be able to provide re-

■ CONTINUED ON PAGE NINE

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Rehab Center

■ CONTINUED FROM PAGE EIGHT

habilitation and restorative services to others in the community.”

The Rehab Center at Brewster Place has the following features to help provide those services to patients:

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The center’s rehab team includes physical, occupational, and speech therapists. In addition, registered nurses work closely with the therapists and provide 24-hour nursing care. Social services can help patients obtain community resources and assist them with the transition back to their homes.

For more information about The Rehab Center at Brewster Place, please call (785) 215-3411 or visit www.brewsterplace.org.

“We’d also love for people to stop by for a tour,” Chaffee said.

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Livability.com names Topeka one of 10 best cities for veterans

Franklin, Tenn. — In honor of Veterans Day, Livability.com has selected the 10 best places for military veterans to live—whether they are looking to retire or start a second career.

Cities were chosen based on quality-of-life attributes that appeal to veterans such as moderate climate, low cost of living and unemployment rate, as well as availability of outdoor recreational opportunities and cultural amenities. Additional consideration was given to cities with proximity to military installations and VA hospitals.

“We know it’s important for veterans and their families to have access to quality medical care and social services,” said John Hood, Livability.com spokesman, “so we chose cities with excellent health-care systems and VA hospitals. The cities on this list also tend to be more diverse, have excellent school systems and higher education options and greater opportunities for post-military employment.”

Hood says Livability.com editors also looked at cities close to military bases, which give veterans access to other resources such as free legal advice and counseling, discounted food and household goods at the base commissary, and equipment rentals.

“One thing all 10 cities have in common is their inclusive nature and a proven history of community sup-

port for military families,” Hood said.

Topeka is such a city. The capital of Kansas, Topeka offers a high quality of life and an economy headed in the right direction. It has a growing list of manufacturing and distribution firms, including Allen Foods, Hallmark Cards, Goodyear Tire, and Frito-Lay. In 2010, Kiplinger’s Personal Finance named the city among the Top 10 Cities for the Next Decade. Veterans and their families have access to health-care services at the Topeka VA Medical Center and enjoy benefits at nearby Fort Leavenworth.

Top 10 Cities for Veterans

1. Fayetteville, NC
2. Colorado Springs, CO
3. San Angelo, TX
4. Carlisle, PA
5. Madison, WI
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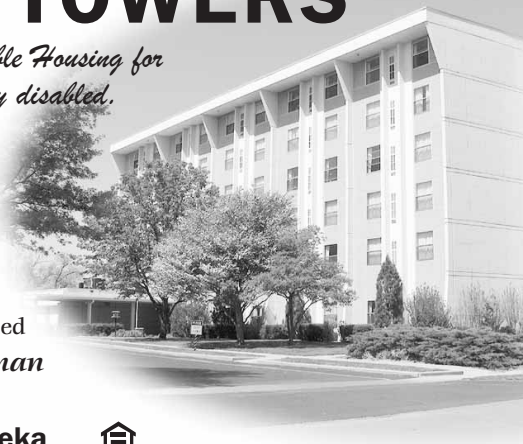
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A few less gray hairs.



New program promotes bone health among African Americans

(ARA) - Each year, as the winter months approach, people begin to think of ways to protect themselves against slips and falls due to inclement weather conditions. For the elderly, and more specifically, African Americans with multiple myeloma, this should be a year-round concern in an effort to maintain their bone health.

Multiple myeloma is a cancer of the plasma cells, a type of white blood cell found in the bone marrow and can lead to bone problems including pain, fractures and spinal cord compression. Nearly 95 percent of patients with advanced-stage multiple myeloma will experience disease spreading to their bones. Though not widely known, multiple myeloma is the second most common blood cancer among people living in the U.S., affecting 70,000 Americans, and impacting African Americans more than twice as often as Caucasians.

To address this significant health issue within the African American

community, Novartis Pharmaceuticals Corporation ("Novartis") is partnering with the National Black Church Initiative (NBCI) on "To Stay in the Game, Maintain Your Frame," an educational program to increase awareness about multiple myeloma and promote bone health particularly among those at highest risk - African American men ages 60 and older.

"The NBCI is dedicated to addressing health issues that are prominent within the African American community and providing critical wellness information that will benefit our members, congregations, churches and the public," says Reverend Anthony Evans, president of the NBCI. "We are excited to be working with Novartis to educate this at-risk population and encourage healthy living habits and provide them with the tools to successfully manage their health."

"To Stay in the Game, Maintain Your Frame" is made up of elements intended to educate African Americans with multiple myeloma about the

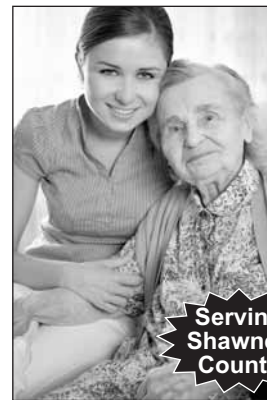
need for doctor-patient dialogue about their condition and how to become active participants in their health. Patient education materials and tips for better bone health are provided through the NBCI's coalition of 34,000 churches spanning 15 denominations and representing 15.7 million African Americans in the U.S.

Also featured in the program are instructional video clips demonstrating how to perform activities of daily

living that may help reduce the risk of falls and other skeletal injuries. Ranging from indoor to outdoor activities, the video clips feature Dr. Doris Browne, an oncologist, and a patient demonstrating tips to safely perform everyday routines and benefit overall health and well-being.

To learn more about multiple myeloma and to view the instructional video clips, please visit www.maintainyourframe.com.

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The gift of a good retirement

By Norm Franker

Social Security District Manager in Lawrence

When the holidays come, the money goes — usually for presents and parties, greeting cards and traveling to see family. Before you spend that last holiday buck, make sure you set some cash aside for retirement as a gift to yourself.

If you haven't started already, now is the time to begin saving for your retirement — no matter what your age. If retirement is near, you'll want to hop on a fast sled right away. If you're younger and retirement seems a lifetime away, it's still in your best interest to begin saving now — compound interest will help your retirement fund to snowball.

Don't take our word for it. You can check out the numbers yourself. A great way to start figuring out how much you will need for retirement is to learn how much you could expect from Social Security. You can do that

in minutes with Social Security's on-line Retirement Estimator.

The Retirement Estimator offers an instant, personalized estimate of your future retirement benefits based on your earnings record and a few variables you enter. Try it out at www.socialsecurity.gov/estimator.

We encourage saving for retirement, but there are reasons to save for every stage of life. A great place to go for help is www.mymoney.gov. MyMoney.gov is the U.S. government's website dedicated to teaching

Americans the basics about financial planning. Whether you are planning to buy a home, balancing your checkbook, or investing in your 401(k) plan, the resources at www.MyMoney.gov can help you.

Be sure to give yourself a holiday gift you deserve. Not only should you set aside some money for your retirement fund, but you should also spend some time looking at these websites and picturing your future retirement. Spend a little bit of holiday time at www.socialsecurity.gov.

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PERSONAL FINANCE

Plan for the expected – but prepare for the unexpected

To enjoy a comfortable retirement lifestyle, you'll need to have adequate financial resources in place. And that means you must plan for the expect-

expectations of your retirement lifestyle will dictate, to a large extent, your savings and investment strategies.

- **Your expenses** — Once you've established a vision for your retirement lifestyle, you can begin to estimate the expenses you expect to incur during your retirement years.

- **Your income** — You can expect to receive income from a variety of sources: Social Security, pensions, part-time employment and investments, such as your IRA, 401(k) and any taxable investment accounts you may have. You'll need to estimate about how much income all these sources could provide.

- **Your withdrawal rate** — If your investments are going to provide a significant part of your retirement income, you need to carefully manage annual withdrawals from your portfolio. Your withdrawal rate is key in

helping to ensure your portfolio provides for your needs as long as you need it.

- **Your portfolio reliance rate** — Related to your portfolio withdrawal rate is your portfolio reliance rate — how much you rely on your portfolio to provide income. For instance, if you will need \$50,000 per year in retirement, and \$30,000 will come from your portfolio, your reliance rate will be 60% (\$30,000 divided by \$50,000). Your reliance rate will help determine how sensitive your strategy might be to outside events, such as market fluctuations.

While you need to be familiar with these expected elements of your retirement, you also must be prepared for the unexpected aspects, such as these:

- **Living longer than you expect** — How long you can expect to live is somewhat of a mystery. If you were to live longer than you anticipate, would you be financially prepared? To help make sure your money lasts throughout your lifetime, you may need to consider investments that can provide you with a lifetime income stream. And your longevity will obviously also affect your annual portfolio withdrawal rate.

- **Inflation** — At an average infla-

tion rate of three percent, your cost of living will double in about 24 years. That's why, even in retirement, you will need some growth-oriented investments, such as quality stocks to ensure you can maintain your desired retirement lifestyle. But if the unexpected happens, and inflation takes off at a much higher than average level, you may need to consider a greater amount of investments that offer the potential for rising income.

- **Health care** — Even after you're on Medicare, which won't cover everything, you need to prepare for the unexpected, such as a lengthy illness or the need for some type of long-term care. You may also wish to "self-insure" to a certain extent by setting aside funds in a liquid, stable account.

By positioning your investment portfolio for both the expected and the unexpected, you can go a long way toward enjoying the retirement lifestyle you seek. So plan ahead — and make the necessary adjustments as time goes by.

- Harley Catlin and Ryan Catlin are with Edward Jones, 4828 Quail Crest Place, Lawrence. They can be reached at 785-841-6262.



Harley Catlin and Ryan Catlin

ed — but prepare for the unexpected.

In planning for the "expected" aspects of your retirement, consider these factors:

- **Your vision of your retirement lifestyle** — What do you want to do during your retirement years? Spend more time with your family? Volunteer? Open your own business? Your

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HEALTH & FITNESS

Winter tips to stay in shape

If you're looking for ways to stay active and healthy during the winter, start with a resolution to walk, walk and walk some more. Nothing is easier or more effective. Stay away from ice and slush...but stay on your toes. Walk the walk—and then walk some more.



Laura
Bennetts

Beware the Comfort Chair

Everybody knows about comfort foods. These can be okay for you—if your comfort food is plain steamed broccoli, you can indulge without worry. But beware of potato chips or pistachios! Comfort chairs are similar. After a long day of running around, you can unwind by easing into a comfort chair with a warm drink, a magazine, or the sports channel. But if sinking into your comfort chair becomes your main activity, if you sit around instead of running around, the result can be stiff joints, weak muscles, low endurance and poor balance.

So, resist becoming chair-bound. Comfort is fine, but (like anything else) you can overdo it. It's wise to leave your chair frequently, to walk and exercise in modest ways; and you can stretch, move, and strengthen yourself even in your most comfortable chair. The goal is to strike a balance between relaxation and exertion.

New Year's Resolution

We're all attached to our routines. So we need exercise routines and daily activities that we can make our own. A friend loves her exercycle, but you prefer bowling or square dancing. There is no One Best Way to exercise, just different ways to exercise with different benefits. The point is to exercise in ways you enjoy, and to make those exercises part of your daily routine. If you need a resolution for the New Year—I recommend

this one.

Rx: Exercise

1. *Maintain Your Flexibility:* Your joints feel stiff if you don't move enough. You want to move your joints daily from your neck down to your toes. You can begin in your chair: Start by looking side to side, rotating your head, then look up and down slowly. Next, reach up to the ceiling, one arm at a time; "wave the wheat" by reaching up and waving both arms gently from side to side. Flex your elbows and wrists, and wiggle your fingers. March in place while sitting, then softly kick an imaginary ball, first with one foot, then with the other. Extend your leg and straighten your knee, then make a small circle in the air with your ankles. Repeat with the other leg, about 5 times in all. Do this at least once a day.

2. *Maintain Your Strength:* Walk, walk and walk some more. (Oh, and did I mention strolling, striding, and strutting?) Find a place at home or nearby to walk 20 to 30 minutes at least three times a week. Community centers, grocery stores and malls are great places to walk because there are places to sit down. Note the time and then walk until you need to sit. How long did you walk the first time? Five minutes, 10 minutes? However long you walked, that's your benchmark—your baseline walking time. Add a few minutes each week, and soon you are likely to be strong enough to walk up to half an hour. If you have difficulty, walk with the support of a cane, a grocery cart, or a walker. Ask a friend to join you in your own personal walking club so that you will feel doubly committed to continuing your walking exercise.

3. *Maintain Your Endurance:* Pay attention to your breathing as you walk and exercise. Do you tire easily, get out of breath, or stop soon after you start? If you've been sedentary, sitting most of the time, you'll need to build up your endurance. Move at a relaxed pace so that you can still talk as you walk; that's a good starting speed. Then increase your distance walking first and then increase the pace as you get used to the increased activity. Again if you feel you're too

unsteady, you can use a cane, a walker or a grocery cart to walk with more support.

4. *Maintain Your Balance:* Find balance exercises that challenge you. You may need help with this, because you don't want to attempt an overly difficult exercise that puts you in danger of falling. A physical therapist can advise you about exercises that are right for you. If you have the opportunity to enroll in an exercise class that includes balance exercises, you can learn a variety of exercises to decrease your fall risk. The more agile you are, the smaller the chances are that you'll fall when you reach into a closet, step down from a curb, or turn a corner.

Did I Mention Walking?

If you follow this advice, you'll have a healthier winter. You don't have to be snow-bound, or chair-bound. You can have a Walking Winter, at home or outdoors (when the weather permits) or indoors in places like malls and grocery stores. Exercise is the secret to having limber joints, a strong back, and what my favorite breakfast cereal in the 1950's called *Go Power!*

Many people who shrink from strenuous exercise may not realize that walking is the simplest and best exercise of all. It's like breathing. It's a good idea to keep doing it.

Oh, and Eat Your Vegetables!

It's also sensible to stick to a healthy diet between festive holiday meals. You need to keep eating your greens and vegetables to get the vitamins, minerals and fiber you need to stay healthy. Walk and exercise even on days when you've indulged (or over-indulged) at a holiday meal. Taking a break from your healthy routine is fine every now and then, but even on holidays you'll feel better if—after a hearty meal—you walk it off.

- Laura Bennetts (PT, MS) earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services LLC (785-594-3162). For details about these clinics, see <http://lawrencetherapyservices.com/> For answers to your therapy questions, you can write to Laura c/o laurabennetts@hotmail.com.

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HEALTH & FITNESS

Common edible plants

With the holidays here, it is a time to gather with family and loved ones and reflect how fortunate we are, including with the food we have to eat. Kansas is a rich agricultural state, where we grow many crops, including soybeans, corn, and wheat. It is estimated by the Kansas Department of Agriculture that, on average for the last five years, Kansas farmers produced 336 million bushels



Dr.
Farhang
Khosh

per year. However, what many people do not realize is Kansas has rich sources of edible plants. Kansas residents have a huge variety of edible plants just outside their doorsteps.

According to the Kansas Forest Service, the following are edible plants for humans and wildlife. The culinary uses for these edible plants are vast, including jams, jellies, pie fillings, butters, wines, ice cream, syrups and candies. The letters following each of the species indicate where in the state of Kansas you can find the plants - eastern (E), central (C), or western (W).

1. American plum (E,C,W)
2. Black walnut, seed (E,C,W)
3. Chickasaw plum (E,C,W)
4. Choke cherry (E,C,W)
5. Elderberry (E, C)
6. Golden current (E,C,W)
7. Pecan, seed (E,C)
8. Sand Hill plum (E,C, W)
9. Wild plum (E,C,W)

The American plum, or *Prunus Americana*, often called the Wild Plum, is a native plant that is found all over the state of Kansas. The plum grows along the side of the road, in pastures, and within areas where woods border wide open spaces. The plum bears fruit in August in colors of red or orange. It is the most common wild plum in Kansas, except in the west, where the Sand Hill plum dominates.

The Black walnut, or *Juglans nigra*, is native to eastern half of Kansas. However, you can now find it in most areas. It has been used for human and wildlife food, timber, and firewood on the Great Plains.

Prunus angustifolia, or the Sand Hill plum or Chickasaw plum, grows wild throughout Kansas. Sand Hill's or the Chickasaw prefer prairie land where it stops the blowing sand. You can tell the difference between the Sand Hill Plum and the American plum by the size of the plant's leaf and growing preference, according to the Kansas Forest Service.

Prunus virginiana, or Choke cherry, is usually found in along roadsides or along the edge of woodlands. This plant will reach a height of 6 to 10 feet.

One of my favorites is the Elderberry. Elderberry, or *Sambucus canadensis*. This shrub grows along the banks of streams and near running water

throughout central and eastern Kansas. The fruit is bitter to taste without cooking, and take care not to eat the foliage because it contains calcium oxalate, according to the Kansas Forest Service.

According to the Kansas Forest Service, the pecan and walnut seed have been treated to enhance germination. Most of the seed will germinate during the first growing season. However, the squirrels and other Kansas wildlife have a unique ability to find these seeds, so it is hard to grow.

Golden Currant, or *Ribes odoratum*, prefers wide open spaces and the wooded edges of central Kansas. The plant's flowers are yellow in color and bloom in May.

As with any edible plants, some parts of the plant are edible and some can be poisonous. So it is always better to check with an expert before eating. Bon appétit.

- Dr. Farhang Khosh, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. He can be reached at 785-749-2255.



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RETIRE SMART

2012 Social Security COLA is a whopping 3.6 percent, but Medicare will take a bite

After two years without an inflation adjustment, seniors will get a 3.6 percent Social Security cost-of-living adjustment (COLA) next year. That's a sizable raise in this economy, and very welcome news to seniors hit hard by rising costs, slumping home equity and very low returns on fixed-income investments.



Mark
Miller

Analysts had been forecasting a COLA north of 3 percent for weeks, and the number isn't that tough to predict. Although angry seniors have been denouncing politicians and bureaucrats for stiffing them during the past two lean years, the fact is that they had nothing to do with it.

By law, the COLA is determined by a formula that averages inflation for the third quarter, as reflected by the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). No COLA was awarded in 2010 or 2011 due to a quirky spike in the third quarter of 2008, which resulted in a whopping 5.8 percent COLA for 2009. By law, subsequent Social Security payments couldn't rise until the CPI-W exceeded the 2008 level.

This year, the third quarter CPI-W has been running high as a result of

rising energy costs. So the generous 3.6 percent raise—which will turn up in January payments—was baked into the inflation data over the past several months.

That's the good news. Now for the bad: Many seniors will see part of the COLA consumed by a higher premium for Medicare Part B (doctor visits and outpatient services), which usually is deducted from Social Security payments. The reasons why shed light on the complex way that Social Security COLAs and Medicare premiums interact.

The Part B premium usually rises at a rate greater than general inflation - a reflection of medical inflation. However, by law, the premiums cannot rise in any given year by a greater amount than the Social Security COLA—a "hold harmless" provision aimed at preventing Social Security payments from ever falling.

About 75 percent of beneficiaries were exempted in this way from Part B premium increases in 2010 and 2011. Rate hikes were paid only by two groups of seniors: low-income beneficiaries whose premiums are paid by Medicaid (so-called "dual eligibles") and high-income seniors who pay income-related surcharges.

High-income seniors actually were hit in several ways: not only did they pay higher premiums, but also the rate increases were greater than they would have been absent the "hold harmless" provision. Under the law, Medicare enrollees cover 25 percent of projected Part B program costs; in 2010 and 2011, that projected cost

was borne by a much more narrow base of beneficiaries—and by Medicaid, which also was stuck with part of the additional tab.

In 2010, the base Part B premium jumped to \$110.50 from \$96.40 for beneficiaries who actually paid it—and it rose to \$115.40 in 2011. On top of that, the high income group paid additional surcharges based on their income levels.

The 2012 Part B premium will be announced in early November. Analysts think it will be somewhere around \$104 per month—partly because the pool of seniors subject to higher premiums will be so much larger. Oddly enough, that will mean a lower base premium for the 25 percent of seniors who fall into the high- or low-income groups—or for those who enrolled for the first time this year and are paying the \$115.40 premium.

But what will it mean if you're part of the other 75 percent—the vast middle group of seniors? That depends on your actual Social Security benefits, because the Part B premium deduction is a flat amount.

Let's say you receive the average benefit—currently \$1,177 per month.

The 3.6 percent COLA will lift your gross 2012 payment to \$1,219. Assuming a Part B premium of \$104, you'll pay \$7.60 more each month for Part B, reducing your net benefit to \$1,211—a raise of 2.95 percent.

That's still a pretty healthy raise. But the math is less favorable for seniors with below-average benefits. For example, if your monthly benefit is \$700, your after-Medicare COLA would be just 2.5 percent; if your benefit is \$500, the increase would be just over 2 percent.

Part B's impact on Social Security offers a vivid reminder that seniors are impacted by different types of inflation than the general population, mainly due to medical costs. From 2000 to 2011, the premium increase has averaged 9 percent, and it has increased by double-digit percentages four times. By contrast, the Social Security COLA averaged 2.8 percent from 2000 through 2010.

- Mark Miller is the author of "The Hard Times Guide to Retirement Security." He publishes <http://retirementrevised.com>, recently named the best retirement planning site on the web by Money Magazine. Contact him with questions and comments at mark@retirementrevised.com.




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MAYO CLINIC

Many treatment options are available for varicose veins

DEAR MAYO CLINIC: Is it possible to treat varicose veins? I have several that don't bother me much but a few that are slightly painful.

ANSWER: For many women, varicose veins are all too common. Although most look worse than they feel, varicose veins can cause aches and pains in the legs. In rare cases, they can lead to more serious problems. Lifestyle changes can help relieve pain and keep varicose veins from getting worse. A number of minimally invasive medical procedures also are available to close off or remove varicose veins.

Veins anywhere in the body can become enlarged and twisted (varicose). Varicose veins most commonly occur in the legs and feet. Age, pregnancy, obesity or work that involves standing for long periods can all increase the risk of developing varicose veins. So can genetics and your gender. If other family members had varicose veins, there's a greater chance you will, too. Women also are more likely to develop this problem than are men.

Varicose veins are sometimes viewed as just a cosmetic concern. Most varicose veins are dark purple or blue in color. They can also bulge out from under the skin, making them quite noticeable. However, varicose veins can cause other problems, including an achy or heavy feeling in your legs. Some people also experience throbbing, cramping or mild swelling in the lower legs—especially after standing for long periods of time.

More-serious complications are rare. But varicose veins can sometimes lead to an itchy skin rash (dermatitis) and cause open sores (skin ulcers) to develop. Occasionally, blood clots may develop in a vein and cause pain, tenderness and swelling.

Talk to your doctor if you have varicose veins and notice a change in how your legs feel, have skin discoloration, or have swelling in your legs. Skin ulcers and sudden, painful swelling should receive immediate medical attention.

Depending on your signs and symptoms, varicose veins may be treated

with lifestyle changes, medical procedures or a combination of both.

Lifestyle changes are recommended for mild symptoms because they can reduce discomfort and keep varicose veins from getting worse. These include not staying in one position for hours on end; elevating your legs above your heart a few times a day; and doing any physical activity that gets your legs moving. Losing weight, if necessary, also may help. Your doctor also may recommend that you wear compression stockings. These create gentle pressure up the leg, and can keep blood from pooling in the legs and decrease swelling.

If your varicose veins don't respond to these treatments, or if your veins are causing severe problems, your doctor may suggest one or more of these procedures:

- Sclerotherapy uses a chemical injected into a varicose vein to cause irritation and scarring. Several treatments may be needed to completely close off a vein and allow it to fade.

- Laser therapy uses strong bursts of light directed at a vein, making it slowly fade and disappear. This is mostly used to close off smaller varicose veins.

- Endovenous thermal ablation uses the heat from lasers or radio waves to close off larger varicose veins.

- Vein stripping involves tying shut and removing large varicose veins through small cuts in the skin. Vein stripping was commonly used in the past. But now it's mostly recommended for people who aren't good candidates for endovenous thermal ablation.

- Ambulatory phlebectomy involves making tiny cuts to remove small veins close to the skin's surface. It's often done at the same time as endovenous thermal ablation or vein stripping.

Another option, endoscopic vein surgery, is typically used only for varicose veins that are causing skin ulcers.

Although most procedures used to treat varicose veins can be done on an outpatient basis, be sure to ask about

health risks, possible side effects and needed recovery time. It's also important to know what results you can expect. Although most procedures are effective, it's possible for varicose veins to recur or require several treatments.

You may also want to inquire about insurance coverage. Most policies don't cover the cost of purely cosmetic procedures. However, insurance may cover treatments used to relieve pain, swelling, or other signs and symptoms of varicose veins. - Robert

McBane, M.D., Cardiovascular Diseases, Mayo Clinic, Rochester, Minn.

- *Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to medicaledge@mayo.edu, or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit www.mayoclinic.org.*

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There is no rule that you have to do it all on your own.



The physical and emotional burdens of caring for the aging and frail elderly can take its toll on a patient and their family and friends. Midland Care is here for you, offering a full spectrum of caring solutions, from Adult Day Care to Hospice. Call today or visit our website to learn more.



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785-842-3627

www.midlandcareconnection.org

SENIOR CALENDAR

Editor's Note: While every attempt has been made to ensure the accuracy of the events listed below, some changes may occur without notice. **Please confirm any event you plan to attend.**

If you would like to include your event(s) in our monthly calendar, please call Kevin Groenhagen at (785) 841-9417.

ART/ENTERTAINMENT

NOV 25-DEC 23

A CHRISTMAS CAROL

Welcome to the world of Charles Dickens, a story we all know and love, now set to music overflowing with Christmas feelings to carry in our hearts all year long. 3028 SW 8th Avenue. TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

DEC 2-18

WHITE CHRISTMAS

Bring the whole family to this heartwarming musical adaptation of a beloved and timeless film that features 17 Irving Berlin songs. The dazzling score features Blue Skies, I Love A Piano, How Deep Is the Ocean and the perennial favorite, White Christmas. Theatre Lawrence, 1501 New Hampshire. LAWRENCE, (785) 843-7469
<http://www.theatrelawrence.com/season/currentseason.html>

DEC 10

THE CELTIC TENORS

Performing Celtic, classical operatic and dazzling arrangements of popular songs, the Trio travels the world reinventing the tenor model. Performing a program of traditional folk and contemporary holiday favorites, The Celtic Tenors seasonal concert will take audiences on an emotive journey and provide a thoroughly uplifting experience. Lied Center. LAWRENCE, (785) 864-2787
<http://www.lied.ku.edu/season/index.shtml>

DEC 14

MANNHEIM STEAMROLLER

Grammy Award® winner and mastermind behind the group, Chip Davis will direct and co-produce both the East Coast and West Coast tour ensembles of Mannheim Steamroller. The shows will feature the favorite Christmas music of Mannheim Steamroller along with state of the art multimedia effects in an intimate setting. Lied Center. LAWRENCE, (785) 864-2787
<http://www.lied.ku.edu/season/index.shtml>

DEC 31

LAUGHING MATTERS

Each show is a blend of outrageous comedy sketches and audience participation games. This show will be a late show time for New Year's Eve. Please call for ticket prices and time. TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

3800 SE MICHIGAN AVE, TOPEKA, 6:30 PM, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

Minis start at 6 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7 p.m. on Wednesdays and Fridays.

2050 SE 30TH ST, TOPEKA, (785) 266-5532

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US HIGHWAY 24, TOPEKA, 6:30 PM, (785) 296-9400

MONDAYS & SATURDAYS

LEGIONACRES

3408 W. 6TH ST, LAWRENCE, 7 PM, (785) 842-3415

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW HUNTOON, TOPEKA, 6:30 PM, (785) 235-9073

WEDNESDAYS

PINECREST APARTMENTS

924 WALNUT, EUDORA, 12:30-1 PM, (785) 542-1020

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

1600 HASKELL, STE 188, LAWRENCE 10:30 AM-12 NOON, (785) 760-1504

THURSDAYS

BABCOCK PLACE

1700 MASSACHUSETTS, LAWRENCE 10:30 AM-12 NOON, (785) 842-6976

FRIDAYS

EAGLES LODGE

1803 W. 6TH ST, LAWRENCE, 7 PM, (785) 843-9690

FRIDAYS

ARAB SHRINE

1305 KANSAS AVE., TOPEKA
MINI BINGO 6:30 PM, REGULAR BINGO 7 PM
(785) 234-5656

SUNDAYS & TUESDAYS

MOOSE CLUB

6 p.m.
1901 N KANSAS AVE, TOPEKA
(785) 235-5050

EDUCATION

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

Monthly classes are held at Stormont-Vail. Call to make reservation.
TOPEKA, (785) 354-5225

EXHIBITS/SHOWS

JAN 21-DEC 31

150 THINGS I LOVE ABOUT KANSAS

This special exhibit will commemorate the 150th anniversary of Kansas statehood. 6425 SW 6th Avenue.
TOPEKA, (785) 272-8681
<http://kshs.org>

NOV 3-DEC 31

ROBERT SUDLOW – HEART OF THE PRAIRIE

A selection of prairie themed artworks by Kansas' landscape painting icon Robert Sudlow. Admission is free. 3113 SW Huntoon.
TOPEKA, (785) 233-0300

DEC 30

FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the

Final Friday of every month.
LAWRENCE, (785) 842-3883

HEALTH

MONDAYS THROUGH FRIDAYS

FIT FOR LIFE

LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. **LMH:** Mondays through Thursdays, 8:30-11 a.m. and 2-5:30 p.m.; Fridays, 8:30-11 a.m. and 2-4 p.m. **LMH South:** Mondays through Thursdays, 8-11 a.m. and 2-4 p.m.; Fridays, closed. Fee.

LMH KREIDER REHABILITATION SERVICES
LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

TUESDAYS

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10 a.m.-1 p.m. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free.
TOPEKA, (785) 354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZEXERCISE LITE

Fitness that's invigorating, not intimidating! This 60-minute class pairs moderate aerobics with exercises designed to improve your strength, balance, and flexibility. 10:20-11:20 a.m. at 3115 W. 6th St.
LAWRENCE, (785) 331-4333

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

Held at the Wakarusa Wellness Center, 4920 Bob Billings Parkway, located 1 block west of Wakarusa at the intersection of Research Park Drive. From 9 a.m.-1 p.m. and 3-6 p.m. No appointment necessary.
LAWRENCE, (785) 856-6030

■ CONTINUED ON PAGE 19

You know there are just things a man has to do. When my country needs

An Assisted Living
& Memory Care Residence

the
Windsor
OF LAWRENCE

A Lifetime in Every Face, A story in Every Smile.
Hear the Story, Share a Lifetime.

You will find what you are looking for at the Windsor of Lawrence. We have been serving the needs of Senior adults in the Lawrence community since 1990. Our unique approach to Assisted Living & Memory Care combines a warm residential setting along with caring and helpful staff providing you just the right answer for your housing needs.

Call (785) 832-9900

or visit us at

3220 Peterson Rd.

Lawrence, KS 66049

*Respecting Values, Protecting Dignity,
Supporting Independence.*

■ CONTINUED FROM PAGE 18

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free. TOPEKA, (785) 354-6787

FIRST & THIRD FRIDAYS OF EACH MONTH

HEALTH CHECKS

Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies by Washburn University School of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9 a.m.-1 p.m. TOPEKA, (785) 233-1750, EXT. 252

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10:45-11:30 a.m. Asbury Mt. Olive Church, 12th and Buchanan. Free. TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH

NUTRITION CLINIC

Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. North YMCA, 1936 N. Tyler St. Free. TOPEKA, (785) 354-6787

DEC 2

BONE DENSITY SCREENING

Advance appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Note: this is NOT the same as a DEXA scan which is ordered by a physician and scans the hips and the spine. That is done through Radiology. Healthsource Room, 9-11 a.m. LAWRENCE, (785) 749-5800

DEC 7

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$6/test. Drop into the LMH Healthsource Room, main level. Lawrence Memorial Hospital, 3-4:30 p.m. LAWRENCE, (785) 749-5800

DEC 8

BONE DENSITY SCREENING

See December 2 description. Healthsource Room, 1-3 p.m. LAWRENCE, (785) 749-5800

HOLIDAY EVENTS

NOV 18-DEC 31

WINTER WONDERLAND AT LAKE SHAWNEE

See the one million lights and dazzling displays while winding through a two-mile scenic drive. Event runs 6-10 p.m. Open seven days a week. Admission fee. Lake Shawnee Recreational Area, 3435 SE East Edge Road. TOPEKA, (785) 232-0597

NOV 19-DEC 31

CHRISTMAS IN HISTORIC LECOMPTON

Three floors of old-time Christmas decorations and trimmings and Vesper music performance. Fifteen foot, native Red Cedar Christmas tree. Vespers Music performance is on December 4 at 2 p.m. 640 E Woodson. LECOMPTON, (785) 887-6275

NOV 28-DEC 1

FESTIVAL OF TREES

Annual display and auction of uniquely decorated Christmas trees. Local artists display their one of a kind Christmas trees. Auction benefits Shelter Inc. Liberty Hall, 642 Massachusetts. Lawrence, (785) 843-2085

DEC 1-3

HOLIDAY HAPPENINGS

A traditional Victorian candlelight dinner, live music, a mansion tour, hot cider and cookies by the fireside, handcar rides, a hot fudge sundae for dessert, and more. Reservation limited to 72 per evening. Call and reserve your spot! Doors open at 6 p.m., Dinner at

6:30 p.m. Old Prairie Town at Ward Meade, 124 NW Clay. TOPEKA, (785) 368-2437

DEC 1-4

FESTIVAL OF TREES

View over 65 beautifully designed Christmas trees and wreaths, purchase homemade baked goods and products made by local vendors in the Mistletoe Market and Bakery. Enjoy holiday entertainment, Candy Cane Lane (a craft area sponsored by Hobby Lobby), and visit the Silent Auction. Don't miss this Holiday tradition for the family. Agriculture Hall, 17th & Polk. TOPEKA, (785) 266-8686

■ CONTINUED ON PAGE 20

**Sometimes, the toughest subjects
are the most important.**



Dealing with changes that occur as people age can be challenging for everyone involved. That's why so many people count on us to help them understand moving to a retirement community and how it can help them or their loved one live a happier, healthier, more fulfilled life. Any conversation about retirement living and what it can mean to your family usually starts with a question. We welcome yours. **Just ask.** Call today for our free brochure. **Together, we'll find the answers.**



Call Marsha in Topeka at **785.272.6510** or Maclyn in Lawrence at **785.841.4262** today for more information or to schedule a tour of the community.

4712 SW Sixth Street | Topeka, Kansas 66606
1429 Kasold Drive | Lawrence, Kansas 66049
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Provides personalized care in an intimate home setting for four senior residents

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Tour Bridge Haven to experience the difference!
785-550-6168 or bridgehaven@sunflower.com

■ CONTINUED FROM PAGE 19

DEC 2-4 THE BETHLEHEM PROJECT

The Bethlehem Project is held to celebrate Christmas by making the coming of Jesus real for everyone. The event is held outside in the crisp, clean air, under the stars, with luminaries lit around the pond. As the visitors interact with the many Bethlehem natives, they begin to really experience the birth of Christ. After the Bethlehem tour concludes, guests are welcome to enjoy hot chocolate and cookies. If you want to bring a large group (over 20 people) please call ahead. 1001 E. Logan Street.

OTTAWA, (785) 242-8313

<http://ottawabiblechurch.org/bethlehem.htm>

DEC 2-5 GINGERBREAD HOUSE FESTIVAL AND VIEWING

The Annual Gingerbread House Festival and Auction benefiting Big Brothers Big Sisters of Douglas County. Local talent builds and donates amazing Gingerbread creations to be placed up for charity auction at an elegant seasonal gala on December 8. Carnegie Building, 200 W 9th.

LAWRENCE, (785) 843-7359

DEC 3 2011 HOLIDAYS IN WELLSVILLE

A whole weekend of holiday events not far from Ottawa. Festivities include Tree Lighting Ceremony, Wellsville Tour of Homes, Home Lighting Contest, Business Window Decorating Contest. Holiday Craft Show, Pictures with Santa, Entertainment Junior & Luetta Crist Christmas Drawing and Local Girl Scout Bake Sale.

WELLSVILLE, (785) 883-2462

DEC 3 DOWNTOWN LAWRENCE OLD-FASHIONED CHRISTMAS PARADE

Bring the entire family and enjoy the annual Old-Fashioned Christmas parade. Features exclusively horse-drawn carriages, wagons and coaches decorated for the season. Santa is the parade's grand finale. Downtown.

LAWRENCE, (785) 838-9400

<http://www.lawrencechristmasparade.org>

DEC 3 HOLIDAY ART FAIR

Annual Lawrence Art Guild's Holiday Art Fair. Great place to find special holiday gifts. Strolling musicians add to the ambience of this event. 940 New Hampshire.

LAWRENCE, (785) 843-2787

<http://www.lawrenceartscenter.com>

DEC 3 SANTA EXPRESS

Please visit our website for this year's schedule for the Midland Railway Santa Claus Express trains. In addition to the 12-mile round trip train ride, each child will have a chance to visit Santa in his special rail car and have their pictures taken with him. The Baldwin Santa Fe Depot souvenir shop will be open for those wishing to get train-related souvenirs and Christmas gifts. The trains are enclosed but not heated so visitors are reminded to dress accordingly. 1515 W High St.

BALDWIN CITY, (913) 721-1211

<http://www.midland-ry.org>

DEC 3-18 FESTIVAL OF NATIVITIES

View over 300 nativity sets during this annual festival and shop the craft sale. Weekends only. Centenary United Methodist Church, 245 Elm St.

LAWRENCE, (785) 843-1756

DEC 4 87TH ANNUAL HOLIDAY VESPERS

KU holiday tradition. Features the KU Symphonic Choir and the KU Symphony Orchestra. Two performances, 2:30 and 7:30 p.m. Lied Center of Kansas, 1600 Stewart.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu>

DEC 4 HOLIDAY HOMES TOUR

This event, which benefits the Health Care Access Clinic, will showcase holiday decorating ideas from a variety of traditions at several exclusive locations in Lawrence. Arts and crafts and homemade baked goods will also be available for purchase at Corpus Christi Catholic Church with all of the proceeds also going to the clinic.

LAWRENCE, (785) 841-5760

DEC 4 MEET FATHER CHRISTMAS

Meet Father Christmas at the Mulvane General Store and take a photo with him while shopping for unique gifts. Please call for more information. Event time: 11 a.m.-1 p.m. Mulvane General Store, 124 NW Fillmore.

TOPEKA, (785) 368-3888

<http://www.topeka.org>

DEC 4 SANTA ARRIVE BY TRAIN

Santa arrives on the Union Pacific Train. Children's activities, games, crafts, refreshments and photos with Santa. Children 12 & under free; Adult regular admission price. 1-3 p.m. Great Overland Station, 701 N Kansas Ave.

TOPEKA, (785) 232-5533

DEC 5 CANDY CANE PROMENADE

Join us in the holiday spirit by following Santa Claus down the candy cane lined parade route. Parade ends in Centennial Park with Christmas caroling, Mayor's Christmas tree lighting and the Vaughn Trent Community Services Food Drive. Nettleton and Oak.

BONNER SPRINGS, (913) 667-1703

<http://www.bonnerrsprings.org>

DEC 8 ANNUAL KU JAZZ VESPERS

University of Kansas Bands performing seasonal music. Lied Center of Kansas.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu>

DEC 9-11 THE NUTCRACKER BY BALLET MIDWEST

Full length ballet of the Nutcracker. The ballet starts at Christmas where Clara is given a nutcracker by her uncle. Later that night he leads Clara into a fantasy land where a battle ensues between the Nutcracker and the Mouse King. Clara is lead into the Kingdom of Enchantment. Topeka Performing Arts Center, 2 p.m. & 8 p.m. Fee.

TOPEKA, (785) 234-2787

<http://www.tpactix.org>

DEC 9-18 A LITTLE HOUSE CHRISTMAS

Based on several of the Little House on the Prairie, this heartwarming Christmas story includes such familiar characters as Laura, Mary, Ma, Pa, Mrs. Oleson, Nellie Oleson and many more. When a storm threatens to postpone Santa's visit, Laura and Mary learn the true meaning of Christmas. Event times: 11 a.m. & 2 p.m. Saturday; 2 p.m. Sunday; 10 a.m. Wednesday.

Topeka Civic Theatre. Fee.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

DEC 10 A CAPPELLA UNLIMITED - HOLIDAY CONCERT

Topeka's Award Winning Sweet Adeline Ensemble. Event Time: 2 p.m. & 7 p.m. Fee. 701 SW 8th Avenue.

TOPEKA, (785) 235-3457

<http://www.GraceCathedralTopeka.org>

DEC 10 CHILDREN'S HOLIDAY SHOP

A safe and fun place for children to shop for gifts for their families. In addition to shopping, kids can visit Santa. For children aged 4th grade and younger. Lawrence Arts Center, 940 New Hampshire.

LAWRENCE, (785) 843-2787

DEC 22 KANSAS CHRISTMAS CHORALE

Presented by WIBW Channels and the Topeka Performing Arts Center, this free community event is sure to become a fun family tradition. Join us as we sing traditional Christmas songs to celebrate the season. Event time: 7 p.m.

Event Cost: Free to the Public with a canned good donation

TOPEKA, (785) 234-2787

<http://www.tpactix.org>

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m.

Presbyterian Manor, 1429 Kasold Dr., Lawrence, 10:30-11:30 a.m.

Vermont Towers, 1101 Vermont St., Lawrence, 1-2 p.m.

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr., Lawrence, 9-10 a.m.

Drury Place, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m.

Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.

FRIDAYS

Clinton Place, 215 Clinton Parkway, Lawrence, 9-10 a.m.

Wyndham Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.

Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD TUESDAY OF EACH MONTH
Midland Adult Day Care, 319 Perry St., 10 a.m.

Vermont Towers, 1101 Vermont St., 1 p.m.

Cottonwood Retirement 1029 New Hampshire, 2 p.m.

Babcock Place, 1700 Massachusetts St., 3 p.m.

THIRD WEDNESDAY OF EACH MONTH
Brandon Woods, 1501 Inverness Dr., 10:30 a.m.

Prairie Commons, 5121 Congressional Circle, 1 p.m.

The Windsor, 3220 Peterson Rd., 2:15 p.m.

■ CONTINUED ON PAGE 21

Luther Place

APARTMENT ♦ HOMES

Topeka's Premier Retirement Community

We are so excited, we wanted to tell you about our completely modernized affordable 1 & 2 bedroom Apartment Homes!

Beauty Shop • All Utilities Included • 24 Hour On-Site Staff • On City Bus Route
Ample Laundry Facilities • Weekly Grocery Transportation

Stop by or call today to schedule an appointment
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Some restrictions apply. Age 62 & older. Mobility Impaired.



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Affordable Independent Senior Living

Applications Being Accepted

Secure, age-restricted high rise apartment complex adjacent to downtown and grocery shopping at 1700 Massachusetts in Lawrence. Many amenities and conveniences provided including transportation and meals programs.

Rent based on income. Utilities included.

Call 842-8358 for information or visit our web site at www.ldcha.org.



■ CONTINUED FROM PAGE 20

FOURTH WEDNESDAY OF EACH MONTH

Presbyterian Manor, 1429 Kasold Dr., 9:45 a.m.
Presbyterian Manor-Asst.Living, 1429 Kasold Dr., 11 a.m.
Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 1 p.m.
Drury Place, 1510 St.Andrews Dr., 2:30 p.m.

MEETINGS

MONDAYS, WEDNESDAYS & FRIDAYS WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class times are 6:30 a.m., 9 a.m., and 5 p.m. 1112 W. 6th St., Ste. 124.

LAWRENCE, (785) 838-7885
www.OrthoKansasPA.com

FIRST MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

Facilitated by Heartland Hospice and open to those who have lost loved ones. Held at Heartland's office, 2231 SW Wanamaker Rd., Ste. 202, at 6 p.m. Call Terry Frizzell for more information.

TOPEKA, (785) 271-6500

FIRST & THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

LAWRENCE SENIOR CENTER
2:15-3:45 PM, (785) 842-0543

FIRST & THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.

LAWRENCE, (785) 505-3140

FIRST & THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.
LAWRENCE MEMORIAL HOSPITAL
4-5 PM, (785) 840-3140

FIRST & THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m.
LAWRENCE, (785) 842-0543

FIRST TUESDAY OF EACH MONTH LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3 p.m. in Conference E of LMH.
LAWRENCE, (785) 830-8130

FIRST & THIRD TUESDAYS OF EACH MONTH SCRAPBOOK MEMORIES

Grace Hospice, 3715 SW 29th St., Suite 100, 6 p.m. All supplies provided (except photos).
TOPEKA, (785) 228-0400

FIRST & THIRD TUESDAYS OF EACH MONTH GRIEF SUPPORT GROUP

Grace Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Grace Hospice at (785) 228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 2 p.m.

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 3-4 p.m.
TOPEKA, (785) 232-2044

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle.
5:30-6:30 p.m.
TOPEKA, (785) 232-2044

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class time is 5:30 p.m. 1112 W. 6th St., Ste. 124.

LAWRENCE, (785) 838-7885
www.OrthoKansasPA.com

FIRST & THIRD TUESDAY OF EACH MONTH HEALING AFTER LOSS BY SUICIDE (HEALS)

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve New-

comer at for more information. Pozez Education Center, 1505 SW 8th St.
TOPEKA, (785) 478-4947 or (785) 296-8349

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson at (785) 832-1692.

WEDNESDAYS AND SUNDAYS

OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)

Members of O.U.R.S. have met to dance since

■ CONTINUED ON PAGE 22

Winter Meadow Homes Inc.

Is there someone special in your life who needs extra care? A Home Plus Adult Care Home is an alternative solution to a nursing home environment.

We provide an intimate family setting and more "Attentive" attention.

Residents can choose their meals and have family recipes prepared for them. It's easier for the families to be involved. We provide a home setting with group and individual activities available.



Services Include:

- Personalized Care
- Private & Semi-private bedrooms
- 24 Hour Care by Certified Staff
- Daily supervision by RN and LPN
- Medication Assistance
- Fresh home-cooked meals served at a family table
- Social interaction and activities
- Fire sprinkler and door security
- Personal Laundry Service
- Licensed and inspected by the Kansas Department on Aging

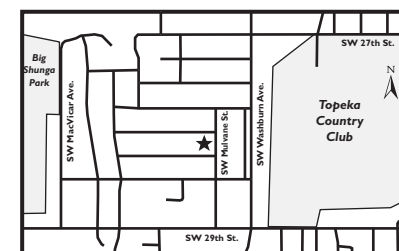


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■ CONTINUED FROM PAGE 21

1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6-9 p.m. on Sundays at the Eagles Lodge.
LAWRENCE

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 3-4 p.m.
TOPEKA, (785) 232-2044

FIRST THURSDAY OF EACH MONTH

LAWRENCE AREA PARTNERS IN AGING

Networking group. Call Ashley at (785) 842-0543 for more information. \$12.00 to attend (includes lunch).
11:30 AM-1 PM

FIRST AND THIRD THURSDAY OF EACH MONTH

TRANSITIONS SUPPORT GROUP

Co-sponsored by Brewster Place and Heartland Hospice as a group to help people move from confusion to confidence no matter their loss or life changes and challenges. Meets at 3 p.m. in the main chapel at Brewster Place, 1209 SW 29th St. Call Terry Frizzell of Heartland Hospice of Topeka for more information.
TOPEKA, (785) 271-6500

FIRST FRIDAY OF EACH MONTH

STROKE SUPPORT AND RECOVERY GROUP

Providing an opportunity for learning and sharing experience. Meetings begin at 1:30 p.m. for blood pressure readings and at 2 p.m. for program. For information, call Jan Dietrich in the Adult Field Services Office. Health Agency Main Library.
TOPEKA, (785) 232-7765

SECOND MONDAY, SEPT-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
LAWRENCE, (785) 331-4575

SECOND MONDAY OF EACH MONTH

GRIEF AND ENCOURAGEMENT GROUP

For those who have lost loved ones. Sponsored by Hospice Care of Kansas. Meets at Brookwood Center, 2900-H Oakley. You are welcome to attend on time or as often as you like. If you have questions or need directions, call Chaplain Nancy Cook.
TOPEKA, (913) 599-1125

SECOND MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11 a.m.
TOPEKA, (785) 235-1367, EXT. 130

SECOND & FOURTH TUESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

Grace Hospice in association with Pioneer Ridge Assisted Living invites individuals coping with the loss of loved ones to join us. For more information call (785) 841-5300 or 1-800-396-7778. Pioneer Ridge Assisted Living, 4851 Harvard Rd., Lawrence, 10:30 a.m.

SECOND TUESDAY OF EACH MONTH

NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES

Meets at 9:30-11 a.m. at Coyote Canyon Buffet.
TOPEKA, <http://www.narvre.com>

SECOND TUESDAY OF EACH MONTH

HERBS STUDY GROUP

An informal group meeting monthly to study herbs. We will learn about the aspects of each herb: culinary uses, aromatherapy applications, medicinal properties, historical lore, growing and crafting. This group is open to anyone wanting to learn more about the herbs grown in the garden and in the wild. Meets at 7 p.m. at the Unitarian Fellowship of Lawrence, 1263 N. 1100 Rd. To sign up to receive updates, email HerbStudyGroup@gmail.com or join our Facebook page (search Good Earth Herbs)
LAWRENCE

SECOND & FOURTH TUESDAY OF EACH MONTH

SCRAPBOOK MEMORIES

Grace Hospice, 1420 Wakarusa, 6 p.m. All supplies provided (except photos).
LAWRENCE, (785) 841-5300

SECOND WEDNESDAY OF EACH MONTH

MEMORY SUPPORT GROUP

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2 p.m. For more information, please call Amy Homer.
LAWRENCE, (785) 832-9900

SECOND WEDNESDAY OF EACH MONTH

DIABETES EDUCATION GROUP

The Diabetes Education Center provides a free monthly program for those with diabetes and their support persons, at 6 p.m. Lawrence Memorial Hospital, Meeting Room A.
LAWRENCE, (785) 505-3062

SECOND THURSDAY OF EACH MONTH

NAACP MEETING - LAWRENCE CHAPTER

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.
LAWRENCE, (785) 841-0030, (785) 979-4692

SECOND SATURDAY OF EACH MONTH

HAPPY TIME SQUARES SQUARE DANCE CLUB

Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8 p.m., Mainstream 8-10 p.m. Contact Frank & Betty Alexander.
LAWRENCE, (785) 843-2584
www.happytimesquares.com

THIRD MONDAY OF EACH MONTH

ACTIVE PRIMETIMERS

For ages 50+. Seniors group for friendship fun and travel. Luncheon meeting every third Monday at the Holidome. Reservations needed Thursday prior to meeting. Call Elsie for more information.
LAWRENCE, (785) 224-5333.

THIRD TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2 PM

THIRD TUESDAY OF EACH MONTH

GRANDPARENT AND CAREGIVER SUPPORT GROUP

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.
TOPEKA, (785) 286-2329 or (785) 231-0763

THIRD TUESDAY OF EACH MONTH

STROKE SUPPORT GROUP

For those recovering from a stroke, and/or their family and friends. Meets at 4-5:30 p.m. For more information call LMH Kreider Rehab Center.
LAWRENCE, (785) 505-2712

THIRD WEDNESDAY OF EACH MONTH

ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a

short business meeting. First time lunch is free! NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.
LAWRENCE, (785) 843-7481

■ CONTINUED ON PAGE 23



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■ CONTINUED FROM PAGE 22

**THIRD THURSDAY OF EACH MONTH
LUNCH AFTER LOSS**

A social support group to re-engage life after the death of a loved one. Meets at 11 a.m. at Paisano's Ristorante, Fleming Place, SW 10th & Gage. Dutch treat. Requires a reservation. Call Terry Frizzell at Heartland Hospice of Topeka for your reservation.
TOPEKA, (785) 271-6500

**THIRD THURSDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

Baldwin Healthcare Center, 1223 Orchard Lane, 1-2 p.m.
BALDWIN CITY, (785) 594-6492

**THIRD SATURDAY OF EACH MONTH
TOPEKA WIDOWED PERSONS BRUNCH**

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11 a.m.-1 p.m. For more information about the Widowed Persons Service Program, please call Julie.
TOPEKA, (785) 357-7290

**FOURTH MONDAY OF EACH MONTH
GRIEF SUPPORT GROUP**

Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice.
LAWRENCE, (785) 841-5300

**FOURTH TUESDAY OF EACH MONTH
LAWRENCE PARKINSON'S SUPPORT GROUP**

Pioneer Ridge Assisted Living Library, 4851 Harvard, 6:30 p.m.
LAWRENCE, (785) 344-1106

**FOURTH WEDNESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd., 1 p.m.
TOPEKA, (785) 235-1367, EXT. 130

**FOURTH THURSDAY OF EACH MONTH
TOPEKA GENEALOGICAL SOCIETY**

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at the Topeka-

■ CONTINUED ON PAGE 24

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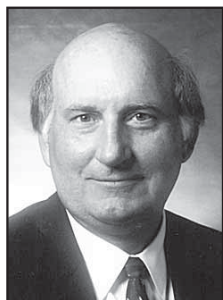
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for more information.

■ CONTINUED FROM PAGE 23

Shawnee County Public Library, 7 p.m. No meeting in April, November or December.
TOPEKA, (785) 233-5762
<http://www.tgstoepka.org>

FOURTH THURSDAY OF EACH MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

We have a covered dish dinner, a short meeting, and then play dime bingo with playing cards.
5:30 p.m. at 17th and Stone. For additional information, email pdpatterson@juno.com.
TOPEKA

FOURTH FRIDAY OF EACH MONTH RETIRED GOVERNMENT EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller.
LAWRENCE, (785) 478-0651

SECOND & FOURTH FRIDAY OF EACH MONTH ALZHEIMER'S/CAREGIVER SUPPORT GROUP

Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m.
LAWRENCE, (913) 831-3888

FOURTH FRIDAY OF EACH MONTH

AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11 a.m. at the Lawrence Country Club. Lunch served at 11:30. New and interested members welcome. Please call Mary for reservations.
LAWRENCE, (785) 331-4247

MISCELLANEOUS

APR 6-DEC 7

SENIOR WEDNESDAY AT THE ZOO!

You're never too old to visit the Topeka Zoo and we have just the event for Senior Citizens. All seniors are invited to join us the first Wednesday

of each month and enjoy coffee and an educational chat. Program is free with zoo admission. Event time: 9:30 a.m.
TOPEKA, (785) 368-9134
<http://www.topekazoo.com>

DEC 6

MYSTORY 2012: "AND WE WERE THERE. HISTORICAL EVENTS THROUGH OUR EYES"

Booklets of stories written by the participants will be shared. Registration is not necessary. MyStory is a yearly series of programs that encourages everyone to tell their stories and life experiences. It is presented by LPL Outreach Services and Babcock Place, 1700 Massachusetts.

LAWRENCE, (785) 843-3833

DEC 8

HOLIDAY OPEN HOUSE AT THE WINDSOR OF LAWRENCE

Enjoy the sights, sounds, and flavors of the holiday as you stroll through The Windsor. Taste some delicious wines and enjoy tasty hors

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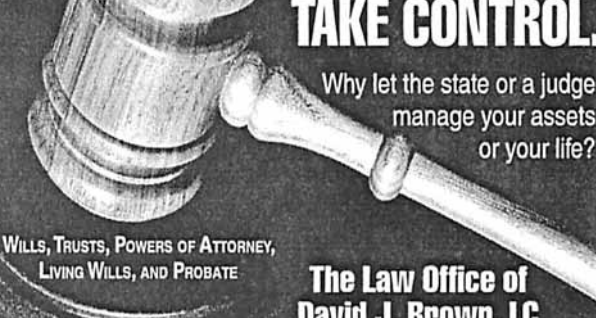
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Social Security helps the homeless

By Norm Franker

Social Security District Manager in Lawrence

More than half a million Americans experience homelessness on any given night. Nearly 20 percent of them are "chronically homeless," meaning they are on the streets regularly.

Social Security has several programs that pay benefits to qualified individuals, including those who are homeless. These programs include retirement, disability, and survivors benefits, as well as Supplemental Security Income (SSI), which is a needs-based program for people who are blind, disabled, or age 65 or older. If you know someone who is homeless, a good place to get information is at www.socialsecurity.gov/homelessness.

That page includes a link to the Spotlight on Homelessness — a website designed to help the homeless apply for SSI. It's available at www.socialsecurity.gov/ssi/

[spotlights/spot-homeless.htm](#).

The homelessness page also includes links to information on health care for the homeless, institutionalization, advocacy groups, reports on homeless outreach, and even links to other websites like the U.S. Interagency Council on Homelessness and HUD.

You'll find other information helpful to the homeless on www.socialsecurity.gov. For example, there is a link to our Benefit Eligibility Screening Tool, or BEST. Based on answers to various questions, this tool helps determine the benefits someone might be eligible for and gives information about how to qualify and apply. Go directly to www.socialsecurity.gov/best.

Tell anyone you know who is homeless or threatened with homelessness to use the Benefit Eligibility Screening Tool and to check out the different types of benefits and assistance they may be eligible to receive.

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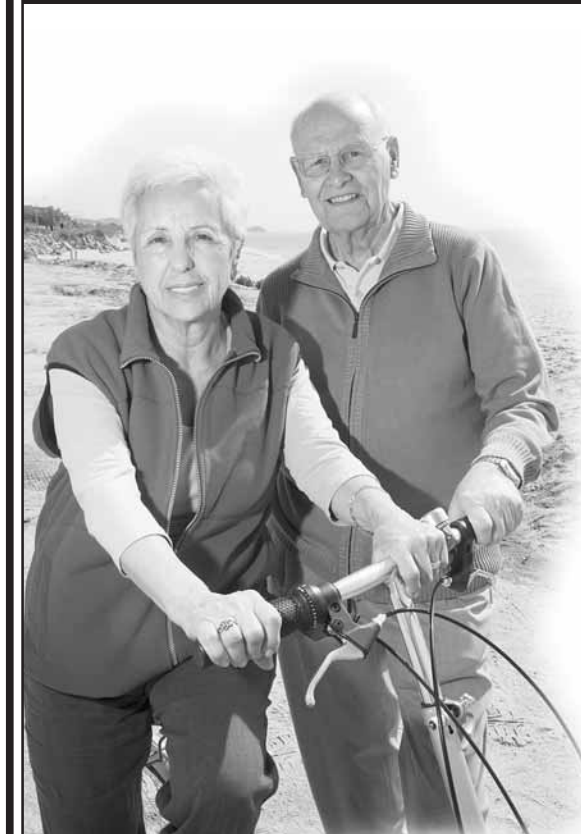
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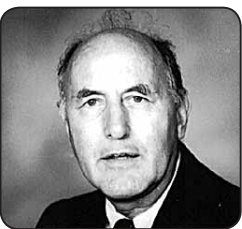


HUMOR

Fashion Runaway

The Fashion Show," a high octane network program, featured a group of talented fashion designers. They competed every week hoping to become the show's fashion designer of the year

The show's producers gave the designers a different fashion assign-



Larry
Day

ment every week. They had a budget, and a designated shop where they had to buy their materials. Camera crews followed the designers as they bought their materials, prepared designs in a common work area, chatted in the break room, and fitted models.

When the designers finished drawing and stitching and sewing and fitting their creations, "The Fashion Show" put their work on the air for a nationwide television audience. Toward the end of each show, judges critiqued the designers' work after their models walked the runway.

If the judges chose their outfits, the designers stayed on the show. Each week one designer was eliminated.

Some designers were very angry over being dropped. Jasson Slade and Meredith Kline, whose designs

had been ridiculed, were bitter. They vowed revenge and contacted other angry designers.

Together they formed a plot to produce a satire of "The Fashion Show." They called it "Bogus Threads."

The plot leaders recruited expert volunteers for what was a complicated operation. When they were ready to go they had a fully equipped television studio with producers, sets, camera crews, sound crews, fabric and accessory supplies, a designer work area, models, editors, and a panel of bogus judges.

The bogus show looked better than the real show. Video and sound were highly professional and the editing was flawless. The bogus designs looked ghastly, the bogus models were obese and gawky, and the bogus judges wore clown costumes.

When "Bogus Threads" was ready to go on the air, Jasson Slade and Meredith Kline took over the operation. They had figured out how to hijack an entire episode of "The Fashion Show," and replace it with "Bogus Threads."

They bribed, "pillow talked" and black mailed key studio workers, the network control booth technicians, and the key people in the network production offices. They planned the coup as carefully, the Allies planned the D-Day invasion. The plotters called their invasion B-Night.

Not only did they have to hack into a national network's primetime television signal, they had to keep the bogus program on the air for an hour. To ac-

complish that feat, Jasson and Meredith had to neutralize one top network entertainment executive, a man named Rolf Brendlemeyer.

Brendlemeyer was a former BBC Television kingpin who left England to become chairman of the U.S. network's entertainment division. He supervised all episodes of "The Fashion Show," from the time they were conceived until the last credits appeared at the end of the show.

Meredith knew that Brendlemeyer watched "The Fashion Show" while he ate dinner. To keep Brendlemeyer from shutting down the bogus show as soon as it appeared, Meredith put psychedelic mushrooms in his catered salad.

The B-Night invasion came off flawlessly. At the top of the hour, during a commercial break, the plotters hacked into the network, deleted "The Fashion Show," and substituted "Bogus Threads." The show had been on the air less a minute when Brendlemeyer's direct line sounded.

"Her-ow?"

"Sir, this is Peter Gridley in the studio. Someone has hijacked our signal. They're broadcasting a fake

program."

"What ho, Petey me lad?"

"Sir, did you hear me? Someone has hijacked "The Fashion Show."

"No. No. Itsh jus' fine. I'm warchin' it right now. Lookin' great! Petey. Itsh Lookin' jus great. Cheers Old Top."

"Sir, you mean you just want us to let this disaster run?"

Of cho..Churse, old top. The sheeh oh must go on, what? Let it run, lad die."

"Yes, sir. If you say so, sir."

In the end it was a pyrrhic victory for the plotters. As soon as "Bogus Threads" came on their screens, viewers got on the Internet, cell phones and personal digital devices to alert their friends. The show blew the roof off the network's audience rating for that hour. The designer's plot spawned half a dozen reality shows that examined the hijacking. "The Fashion Show" lived another five seasons.

- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.

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TRAVEL TROUBLESHOOTER

A 'little dent' adds \$500 to my car rental bill

Carri Schoeller is charged an extra \$500 after she returns her rental car to Enterprise. The reason? There's a small scratch on the bumper. Didn't they say little scratches don't count? Yeah, but talk is cheap.

By Christopher Elliott
Tribune Media Services

Q: We recently rented a car from Enterprise in Phoenix. When we picked up the car, a representative inspected it with us. My husband noted a couple small marks, but she said we shouldn't worry because "anything under four inches" was waived.

We drove on some dirt roads, so the car was quite dusty when we returned it and to say the representative eagerly went around the car like Sherlock Holmes looking for clues would be an understatement. She found a small scratch on the left rear bumper, which appeared to be possibly from someone backing into us, as we knew it wasn't done by our usage.

Before one could blink, we were hauled over to the processing office and our \$256 bill jumped to \$772—of course, taken from our credit card without our authorization. Trying to get through to the rep assigned to handle our claim is impossible as she

never is available on the phone. But her assistant was very helpful in informing us that the bill for repairing what he even admitted from the photos was a small, quite insignificant flaw was more than \$500.

When I challenged him on how in the world a small dent could cost \$440 he said actually anything under a thousand from a shop is a bargain.

This is a total preplanned scam and the way the check-in rep went over ever square inch of the car with such enthusiasm there is little doubt these folks are being cut in for finding things wrong with the cars.

We are reasonable people and understand that even if someone backed into us if there was a small scratch we would be willing to pay a small amount to cover what is fair for repairing it. But more than \$500, including an "administrative fee" is totally unacceptable. - Carri Schoeller, Orlando, Fla.

A: Your suspicions are understandable. Why would one employee waive you off, while another one goes over the car with a fine-tooth comb? And why deduct the \$500 from your credit card immediately when the full repair costs aren't known yet? Whatever happened to the damage estimate? Weren't you entitled to receive a re-

pair bill, detailing the work that had been done on your rental?

Unfortunately, your case is becoming all too common. Car rental companies don't even wait for the paperwork. If there's damage to your car, they charge you right away. Never mind procedure.

But there are three things about your story that I find troubling, and that Enterprise had nothing to do with. First, you found scratches on the car. Why didn't you note them on your rental agreement? Talk is cheap. You can almost be guaranteed that the person checking you in won't be handling your return. So what if the second employee doesn't know about the four-inch rule?

Take pictures of your rental car and note all damage, no matter how small the dings, chips and scratches.

Second, did you say you'd gone off-roading in your rental? Most car rental agreements forbid drivers from taking their cars on an unpaved road. Even if they don't, it's a good idea to stay away from dirt roads in a rental car. The most common kind of car rental damage—the chipped window—can happen too easily when a

car or truck in front of you kicks a pebble at you.

Finally, and perhaps most problematic, is that you agree that damage happened to your car while it was in your possession, though not by your usage. Unfortunately, it doesn't matter. If the car was dented when you had it, you're responsible.

I think both parties made mistakes, but I wanted Enterprise to take another look at this damage claim. It did, and notified you that it had dropped the claim and refunded the \$500.

- Christopher Elliott is the author of "Scammed: How to Save Your Money and Find Better Service in a World of Schemes, Swindles, and Shady Deals" (Wiley). He's also the ombudsman for National Geographic Traveler magazine and the co-founder of the Consumer Travel Alliance, a nonprofit organization that advocates for travelers. Read more tips on his blog, elliott.org or e-mail him at chris@elliott.org. Christopher Elliott receives a great deal of reader mail, and though he answers them as quickly as possible, your story may not be published for several months because of a backlog of cases.



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WOLFGANG PUCK'S KITCHEN

Making 'risotto' without rice

By Wolfgang Puck

Tribune Media Services

Not long ago, the traditional Italian rice dish called risotto seemed like the hot new thing. You could find it featured on the menus of every Italian restaurant, even those specializing in regions other than risotto's northern Italian homeland—not to mention in many non-Italian restaurants. And soon, food lovers were also learning the ins and outs of making risotto perfectly at home.

That popularity was understandable. Risotto is a perfect balance of plump, short-grained rice that cooks to a tender-but-chewy texture while being stirred in broth that reduces and thickens to a creamy consistency from the ample surface starch the grains release.

Over time, risotto became so familiar to us that we adopted it into our cooking vernacular and began applying the name to other preparations resembling its texture and consistency. There was barley "risotto" made with that distinctive, wholesome grain, which itself releases a creamy starch as it cooks; and wonderful corn "risotto," prepared by cutting the golden kernels from fresh-picked ears of corn and cooking them in a sauce thickened by their own rich, sweet, starchy juices.

Of course, there was no "ris" in these risottos. But that didn't diminish the perfectly distinctive ways in which they recalled the original.

So, for autumn and the approaching holiday season, I'd like to share yet another risotto-style dish made with a naturally starchy ingredient: sweet potato.

There are multiple varieties of tuber labeled "sweet potato" in markets, with skins ranging from light brown to purplish red and flesh from pale yellow to deep orange. The red-skinned, orange-fleshed types of sweet potato are also often incorrectly labeled "yams" in American markets. (True yams, in fact, are a large, knobby, white-fleshed vegetable that's not particularly sweet, eaten as a staple in areas from Africa to New Guinea, Asia to South America to the Carib-

bean.) For my sweet potato risotto, you can use either yellow- or orange-fleshed varieties, though the latter so-called "yams" will yield the most flavorful, colorful results.

To turn sweet potatoes into risotto, begin by peeling them and cutting them into small, uniform cubes. Then, as you would for a risotto made with rice, soften them up by sauteing them with minced aromatic vegetables before the cooking and stirring in liquid begins. For this recipe, I use cream, which the cubes absorb little by little while the liquid reduces, enveloping them in a rich, delicious sauce.

The result may remind you of scalloped or creamed potatoes. It's rich and satisfying, so a small 1/2-cup serving makes an ample side dish.

I like to serve this with roast turkey, chicken, pork, or lamb and a simple green vegetable. And it works equally well for a casual weeknight supper or a grand Thanksgiving dinner.

SWEET POTATO RISOTTO

Serves 6

- 6 ounces extra-virgin olive oil
- 1-1/2 tablespoons minced fennel bulb
- 2 teaspoons finely chopped onion
- 2 teaspoons minced garlic
- 2 teaspoons minced shallot
- 1 pound orange-fleshed sweet potatoes, peeled cut into 1/4-inch (6 mm) dice
- Salt
- 1/2 cup dry white wine
- 1-1/2 to 2 cups whipping cream
- 2 tablespoons unsalted butter, cut into small pieces
- 2 ounces freshly grated Parmesan cheese

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Freshly grated nutmeg
4 to 6 fresh sage leaves, torn into small pieces

In a large, heavy-bottomed nonstick saucepan (preferably stainless steel), heat the oil over low heat. Add the fennel, onion, garlic, and shallot and saute gently, stirring frequently with a wooden spoon, until they soften and turn slightly translucent, about 3 minutes.

Add the sweet potato, raise the heat to medium-high, and continue sauteing, stirring very frequently to prevent sticking or burning, until the sweet potato deepens in color and begins turning fragrant, about 5 minutes.

Season lightly with salt and add the wine. Stir continuously as the wine simmers, until it has almost evaporated completely, 3 to 4 minutes.

Add just enough of the cream to

cover the sweet potatoes barely. As the cream simmers and is absorbed by the sweet potatoes, keep stirring continuously, making sure that the cubes do not stick to the bottom; add a little more of the cream from time to time as necessary to keep the mixture from turning dry.

When the sweet potatoes are tender and the liquid has thickened and enveloped the potatoes, after 10 to 12 minutes, remove the pan from the heat. Stir in the butter pieces and about two-thirds of the Parmesan, and then adjust the seasonings with a little more salt if necessary.

To serve, spoon the mixture onto individual plates. Garnish with a hint of nutmeg, a little more Parmesan, and some torn sage leaves.

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PET WORLD

Tagging female dog with a male name is hardly a crime

Q: On a walk with our dog, Payton (a male Shepherd/Collie mix), we met two girls with a female Miniature Schnauzer named Butch. I realize dogs don't know a male name from a female name, but people laugh at this dog all the time. This is wrong,



Steve Dale

and I assume the dog has a complex about it. What do you think? - S.H., Chicago, IL.

A: Dogs just accept things and move on. I suggest you do the same. People may smile or chuckle when they realize Butch is a female, but I see no harm in that. Dogs put smiles on our faces anyway—one of many ways they're healthful for us.

Now, I do believe dogs can feel demeaned, so if people truly bully Butch over her name, that would be a problem. My advice would be for the Butch's owners to stay away from those boorish, immature folks. As long as Butch's family is loving and cares for their best friend; I think I get the joke—and I think it's funny!

Q: I'll be attending a Halloween costume contest with our little Japanese Chin, Nancy Oh. I read on a humane website that we shouldn't dress up pets for Halloween because they might feel humiliated. Could this be true? - B.J., New York City, NY

A: I agree that some dogs can feel humiliated. They might stand still as a statue, head down, ears back and tail tucked. Other dogs (they tend to be small breeds like yours), however, seem to eat up all the extra attention they get dolled up as Cinderella or Darth Vader. Think about it: The family dresses them up (that's extra attention), then everyone tells the dog how cute she looks. What egocentric

pooch wouldn't relish all that praise?

You're the best judge of your pet. For dogs who appear demeaned or want to chew up their costumes, skip the dress-up session; maybe a bandana will be enough. If your dog appears totally indifferent to the entire affair, or relishes the attention - go for it.

Be sure the costume you pick doesn't limit the dog's mobility or impair its vision. Tight-fighting costumes are not a good idea.

Q: My 1-1/2-year-old miniature Australian Shepherd gets car sick. I've tried Cerenia (a medication), holistic remedies, the Thundershirt, Dramamine, and a pet-calming tablet. I've tried feeding the dog in the car, and driving without feeding him. He gets anxious and starts to drool when he thinks we're going for a ride. I've tried making a game of getting him into the van. No luck. We've tried to make all destinations a "happy place," and have even taken along another dog who doesn't mind car rides. The thing is, despite his problem, we take our dog everywhere. Any advice? - S.D., Cyberspace

A: "You've certainly made a great effort," says dog trainer Victoria Stilwell, host of "It's Me or the Dog" on Animal Planet.

Cerenia is an excellent drug for motion sickness, and Dramamine also works. Consequently, the odds are this problem is not limited to the motion itself. Still, it's not a bad idea to check with your veterinarian to insure the following advice makes sense.

"First, let's eliminate those pre-departure cues," Stilwell says. Pretend that you're about to go for a car ride, but only go to the door. Repeat this move until your dog doesn't seem to care anymore. Now, do the same, except this time, take your dog to the car and offer him a treat. Don't even open the car door to let your dog in. Again, repeat this maneuver until the pet isn't bothered at all.

"We want to create a positive association with the car," says Stilwell. "This may take a while because the

dog is so upset about the car now. Once he's happy to approach the car, open the door and toss special treats inside."

At the same time, whenever your dog eats indoors, play a CD with music from Stilwell's new Canine Noise Phobia Series (available soon at www.positively.com.) Soon, he'll associate the music with something very positive: dinner. Once he's fine with jumping in the car and chewing on treats, play the same tune from the CD in the car, at first, without turning on the engine.

The music is specifically designed to relax dogs, not to mention creating a positive association between the music and dinner. You might also consider using a D.A.P. collar, which emits an analogue of a soothing pheromone.

Once your dog happily jumps in while you're playing the calming CD, you can finally turn on the engine. However, go nowhere the first few times. Soon, you can drive someplace nearby that your dog enjoys, like a

park. Or drive around the block and return home for dinner. Repeat this trip several times before you choose a different destination.

"This is tedious because the fear is so deeply ingrained," say Stilwell. "The more time you take, though, the more chances of success."

Q: Once a week, my 12-year-old cat doesn't eat. This has been going now for about a month. Is the cat just being finicky? - C.V., Orlando, FL

A: I wonder if indeed something consistent happens on the day your cat doesn't eat; it could be anything: Aunt Sally arrives for her weekly visit, or perhaps you work longer hours. Anytime there's a change in a pet's behavior (especially an older pet), a veterinary visit is recommended. However, it's possible your cat simply is being finicky.

- Write to Steve at *Tribune Media Services*, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207. Send e-mail to PETWORLD@STEVE DALE.TV. Include your name, city and state.

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The 12 sites of Social Security

By Norm Franker

Social Security District Manager in Lawrence

During the holiday season, it's hard to walk in a public place without hearing a Christmas carol or two. One of the most popular traditional songs is "The Twelve Days of Christmas." It's been a holiday favorite since it was published in 1780. Here's our take on the song: "The Twelve Sites of Social Security."

For the first site of Social Security, we present to you: our home page, www.socialsecurity.gov. It's the place to go for all things Social Security. Everything you could want — from online services and screening tools to publications and press releases — can be found easily from this starting place.

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we present to you: an online application for Medicare that lets you complete an application for Medicare benefits in as little as 10 minutes, at www.socialsecurity.gov/medicareonly.

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On the twelfth site of Social Security, we present to you: services for people who are currently receiving benefits, like the ability to replace your Medicare card, get or change a password, request a proof of income letter, or check your Social Security information or benefits. You can do these and other things at www.socialsecurity.gov/pgm/getservices-change.htm.

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PUZZLES & GAMES

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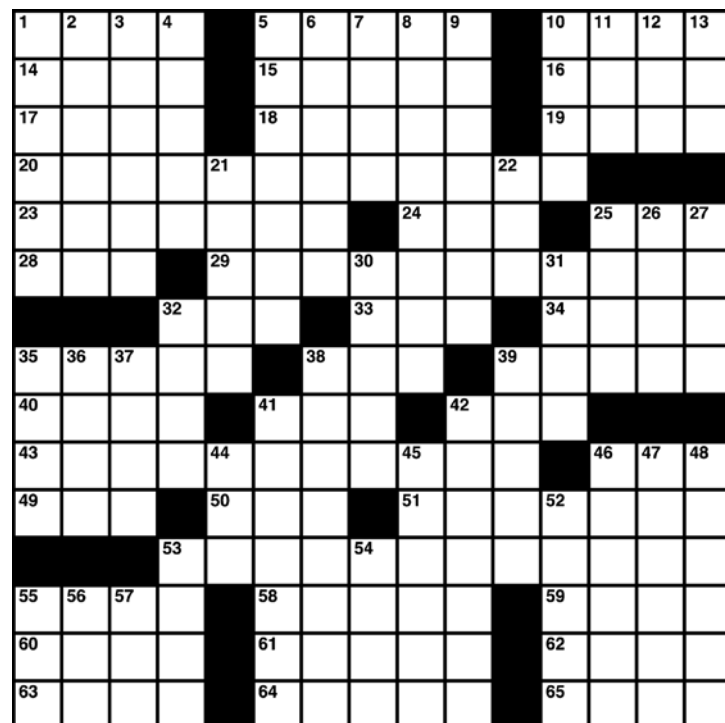
- 1 Nile reptile
- 5 Dance in Rio
- 10 Net info sources
- 14 Make over
- 15 Dwindling Alaskan tribe
- 16 It runs in Juarez
- 17 Copycat
- 18 Horn without keys
- 19 Place to brood
- 20 *13th in a literary series of 26
- 23 Glucose regulator
- 24 Winter phenomenon, commercially
- 25 Diary of a sort
- 28 Cultural org. since 1965
- 29 *Me.-to-Fla. route
- 32 Actress Gardner
- 33 Party invite inits.
- 34 "So be it!"
- 35 *Benjamin
- 38 "___ to him who believes in nothing": Hugo

- 39 *Blue Light Specials store
- 40 Bats
- 41 "Platoon" setting, briefly
- 42 Author Grafton who wrote 20-Across
- 43 *The Boss's backup
- 46 Basic resting spot
- 49 "So that's it!"
- 50 Where kronor are spent: Abbr.
- 51 Cooks quantity?
- 53 *All men have them
- 55 Bunker smoother
- 58 Give ___: inspire
- 59 Capable of
- 60 Cell impulse transmitter
- 61 Blakley of "Nashville"
- 62 Put in stitches
- 63 "I Love Lucy" producer/writer Oppenheimer
- 64 Tipped at the casino
- 65 Winged archer

DOWN

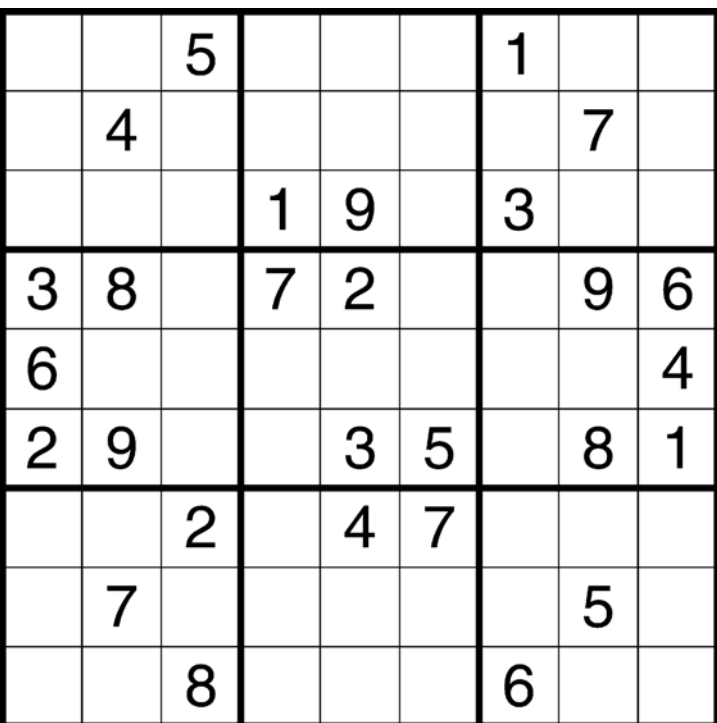
- 1 Fill snugly with
- 2 Complain
- 3 Potemkin mutiny city

- 4 Argonauts' island refuge
- 5 Kate's "Charlie's Angels" role
- 6 Some booster club members
- 7 Byte beginning
- 8 Dartboard area
- 9 Diminished slowly
- 10 Watch part
- 11 Back in time
- 12 Status ___
- 13 Deplete
- 21 Martini garnish
- 22 Demure
- 25 Andean bean
- 26 Done
- 27 Mannerly fellow
- 30 Nuclear radiation weapon, for short
- 31 Popularity
- 32 Comment end?
- 35 Mark's love
- 36 Chips and dip, say
- 37 Twice quadri-
- 38 Decisive downfall
- 39 Praise
- 41 1980s sitcom set in rural Vermont
- 42 Acted snobbishly toward
- 44 PC key
- 45 Payment for cash?



- 46 Boy scout, at times
- 47 Fight combo
- 48 Boxer Mike et al.
- 52 When spelled out, word that follows the beginnings of the starred answers in a memorable kids' show
- theme song
- 53 Desires
- 54 Pen call
- 55 British rule in India
- 56 Bush whacker?
- 57 Haymaker consequences

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SUDOKU: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

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 by Mike Argirion and Jeff Knurek

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

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 TINBAD

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Ans: [] [] [] [] [] [] [] [] [] []

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RACK 1: A1 A1 E1 E1 G2 K5 L1

RACK 2: E1 U1 T1 T1 S1 X8 B3

RACK 3: A1 A1 U1 L1 G2 N1 R1

RACK 4: E1 U1 Y4 K5 L1 N1 F4

RACK 5: E1 E1 I1 U1 R1 Z10 S1

PAR SCORE 265-275
 BEST SCORE 352

FIVE RACK TOTAL
 TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 4th Edition.

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Answers to all puzzles on page 34.

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PUZZLES & GAMES

BRIDGE

You Be the Judge

By Tannah Hirsch

Tribune Media Services

Both vulnerable. South deals.

NORTH

♠-Void

♥-10 4

♦-J 8 7 5 3

♣-A K J 6 3 2

WEST

♠-Q J 10 9 7

♥-5

♦-A K Q 10 2

♣-10 5

EAST

♠-A 8 5 4 2

♥-K 3 2

♦-9 6 4

♣-8 7

SOUTH

♠-K 6 3

♥-A Q J 9 8 7 6

♦-Void

♣-Q 9 4

The bidding:

SOUTH WEST NORTH EAST

1♥ 1♠ 2♣ 2♠

6♥ Pass Pass Pass

Opening lead: King of ♦

Six hearts was the contract at both tables. At one table, declarer ruffed

two diamonds in hand and two spades in dummy. He cashed the ace of trumps and started on clubs, hoping to discard his king of spades on the fourth club. Unfortunately, the third club was ruffed and the ace of spades was taken—down one.

Former world champion Fred Hamilton was the declarer at the table where this auction transpired. He, too, received a diamond lead and ruffed in hand, but immediately led a trump to the ten and king. No matter what East did, declarer would win the next trick, draw trumps and run the clubs to land his slam. Could the defense have done better?

Perhaps! At trick two East must allow the ten of hearts to win, presenting declarer with a chance to go wrong. If declarer guesses to continue by taking the heart finesse, he will still get home. If he tries to drop the king, he will be defeated.

- Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. E-mail responses may be sent to gorenbridge@aol.com.

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Local generosity funds new fence at Mt. Calvary Cemetery

Thanks to the generosity of area parishioners, a new black iron fence is being installed at Mt. Calvary Cemetery, Topeka, Kan., along S.W. Westchester Road.

The Mt. Calvary Cemetery Advisory Committee determined this use of the more than \$20,000 contributed to a special Memorial Day collection in parishes. As future funds are available, the long-term plan is to install iron fencing around the entire cemetery.

"We are extremely pleased with efforts of Catholic Cemeteries to enhance services and the grounds of Mt. Calvary Cemetery," said Steve McCoy, newly elected chairman of the Mt. Calvary Cemetery Advisory Committee to Catholic Cemeteries of Northeast Kansas. "The new fence, made possible through the generous donations of parishioners, represents

yet another opportunity to beautify the cemetery while safeguarding the property."

Contractor for the fence installation is Met-Con Products, Inc., a Topeka manufacturer of ornamental iron products. Weather permitting, projected completion date is by year-end.

For more information about Mt. Calvary Cemetery or Catholic Cemeteries of Northeast Kansas, call 785-272-0820; email information@cathcemks.org; or visit www.cathcemks.org.

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7	2	6	1	9	8	3	4	5
3	8	1	7	2	4	5	9	6
6	5	7	9	8	1	2	3	4
2	9	4	6	3	5	7	8	1
5	6	2	8	4	7	9	1	3
9	7	3	2	1	6	4	5	8
4	1	8	3	5	9	6	2	7

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R	E	D	O	A	L	E	U	T	A	G	U	A
A	P	E	R	B	U	G	L	E	C	O	O	P
M	I	S	F	O	R	M	A	L	I	C	E	
I	N	S	U	L	I	N	S	N	O	L	O	G
N	E	A	I	N	I	N	E	T	Y	F	I	V
		A	V	A	B	Y	O	A	M	E	N	
C	N	O	T	E	W	O	E	K	M	A	R	T
L	O	C	O	N	A	M	S	U	E			
E	S	T	R	E	E	T	B	A	N	D	C	O
O	H	O	S	W	E	T	O	O	M	A	N	Y
		Y	C	H	R	O	M	O	S	O	M	E
R	A	K	E	A	L	I	F	T	U	P	T	O
A	X	O	N	R	O	N	E	E	S	E	W	N
J	E	S	S	T	O	K	E	D	E	R	O	S

JUMBLE ANSWERS

Jumbles: MANGY YOUTH CHROME BANDIT

Answer: The baker played in the picnic baseball game because he made a – GOOD "BATTER"

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S ₁	U ₁	B ₃	T ₁	E ₁	X ₈	T ₁	RACK 2 =	98
A ₁	N ₁	G ₂	U ₁	L ₁	A ₁	R ₁	RACK 3 =	58
F ₄	L ₁	U ₁	N ₁	K ₅	E ₁	Y ₄	RACK 4 =	68
S ₁	E ₁	I ₁	Z ₁₀	U ₁	R ₁	E ₁	RACK 5 =	66

PAR SCORE 265-275 TOTAL **352**

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2012 Senior Resources Directory

AARP
AARP KANSAS
500 N. Kansas Avenue, Suite 200
Topeka, KS 66608
Phone: 785-233-6200
Web: www.aarp.org
Example: Steve Torres, Grand Executive Vice President, American Red Cross

ASSISTED LIVING RESOURCES
NEVADA HOUSE
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Lawrence, KS 66044
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Fax: 785-841-7002
E-mail: ad@nvhousing.com

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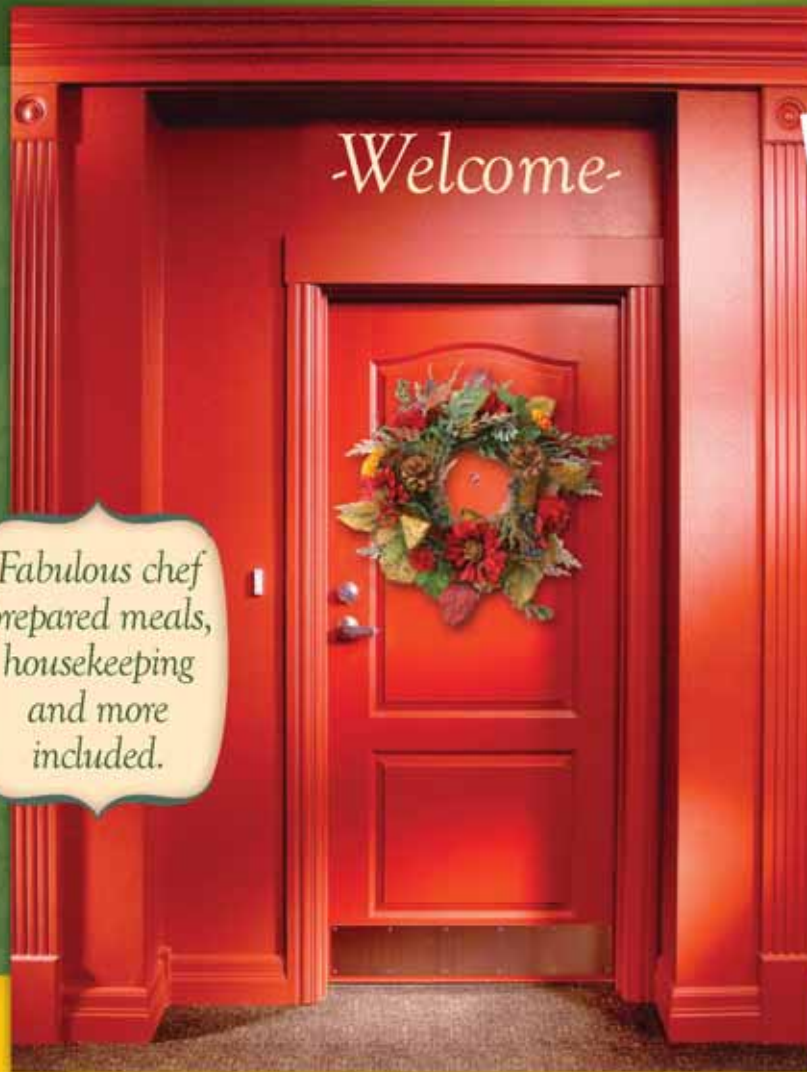
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