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KEVIN GROENHAGEN PHOTO



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Expressing his
interests in
watercolors and
woodcarvings.**

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SENIOR
profile



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Mannell's artwork reflects his love of the Old West

By Kevin Groenhagen

In 1980, Alfred Mannell's wife, Joyce, learned that she had cancer and would need an operation.

"I was so nervous before she was operated on," Mannell said. "We went to an art show in Kansas City and we met a fellow there. He was a minister and a professional wildlife artist. He noticed that we were both pretty anxious. He said, 'You know, you ought to get some water colors and paper and just start playing with it. It will really help calm your nerves.' I tried that and it really worked. I really enjoyed it. The more I did it, the more I was satisfied with the quality."

Although Mannell's family moved to Topeka just before World War II, they lived in the small town of Circleville, Kan., which is near the Prairie Band Potawatomi Indian Reservation in Jackson County, until he was 11.

"My family farmed all around that reservation, plus they had land on the reservation," Mannell said. "My dad was an outgoing person and we had lots of Indian friends. I grew up with and went to school with Indian children. That's how I began getting inter-

ested in the Indian way of life."

Given his love for Native American cultures, it shouldn't surprise anyone that many of Mannell's paintings focused on those cultures. In addition, Mannell also painted cowboys and mountain men. After he retired from DuPont, Mannell and his wife left Topeka in 1993 and moved to the Fort Myers, Fla., area.

"While we were in Florida, I really enjoyed painting the birds down there. And then Joyce had orchids, so I started painting those. I like to have something to do with my hands."

Four years ago, Mannell's artwork expanded beyond two-dimensional paintings.

"In our church in Florida, there was a fellow who did woodcarving," Mannell said. "He talked me into going to his carving club. I really enjoyed that. What was so nice about our carving club in Florida was that we had two professional carvers, and they really helped everyone learn to carve. We met every week and we carved at our meetings. I felt that I was on the right track when the guys in my carving club



Alfred Mannell

started buying my carvings. That made me feel good."

As with his paintings, Mannell's

wood sculptures often feature Western themes.

■ CONTINUED ON PAGE FOUR

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Editor and Publisher

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Alfred Mannell

■ CONTINUED FROM PAGE THREE

“If I want to do cowboys, I get on the Internet, look up Charlie Russell’s paintings, and then copy them,” he said.

Born in Missouri during the Civil War, Russell was an artist of the Old American West. He created more than 2,000 paintings of cowboys, Indians, and landscapes. The C. M. Russell Museum Complex in Great Falls, Mont., now houses more than 2,000 Russell artworks, personal objects, and artifacts.

Mannell typically spends two to three weeks on each sculpture. He usually starts with a block of hardwood such as walnut or a softwood such as cedar. However, thanks to one of his neighbors who was from northern Michigan and stayed in Florida during the winter, he did have the opportunity to work with wood that is more exotic while he was in Florida.

“He said ‘I think I have some wood up there,’” Mannell said. “He had some flame birch. He cut this log up for me and brought it to Florida. It was a beautiful hardwood. It made such beautiful carvings. I have since used it all up. I wish I had been more selective with what I did with it.”

Last February, the Mannells returned to Topeka and moved into Thornton Place to be closer to their four sons and their families. Since he uses rotary tools to carve his sculptures, he does his woodcarvings outside. Unfortunately, the polar vortex that hit Kansas in November forced Mannell indoors.

“I could carve every day in Florida because it is always warm,” he said. “I could also paint outside. But now the weather kind of controls what I do, so I’m going to do watercolors indoors.”

Mannell has given away most of his carvings to his children and grandchildren. However, he has sold several. In fact, he had several of his carvings dis-

played for sale at the 35th Annual Kaw Valley Woodcarvers show in Topeka on November 22 and 23.

In addition to painting and woodcarving, for many years the Mannells participated in rendezvous throughout the United States, including in Wyoming, Montana, and the Prairie Villa Rendezvous in Prairie du Chien, Wis. The Prairie Villa Rendezvous is the largest buckskinners and fur trade reenactment in the Midwest. Participants in the rendezvous take on personas that include trappers, traders, Native Americans, frontiersmen, and free-trappers. Mannell started making leather outfits for him and Joyce so they could be more authentic at the rendezvous. He even did his own beadwork.

Through the rendezvous, Mannell became interested in collecting Indian relics, which he did for about 30 years. However, he soon discovered that that was an expensive hobby.

“I always wanted a peace pipe,” he said. “An original peace pipe costs about \$1,000. We had a woman in our church whose family lived just south of the Pipestone National Monument in Minnesota. She brought me some pipestone and I started making my own pipes. I also started making my own quivers and arrows. I really enjoyed making the arrows. I found a place on the Internet that actually sold original arrowheads from Africa, so I started buying them. If you buy a bunch of them, they’re only about 75 cents apiece. My grandson is a hunter, so he gave me the turkey feathers for the arrows. I’ve made about 40 arrows.”

While Mannell enjoyed making his own peace pipes, quivers, and arrows, he also bought authentic Indian relics when he could. One of those relics led to a journey of more than 2,700 miles 40 years after he bought it.

“I went to an auction in Topeka and bought a buffalo robe that had a painting of the Baker Massacre in Montana. It was done by Bull Child, who was

a small child when the massacre took place.”

Also known as the Bear Creek Massacre or the Marias Massacre, the Baker Massacre occurred in 1870 when the U.S. Army, under the command of Major Eugene Baker, killed about 200 Piegan Blackfeet Indians, most of whom were women, children, and elderly men, in the Montana Territory. The Army later discovered that many in the Indians’ camp were dying of smallpox, which added to the outrage after their attack on non-combatants.

“The robe was hanging in my den for about 20 years, and stayed there after one of our boys, Matt, bought our home,” Mannell said. “Matt called me one day and said, ‘Dad, were going to have to do something with the robe. It’s starting to deteriorate.’”

Mannell offered to give the robe to the Smithsonian Institution and other museums.

“They all wanted it, but they wouldn’t promise to display it,” he said. “So I kept looking and found a museum in Montana run by Salish Indians. They wanted it, so Matt got it ready and put it in a tube. We were ready to ship it, but then they called and said their council decided against taking the robe since the Salish and Blackfeet were mortal enemies.”

“I called the Blackfeet Council in Browning, Montana, but they said they had no place to store the robe,” Mannell continued. “About a year later, I got on the Internet and I found a young lady who was giving talks out at the site on the anniversary of the massacre. I called her and found out that she was the curator for the Blackfeet Community College in Browning. She said that they would really love to have it.”

In July 2011, the Mannells flew from Florida to return to Topeka. From Topeka, they, along with their son, Matt, their daughter-in-law, Deb, and grandson, Alfred Jr., drove to Browning with the robe. In addition to giving the robe to the Blackfeet Community College (BCC), they also planned to visit Glacier National Park.

“We were supposed to meet in Browning on a Thursday, but when we got to Montana the curator said she wouldn’t be able to meet until Friday, which was the day we were going to head home,” Mannell said. “I said, ‘That’s it. I’m heading back home and taking the robe with me.’ On Wednesday morning, we drove up to Glacier National Park, got to the entrance, and darn if an old mama bear run across the road in front of us with two babies. The Bear Clan had painted this robe. I thought that that was a sign from the good Lord.”

Meanwhile, the Blackfeet Community College arranged to hold the meeting on Thursday again, so the Mannells went to Browning. To their amazement, the meeting entailed much more than merely giving the college the robe. “A respectful group gathered in the Ceremonial Room at Blackfeet Community College Thursday, July 15,” *The Glacier Reporter* reported. “The room is light and airy, with Indian designs in columns along the walls. It’s a round room, with a high, rounded ceiling lit from within. A circular depression is at the center of the room, and chairs surround it.”

“Mike LaFromboise sang the Heavy Runner Song in honor of the band massacred by Major Baker that day so long ago,” the newspaper continued. “He also sang the Blackfeet Flag Song in honor of the family that had traveled so far to present the robe to BCC.”

“It was really a moving ceremony,” Mannell said. “We were really



Alfred Mannell started painting watercolors in 1980 to help calm his nerves after his wife, Joyce, learned she had cancer. He later took up woodcarving as a hobby, and has made reproductions of Indian peace pipes, quivers, and arrows.

Alfred Mannell

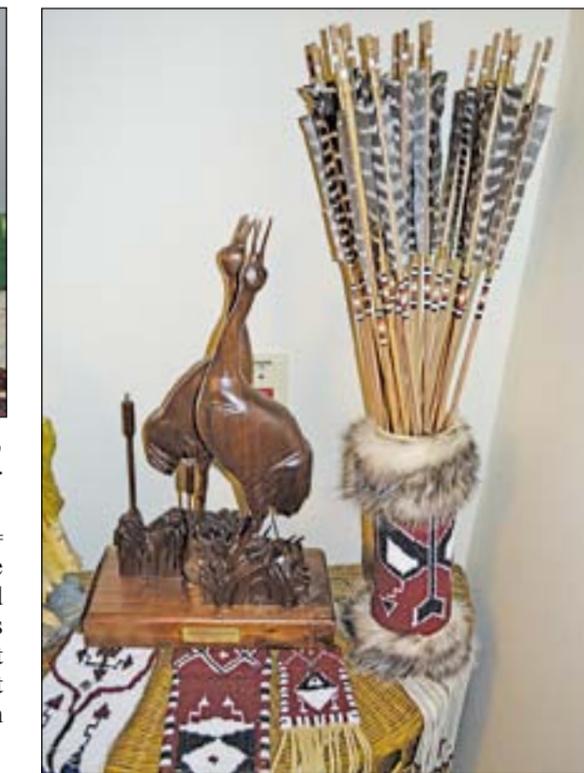
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impressed.” BCC officials promised that they would display the robe in a humidity-controlled case so it wouldn’t further deteriorate. After the ceremony, the officials led the Mannells to the gift shop to give them all souvenir coats.

“They also gave us an aerial map to find the site, but we had to get home,” Mannell said. “But Matt said he

wasn’t leaving until he saw the site, so we used the map to find it. It was a beautiful place. That trip was the highlight of my collecting Indian relics.”

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Sigurdson excited about expansion of Lifelong Recreation Program **Gayle Sigurdson**

By Billie David

Lawrence Parks and Recreation's Gayle Sigurdson is excited about the way the Lifelong Recreation Program for People Aged 50 and Older is expanding and providing new options for local seniors.

Sigurdson started working at her new position as the recreation programmer for Lifelong Recreation on July 1.

"I really would like to see us expanding even more," she said. "For example, we have a good fitness program and I would like to see us expanding into weekends and evenings."

For Sigurdson, fitness and recreation are two pieces of a larger puzzle of the things that make life healthy and enjoyable, and the Lifelong Recreation program takes into account those and other elements, including socializing, learning, exercise and good old-fashioned fun.

"Socializing is so important," Sigurdson said. "When you reach 50 or older, your kids are gone and you have a chance to get to know other people.

There's a big gap in your day when your kids are gone, and also when you retire. You can relax, and that is fine, but if you want some structure to your day, recreation helps."

As for seniors who may hesitate to sign up for an exercise class because after so many years of skimping on exercise in lieu of working and taking care of their kids, Sigurdson said that it may be tempting to think "it's too late for me to get involved," but studies show that people in their eighties experience the benefits of exercise, including strength and balance.

Besides, you can break into it slowly. "We have fitness classes at all levels," Sigurdson said, "from beginning to pretty challenging."

The Lawrence Parks and Recreation's Activities Guide indicates the difficulty levels of the different classes by putting stars next to the listings. One star indicates beginner classes and three stars indicate the more advanced classes.

"The instructors are experienced and certified, so they can make adaptations and better fit your abilities," Sigurdson explained, adding that starting in January the program will be offering personal training for people who want one-on-one instruction.

For those who enjoy socializing while walking, there is an indoor walking group whose members will be able to take advantage of the elevated walking track at Sports Pavilion Lawrence, the new public recreation center at Rock Chalk Park.

In the spring, residents can meet to explore area hiking trails such as Slough Creek Point near Perry Lake, the Prairie Spirit Trail in Ottawa, and, for the more experienced hiker, the George Latham Trail.

The Lifelong Recreation program offers other fun ways to stay fit as well, including aerobic dance, cycling, Pilates, strength training, tai chi, yoga and zumba.

The program also caters to a wide variety of other interests. People can join bridge clubs, play tennis, learn Broadway and ballroom dancing,



Gayle Sigurdson

become proficient on Facebook, learn to make computer videos, or buy and sell on the Internet.

Seniors who enjoy traveling can meet for day trips to theatres, museums, win-

eries and various tours, and even sign up for extended overnight tours.

"It is new," Sigurdson said. "People can get together and get to know each other, and they can help pick the destination. It's a way to get to know other folks who share your interests."

For people who enjoy being creative, the Lifelong Recreation program offers classes in mosaics, basic felting techniques, and papier mâché.

"I'm excited about expanding into the creative stuff and the quality of the artists who have agreed to work with us," Sigurdson said. "Creativity is an important part of my life, and I think there are a lot of other people who feel that way, too."

Nature enthusiasts can take advantage of outdoor programs at Prairie Park Nature Center, and a nature journaling class is also in the works.

Another new offering that combines fun with building arm and upper body strength will be an archery class for adults, and for those who prefer to exercise the mind, they can sign up for mah jongg.

The Lifelong Recreation program will also be exploring ways to partner with other local entities to provide classes of interest to seniors. For example, a partnership with Watkins Community Museum has made possible a class on how to preserve family artifacts and create family trees.

"People who have boxes of clippings and photos can get organized," Sigurdson said.

A partnership with the Castle Tea Room will provide the ambiance for mindfulness classes.

"People forget that breathing is exercise and doing it right is good for you," Sigurdson said of one of the aspects of mindfulness training.

Although Lifelong Recreation classes are designed for people 50 and over, other people who are interested in the programs are welcome to call Sigurdson and, if space is available, they can also enroll in the programs.

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A listing of the classes appears in the Lawrence Parks and Recreation Activities Guide, and people can pick up a copy at any Lawrence recreation center, or they can go online to access the information at www.lprd.org. Registration is currently open for the winter and spring programs.

"In addition to the catalogue, there will be a quarterly newsletter of Lifelong Recreation activities for people 50 and over called the Lifelong Recreation Newsletter," Sigurdson said. "If people

are interested in it, they can contact me at 785-832-7920 and I will get them that newsletter by email every three months."

They can also subscribe to the newsletter by emailing Sigurdson at gsgurdson@lawrenceks.org or by going to www.lawrenceks.org/subscriptions.

Sigurdson, who wants to hear from members of the public about their ideas concerning Lifelong Recreation, said two of the reasons she was drawn to her new job are because recreation was

her original field of study and because of her age.

"I am in that age group myself, 50 and older," she said. "It's the prime of life where you've got a lot more freedom again and more options."

Sigurdson welcomes suggestions from area seniors.

"It's a new and growing opportunity," she said of the program. "So, if they have things they've always wanted to do, they can contact me and we can talk about it."

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Home Instead's CAREGivers receive extensive training *Home Instead*

By Kevin Groenhagen

As more and more seniors choose to age in place in their own homes, they and their families frequently find it necessary to find help with shopping and errands, personal care, meal preparation, and light housekeeping. However, they often find it difficult to trust others enough to invite them into their homes to assist them with this care. Home Instead Senior Care works to establish that trust as soon as possible by taking great care in matching the right CAREGiver with your loved one. "The first thing we do is just have a conversation on the phone with a potential CAREGiver," said Gail Shaheed, who, along with her husband, Peter, owns the Home Instead Senior Care franchise that serves clients in Shawnee and Douglas Counties, and, when possible, in surrounding counties. "Then we'll bring them in for an interview. We ask for nine references, including three work references and six personal

references. The references can't be from family members. We speak to a minimum of six references. We hire people who want to do this because it's in their hearts, not just their job." "All our CAREGivers are insured and bonded," Shaheed continued. "We do very extensive background checks, county by county criminal checks, pre-employment drug screens, and random drug screens. We check their motor vehicle records because we do transport clients to doctors' visits and anywhere else they need to go." Home Instead also provides its CAREGivers with extensive training that allows them to build trust with the seniors and families they serve. "Before our CAREGivers ever step foot in anyone's home, we do eight hours of interactive, classroom-style orientation/training in the office," Shaheed said. "We teach them how to recognize, record, and report changes with a senior that may affect their well-being. We teach them how to observe what is going on with their clients, what to put

in their journal entries, and what to let us know about right away. Each home has a book called the 'Client Journal.' Each time someone comes in to do a shift, they write down exactly what they did during the shift so that that can be shared with the family member." Home Instead's CAREGiver learning and development also includes "Safe Client, Safe CAREGiver" training. CAREGivers learn how to help prevent injuries and what to do if they occur. One activity helps CAREGivers recognize potential safety hazards in a client's home. "Included in the initial orientation is sensitivity training," Shaheed said. "We'll have the CAREGivers wear gloves and put cotton balls at the ends of the fingers. Sometimes we even put tongue depressors in the gloves. Then we have them try to open up a medicine bottle and take popcorn, which is supposed to represent pills, out of the bottle. They get a feel of what their clients with arthritis are going through.

We are not allowed to dispense medications, but we are allowed to remind clients to take their medications. We encourage families to put the clients' medications in pill boxes to make it easier for them to take them." "The Alzheimer's and dementia curriculum, Changing Aging Through Research and Education, which meets the association's Dementia Care Practice Recommendations. "After the CAREGivers receive their training is 10 hours long and is very extensive," Shaheed said. "We don't match CAREGivers with clients. We do that training right away. We want the CAREGivers to be comfortable in someone's home and get the basics of Alzheimer's and dementia training." "We do our care consultations out in the field," she said. "We go out to meet the clients and their families, and then we figure out which of our CAREGivers would be good matches for them. Home Instead has also hosted Alzheimer's workshops in the past. We can't have just one CAREGiver work with a client because a CAREGiver might get sick, go on a vacation, or have an emergency arise. The client would be devastated. So we want to have at least a couple of CAREGivers who they'll be comfortable with." CAREGivers go through additional training to help them care for their clients with dementia. The Alzheimer's Association has reviewed Home Instead's training and materials, visit www.helpforalzheimersfamilies.com.

According to Shaheed, her Home Instead CAREGivers will soon begin arthritis and hospice care support training as part of their ongoing care training. Home Instead has worked with the Arthritis Foundation to help CAREGivers learn about the different types of arthritis and their symptoms and techniques to support clients with arthritis. Home Instead has also partnered with the Canadian Hospice Palliative Care Association to develop specialized training for CAREGivers to provide support to clients on their final journey of life and the clients' families. The Shaheeds opened their Home Instead franchise on January 1, 2008. From her own background, Gail knew that Home Instead would be a good fit for her. Her grandmother just turned 104 and her parents are in their 80s, so she is familiar with the challenges seniors face. In addition, from her earlier experience with the seniors who took part in the Big Brothers and Big Sisters program she was involved in, she knew she would enjoy working with seniors. The founders of Home Instead, Paul

and Lori Hogan, had a similar background before launching their business in 1994, when they cared for Paul's grandmother at home. She was given one year to live, and was able to be with their family for an additional 11 years while living with the Hogan family. "He is an amazing soul," Shaheed said of Paul. "He and his wife were taking care of his grandma. There were

nine of them pitching in and helping." The Hogans later wrote *Stages of Senior Care* to help readers understand the issues faced by seniors and their families. The book made the USA Today bestseller list in 2009. For more information about Home Instead, call 785-272-6101 in Topeka or 785-856-8181 in Lawrence, or visit HomeInstead.com/584.



KEVIN GROENHAGEN PHOTO

Gail Shaheed

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AARP recognizes silent army of Kansans, launches 'I Heart Caregivers'

November marked National Family Caregivers Month, a time to recognize the 42 million Americans, including 605,000 in Kansas, who help care for aging parents, spouses, or other family and friends, so they can remain at home—as opposed to costly institutions. In Kansas alone, family caregivers provide unpaid care valued at a staggering \$4.1 million annually.

Judy Bellome, Lawrence, along with her sister, cared for her mother for three years. "My mother had diabetes and, due to complications, had to have both legs amputated below the knee," she said. "Due to poor vision, my mother needed help testing her blood sugars and getting insulin shots. Because she had a nursing background, the hospital only gave her the information and neither my sister nor I were trained in those tasks by the hospital or the rehabilitation center. It wasn't easy, but in spite of the challenges, we were so glad to be able to take care of her and to have her with us as long as we did."

Today, the average family caregiver is

a 49-year-old female, who takes care of a 77-year-old woman—usually her mother. She provides at least 20 hours a week of assistance to her loved one, although she may be on call around-the-clock.

"When it comes to family dynamics, taking care of each other is the norm," said Maren Turner, director of AARP Kansas, which represents more than 323,000 Kansans age 50 and older. "If you don't currently provide assistance to a family member or friend, you have in the past or you'll likely do it in the future. This silent army of unsung heroes helps their older loved ones to live independently, with dignity, each and every day."

To honor family caregivers, in November AARP launched a new initiative called "I Heart Caregivers" to spotlight their stories.

According to AARP, the vast majority of older Kansans want to live independently, at home, as they age. In addition, family caregivers are the ones who step up and provide the bulk of assistance to make this goal a reality, including help

with bathing and dressing, meal preparation, managing finances, transportation, grocery shopping, and more.

Turner added, "Family caregivers are also required to undertake tasks that were once in the domain of only doctors and nurses: complex medication management, wound care, injections. Yet, most receive little or no training for these duties. That's why AARP Kansas will be working with our legislators and the governor for a commonsense solution called the Caregiver, Advise, Record, Enable (CARE) Act during the next Kansas legislative session."

The CARE Act recognizes the role of family caregivers when their loved ones go into the hospital and as they transition home. The bill features three important provisions:

The name of the family caregiver is recorded when a loved one is admitted into a hospital;

The family caregiver is notified if the loved one is to be discharged to another facility or back home; and,

The hospital must provide an expla-

nation and live instruction of the medical tasks – such as medication management, injections, wound care, and transfers – that the family caregiver will perform at home.

"Bottom line: Family caregivers deserve support: training, help at home, workplace protections, and more," Turner said.

Visit aarp.org/iheartcaregivers to find out more about family caregivers in Kansas—and share your story.

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Bridge Haven Memory Care assumes ownership of Allie's Village

On November 4 Bridge Haven Memory Care LLC assumed operations and ownership from Allie's Village administration at 1701 Research Park Drive, Lawrence. This is the fourth family-style assisted living and memory care home for Bridge Haven in Lawrence.

"We promise a continuity of care for each individual residing at Bridge Haven Village, formerly known as Allie's Village," said Sarah Randolph, executive director of Bridge Haven Memory Care LLC. "We honor our residents with individual dignity and the utmost respect at all times."

Bridge Haven began in 2007 and has been the owner and operator of three small assisted living and memory care homes in Lawrence, Kansas.

For additional information, please contact Randolph, at 785-371-1106 or 785-218-4083(cell).

Help Social Security help the homeless

By Kristine Warren
Social Security District Manager in Topeka

December 21 is National Homeless Persons' Memorial Day. Since 1990, on or near the first day of winter and the longest night of the year, the National Coalition for the Homeless brings attention to and seeks compassion for the homeless who have died because they didn't have a warm, safe place to sleep. Even as the recovery works its way through the entire economy, no one is immune to potentially being homeless. People in our community—colleagues and family members, military veterans, and our friends—might be too proud to ask for help. Too often, homelessness ends in tragedy.

Social Security provides services to the homeless and you can find these services at www.socialsecurity.gov/homelessness. Those who are homeless can apply for benefits and, if they are eligible, their benefits can be depos-

ited directly into a personal banking account, a Direct Express debit bank card, or another electronic account. They can also have benefits mailed to a third party, or if necessary, a representative payee can receive their funds.

Social Security also collaborates with other agencies to help the homeless. At www.socialsecurity.gov/homelessness/collaborations.htm, you can read more about the Health Care for the Homeless program that provides grants to a network of local public and non-profit private organizations. Social Security also participates in the Federal

Interagency Reentry Council, as well as the Projects for Assistance in Transition from Homelessness (PATH) program. PATH helps people with serious mental health issues or people who are homeless or at risk of homelessness.

Every day, and especially on December 21, remember those living without a place to call home. Homelessness is a complicated and emotional issue, but we can help our brothers and sisters—friends and family—access the safety net that Social Security provides. Visit www.socialsecurity.gov/homelessness to learn more.

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ESTATE PLANNING

Determination of Descent/ Informal Administration

Even if the Estate includes real property—or personal property in excess of the \$40,000 limit for an Affidavit of Small Estate—it may still be possible to avoid the time and expense of formal administration.

Determination of Descent may be used if the decedent has been dead for over six months, no Will has been

The Petition states the facts of the decedent's death, avers that no Will has been filed or administration sought, identifies the decedent's property and heirs, and asks the court to make a determination of descent with the property assigned in accordance with that determination. The distribution can be according to intestate succession or a settlement agreement entered into by all the heirs. (If a Determination of Descent is being done in lieu of administration of decedent's Will, then the settlement agreement should be finalized and executed within six months of death to protect the person in possession of the Will from liability for failing to probate or file the Will within that period.)

The court sets the Petition for hearing. Proper notice must be given depending upon the nature of the decedent's property; real property requires published notice for three consecutive weeks prior to the hearing. Upon proof of the Petition at the hearing, the court enters a Decree of Descent assigning ownership of the property.

A drawback to Determination of Descent is that the heirs must be willing and able to wait at least six months

from the date of death to initiate the proceeding and sometime thereafter receive the distributions.

Informal Administration may be sought at any time. In particular, if there is a Will, then the Petition must be filed within six months of the decedent's death for the Will to be valid. Any distributions prior to six months from the date of death will require the posting of bond by the recipients (to protect creditors, who have up to six months to assert claims against the decedent or the Estate). To avoid this, you can file the Petition within six months (to preserve the Will) and schedule the hearing just after six months (to eliminate the need for posting bond).

Informal Administration packs everything into a single filing. The Petition includes all of the information that would appear in a petition seeking supervised or simplified administration, plus an inventory and valuation of all assets of the decedent, identification of all debts and expenses along with a listing of the specific funds that will be used to pay them, reasons why informal administration is appropriate, and the proposed

distribution, whether by Will, intestate succession, or settlement agreement.

After any required notice, presuming the Petition is proved at the hearing and the court deems informal administration appropriate, the court enters an order specifying the assets to be used to pay debts, the person responsible for accomplishing this (sometimes called an "Informal Administrator," although there is no Estate is opened for administration), and those assets/income assigned to the beneficiaries.

Note: These are very cursory overviews of Determination of Descent and Informal Administration that do not address a number of options and requirements that may be available or needed under each procedure.

- Bob Ramsdell is an estate planning attorney with Thompson Ramsdell Qualseth & Warner, P.A., in Lawrence. He can be reached at 785-841-4554. The Kansas Elder Law Hotline, a toll-free legal advice and referral service for Kansas Seniors, can be reached at 1-888-353-5337. The information in this column is intended to provide general public information, not legal advice.

PERSONAL FINANCE

Charitable giving pays off ... for everyone

Americans are pretty generous — in fact, 83% of us donated money to charitable organizations last year, according to a Gallup survey. And now that we're entering the holiday season, charitable giving well may be

If you're unsure whether a group is qualified, just ask to see its letter from the IRS. (Many organizations now post these letters on their websites.)

Here's how the charitable tax deduction works: If you give \$200 to a qualified charity, and you're in the 25% tax bracket, you can deduct \$200, with a tax benefit of \$50, when you file your 2014 taxes. Consequently, the net "cost" of your donation is just \$150 (\$200 minus the \$50 tax savings).

Of course, you are not confined to making cash gifts. In fact, if you donate certain types of noncash assets, you may be able to increase your tax benefits. Suppose you give \$1,000 worth of stock in ABC Company to a charitable group. If you're in the 25% bracket, you'll be able to deduct \$250 when you file your taxes. And by donating the ABC stock, you can avoid paying the capital gains taxes that would be due if you had eventually sold the stock yourself.

Keep in mind that if you want to deduct your contributions for the 2014 tax year, you'll need to make your

gifts by Dec. 31. One more reminder: Retain your paperwork. If you made gifts totaling over \$250 to any single charity — or noncash contributions of any items worth over \$500 — the IRS requires written acknowledgments for your contributions.

If you want to take a longer-term approach to charitable giving, while incorporating your gifts in planning for your estate, you might want to consider establishing a charitable remainder trust. Under this arrangement, you'd place some assets, such as stocks or real estate, into a trust, which could then use these assets to pay you a lifetime income stream.

When you establish the trust, you may be able to receive an immediate tax deduction based on the charitable group's "remainder interest" — the amount the charity is likely to ultimately receive. (This figure is determined by an IRS formula.) Upon your death, the trust would relinquish the remaining assets to the charitable organization you've named. This type of trust can be complex, so to create

one, you'll need to work with your tax and legal advisors.

While the tax benefits associated with charitable giving are significant, they should not, ultimately, drive your gifting decisions. You should also consider the effect your gift will have on the other areas of your estate considerations — so make sure you communicate your plans to your family members.

In any case, though, be as generous as you can this holiday season and in the years to come. Your generosity will be a rewarding experience — for everyone.

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Bob Ramsdell

filed pursuant to KSA 59-618a, and no petition has been filed for administration of the Estate. This procedure is frequently used when the decedent left only real property titled in his/her name—sometimes years after the fact when the heirs go to sell and learn they do not hold legal title. However, the proceeding can be used to address the distribution of bank accounts, financial instruments, and other personal property held in the decedent's name.

Happy Holidays!



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JILL ON MONEY

Did QE work?

Almost exactly six years ago, the Federal Reserve launched an unconventional program of buying bonds to rescue a faltering economy. Since then, the Fed's balance sheet has ballooned by \$3.5 trillion, close to 25 percent on the nation's gross domestic product. As the central bank ends the program, known as "Quantitative Easing" (or "QE"), the big question is: So did QE work?



Jill Schlesinger

To answer that question, a quick explainer about QE. In a lecture at George Washington University in 2012, then-Federal Reserve Chairman Ben Bernanke explained how QE works. Here's the quick version: The Fed buys U.S. Treasury bonds and mortgage-backed securities, which drives up prices, pushes down interest rates and reduces the availability of these bonds in the market. With fewer bonds available, investors turn to alternate assets, like corporate bonds. This part is important: when investors buy corporate bonds, they are essentially lending money to companies. The availability of corporate credit is an

essential component in promoting the economic recovery, according to the Fed, and the byproduct of an improving economy is a rising stock market. One last thing: these bond purchases are not government spending, because the assets the Fed acquires are ultimately sold back into the market.

Now that we know what QE is, to determine if it worked, we need a reminder about the policy's two goals: (1) to restore the functionality of markets, which had essentially locked up amid the financial crisis and (2) to boost the economy by lowering interest rates.

There is no doubt that the first round of QE, which began in November 2008 and the second round, which ran from August 2010 - June 2011, eased the strain in markets. According to Joe Gagnon, Senior Fellow at the Peterson Institute for International Economics, QE also "inspired confidence and...it convinced financial markets that the United States wouldn't turn into Japan, which they were worried about." The net result is that markets did start functioning more smoothly.

According to a Federal Reserve Board study, those first two rounds of QE also boosted economic growth. The bond buying "raised the level of output by almost 3 percent and increased private payroll employment by more than 2 million jobs, relative to what otherwise would have occurred...the incremental contribution of the program is estimated to grow to 3 million jobs."

Additionally, Bill McBride of Calculated Risk estimates that QE probably lowered interest rates by 0.50 percent, allowing some consumers and companies to refinance their higher interest debt, thus reducing monthly payments and improving monthly cash flow.

There have been a few criticisms of QE, including that it artificially boosted stock prices because investors were dissuaded from investing in bonds; penalized savers, who have been starting at zero percent rates on their savings, checking and CD accounts; and will ultimately lead to rampant inflation and a weaker U.S. dollar.

Despite these concerns, it seems like doing nothing would have been far worse. Sure, stock prices are trading higher than they might have without QE, but where would they be if the economy were stuck in an even lower gear? And yes, savers have taken it on the chin, but hopefully, they were not damaged as much in the downturn because of those nest eggs.

And while concerns about potential inflation are always important to consider, there is absolutely no evidence of

inflation in the U.S. economy—in fact, recent reports point to a slowdown in prices, not an acceleration. The naysayers contend that although the Fed's actions have not yet created inflation, they will down the road. They also say that when the Fed eventually sells the bonds, it will lead to destabilizing events across the globe.

QE may not have been the perfect policy solution, but in an environment where the government was a roadblock (anyone who thinks that austerity is the correct policy solution should take a look at how well it has played out in the eurozone), QE was far better than doing nothing.

- Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst. A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at askjill@moneywatch.com. Check her website at www.jillonmoney.com.

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MAYO CLINIC

Almost anyone can be an organ donor, no matter their age

DEAR MAYO CLINIC: Is there an age that's too old to be an organ donor? Also, is marking "organ donor" on my driver's license the only thing I need to do to become a donor, or would my family still be allowed to make a different decision?

ANSWER: Almost everyone can be an organ donor, no matter what your age. Specifying your choice to be a donor when you renew your driver's license, or adding your name to your state's donor registry is all you need to do. However, it is a good idea to talk to your family, too, so they know what you want.

There is a critical need for donated organs. Every day, about 75 people in the United States get an organ transplant. About 130 new people are put on transplant waiting lists each day. At this time, more than 114,000 people in this country need an organ transplant, but not everyone can get a transplant, because there are not enough donors.

Living donor transplants are popular options for liver and kidney transplantation. Each of us has two kidneys. We only need one for our bodies to work properly, making living donor kidney transplants a viable option for many people. Living donor liver transplants work well because the liver is an organ that can regenerate itself. A portion of the liver is removed for transplant. The remaining liver grows to the right size in the donor, as does the piece in the transplant recipient.

Most often, organs for transplants come from deceased donors. Although it is possible that some organs may not work as well from older donors, everyone has the potential to become an organ donor. In fact, donated livers often come from people in their 70s and 80s, and these older donor livers work well.

On the other end of the spectrum, no one is too young to become an organ donor, either. Children younger than 18 do not have the authority to make a legal decision about their organ donation status, but many children and teens feel strongly about donating their organs. It is important for families to

have conversations about organ donation and for parents to listen to what their children have to say. We find that parents of deceased children are some of the strongest advocates for organ donation. For many families, it is one of the few things that brings some comfort out of the tragedy of losing a child.

Keep in mind, too, that health problems should not keep anyone from choosing to be an organ donor. Some chronic health conditions may prevent certain organs from being donated. That does not mean other organs can't be successfully transplanted.

When you decide to become an organ donor, the simplest way to register is when you renew your driver's license. Most states also have an online organ donation registry where you can sign up.

Your donor designation is a legally binding decision. That means your wishes will be carried out after you die, even if your family does not agree with them. It is important to make sure your family knows you want to be an organ donor, though. Talk with them about your reasons for wanting to be a donor, so they understand why it's important to you. Doing so can help make the process smoother and easier for them during a difficult time.

Right now, people on transplant waiting lists are dying because there are not enough organs for everyone who needs them. Organ transplantation is very successful, but donor organ availability is absolutely critical to its success. Making the decision to become an organ donor can be a decision that saves lives. To register as an organ donor today, visit Donate Life America at www.donatelifeamerica.org. - Charles Rosen, M.D., Transplant Center, 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. For more information, visit www.mayoclinic.org.

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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.

Beware the Comfort Chair

Everybody knows about comfort foods. These can be okay for you—if



Laura
Bennetts

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 strut-

ting?) 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, earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High Street, Suite A, Baldwin City, 66006, 785-594-3162). For full details, see www.LawrenceTherapyServices.com.

HEALTH & FITNESS

Natural approaches to menopause

The holiday season is upon us, and for many it is busy time of the year. However, if you are suffering from menopause or perimenopause, the holiday season may be a



Dr.
Farhang
Khosh

time that is also full of hot flashes, insomnia, fatigue, etc., making you extremely irritable at an already busy time. Menopause is something that all women go through between the ages of 50 to 55. Perimenopause usually

occurs between the ages of 45 to 50. However, the actual age that women go through menopause or perimenopause can vary greatly. There is no way to predict when an individual woman will enter menopause. The age at which a woman starts having her menstrual cycles is not related to the age that she will start menopause. However, the general trend that has developed is that perimenopause and menopause occur earlier in women than in the past. In addition, the age of first menstrual cycle is occurring early in adolescence girls. A general "rule of thumb" that is often followed is that women tend to undergo menopause at an age similar to when their mother started menopause. It is estimated that more than 1.3 million women

in the United States and 25 million women worldwide will be experiencing menopause annually. There are about 470 million postmenopausal women worldwide, and this number is expected to increase to 1.2 billion by the year of 2030.

What is menopause? It is classified as the permanent end of menstruation and fertility in women. It occurs 12 months after your last menstrual cycle. Signs and symptoms of menopause include hot flashes, irregular or skipped periods, insomnia, mood swings, irritability, headaches, racing heartbeat, changes in libido, vaginal dryness, incontinence, night sweats, bloating, forgetfulness, and depression. Treatments of menopause are wide and variable and range from synthetic hormone replacement therapy including premarin and primpro. Natural treatments for menopause include natural hormone replacement therapy, medicinal plants, supplements, and lifestyle modifications,

including diet and exercise. Natural hormone therapy ranges from Triest, Biest to progesterone creams. Medicinal plants can include Alfalfa, Soy, Black Cohosh, Wild Yam, and Chaste Tree. Supplements commonly used in menopause include calcium, vitamin D, vitamin E, magnesium, and omega fatty acids. Lifestyle modifications include improving diet by eating whole balanced foods and increasing the green leafy vegetables and decreasing sugar intake. Exercise can beneficially treat symptoms of menopause consider taking up yoga, tai chi, meditation, swimming, etc.

Note: The article above mentions some ways to address the symptoms of perimenopause and menopause. It is always a good idea to check with your doctor before taking any supplements. Have a good holiday season.

- 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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440.0400 • www.lexingtonparkcommunity.com

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. You may also add events on the Kaw Valley Senior Monthly Facebook page.

ARTS/CRAFTS

LAST FRIDAY OF EACH MONTH 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. See website for participating locations.
LAWRENCE, 785-842-3883
finalfridaylawrence.wordpress.com

DEC 5 & 6 ANNUAL CHRISTMAS BOUTIQUE

Choose from a large selection of unique hand-crafted items, perfect for holiday gifts. Greeting cards, silk flowers, handmade scarves, lanyards, stockings, and much more. All proceeds benefit the Good Samaritan Fund. Aldersgate Village, Manchester Lodge, Room 16, 7220 S.W. Asbury Dr. Dec. 5, 9 a.m.-4 p.m.; Dec. 6, 9 a.m.-12 p.m.
TOPEKA, www.aldersgatevillage.org

BINGO

SUNDAYS & TUESDAYS
AMERICAN LEGION POST NO. 1
3800 SE Michigan Ave, 6:30 p.m.
TOPEKA, 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, 6:30 p.m.
TOPEKA, 785-296-9400

WEDNESDAYS
PINECREST APARTMENTS
924 Walnut, 12:30-1 p.m.
EUDORA, 785-542-1020

WEDNESDAYS & FRIDAYS
VETERANS OF FOREIGN WARS
3110 SW Huntoon, 6:30 p.m.
TOPEKA, 785-235-9073

WEDNESDAYS & SATURDAYS
LEGIONACRES
3408 W. 6th St., 7 p.m.
LAWRENCE, 785-842-3415

FRIDAYS
EAGLES LODGE
1803 W. 6th St., 7 p.m.
LAWRENCE, 785-843-9690

FRIDAYS
ARAB SHRINE
Mini Bingo 6:30 p.m. , Regular Bingo 7 p.m.
TOPEKA, 785-234-5656

SUNDAYS & TUESDAYS
MOOSE CLUB
1901 N Kansas Ave, 6 p.m.
TOPEKA, 785-235-5050

EDUCATION

EVERY OTHER MONTH MARCH-NOVEMBER
AARP SAFE DRIVING COURSE
Stormont-Vail is pleased to offer the AARP Safe Drivers Course at Pozez Education Center on March 10 and 11 from 10 a.m.-3 p.m. This course reviews helpful tips and completion could help get you a discount on your auto insurance. Registration required, please call. Cost: \$15 per person for AARP Members, \$20 per person for non-members. Please bring your AARP card to class.
TOPEKA, 785-354-5225

FIRST MONDAY OF EACH MONTH
MEDICARE MONDAYS
Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.
TOPEKA, 785-580-4400

FIRST & THIRD FRIDAYS OF EACH MONTH
HEALTHWISE AFTER 55
Television program offers interviews on health topics of interest to seniors as well as a 20-minute exercise segment. Aired from 9-9:30 a.m. on WIBW-TV, Channel 13.
TOPEKA, 785-354-6787

SECOND & FOURTH FRIDAYS OF EACH MONTH
FOR FAMILY CAREGIVERS
Television show highlights information for people who providing care-giving service to loved ones. There is also a 20-minute exercise segment for caregivers and their loved ones. Aired from 9-9:30 a.m. on WIBW-TV, Channel 13.
TOPEKA, 785-354-6787

DEC 11
RETIREMENT & MEDICARE
Senior Health Insurance Counseling for Kansas hosts a series at the library providing Medicare information for individuals preparing to retire. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 6:30-8:30 p.m.
TOPEKA, 785-580-4400

ENTERTAINMENT

THURSDAYS
JUNKYARD JAZZ
Put on your dancing shoes and dance to the sounds of The Junkyard Jazz. American Legion, 3408 West 6th St., 7-8:30 p.m.
LAWRENCE, 785-842-3415

NOV 3-JAN 18
SHEAR MADNESS STARRING RICHARD KARN
Shear Madness by Paul Portner. A renowned classical pianist is murdered in her apartment above the Shear Madness beauty salon and you, the audience, interrogate the suspects, evaluate the clues and solve the mystery. This wacky, spontaneous play never has the same ending twice.

SHEAR MADNESS is America's most popular and longest running play. Now in its 25th year at Washington D.C.'s prestigious John F. Kennedy Center for the Performing Arts. More than 10.6 million people worldwide have seen this hilarious whodunit. New Theatre Restaurant, 9229 Foster St. Time: Varies by performance.
OVERLAND PARK, 913-649-7469
www.newtheatre.com

NOV 28-DEC 21
MIRACLE ON 34TH STREET
This is a tale that we want to believe in! By chance, Kris Kringle, an old man in a retirement home, gets a job working as Santa for Macy's. Kris unleashes waves of good will with Macy's customers and the commercial world of New York City by referring parents to other stores to find exactly the toy their child has asked for. Seen as deluded and dangerous by Macy's vocational counselor, who plots to have Kris shanghaied to Bellevue Psychiatric Hospital, Kris ends up in a court competency hearing with amazing results. See website for show times. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue.
TOPEKA, 785-357-5211
www.topekacivictheatre.com/productions/506

DEC 5, 6, 7, 11, 12, 13, 14, 19, 20, 21
MARY POPPINS
SUPERCALIFRAGILISTICEXPIALIDOCIOUS! Based on the books by P.L. Travers and the Disney film, Mary Poppins uses a combination of magic and common sense to show the Banks family how to value each other again. All performances at 7:30 p.m. except shows at 2:30 p.m. on December 7, 14, and 21. Two shows Saturday, December 13. Theatre Lawrence, 4660 Bauer Farm Dr. Fee.
LAWRENCE, 785-843-7469
www.theatrelawrence.com

DEC 12 & 13
A CHARLIE BROWN CHRISTMAS
Come enjoy this classic holiday special featuring the entire Peanuts gang as it's released for the first time at Topeka Civic Theatre and Academy! Watch as Lucy, Linus, Snoopy and Charlie Brown himself celebrate Christmas. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 7 p.m. Fee.
TOPEKA, 785-357-5211
www.topekacivictheatre.com

■ CONTINUED FROM PAGE 18
DEC 12
CANADIAN BRASS: A HOLIDAY CONCERT
'Tis the season with the Canadian Brass holiday show, featuring classics from their album Christmas Time is Here, brass standards and numerous original works. For more than 40 years, Canadian Brass has entertained audiences in every major concert hall with its outstanding music, insightful asides and light-hearted banter. The five Canadian Brass musicians possess unbelievable technical skills and musicality, creativity, good humor and a genuine love of performing, making them one of the Canadian government's go-to ensembles for official state events. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/events/canadian-brass.shtml

DEC 15
TOPEKA FESTIVAL SINGERS: ON WINTER'S EVE
Help celebrate Topeka's historic excellence in the choral arts with the Topeka Festival Singers' 31st season. White Concert Hall - Washburn University, 17th and Jewell, 7:30-10 p.m. Fee.
TOPEKA
topekafestivalsingers.org/main/index.php

DEC 15
SHOJI TABUCHI CHRISTMAS SHOW
The glamour of Hollywood; The spectacle of Vegas; The production of Broadway! Shoji and his cast bring their exciting musical & variety touch to Christmas! Topeka Performing Arts Center, 214 SE 8th, 7:30 p.m. Fee.
TOPEKA, 785-234-2787
www.tpactix.org/events.html

JAN 2
LAUGH LINES
Prepare to be leave happy as you watch performers act out improv comedy sketches and games based on what the audience suggests. Make it a date and order a pizza from Glory Days Pizza

right to your table during the show. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 8 p.m. Fee.
TOPEKA, 785-357-5211
www.topekacivictheatre.com

JAN 7
SHEAR MADNESS AT NEW THEATRE
A renowned classical pianist is murdered in her apartment above the Shear Madness beauty salon and you, the audience, interrogate the suspects, evaluate the clues and solve the mystery. Shear Madness is America's most popular and longest running play and now in its 25th year at Washington D.C.'s prestigious John F. Kennedy Center for the Performing Arts. Wednesday, 10:30 a.m.-4:00 p.m. Fee. Transportation provided from Community Building. Registration deadline: Wednesday, December 3.
LAWRENCE, 785-832-7920

HEALTH & FITNESS

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

MONDAYS THROUGH FRIDAYS
A.M. WALKING CLUB
Need exercise? Come to the East Lawrence Recreation Center from 7-10 a.m. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE! Lawrence Parks and Recreation. For more information, contact Stephen Mason.
LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS
PICKLEBALL - OPEN PLAY
Monday-Friday at the East Lawrence Center. For competitive, recreational and beginning players. Call the East Lawrence Center for specific days and times. There is no charge for open play.
LAWRENCE, 785-832-7950

TUESDAYS
BLOOD PRESSURE CLINIC
HealthWise 55 Clinic. 10 a.m.-noon. 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
FLEXEXERCISE
This exercise program emphasizes safe and beneficial movements and routines that will increase your flexibility, strength and endurance. Meets from 8:30-9:30 a.m. at East Lawrence Recreation Center, 1245 E. 15th St. Closed. Fee. Enroll at LPRD.org or at East Lawrence Center.
LAWRENCE, 785-856-6030

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

TUESDAYS AND THURSDAYS
ZOSTAVAX (SHINGLES) CLINIC
HealthWise 55 Clinic. 8 a.m.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free.
TOPEKA, 785-354-6787

WEDNESDAYS
NUTRITION CLINICS
Meet with a Registered Dietitian to discuss your nutrition needs and questions. HealthWise 55 Resource Center, 2252 S.W. 10th Ave., 8 a.m.-noon. Free. Call for an appointment
TOPEKA, 785-354-6787

WEDNESDAYS
MEDICATION CLINIC
Bring questions about your medications (prescription or over-the-counter), 12:30-4:30 p.m. Call for appointment. HealthWise 55 Resource Center, 2252 S.W. 10th Ave.
TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH
FREE HEARING CONSULTATIONS
Dr. Matthew J. Brown of Kaw Valley Hearing is pleased to announce that every first Wednesday of the month he will be offering free hearing consultations. Call today to schedule your desired appointment time or stop in the first Wednesday of each month. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids.
LAWRENCE, (785)748-8034

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

FRIDAYS
BLOOD PRESSURE CHECKS
Arbor Court, 1510 St. Andrews, 8:30 a.m. Open to the public.
LAWRENCE, 785-841-6845

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

■ CONTINUED ON PAGE 20

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MIDLAND CARE

1-800-491-3691
www.midlandcare.org

■ CONTINUED FROM PAGE 19

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

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 3

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by finger-stick. No appointment or fasting necessary. \$7/test. HealthSource room, Lawrence Memorial Hospital, 3-4:30 p.m. LAWRENCE, 785-749-5800

JAN 5-MAR 2 & JAN 8-MAR 5

YOGA FOR 50+

Stretch stiff muscles and learn to correctly align your spine through slow progressive traction in this less-vigorous, beginning class adapted for older adults. While using the full capacity of the lungs through correct breathing, you will completely oxygenate the body and the brain, improving blood circulation and your sense of well-being. Mondays, 5:15-6:15 p.m., Carnegie Building, Instructor: Alison Dishinger. Thursdays, 10-11 a.m., Community Building. Instructor: Annie Wilsey. Fee. Register at the Community Building, online at www.lprd.org, or call. LAWRENCE, 785-832-7920

JAN 5-MAR 4 & JAN 5 MAR 2

TAI CHI - AGES 50+

Tai Chi is a graceful, low-impact exercise especially suited to seniors. It consists of a series of slow-motion movements that increase body strength, enhance coordination and improve balance. Tai Chi is recognized as a way of carrying health and well-being into later life. Two sessions: Mondays and Wednesdays, January 5-March 4, 10-11 a.m., Community Building. Fee; Monday evenings, January 5-March 2, 6:45-7:45 p.m., Community Building. Fee. Instructor: Craig Voorhees. Register at the Community Building, 115 W. 11th St., online at www.lprd.org, or call. LAWRENCE, 785-832-7920

JAN 5-MAR 4

YOGILATES FOR 50+

The best of both worlds—the core strengthening of Pilates combined with the flexibility and relaxation of yoga. This class will focus on coordination, balance and increasing your range of motion for a complete workout. Mondays and Wednesdays, January 5-March 4, 7:15-8:15 p.m. Location: Holcom Recreation Center. Instructor: Kelsie Middaugh Register at the Community Building, 115 W. 11th St., 832-7920 or www.lprd.org. LAWRENCE, 785-832-7920

JAN 6-MAR 3

FLEXERCISE

Designed for people age 50 and over, this exercise program emphasizes safe and beneficial movements and routines that will increase your flexibility, strength and endurance. Meets on Tuesdays from 8:20-9:20 a.m. at East Lawrence Recreation Center, 1245 E. 15th St. Fee. Enroll at LPRD.org or Community Building, 115 W. 11th St. LAWRENCE, 785-832-7920

HOLIDAY EVENTS

NOV 26-DEC 31

WINTER WONDERLAND XVII

The 17th Annual Winter Wonderland is a memorable two-mile drive through sparkling holiday lights and beautiful displays with magical animation and illumination. Winter Wonderland began in 1988 and has continued to grow each year. Voted by the Greater Topeka Chamber of Commerce as one of the TOP 100 reasons to live in Topeka. Lake Shawnee Campground, 3435 SE East Edge Rd., 6-10 p.m. \$10 suggested donation per vehicle. TOPEKA

NOV 28-DEC 21

MEMORY LANE LIGHT DISPLAY

The light display started in 1992 with a nativity scene in front of the home. Each year the display grows to continue on the legacy and share the Christmas Holiday with guests. The 14-foot rocking horse is a tradition at Memory Lane Light Display & Pleasant Ridge Farm. Open Friday, Saturday and Sunday nights through Christmas Eve, 5:30 p.m.-10 p.m. Fee. 2710 Vermont Rd. RANTOUL, 800-296-6745 www.pleasantridge.com

DEC 4-7

SHELTERED LIVING'S FESTIVAL OF TREES

Join in on the holiday spirit as you wander through nearly 70 trees and wreaths decorated for the holidays. Guests of all ages are welcome to look at the trees and wreaths decorated by talented designers who worked to transform the scenery into a magical winter wonderland. Performers from local schools and groups will also be on hand providing entertainment and setting the festive mood. Ag Hall – Kansas Expo Centre (17th & Topeka Blvd). Dec. 4, 9 a.m.-8 p.m.; Dec. 5, 9 a.m.-4 p.m.; Dec. 6, 8 a.m.-4 p.m.; Dec. 7, 11 a.m.-3 p.m. Fee. TOPEKA, 785-233-2566 www.shelteredliving.org/about

DEC 4

HOLIDAY LIGHT TOUR

This is the 17th Year of Winter Wonderland at Lake Shawnee in Topeka. Join us for a tour of this wonderful holiday light show, with some possible detours to other displays along the route. Leave from Community Building at 6 p.m. Fee. Register at the Community Building, 115 W. 11th St., online at www.lprd.org, or call. LAWRENCE, 785-832-7920

DEC 5 & 6

NATIVITIES AND NOELS

Nativities and Noels is the annual free creche display and Christmas music event sponsored by the Topeka-area congregations of The Church of Jesus Christ of Latter-day Saints. The event will feature over 300 nativities and ongoing live Christmas music. Special events on Saturday will include a Christmas story time for children at 4:30 p.m., a Christmas sing-along for all ages at 5 p.m., indoor harp music and the lighting of outdoor luminaries at 5:30 p.m., and a Christmas music program at 6 p.m. Refreshments will be served throughout the event and at the end of the Saturday music program. Friday, December 5, from 10 a.m. to 9 p.m., and Saturday, Dec. 6, from 10 a.m. to 8 p.m., in the LDS Topeka Stake Center, 2401 SW Kingsrow Rd. TOPEKA, 785-554-8068

DEC 5, 6, 12, & 13

OLD TIME HOLIDAY HAPPENINGS

Take pleasure in the charm of the beautifully decorated Mansion at holiday time. Simply pass through the east doors and be whisked away to an enchanting evening you'll long remember. Enjoy an elegant and delicious candlelight dinner. A buffet dinner will be served from the lovely dining room of the Mansion and you will be seated in the reception room. You'll listen to live music throughout the evening. Enjoy hot cider and cookies by the fire in the cabin and hot fudge sundaes in the Potwin Drug Store. Enjoy a variety of entertainment and activities in each of the vintage buildings. Seating is limited to 72 guests for the evening. Call for reservations. Fee. TOPEKA, 785-368-2439

DEC 6

SANTA CLAWS AT THE TOPEKA ZOO

Take your kids to the Topeka Zoo to get a one-of-a-kind holiday photo. Santa Claws and a live animal will be at the zoo for photo opportunities. A variety of live animals will be available to choose from. Create lasting memories with a photo of your family with Santa and a zoo animal. Fee. 10 a.m.-3 p.m. TOPEKA

DEC 6

DOWNTOWN LAWRENCE OLD-FASHIONED CHRISTMAS PARADE

Marking the 22nd year of tradition, this is a Christmas Parade you and your family don't want to miss. As one of the most unique parades in the nation, the Lawrence Old-Fashioned Christmas Parade kicks off the holiday season with exclusively authentic horse-drawn carriages parading down Massachusetts Street. Cozy up with hot cocoa and blankets, and feel the true holiday spirit while watching dozens of beautiful horses and wagons adorned in garland and bells. Join us to celebrate American heritage and keep our tradition alive this holiday season. Historic Downtown Lawrence, Massachusetts - 7th to 11th Street, 11 a.m. LAWRENCE, 785-856-3040

DEC 6

PAOLA CHRISTMAS HOMES TOUR

Tour five beautiful homes decorated for Christmas. Enjoy treats at each stop. The Miami

County Trolley will provide transportation to the homes if you like. Contact Brian to make your reservation. Paola Downtown Square, 19 S Pearl St., 12-4 p.m. Fee. PAOLA, 913-269-1639

DEC 6-14

FESTIVAL OF NATIVITIES

Annual festival features nearly 400 nativity sets from around the world created from a wide variety of materials. Don't miss the crafts sale. Union Pacific Depot and Lawrence Visitor Information Center, 245 N 4th St., 12-4 p.m. Fee. LAWRENCE, 785-843-1756 www.visitlawrence.com

DEC 7

SANTA ARRIVES AT GREAT OVERLAND STATION

Santa is coming to the Great Overland Station. Stop by as he gets off the Union Pacific train and greets all the kids. Stick around for children's related activities, cookies, hot cocoa and, of course, to get a photo with Santa. Great Overland Station, 701 N Kansas Ave., 1-3 p.m. Fee. TOPEKA, 785-232-5533 www.greatoverlandstation.com

DEC 7

KU HOLIDAY VESPERS CONCERT

A Lawrence holiday favorite, the matinee and evening performances feature the KU Symphonic Choir and the KU Symphony Orchestra. Lied Center, 1600 Stewart Dr., 2:30 p.m. and 7:30 p.m. Fee. LAWRENCE, 785-864-3436 www.lied.ku.edu

DEC 7

TRADITIONAL CHRISTMAS VESPERS

Old-time community Christmas celebration with music, period decorated museum rooms and refreshments following musical performances. Over 30 vintage Christmas trees decorated with period and vintage decorations and the centerpiece a 15 foot native Red Cedar Christmas tree. All three floors of the Territorial Capital Museum traditionally decorated from November 1 through January 1. Kansas Territorial Capital Museum, 609 E Woodson, 2-3:30 p.m. Free but donations appreciated. LEWCOMPTON, 785-887-6148 www.lecomptonkansas.com

DEC 13

LAWRENCE HOLIDAY FARMERS' MARKET

Amazing gifts, foods, crafts and more in time for the holidays. Held indoors at the Lawrence Holiday Inn, 200 McDonald Drive from 9 a.m.-5 p.m. Gorgeous poinsettias, greenery, gifts baskets, handcrafted items, special lavender products, fresh produce, foods and more. LAWRENCE, 785-748-0678 www.lawrencefarmersmarket.com

DEC 14

23RD ANNUAL CANDLELIGHT VINTAGE HOMES TOUR

An annual Leavenworth Christmas tradition. Tour vintage homes in Leavenworth, the "First City of Kansas." Carroll Mansion, 1128 5th Ave., 1-7 p.m. Fee. LEAVENWORTH, 913-682-7759

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DEC 16

STORMONT-VAIL HEALTHCARE HEALTHWISE55 HOLIDAY BRUNCH

Celebrate the holiday season with good friends and seasonal cheer. Please join us at one of the following times: 8-9 a.m., 9-10 a.m., 10-11 a.m. \$5 per person, pay at the door. Reservations required. Please park in the covered parking garage. Enter through the Main Entrance/North Tower revolving doors. Volunteer elves will be available for mobility assistance, if needed, to Pozez Education Center. TOPEKA, 785-354-5225

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. Arbor Court, 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. 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.

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. Arbor Court, 1510 St. Andrews Dr., 2:30 p.m.

MEETINGS

SUNDAYS

OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.) Members of O.U.R.S. have met to dance since

1984. The group meets to dance from 6-9 p.m. on Sundays at the Knights of Columbus, 2206 E. 23rd St. LAWRENCE

MONDAYS

BREAST CANCER SUPPORT GROUP

Meets at Presbyterian Manor, 1429 Kasold, 5:30 p.m. Call Dena for more information. LAWRENCE, 785-979-8362

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

MONDAYS

GRIEF SUPPORT GROUP

12-week adult group for recent loss. Midland Hospice, Building A, 4-5 p.m. Please call for start dates and information packet. TOPEKA, 785-232-2044

FIRST MONDAY OF EACH MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

Individual appointments are available, 5:30-7:30 p.m., as well as phone support. Other times are available. No cost. Call Terry Frizzell. TOPEKA, 785-271-6500; 785-230-6730 on first Monday between 5:30 and 7:30 p.m.

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

GRIEF 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

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Food Court, Restroom Entrance). Free. TOPEKA, 785-354-6787

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 TUESDAY OF THE MONTH

MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - LAWRENCE

Meets at Lawrence Memorial Hospital, 5:30 p.m. LAWRENCE, 785-393-1256

FIRST TUESDAY OF EACH MONTH

TOPEKA AREA OSTOMY SUPPORT GROUP

Our focus is supporting, assisting, and educating individuals with colostomies, ileostomies, urostomies and continent ostomies. Meets at 6 p.m. at St. Francis Health Center, 1700 SW 7th St. TOPEKA, 785-295-5555

FIRST & THIRD TUESDAY 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 TUESDAY 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., 1 p.m. TOPEKA

FIRST & THIRD 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.

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

FIRST WEDNESDAY OF EACH MONTH

KAW VALLEY OWL (OLDER WOMEN'S LEAGUE)

Meetings are held at the United Way building, 2518 Ridge Ct. 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. LAWRENCE, 785-691-7314

FIRST & THIRD WEDNESDAY OF EACH MONTH

CANCER SUPPORT GROUP

Join representatives from Lawrence Memorial Hospital Oncology Center and the American Cancer Society for a general cancer support group. Open to anyone with any cancer diagnoses and/or family members or others affected by their cancer. For more information, contact Liv Frost at 785-505-2807 or email to liv.frost@lmh.org. LAWRENCE

FIRST THURSDAY OF THE MONTH

MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - TOPEKA

Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m. TOPEKA, 785-230-4422

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 a.m.-1 p.m.

FIRST THURSDAY OF EACH MONTH

PARKINSON MEETING

Midland Care, 200 SW Frazier, 5:30-7 p.m. LAWRENCE, 785-235-1367 or (800) 798-1366

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 10:30 a.m. Please call for start dates and information packet. TOPEKA, 785-232-2044

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 5:30 p.m. Please call for start dates and information packet. TOPEKA, 785-232-2044

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

■ CONTINUED FROM PAGE 21

ing session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact cwheston@sunflower.com or visit www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl.
LAWRENCE

SECOND MONDAY, SEP-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
Meets at the Topeka Shawnee County Public Library, 1515 SW 10th Ave., 3:30-4:30 p.m.
TOPEKA, 785-235-1367
www.jhawkaaa.org

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, www.narvre.com

SECOND TUESDAY OF EACH MONTH

KAW VALLEY 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 at www.facebook.com/HerbGroup.
LAWRENCE

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 WEDNESDAY OF EACH MONTH

SOROPTIMIST INTERNATIONAL OF TOPEKA
Soroptimist International's mission is to improve the lives of women and girls in local communities and throughout the world. Meets at 6:30 p.m. at the Topeka-Shawnee County

Public Library. Guests welcome. Please email info@soroptimisttopeka.org for more information.
TOPEKA, 785-221-0501
www.soroptimisttopeka.org

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 & 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

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 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

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 FRIDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP
Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m.
LAWRENCE, 785-235-1367 or (800) 798-1366

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 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-Shawnee County Public Library, 7 p.m. No meeting in April, November or December.
TOPEKA, 785-233-5762
www.tgstopeka.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

ACTIVE AND RETIRED FEDERAL 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.
TOPEKA, 785-478-0651

MISCELLANEOUS

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

After the big kids are off to school, bring your lil' ones to the Discovery Center for special activities just for them. Preschoolers can explore their senses, create crafts and learn about the different animals at the Discovery Center. Parents, guardians, and child care providers can meet other parents and talk with early childhood professionals. Free coffee is available. 4400 SW 10th Ave., 10:30 a.m.-12 p.m.
TOPEKA, 785-783-8300
www.kansasdiscovery.org

SECOND FRIDAY OF EACH MONTH

SCIENCE NIGHT LIVE: SCIENCE OF CHAIN REACTIONS

The second Friday of each month, the Kansas Children's Discovery Center opens its doors exclusively to adults, 21+. Science is fun...at any age. Science Night Live provides visitors the opportunity to have fun and learn about science in a unique setting. We mix music and dancing, drinks and fun, playful science and creative arts for discovery after dark. Each Science Night Live features a unique science theme, as well as tasty spirits and fun. 4400 SW 10th Ave, 6-9 p.m.
TOPEKA, 785-783-8300
www.kansasdiscovery.org

THIRD SATURDAY OF EACH MONTH

COFFEE & CONVERSATION

Arbor Court at Alvarado, 1510 Saint Andrews Dr., 3 p.m. Open to the public.
LAWRENCE, 785-841-6847

JAN 5-MAR 2

SOCIAL MAH JONGG

A simplified mah Jongg game that will be familiar to rummy players. This group plays with the beautiful Chinese tiles with an emphasis on fun over competition. Mondays, January 5-March 2, 2:30-4:30 p.m. Fee. Location: DCSS. Instructor: Beth Hart Register at the Community Building, 115 W. 11th St., 832-7920 or www.lprd.org.
LAWRENCE

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OPINION

'We' are not the government

By Kevin Groenhagen

In 2007, Dave Johnson, a fellow at Campaign for America's Future, posted an article entitled "Things Change When We Realize WE Are the Government." According to Johnson, "The Constitution of the United States and of the State of California begin with the words, 'We, the people...' because here the people are the government. And it is time we all realized it." Further, "Our government is US working together to take care of each other. This is a monumental shift in the way many of us have come to think about our relationship with our government. Government is not some 'them' out there, like the conservatives want you to think—government is you, and me, and all of us in this together, for each other."

A search of the words "we are the government" on the Internet turns up numerous editorials, letters to the editor, and blog comments from those who share Johnson's belief that "we the people" are the government. There are even many references to President Theodore Roosevelt saying, "The government is us; we are the government, you and I." Dictionary.com notes Roosevelt offered these words during a September 9, 1920 speech at Asheville, N.C. However, the words do not appear in the actual transcript of the speech.

Another Roosevelt clearly did promote the "we are the government" doctrine. "Let us never forget that government is ourselves and not an alien power over us," President Franklin D. Roosevelt declared in 1938. President Bill Clinton in 1996 said, "The government is just the people, acting together—just people acting together."

A video shared during the Democratic National Convention in 2012 offered a similar belief when it proclaimed, "The government is the only thing that we all belong to." In an attempt to quell controversy concerning that assertion, the Obama campaign disavowed its involvement in the production of the

video. In July 2013, Obama reversed the message in the video and declared, "We the people recognize that this government belongs to us." However, he went on to say, "We all have a stake in government success—because the government is us." Of course, if we are the government and the government belongs to us, then we belong to the government since there is no distinction between us and the government.

So are Obama and others correct when they say, "we are the government"? Thomas Paine answered this question when he wrote *Common Sense* in 1776:

SOME writers have so confounded society with government, as to leave little or no distinction between them; whereas they are not only different, but have different origins. Society is produced by our wants, and government by our wickedness; the former promotes our happiness positively by uniting our affections, the latter negatively by restraining our vices. The one encourages intercourse, the other creates distinctions. The first is a patron, the last a punisher.

Society in every state is a blessing, but government even in its best state is but a necessary evil; in its worst

state an intolerable one; for when we suffer, or are exposed to the same miseries by a government, which we might expect in a country without government, our calamities is heightened by reflecting that we furnish the means by which we suffer!

"We the people" make up society. Government is not "We the people." As Isabel Paterson noted in *The God of the Machine*, "The modern cliché, 'This is a democracy, I am the government,' is nonsensical. Even as an agency, the government is a formal

organization with an authorized personnel, of which the private citizen is not a member. When several persons employ an umpire, they are distinctively not the umpire, although he holds that office by their agreement."

In an article entitled "The Anatomy of the State," Murray N. Rothbard, a prominent exponent of the Austrian School of economics, explained why the "we are the government" argument is fallacious:

With the rise of democracy, the identification of the State with society has been redoubled, until it is common to hear sentiments expressed which violate virtually every tenet of reason and common sense such as, "we are the government." The useful collective term "we" has enabled an ideological camouflage to be thrown over the reality of political life. If "we are the government," then anything a government does to an individual

is not only just and untyrannical but also "voluntary" on the part of the individual concerned.... Under this reasoning, any Jews murdered by the Nazi government were not murdered; instead, they must have "committed suicide," since they were the government (which was democratically chosen), and, therefore, anything the government did to them was voluntary on their part. One would not think it necessary to belabor this point, and yet the overwhelming bulk of the people hold this fallacy to a greater or lesser degree.

As Rothbard noted, if "we are the government," then anything government does is just and untyrannical because we are doing it to ourselves. President Woodrow Wilson suggested this was the case when he said, "In the last analysis, my fellow countrymen, as we in America would be the first to claim, a people are responsible for the acts of their government." Author James Bovard characterized this belief as "political infantilism." "The notion that 'you are the government' is simply a way to shift the guilt for every crime by the government onto every victim of the government," Bovard wrote. "This makes as little sense as holding each 'widow and orphan' owner of a single share of a company stock fully liable for crimes secretly committed by the corporate management and holding the actual corporate directors blameless, since they merely followed the unspoken will of individual shareholders."

- Kevin Groenhagen is the author of Chapter 19: Defeating the Socialism Coalition and Restoring Our Constitutional Republic, which is available at Amazon.com.



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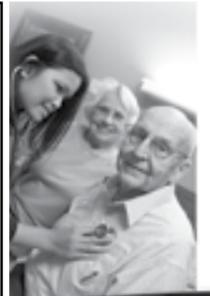
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A LOOK AT BOOKS

If you have written (or even just read) a book that was published from 2012 to the present, you may send it in for a possible review in *Kaw Valley Senior Monthly*. No ebooks or poetry collections please. Send a copy of your book to: Tom Mach, c/o A Look At Books, PO Box 486, Lawrence, KS 66044. Send the image of your book cover to: kevin@seniormonthly.net



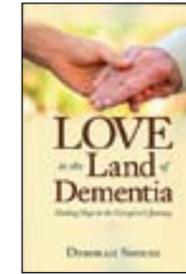
Tom Mach

Love in the Land of Dementia by Deborah Shouse (Central Recovery Press ISBN 978-1-937612-49-8)

Deborah wrote this book when her mother began to show signs of Alzheimer's. As this disease grew, it threatened her parents' long and loving marriage while causing discord and misery for the author and her family. For instance, there is a touching account

of her mother not knowing how to use a fork to eat her meal, and there was another time when her mother opened the car door as Deborah was driving. In her book, Deborah told how she helped her mother and father with dignity and hope. As a result of her experiences, Deborah created a project that helps foster communication between people with Alzheimer's and their families and caregivers through the use of simple storytelling and scrapbooking techniques. *Love in the Land of Dementia* is a true story of how the author coped with the feelings of grief and shame by making new discoveries that gave her the ability to care for a loved one who was rapidly declining. This well-written book is both a poignant and heartfelt personal testimony.

Patchwork Family by Bonnie Tharp (Bell Bridge Books ISBN: 978-1-61194-472-3)



Patchwork Family is aptly named because of the discordant relationships of the characters in this novel. Annabelle is exhausted most of the time because of her responsibilities for her three grandchildren as well as the family's three-legged cat named Pickles. Annabelle is not pleased that she must live in her grandmother's home, now owned by her rich cousin Regina, because of the friction that exists between the two of them. Nonetheless, Annabelle, hospitalized for a medical condition, supports her cousin's romance with a Wichita attorney named Sam who encourages Regina to believe in herself again after her years spent with a cheating husband. But Regina and Annabelle's kinship is finally put to the test when Tom Malone, Annabelle's son-in-law, an ex-convict who had been gone for ten years, shows up demanding to get to know his kids. Annabelle, involved in a romance with a retired coach, has to fend off Tom's demands. Meanwhile, Regina wrestles



with her indecision concerning Sam's marriage proposal, and the two of them have to work on the growing strains in their relationship with each other.

The Last Apparition by Wayne Weible (New Hope Press: ISBN 978-0-9820407-9-9)

According to this book, Mary, the mother of Jesus, had first appeared in 1981 to six children in a remote Yugoslavian village named Medjugorje in Bosnia-Herzegovina, and she reportedly continued to appear to them even when they became adults. Yet, the author tells us, the vast majority of people know little about these supposedly miraculous visitations from the Blessed Virgin. The author, a journalist and a Lutheran, was only interested in facts, but he thought that the event might nonetheless make an interesting Christmas story. While viewing a video in 1985 about these apparitions, he felt an urgent call from Mary to devote the rest of his life in writing about them.



Since then, a number of visitors to Medjugorje have seen signs, such as the sun spinning, a cross on a mountain that had a backdrop of rainbow colors, and other miraculous events. Weible stresses that these apparitions are not just a "Catholic thing" but are messages the whole world should accept. Mary not only urged people to repent and pray to her Son, but she shared ten secrets with them. While the tenth secret remains hidden, Weible believes he knows what it is, and it will be quite shocking.

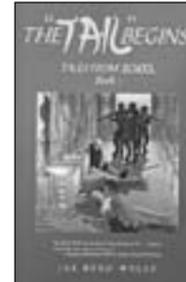
The "Tail" Begins—Book 1 by Jae Byrd Wells (iUniverse ISBN 978-1-4917-3023-2)

Jayne Flynn, who is engulfed in medical debt, is obligated to obey the whims of a rogue scientist named I.V. Scissor King. Jayne must obey King's desire to change human beings into sea creatures named Human Electric Cave Catfish, or HECC for short. People are

A LOOK AT BOOKS

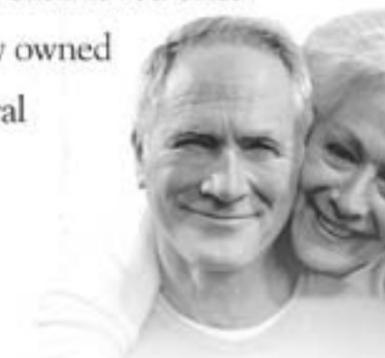
■ CONTINUED FROM PAGE 26

being kidnapped and housed in huge upright tanks for experiments which will change those people to fish. One of those kidnapped individuals is Hope, whom Jayne sees when he visits the Exotic Petshop located deep inside a place called Snake's Rock. He desperately tries to save Hope from her fate. But as he views the other unfortunate victims, he realizes that they will probably be unacceptable to humans because of their gills and tails. Despite the ban humans imposed on HECC relationships, Jayne loves Hope. However, Hope is jealous that she can no longer walk while Jayne can. Will she fall in love with him? What happens next continues into Book 2 of "The Tail." This is a sci-fi adventure story some folks may find interesting.



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HUMOR

There's an app for that

Definition: *App noun, Computers, Informal. An application, typically a small, specialized program downloaded onto mobile devices.*

Emmaline and I went to a movie last week, and the theater management put some commercials on the screen before the feature. One ad offered cell phone users a "run and pee" app.



Larry Day

and YouTube if they fail to stay on schedule.

- In New Jersey there's an app that lets drivers secretly record their roadside encounters with law enforcement.
- There's a "good hair" app that monitors weather conditions—dry, wet, humid, windy, cold—that may affect a woman's hair. Thus informed, she can take precautions before going out.
- There's a "melon" app that lets you place your cell phone on the surface of a melon and detect its ripeness. True.

You can guess what's next: My list of favorite Weird Cell Phone Apps:

1. The stale joke app. You're standing with a group at a reception. You say, "That reminds me of..." Your cell phone vibrates. It's your "you've told that clunker 50 times" app telling you to put a sock in it. You can opt to have the app jab you in the ribs (like your spouse would) instead of vibrating.
2. The undone fly app. At the same social gathering, you use the john. When you return to the group, your cell phone's "zip up" app gives you a nudge, and you excuse yourself again briefly.
3. The snappy retort app. This happens to everyone: "Blustery Bob" puts you down in front of your friends. Twelve hours later, you think of a per-

fect response to the put-down. What you need is the "snappy retort" app. This app sends you a snappy response to "Blustery Bob's" put-down microseconds after he says it.

4. The shopping for clothes app. Your spouse is tired of hearing you say, "No, honey, that outfit doesn't make you look fat." With this versatile app you are ready with all kinds of original gems when your spouse steps out of the dressing booth.

5. The "here comes a touch" app. You're in the canned goods aisle at the supermarket. The "touch alert," app vibrates. You read the screen: "Roger Tapper is in the next aisle." Your old friend Roger Tapper is always touching people for "ten bucks until payday." Roger owes you \$40. You want to avoid making it \$50. You push your cart directly to self-checkout.

6. The homework app. Everyone has heard the old "my dog ate my homework" story. Students who have the "homework" app on their cell phone can give snappy, more satisfying answers to the "where's your homework" question.

7. The "When I was a child" app. Youngsters are often subjected by parents or other adults to long and tedious "When I was a child" stories. Fortunate is the child who has the app for that situation. The "When I was a child" app puts an interested look on the child's face, but fills his or her head with music from a favorite album until the story ends.

8. The all-purpose conversation app. Conversations, even seemingly casual ones, can be difficult. A lot of people, including bosses and in-laws, express strong opinions about a lot of issues. If you disagree and you feel comfortable with the lively give and take that ensues, it's not a problem. Some people like to participate in conversations but don't want to take sides. There's an app for that. The app provides you with phrases that sound like opinions but, if examined, aren't.

- 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.

PET WORLD

Guidelines outline which vaccines vets should use, and how often to vaccinate

Q: I've written to you before about the scoundrel veterinarians who've cheated the public. Like the veterinarian in the recent "20/20" TV segment, when we changed counties, that new vet wanted to vaccinate my dog all over again with vaccines I'd never heard of. And the "20/20" segment (broadcast



Steve Dale

Nov. 24) proved that dogs only need vaccines every three years. Don't you think vets are vaccinating our animals to death? - V.C., Cyberspace

A: I absolutely do not think veterinarians are vaccinating dogs to death. Nearly all veterinarians follow vaccine guidelines suggested by the American Animal Hospital Association (for canines) and the American Association of Feline Practitioners (for felines).

These guidelines offer veterinarians science-based reasoning regarding which vaccines to use, and how often to vaccinate. However, as the guidelines suggest, there may be reasons for veterinarians to use their own discretion. For example, the canine distemper vaccine may be suggested more often in areas where outbreaks occur,

which may (or may not) explain why in the "20/20" segment you saw, the veterinarian suggested a distemper vaccine after only a year.

Besides, you don't have the facts right in the first place. While some vaccines might be suggested every three years, others are only available on an annual basis, such as vaccines for leptospirosis or Lyme disease (both for dogs). These two vaccines are also examples of non-core vaccines, which are dependent on a pet's lifestyle and/or geography. Some pets may need non-core vaccines, while others do not.

For example, dogs become infected with leptospirosis by drinking lake or river water, or even water from puddles contaminated with Leptospira organisms shed in urine by the local wildlife, ranging from raccoon to city rats and infected dogs. Leptospirosis can cause serious illness in dogs, and it can be transmitted to people. Wherever leptospirosis occurs, it's important to vaccinate for it. Perhaps this is a vaccine you've never heard of.

Other vaccines, such as the one for

canine distemper, are considered core vaccines, and are suggested for all dogs. A third category of vaccines are not generally recommended but still may be used based on veterinary discretion.

The guidelines (for both dogs and cats) are clear: Not all pets require all available vaccines, and certainly not every year, depending on the vaccine.

Here's a link to the 2011 American Animal Hospital Association Vaccine Guidelines for Dogs: <https://www.aah-anet.org/PublicDocuments/CanineVaccineGuidelines.pdf>. Here's where you can find the 2013 American Association of Feline Practitioners Guidelines for Cats: <http://jfm.sagepub.com/content/15/9/785.full.pdf+html>.

Q: Call me cheap, but I'm not spending my hard-earned money any longer on pet books. You once mentioned on the radio a good, affordable e-book on dogs, available for Kindle. That's what I want. What's the title? - J.B., Cyberspace

A: Diamond Jim Brady, I have just the book for you: "Good Dog! Practical Answers to Behavior Questions."

The book, which I authored, includes the best of over 10 years of my Q&A columns. They cover everything from puppies to senior dogs, and behavioral issues including aggression, attention-seeking behaviors and separation anxiety. The price is only \$2.99.

The introduction was written by the one and only Betty White, the foreword is from Victoria Stilwell, of "It's Me or the Dog" on Animal Planet, and the preface is by Dr. Sheldon Rubin, a Chicago veterinarian and past-president of the Illinois State Veterinary Medical Association.

Call me old-fashioned, but despite having created this ebook, I still like books you can hold and smell!

- Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001. Send e-mail to petworld@steve.dale.tv. Include your name, city and state.

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The app listed three- to five-minute scenes in the movie during which no plot twists, torrid action, or romantic moments would occur. Think of it, a cell phone app that gets you to the restroom and back to your seat, while there's only blah-blah dialogue on the screen. All films contain blah-blah dialogue because movie theaters have \$8-a-bag popcorn to sell.

After the movie I searched the Internet and found several interesting cell phone apps:

- The "Gym Shamer" app looks up peoples' fitness goals and puts up a "chickened out" report on Facebook



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WOLFGANG PUCK'S KITCHEN

Keep your side dishes light for a healthier holiday feast

The holidays are fast approaching. Right now, home cooks everywhere are thinking about two important matters. The first involves planning what to cook for the best holiday feast ever. And the second, of course, is how to avoid gaining weight while enjoying all those festive meals.

I've read reports saying that people can put on anywhere between one and five extra pounds during the holidays.



Wolfgang Puck

Yet, too many people who dream of keeping their weight in check at this time of year fail to do any serious advance planning about how they might maintain some discipline. The result of such a lack of foresight can leave you all the more in need of making serious New Year's resolutions.

That's why I'd like to share with you here a couple of my own favorite strategies for celebrating the season more healthfully.

The first is, I think, the most important, and I can best sum it up by reminding you of one of Thanksgiving's most enduring icons, the cornucopia or horn of plenty. This ancient Roman harvest symbol is always depicted as overflowing with fresh vegetables and fruits, and I always try to plan my

own Thanksgiving and other holiday menus with the cornucopia in mind. That means including an abundance of produce, from appetizer salads to side dishes, stuffings and dressings to desserts. The more vegetables and fruits you serve and eat, the less room you leave for dishes that can be your downfall.

At the same time, it's important not to add too much fat, sodium, or sugar to that produce. The trick is preparing them in healthful ways that maximize flavor, texture and appearance. My recipe for Low-Fat Caramelized Brussels Sprouts, adapted from my book "Wolfgang Puck Makes It Healthy," achieves that goal in several simple ways.

In recent years, people have discovered that Brussels sprouts can be beautiful and delicious if you undercook them to a bright emerald color and crunchy consistency. People love them even more if they're browned to a caramel color that brings out a natural edge of sweetness. Unfortunately, most such recipes achieve that goal by loading them up with lots of butter or bacon fat, plus too much sugar.

The recipe you see here, though, achieves similarly delicious goals without compromising smart eating. No butter or oil is used - just some nonstick cooking spray. A hint of brown sugar per serving helps develop rich color and flavor. The amount of salt is entirely up to you.

The result is a wonderful side that is easily doubled or tripled to serve larger

gatherings. Yet, each serving contains just 64 calories, only 2 from fat.

Now, isn't that a holiday dish for which it's worth giving thanks?

LOW-FAT CARAMELIZED BRUSSELS SPROUTS

Serves 4

Kosher salt

1-1/2 pounds (750 g) medium to large Brussels sprouts, trimmed and halved lengthwise

Nonstick cooking spray

1/2 tablespoon packed dark brown sugar

Freshly ground black pepper

1/4 cup (60 ml) organic, low sodium chicken broth or vegetable broth

1 tablespoon chopped fresh Italian parsley

Half-fill a large saucepan with water and bring the water to a boil over high heat. Meanwhile, place a colander in the sink. Partially fill a large bowl with ice cubes and water and place it near the sink.

When the water in the saucepan is boiling, salt the water, if you like. Add the Brussels sprouts and cook them just until they turn bright green, 1 to 2 minutes. Drain the Brussels sprouts

and immediately but carefully transfer them from the colander to the bowl of ice water. Leave them to cool for several minutes. Drain thoroughly, and then pat the Brussels sprouts completely dry with a clean kitchen towel or paper towels.

Over medium heat, heat a cast-iron skillet or saute pan large enough to hold all the Brussels sprouts in a single layer; or if necessary, use 2 or more smaller pans. Spray the bottom of the pan or pans evenly with nonstick cooking spray. Sprinkle the bottoms evenly with the brown sugar and quickly place the Brussels sprouts cut sides down in the pan or pans. Sprinkle lightly with salt and pepper to taste.

Cook until the undersides of the Brussels sprouts are caramelized and a deep brown color, 5 to 7 minutes. Drizzle them with the broth and continue to cook, stirring, to dissolve the caramel-brown glaze on the bottom of the pans and lightly glaze the sprouts with the liquid, 1 to 2 minutes longer.

Serve the Brussels sprouts directly from the skillet or skillets, or transfer them to a serving bowl. Garnish with the parsley. Serve immediately.

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KIPLINGER ON TRAVEL

Best cruises, airlines, and booking sites for your travel dollar

By Miriam Cross and Kaitlin Pitsker Kiplinger

Who doesn't love a getaway? But traveling can be expensive—and daunting as you try to find affordable airfare and accommodations, plan the perfect trip and deal with all hassles of getting to your destination.

To take the stress out of your next vacation, we've rounded up several resources to help. Below you'll find Kiplinger's Personal Finance's picks for the best booking sites for flights, hotels and vacation rental properties, the best airlines, the best hotel loyalty programs and the best cruises. With these resources, you're sure to get the best value for your travel dollars.

Booking site
Hipmunk ranks airline search results using an "agony" filter—top results have the best combination of lowest price, shortest duration and fewest stopovers—or by price or schedule. Hotel searches use the "ecstasy" filter, which ranks by price, amenities and reviews.

Airline for on-time arrival
Delta Air Lines has the best track record for sticking to its schedule. Over the past year, 86 percent of its flights were on time.

Airline for baggage handling

Virgin America gets your bags to your destination more often than any other airline. In the past year, the airline has lost only 1.21 bags per 1,000 fliers.

Hotel loyalty program
With more than 1,100 hotels and resorts in nearly 100 countries, it's easy to rack up and redeem rewards with Starwood Preferred Guest. Members

can often earn a free weekend night in as few as three stays. Prefer smaller, boutique hotels? At Kimpton Hotels, loyalty members receive free Wi-Fi and other perks.

Vacation rental Website
Like other rental sites, Airbnb displays houses and apartments for rent worldwide. But it expands your options to private and shared rooms. It also includes user reviews and holds your payment in escrow until your reservation begins.

Cruises: For families
Disney Cruise Line caters to the whole family, with kids' clubs and activity centers plus live musicals and poolside movies.

Cruises: For value
Celebrity Cruises offers luxuries that include recently updated dining options and spacious staterooms without the luxury price tag.

Cruises: For luxury
All cabins on Seabourn's small ships are suites. And plenty of extras, from cocktails to on-deck mini massages, are included. There's a no-tipping policy on board, so you can enjoy the frills without reaching for your wallet.

(For more on this and similar travel topics, visit Kiplinger.com.)

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GOREN ON BRIDGE

What to do?

With Bob Jones
Tribune Content Agency

North-South vulnerable. South deals.

- NORTH
- ♠-Q 8 6
- ♥-K Q 10 8 6 5
- ♦-8
- ♣-Q 5 2
- WEST
- ♠-A K 10 7 5 4
- ♥-A J
- ♦-Void
- ♣-K 9 7 6 4
- EAST
- ♠-J 9 3 2
- ♥-9 7 4 3 2
- ♦-Q 10 3
- ♣-10
- SOUTH
- ♠-Void
- ♥-Void
- ♦-A K J 9 7 6 5 4 2
- ♣-A J 8 3

The bidding:
SOUTH WEST NORTH EAST
1♦ 1♠ 2♥ 3♠*
5♦ 5♠ Dbl Pass
6♦ Dbl Pass Pass
Pass

* Weak, four trumps, 4-7 points

Opening lead: Ace of ♠

The correct opening bid with a massive nine-card suit has been a subject of discussion among experts for most of the last century. The debate rages every 10 years or so when someone actually

holds such a suit. This hand was dealt during an important team competition earlier this year.

At one table, South opened one diamond. A highly competitive auction ensued, leaving South with a difficult high-level decision at the end. Partner's double of five spades was a clear warning that a six-diamond bid might not be successful, but South's decision to bid on was reasonable. A little luck and an easy 12 tricks might be available. The only luck available for South today was bad luck, and he had to guess extremely well to go only one down.

At the other table, the South player decided that he was always going to compete to the six-level with this hand, so why not put maximum pressure on the opponents. He opened the bidding with six diamonds! West, under immense pressure, made the reasonable decision to bid six spades. South doubled when the auction came back around to him and six spades was defeated by two tricks. This earned a very useful gain for his team.

We can't wait for this issue to come up again in another 10 years or so.

- Bob Jones welcome readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses may be sent to tcaeditors@tribune.com. © 2014 Tribune Content Agency, LLC.



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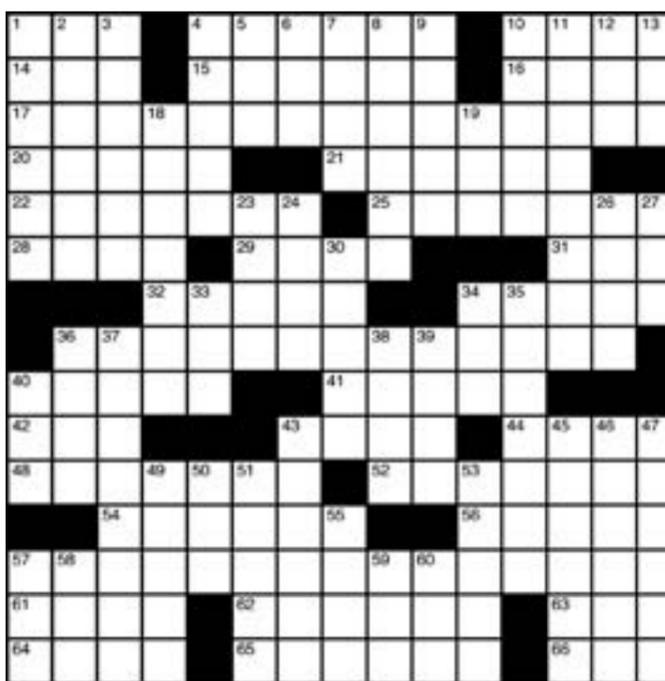
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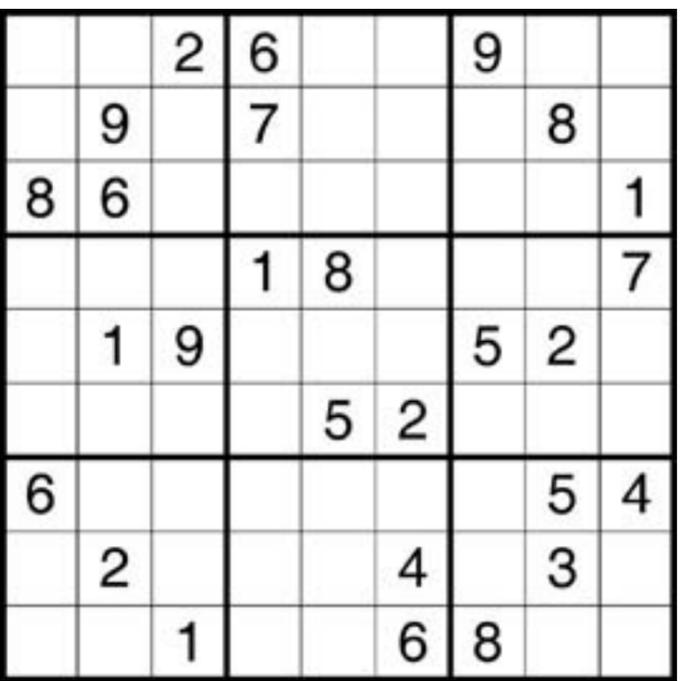
CROSSWORD

- Across
- 1 Hollywood special effects, briefly
- 4 Did, but doesn't now
- 10 1970s-'80s sketch comedy show
- 14 "Prince Valiant" prince
- 15 Brian McKnight/Vanessa Williams duet with the line "It conquers all"
- 16 Chain with stacks
- 17 Wine enthusiast's list of killer reds?
- 20 "I ___ Symphony": Supremes hit
- 21 Hoover underlings
- 22 Stands the test of time
- 25 Out to lunch, so to speak
- 28 Shed tears
- 29 Kaput
- 31 Mineo of film
- 32 Barcelona bar bites
- 34 Dust particle
- 36 Wine enthusiast's "That's how it goes"?
- 40 Bankrolls
- 41 Man-to-boy address
- 42 Feel ill
- 43 It's saved in bits
- 44 Stinging insect
- 48 Effervesce, as some wine
- 52 Helter-___
- 54 "Uh-oh"
- 56 Sierra ___: Freetown's country
- 57 Wine enthusiast's philosophy?
- 61 Champagne choice
- 62 First novel in Christopher Paolini's Inheritance Cycle
- 63 Take steps
- 64 Eggs sprinkling
- 65 Levels of society
- 66 ___ down the law
- Down
- 1 Nut used in Asian cooking
- 2 Novelist Graham
- 3 Overrun

- 4 Arm bone-related
- 5 Lawn maker
- 6 Celebration time
- 7 Fall on ___ ears
- 8 Choice piece
- 9 Singer K.T.
- 10 Judged, with "up"
- 11 Waters off Taiwan
- 12 Cargo unit
- 13 Cheney and Biden: Abbr.
- 18 Lost one's temper
- 19 Sumac of Peru
- 23 Glimpse
- 24 ___-Pei
- 26 Golfer Johnson
- 27 Antlered animal
- 30 Neighbor of Kobe and Kyoto
- 33 Mule parent
- 34 "Sammy the Seal" author Hoff
- 35 Cat burglar
- 36 Bon mot
- 37 Illicit
- 38 Google goals
- 39 Minn. neighbor
- 40 Scale notes
- 43 Hit the road
- 45 Like many a John Cage composition
- 46 Largest of New York's



- 37 Finger Lakes
- 38 Comely
- 39 Butler of fiction
- 40 Ornamental pond fish
- 41 Draws the short straw, say
- 42 Justice Kagan
- 43 Lasting mark
- 44 Lots of ozs.
- 45 Keogh plan kin
- 46 Ottoman dignitary
- 47 Sci-fi sidekick, often



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

JUMBLE THAT SCRAMBLED WORD GAME by Mike Argoron and Jeff Khurik

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

HECAF
LUXTE
EPSOOP
VARQUE

Answer:

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

WHAT THE FOGGY NIGHT GAVE THE DRIVER.

SCRABBLE G R A M S

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PAR SCORE 260-270 FIVE RACK TOTAL
BEST SCORE 347 TIME LIMIT: 25 MIN

DIRECTIONS: Make a 3- 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. "Blank" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 4th Edition.

For more information on tournaments and clubs, email NAPS@NorthAmericanScrabblePlayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrambled@gmail.com.

Answers to all puzzles on page 34

THE FIRST APARTMENTS
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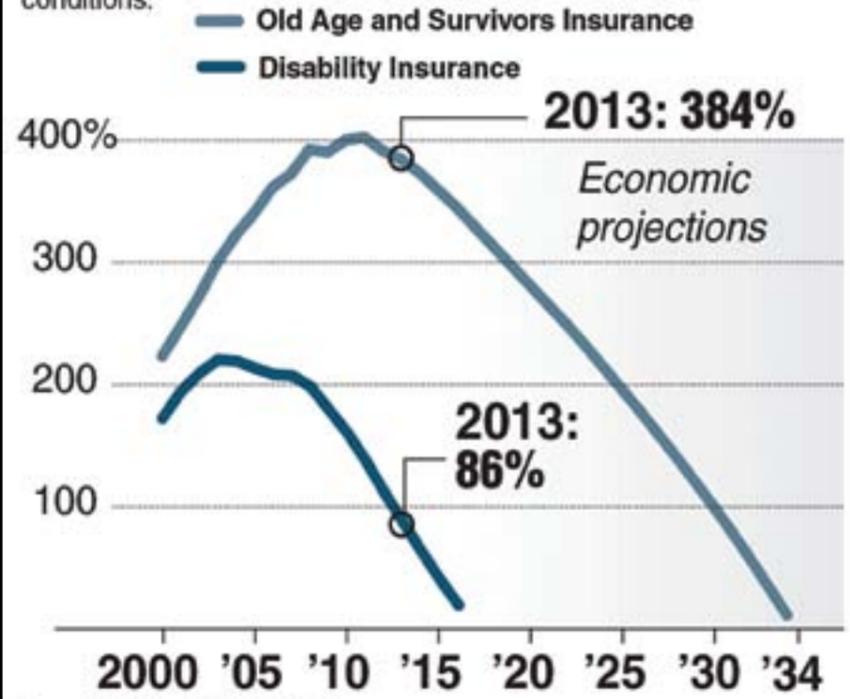
Sergeant Major Jesse Pacheco, 91, was the oldest Marine at the 239th Marine Corps birthday celebration at the Robert J. Dole Institute of Politics at the University of Kansas on November 10. A Lawrence resident, Sgt. Maj. Pacheco served in World War II, the Korean War, and the Vietnam War, and still stands ramrod straight in his dress blues. After remarks by Kansas Supreme Court Chief Justice Lawton Nuss, a Marine Corps veteran and the guest of honor, the Marines participated in a cake-cutting ceremony. By tradition, the first piece of cake is presented to the guest of honor, while the second piece of cake is presented to the oldest Marine present.

Retirement funds in trouble

The disability trust fund portion of Social Security is expected to be depleted by the end of 2016 while the Old Age and Survivors fund is projected to run out by the end of 2034.

Adequacy of Social Security trust funds

Reserves as a percentage of annual cost, projected with trust fund trustees' best estimate of economic and demographic conditions.



Source: Social Security Administration
Graphic: Phil Geib, Chicago Tribune
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SUDOKU SOLUTION

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

CROSSWORD SOLUTION

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

SCRABBLE BRAND GRAMS SOLUTION

A	B	A	S	H	E	S	62
C	O	O	P	T	E	D	62
M	E	R	C	I	E	S	62
R	E	G	E	N	C	Y	63
S	O	C	K	E	Y	E	98

PAR SCORE 260-270 TOTAL 347

JUMBLE ANSWERS

Jumbles: CHAFE EXULT OPPOSE QUAYER

Answer: What the foggy night gave the driver -- THE "CREEPS"

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