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BELLE GROENHAGEN PHOTO



Eileen Schreiber: "Granny" rekindles her love for basketball.

See story on page three



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Schreiber joins new Granny Basketball league in Kansas

By Kevin Groenhagen

Eileen Schreiber, Lawrence, has always loved basketball, which she played as a high school student in Raytown, Mo.

"It was intramural basketball then," she said. "It wasn't as competitive as what they play now."

Schreiber's skills on the court contributed to her physical education teacher presenting her with the "Best Athlete" trophy during her senior year.

After graduating from high school in 1962, Schreiber attended the University of Kansas, where she also played intramural basketball. She graduated in 1966, and began a career in education.

"I was a physical education teacher for five years, and then I became a counselor," Schreiber said. "I got my counseling degree at Tulsa University. I did most of my counseling in the North Kansas City School District."

While she was with the North Kansas City School District, Schreiber continued to play basketball on a faculty team.

"We played about once a year," she said. "We played the other faculties in

North Kansas City, so that was kind of fun."

Now retired, Schreiber's main form of exercise is walking.

"I walk every day," she said. "I go over to Sports Pavilion Lawrence and walk around the track a couple of miles each day, or I'll walk out in the country."

Schreiber hadn't thought much about playing basketball again, but then she read about Michele Clark's plan to start Granny Basketball teams in Lawrence and the surrounding areas.

Founded by Barb McPherson Trammell in 2005, the Granny Basketball League is a non-profit, Iowa-based organization. Trammell's father had been a girls basketball coach during the 1940s and 1950s. While Trammell was helping her father write his memoirs, he described the first girls game he saw in Bondurant, Iowa, in 1920, including the uniforms the girls wore, the three courts, and the rules they had to follow back then.

BELLE GROENHAGEN PHOTO



Eileen Schreiber prepares to take a shot during a recent practice.

"Because I was looking for a way to exercise, it finally occurred to me that even at my age, I could play those old rules," Trammell noted on the Granny

Basketball website. "So a bunch of my friends got together in 2005 to put on an exhibition game in Lansing, IA, to

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Eileen Schreiber

■ CONTINUED FROM PAGE THREE

raise money to preserve an old historic building there. Some other towns in the area heard about it and wanted to play, too. So we ended up with 4 teams and decided to have a tournament instead of just an exhibition game.”

The popularity of the Granny Basketball League continued to grow over the next several years. As of this past summer, the league had 22 teams with more than 400 players in Iowa, Louisiana, Minnesota, Missouri, Texas, and Virginia.

Beginning on August 15, Clark, the volunteer coordinator for Granny Basketball start-up teams in Kansas, began organizing free, learn-to-play practices every other Saturday morning at the Holcom Park Recreation Center.

Schreiber was among those at the first practice.

“There were maybe seven of us at the first practice,” she said. “Others came for the next practice. It seems like there were a couple of new people each time we practiced.”

The newly-formed Kansas Grayhawks held their first exhibition game at the Holcom Park Recreation Center on October 24.

“A couple of women from Iowa came down to play in the exhibition game, and two woman from Missouri came over, too,” Schreiber said. “They gave us some tips because they have been playing longer. That helped.”

And the new players did need tips because Granny Basketball follows the rules used in the game Trammell’s father saw in 1920. (See list of rules on page five. Complete rules are available in *The Joy of Six* handbook, whose title

alludes to the fact that Granny Basketball has six players on each team instead of five players.) One rule that Schreiber particularly likes is the one that prohibits running and jumping. However, “hurrying” is allowed.

“That’s what I’m used to doing,” Schreiber explained. “I do a fast walk when I exercise, and that’s what I do on the basketball court.”

However, Schreiber is not a big fan of the dribbling rule.

“In Granny basketball, we get to dribble just twice,” she said. “I personally

would like to dribble more. Passing is kind of key to the game. You have to be able to pass well because two dribbles doesn’t get you very far.”

The Grayhawks also debuted their uniforms during the exhibition game.

“We sent in our measurements, and they sent us our bloomers and collars, which have our numbers on them,” Schreiber said. “And then everyone just wears their own white top.”

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Eileen Schreiber

■ CONTINUED FROM PAGE FOUR

ment in Iowa in 2005, the Kansas Grayhawks used their exhibition game as an opportunity to contribute to a local charity. They collected 189 pounds of food donations and \$211 in cash donations for Just Food, a local food pantry.

At the Grayhawks practice/scrimmage on November 15, 14 players, including five new players, showed up. With the additional players, a second Kansas team, the Gray Tornadoes, is forming. The two teams will begin their 2016 spring season on January 10, and will play every Sunday afternoon at the Community Building gym in downtown Lawrence. They will have three weeks to practice before they travel to Cedar Rapids, Iowa, on January 30 to attend the Granny Basketball Jamboree.

The minimum age to play in the Granny Basketball League is 50. There is no maximum age, and Schreiber noted that a few of the players in the

exhibition game are in their 80s.

"It's pretty impressive," she said. "I'm 71, so I'm thinking I've got a few more good years left for playing. If they can do it, I can do it. We have some good longevity in our family. I have a couple of uncles who are 90 and a couple of aunts who are close to that. I figure I'll get into my 90s at least."

Schreiber urges anyone who has an interest in playing Granny Basketball to come to a future practice.

"I encourage anyone to try it," she said. "It's good exercise, and you'll make new friends. How good is that? One woman said she was just sitting around the house. She decided to come over to see what this was all about. She liked it."

There is no cost to try Granny Basketball. After joining a team, there is a small fee to use the gym at the Community Building.

For more information about Granny Basketball, please visit GrannyBasketball.com, or call Michele Clark at 785-409-2791. Kansas Granny Basketball also has a Facebook page at Facebook.com/KansasGBB.

THE OFFICIAL GRANNY BASKETBALL RULES

(Abbreviated version)

1. The floor is divided into three courts.
2. A team consists of two guards, two forwards, and one or two centers, all of whom remain in their designated court.
3. No running or jumping. (Hurrying is allowed).
4. Two dribbles per possession per player.
5. No physical contact.
6. A game consists of four 8-minute quarters with a continuous clock, except for falls and fouls.
7. One time out per team per quarter or overtime period.
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9. 3 points are scored for underhand shots; 2 points for other field goals; 1 point for free throws.
10. No bare flesh (neck to toes) may be shown. (Technical foul!)

Complete rules are available in *The Joy of Six* handbook.

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Senior Medicare Patrol program helps victims of fraud

By Billie David

Medicare's Open Enrollment Period, which runs from October 15 through December 7, is seen by identity thieves and other unscrupulous characters as an excellent time to take advantage of the confusion involved in order to line their own pockets.

But members of the Senior Medicare Patrol program are standing by, ready to help victims of Medicare-related identity theft and other fraudulent

activity. They track and report current fraudulent practices so consumers can be alert to future scams.

"What I like most about this program is that we get to teach folks who receive Medicare, and their fami-

lies, about fraudulent activity related to Medicare," said Senior Medicare Patrol Director, April Hazen. She added that the information she and the volunteers provide helps consumers to protect themselves from other kinds of fraud as well.

"People love to hear from us and learn how to protect themselves and their loved ones," she continued. "They know that Medicare money is money that they pay in and they don't want just anybody taking it."

Last year Medicare paid out about \$660 billion in claims, Hazen said, and the best estimate is that about \$60 billion of that went to fraudulent activity.

"One of the best ways to avoid fraud

■ CONTINUED ON PAGE SEVEN



Fraudulent behavior to watch for during the Open Enrollment Period

Identify theft occurs most frequently during the annual Medicare Open Enrollment Period but consumers should be on the watch for such fraudulent activity throughout the year.

The following is some advice to help you avoid their schemes:

1. Beware of someone who calls and says they are an employee of a government agency such as the Center for Medicare and Medicaid Services. They will then ask you for private information. For example, they may ask you for your Social Security and Medicare numbers so that they can send you a new card. Keep in mind that Medicare will not call you and ask for such information over the phone. In addition, if someone knocks on your door posing as someone from Medicare, do not invite them in or provide personal information; the same advice applies to emails asking for private information.
2. Be aware that it is illegal for insurance agents to call you or visit your home to sell or endorse Medicare products unless you have given them your permission in advance.
3. Be cautious of aggressive agents who may pressure you into buying supplemental insurance that you do not need, and that may not even cover your doctor or the medications you are taking. They may not be an agent at all, but rather may be posing as one in order to obtain your personal information. If you need help comparing plans, you can contact your local Area Agency on Aging and ask to be put in touch with a trained SHICK (Senior Health Insurance Counseling for Kansas) counselor.
4. If you receive a call from someone who tries to push you into making a decision right away, tell the caller that you don't make decisions over the phone and ask them to send you the information in writing. An alternative is to ask for the caller's name and then call back later to verify the legitimacy of the offer.
5. Do not believe insurance agents who tell you that you are required to change your Medicare Advantage or Part D plan. Although the Open Enrollment Period provides a time when you can compare plans and select the one that is best for your current needs, you are not required to change your plan if you don't want to do so. If you give such agents your Medicare number, they may enroll you in a plan without your being aware of it, one which might not suit your needs at all.
6. Watch out for insurance agents who tell you that for a limited time, you can get a discount on your premium by signing up for an insurance plan early.
7. Watch out for vendors at health fairs who ask you to enter a drawing for a free prize by filling out a card with your name and Medicare number.
8. Know that you can contact the Senior Medicare Patrol if you are enrolled in Medicare and you receive bills for services that weren't provided or notice suspicious charges on your Medicare Summary Notices, if you gave your Medicare number to a stranger or if you suspect other Medicare fraud. (If you suspect that you are the victim of other fraud, you should report it to your local law enforcement and call the Federal Trade Commission at 877-382-4357.)

Identity theft

■ CONTINUED FROM PAGE SIX

is for consumers to read their Medicare Summary Notices and see if Medicare was charged for a wheelchair they never received or was billed for surgery they never had," she said. "Maybe Mom has dementia and doesn't remember when she went to the doctor but the Medicare Summary Notice shows she made 10 visits to her doctor in one month. Make sure the bills they are processing are legitimate bills."

Another way consumers can protect themselves from fraud is to carefully guard their Social Security and Medicare numbers.

"Don't carry your Medicare card with you," Hazen said. "If the fraudsters get that, they can get every piece of your information within five minutes at a computer. Absolutely never give your Social Security number out over the phone. If someone calls and says, 'Your doctor wanted you to have a back brace and they wanted to get it to you but we need your Medicare number,' don't give it to them. Your doctor will already have your Medicare number."

When people get fraudulent calls such as that or see other fraudulent behavior, Hazen encourages them to call the Senior Medicare Patrol.

"That way we can track things like which number they are calling from," she said. "They are such smooth talkers. Someone will give them their Medicare ID number, and we need to know that their number has been compromised. If someone is calling people offering durable medical equipment,

we need to know that. If you gave them your Medicare number, watch your Medicare Summary Notices and let us know if they are using your information."

The Senior Medicare Patrol, a nationwide program that works to prevent healthcare fraud, is funded by the US Administration for Community Living (ACL) through the Older Americans Act. In Kansas the federal grant that funds the patrol is administered by the Kansas Department of Aging and Disability Services (KDADS).

"When the Senior Medicare Patrol was established, it was set up as a grassroots program," Hazen said. "We travel across the state to talk to consumers and present seminars."

"We have trained volunteers and they are an enormous help," she added. "We do need volunteers. Volunteering for the patrol does not involve a large amount of time. It's more of an advocacy-type activity that help consumers when they need it. We train the volunteers so they can go out and talk to their families, friends, peers, or others who need the information."

The training to be a volunteer takes one or two days and can be done online, one-on-one, through a group presentation—whatever training method works for the individual. The volunteers are in charge of the amount of time they want to devote to the program.

People who are interested in volunteering or who want to report fraud can call the Senior Medicare Patrol at 1-800-432-3535. The main number for the Kansas Department of Aging and Disability Services (KDADS) is 785-296-4986 and their website is www.kdads.ks.gov.

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Hickam assists those who need to downsize

By Billie David

Many seniors find that they have accumulated more possessions than they know what to do with, and sorting through them can be a daunting task, especially when so many of those possessions have strong emotions and memories attached to them.

Add to that the additional difficulties some people face when they need to downsize and they have cancer, Alzheimer's, Parkinson's, or other diseases that interfere with their thinking, stamina and mobility.

Lawrence resident Melissa Hickam, owner of Life Transitions Organizing, learned first-hand just how difficult sorting through possessions can be nine years ago when her husband of just two years passed away.

"He was a hoarder, and he left me with his things to go through," Hickam said. "My personal experience with that got me interested in helping others with it."

One of her first clients, with whom she formed a close friendship, influenced her decision to start a business with a focus on helping people downsize.

"She was in her late 70s and had leukemia," Hickam said. "She has since passed away. We got together every week on Wednesday and I helped her go through her things."

While they worked, they talked, and Hickam told her friend about going through her husband's possessions. Her client encouraged her to think about making a career out of it.

"My business came about by going

through it with her," Hickam said.

"Part of my focus is to help seniors who are getting ready to move into retirement homes, assisted living or nursing homes," she explained of her three-year-old business. "I help them move, or maybe they want to stay where they are and scale down."

Hickam helps her clients with tasks like sorting through their belongings, going through closets and packing things up, and she can also take items to be donated or recycled, or help sell them through eBay or craigslist. She has worked with people with varying needs, including hoarders

and people who have had strokes or are suffering from Alzheimer's.

For example, she remembers working with a client whose spouse was moving to a nursing home after suffering a stroke. Their sessions typically lasted two or two-and-a-half hours.

"Then you are maxed out and you have to say stop," she said. "I took some stuff to recycling and I took things to a storage unit. It varies according to their needs."

To help her in her business of helping other people downsize, Hickam has taken classes with the National Association of Professional Organizers on topics such as senior downsizing, residential needs assessment, and an introduction to professional organizing. Her goal is to become certified as a senior move manager.

Having a bachelor's degree in psychology from KU has also been helpful, as has her five years of experience in counseling.

■ CONTINUED ON PAGE NINE



Hickam

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Life Transitions

■ CONTINUED FROM PAGE EIGHT

“Every situation is different. You have to find out what the person is needing,” she explained.

Hickam believes that there is a definite need for services such as hers.

“The population is aging, and people accumulate things over the years,” she said. “When I was going through my husband’s things there was a lot of emotion attached to that.”

Establishing a good reputation is also an important aspect of her line of work because seniors need to know that they are working with someone they can trust.

“Seniors have had experiences with scammers. They seem to try to take advantage of seniors,” she explained, adding that one can go online and look up the National Association of Professional Organizers and check out their information, including what seniors need to watch for to protect themselves.

Potential clients who need help with downsizing and sorting through their possessions can begin the process by calling Life Transitions Organizing at 785-766-9078.

“I would have a conversation with them and find out what they are looking for,” Hickam said. “Then I would go to their home for a face-to-face talk.”

During the free consultation both Hickam and her potential client would determine whether they could work

together on the project.

“If I feel like it is something I can help them with and they are comfortable with me, I set up a time to come out and start working,” she said.

The timeline for finishing the project varies according to the job.

“With my first client, she was my friend and we became quite close,” Hickam said. “I worked with her for a couple of years and then she passed away. In another case it only took two sessions.”

Hickam has had considerable experience with different aspects of being a Lawrencian. She grew up in nearby Spring Hill and moved to Lawrence to attend KU.

“I never left. Lawrence is my home,” she said, adding that her sister also lives in town and her daughter attends high school in Lawrence.

She started a book club in Lawrence 20 years ago where members study women authors. She is also a member of the Kaw Valley Herb Group and runs a property management business. In addition, she was a Realtor for 15 years.

In addition, she is a graduate of Leadership Lawrence and the Citizen’s Police Academy. She is also a past president of the Tenants to Homeowners Association and was a counselor for Headquarters and Rape Victims Support Services.

“I have been active in the community and I have encountered a lot of really wonderful, intelligent people,” she said. “I have worked with a lot of different people on a lot of different things.”



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You can find the Retirement Estimator at www.socialsecurity.gov/estimator.

Question: I know that Social Security's full retirement age is gradually rising to 67. But does this mean the "early" retirement age will also be going up by two years, from age 62 to 64?

Answer: No. While it is true that under current law the full retirement age is gradually rising from 65 to 67,

the "early" retirement age remains at 62. Keep in mind, however, that taking early retirement reduces your benefit amount. For more information about Social Security benefits, visit the website at www.socialsecurity.gov.

Question: If I retire and start getting Social Security retirement benefits at age 62, will my Medicare coverage begin then too?

Answer: No. Medicare benefits based on retirement do not begin until a person is age 65. If you retire at age 62, you may be able to continue to have medical insurance coverage through your employer or purchase it from an insurance company until you reach age 65 and become eligible for Medicare. For more information about who can get Medicare, visit www.medicare.gov.

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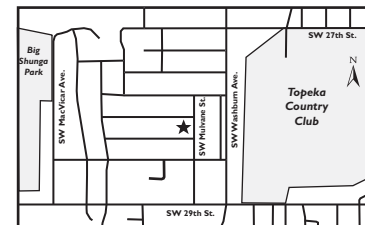
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OrthoKansas, LLC welcomes Ken Filsinger, PA-C

OrthoKansas, LLC welcomes Ken Filsinger, PA-C to their clinical staff.

Filsinger received his Bachelor of Science degree in Education and Athletic Training from the University of Nebraska at Lincoln (UNL) in 1991. He later received his Master of Science in Physician Assistant Studies (MSPAS) from Wayne State University in Detroit, Michigan in 2000. Filsinger brings more than 15 years of experience working in outpatient orthopedics, specializing in total joints, general orthopedics, sports medicine as well as spine and rehab.

Filsinger is Board Certified through the National Commission of Certification of Physician Assistants (NCCPA) and a member of the American Academy of Physician Assistants (AAPA), and the Physicians Assistants in Orthopaedic Surgery (PAOS).

Filsinger now joins the staff of 23 providers, which include Board Cer-



Filsinger

tified Orthopaedic Physicians and Surgeons, PA-C's, and Physical and Occupational Therapists.

KEVIN GROENHAGEN PHOTO



Dozens of local Marines gathered at the University of Kansas' Robert J. Dole Institute of Politics on November 10 to celebrate the Marine Corps 240th Birthday Commemoration.

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KDADS recognizes adult care homes for person-centered care

Kansas Department for Aging and Disability Services (KDADS) Secretary Kari Bruffett announced on November 10 that 10 adult care facilities throughout the state have been recognized with a 2015 PEAK 2.0 Award for sustaining person-centered care for their residents.

“KDADS remains committed to ensuring high quality services for Kansas nursing home residents,” Secretary Bruffett said. “I want to congratulate the management and staff of these winning facilities for their extraordinary effort and the excellent care they provide.”

Person-centered care nursing homes have moved away from the institutional model of nursing home care and toward a more homelike environment in which residents have a say in their day-to-day lives. Mentor Homes are PEAK 2.0 facilities that have mentored other adult care facilities in implementing person-centered care.

The following facilities were recognized:

- Brewster Health Center, Topeka - Mentor
- Evergreen Community of Johnson County, Olathe - Mentor
- Meadowlark Hills Retirement Community, Manhattan - Mentor
- Pleasant View, Inman - Mentor
- Medicalodges Columbus, Columbus
- Schowalter Villa, Hesston
- Dooley Center, Atchison
- Parkside Homes, Hillsboro
- Lone Tree Retirement Center, Meade (Meade District Hospital long-term care unit)
- Pine Village, Moundridge

For more than 10 years, the State of Kansas has recognized nursing homes for successfully implementing this positive, person-centered approach to caring for adults through the Promoting Excellent Alternatives in Kansas Nursing Homes (PEAK) program.

In 2012, PEAK was revised and became PEAK 2.0, a Medicaid pay-for-performance incentive program. Homes that engage in system changes

to support person-centered care or who have demonstrated implementation of person-centered care receive financial incentives through Medicaid reimbursement. This initiative redesigned the performance incentives included in the Medicaid nursing home reimbursement formula to recognize achievement in the areas of resident choice,

staff development, home environment and meaningful life. There are now 234 adult care home facilities participating in PEAK 2.0.

As a result of this culture-change movement, accommodating the personal preferences of residents has become as important as providing the vital care, services and supports they need.



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ESTATE PLANNING

Lifelong Learning

Master Class, the topic of last month's column, noted "thinking" was one of the key attributes important to include in your activities. This month, I want to address some resources that can help promote thinking.



Bob
Ramsdell

The Osher Lifelong Learning Institute at the University of Kansas (www.osher.ku.edu)—"No homework. No tests. No pressure. It's just learning for the joy of it!"—is a great place to start. The Institute offers a diverse choice of courses hosted at multiple locations in Lawrence, Topeka, Overland Park, and other cities. Classes are usually two hours long, in the afternoon or evening, held on the same day of the week over a period of three weeks (six hours total). Topics this fall have included the music of Frank Sinatra, an introduction to Islam, Winston Churchill, and the Civil War in Kansas. The Institute also offers special events such as a tour of the Kauffman Center followed by lunch at the Nelson-Atkins Museum with a tour of the Thomas Hart Benton exhibit.

[An aside: The Kauffman Center

tour is quite interesting. I learned the two performance halls are built on separate foundations to keep them acoustically isolated. And the main duct of the heating/cooling system is large enough to drive a Volkswagen Beetle through so it can move the needed volume of air noiselessly.]

You can register for Osher Institute classes online or by calling 785-864-5823 or 877-404-5823 (toll-free). The cost is \$50 for one course, \$90 for two, \$120 for three, and +\$10 for each additional course. Residents of some sponsoring communities are fully prepaid or get a substantially reduced fee. So look online or call and ask to be mailed the upcoming catalog for courses starting in 2016.

For a bit more depth, audit a college course. Washburn University offers a 60+ tuition-free audit program on a space available basis. Participants can participate fully in classroom discussions and laboratory and field work, but are not required to complete homework or take exams. The University of Kansas offers what it calls a "pseudo" audit where you enroll at KU and attend class in visitor's status. Students 60 and older can request a waiver of the tuition and fees.

If you prefer the comfort of your own home, check out The Great Courses (www.TheGreatCourses.com or 1-800-832-2412). The Great Courses seeks out professors highly rated for their teaching ability, and records them pre-

sending a course on the subject they know best. Courses run the gamut from photographers for the National Geographic teaching how to take better photos to Foundations of Western Civilization to a tour of the masterpieces of The Louvre. Just be sure to buy on sale as courses are often discounted up to 70% off their "regular" price.

You can also access a tremendous amount of material online for free. Khan Academy (www.KhanAcademy.org) offers courses under the motto "For free. For everyone. Forever." In addition to courses in math, science, economics/finance, arts and humanities, and test prep (Have a grandchild who will be taking the SAT?), Khan offers partner content from The Metropolitan Museum of Art, Stanford School of Medicine, NASA, and the like.

Academic Earth (www.AcademicEarth.org) is another source of free, online content, offering links to 750+ online college courses and 8,500 individual lectures. Topics include art history, chemical engineering, nutri-

tion, astronomy, political science, test prep for the ACT, etc.

Khan Academy and Academic Earth are just the tip of the online education iceberg. Google "online courses free" and you'll get 432 million results. Links on the first page include www.edX.org and www.OpenCulture.com (both offering free classes from MIT, Harvard, Yale, Oxford, The Sorbonne, and other leading universities). I didn't have time to look at the other 431,999,998 links, but suspect there are a few more good ones.

So, find an interesting class and scratch the part of your brain that itches.

- 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.

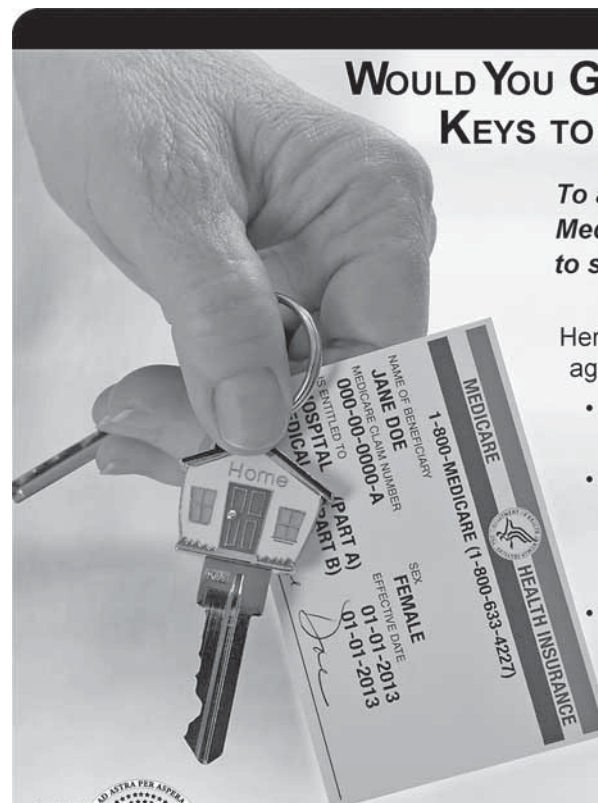
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JILL ON MONEY

Social Security: The No-COLA

There will be no raise for Social Security recipients next year and one of the nation's retirees (aka my Mom) responded to the bad news with an expected comment: "that stinks!" I had to explain to her that because the government uses inflation data to calculate the cost-of-living adjustment



Jill
Schlesinger

(COLA) for Social Security and overall prices were essentially flat from a year ago, she, along with over 60 million Americans who currently receive Social Security retirement benefits, will not get a bump in pay next year. That means most seniors will be stuck with an average monthly check of \$1,341 (\$2,212 for retired couples who are both receiving benefits).

The average annual COLA increase has been 4.1 percent over the past 40 years, but 2016 marks only the third time in all of those years that the government has held Social Security benefits flat—and all three instances have occurred since 2010. You can blame the Great Recession for the trifecta of no COLA increases, because one consequence of an imploding credit and housing market is that it pushes down

prices for a variety of most goods and services.

Usually consumers are happy when prices are stagnant or falling. For example, the energy portion of the Consumer Price Index (CPI) fell 4.7 percent in September, led lower by plunging gas prices, as well as lower oil, electricity and natural gas prices. But as much as many seniors may be delighted about lower energy costs, they are likely driving a lot less than they used to when they were working and commuting. Meanwhile, the area where seniors may be more sensitive to price increases is health care costs.

According to PwC's Health Research Institute (HRI), which has been tracking medical cost trends for a decade, health care spending is expected to increase by 6.5 percent for 2016. "After likely changes in benefit plan design, such as higher deductibles and co-pays, the net growth rate is expected to be two percentage points lower," but 4.5 percent is still more than two times the core CPI (inflation without food and energy) reading of a 1.9 percent increase from a year ago.

If you plan on retiring next year, there is more sobering news: The maximum Social Security payment for a 66-year-old worker in 2016 will be \$2,639 per month, down \$24 from 2015. This is a bit of a Catch 22: while there is no cost-of-living adjustment for next year, there is an increase in the national average wage index, which

accounts for the drop.

Just about the only good news for retirees has to do with Medicare. The No-COLA triggers a legal provision that prevents Medicare premiums from increasing faster than Social Security payments for about 70 percent of existing beneficiaries. That means most seniors will see monthly premiums of \$104.90 for Medicare Part B in 2016. That said, those who will enroll in Part B next year, but don't yet receive Social Security, as well as high-income beneficiaries, may pay nearly \$160 per month, 52 percent more for those same benefits.

If the news for retirees is not so hot, things look a little brighter for current workers. Because inflation is muted, there is no change in the maximum amount of earnings subject to payroll (FICA) tax. Workers and employ-

ers must pay into the system up to \$118,500 of wages, but for those who earn more than that threshold, no additional Social Security tax is due.

As a reminder, the government's website can be helpful in navigating Social Security and Medicare. You need to create a "My Social Security" account (<http://www.socialsecurity.gov/myaccount/>), which allows you to review your earnings history, project estimated benefits and make changes to your direct deposit information. If you really want to talk to a human being, you can also go to a Social Security field office (<https://secure.ssa.gov/ICON/main.jsp>).

- Contact Jill Schlesinger, senior business analyst for CBS News, at askjill@JillonMoney.com.

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MAYO CLINIC

Fatigue is a common problem for those with Crohn's disease

DEAR MAYO CLINIC: I was diagnosed with Crohn's disease nearly a year ago. The medication I'm on seems to take care of most of my symptoms. But I'm often extremely tired. Can anything be done to help with fatigue from Crohn's?

ANSWER: Fatigue is a common problem for people with Crohn's disease. There are a number of possible causes. The disease itself often leads to fatigue. Medication side effects and a lack of physical conditioning due to illness can contribute to fatigue, too. Crohn's disease also may trigger anemia, a condition that often results in fatigue. When Crohn's disease is well controlled and these other problems are addressed, fatigue often decreases.

Crohn's disease is a form of inflammatory bowel disease, or IBD. The inflammation of Crohn's typically occurs in patches throughout the digestive tract. It may spread deep into the layers of the affected bowel wall and at times may penetrate the bowel and involve other organs. Intestinal inflammation caused by Crohn's disease can result in a variety of symptoms, including diarrhea, abdominal pain and cramping, blood in the stool, ulcers and fatigue.

Symptoms of Crohn's disease usually come and go. A variety of medications have been shown to effectively keep symptom flare-ups to a mini-

mum. When the disease is under control, people who have Crohn's disease usually have more energy and less fatigue.

Although the medications used for Crohn's can be quite helpful in managing the disease, some can lead to fatigue. Drugs known as immunomodulators—6-mercaptopurine and azathioprine, in particular—can be associated with fatigue. Others medications, such as corticosteroids like prednisone, contribute to fatigue in part by causing sleep problems. Review your current medication list with your doctor. If you are taking medication that may trigger fatigue, ask if you can switch to an alternative.

As noted, another common cause of fatigue in people with Crohn's disease is anemia. Anemia is a condition in which you don't have enough healthy red blood cells to carry sufficient oxygen to your body's tissues. This can leave you feeling tired and worn out, even when you get plenty of sleep. It's important to identify and treat anemia because, if left untreated, not only will fatigue continue to increase, but anemia could also lead to additional health problems.

Deconditioning related to illness can lead to fatigue, too. Staying active and exercising regularly may help reduce your fatigue. For many people, activities such as walking, swimming and

biking work well to increase energy and ease feelings of fatigue.

If you haven't been active in the past, or if you're starting a new exercise program, talk to your doctor about the activities that are best for your situation. If you feel worse with exercise, make sure to tell your doctor about it. He or she may be able to help you modify your activities to better suit your needs.

Finally, eating a healthy diet is very important. Pay attention to what you eat. Over time, you may be able to see patterns and identify foods that help you feel better, as well as foods you may need to avoid. It also can be useful to work with a dietitian to build

a healthy diet that's right for you.

To get started, discuss your concerns about fatigue with your doctor. Together you can review the possible causes and come up with a plan to reduce fatigue and help you feel better. - Jonathan Leighton, M.D., Gastroenterology and Hepatology, Mayo Clinic, Scottsdale, Ariz.

- *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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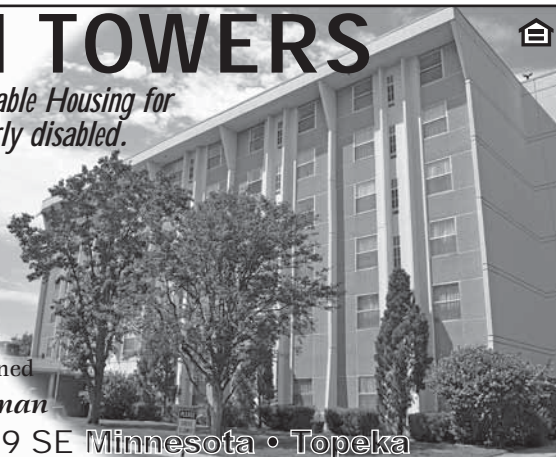
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HEALTH & WELLNESS

Winter Warnings

As winter approaches, you need to keep yourself safe and active. Icy sidewalks and slippery parking lots are especially dangerous—but there are many other hazards as well, including the temptation to hibernate until the cold weather passes. When it feels like midnight at 5 o'clock in the afternoon, it can be tough to talk yourself into walking and exercising. But inactiv-

rencians are already among the patrons. It's easy to understand why. The Pavilion is spacious, large, friendly, and inviting—and it's open nearly every day of the year. On Saturdays it closes a bit early (at 6 o'clock). But every other day the Pavilion is open early and closes late.

Here are a few other tips to keep you safe and healthy in December.

1. **Dress for the weather.** Dress warmly, wear layers of clothes. Consider wearing heavy socks, long underwear, gloves, and a snug hat (try not to worry about having a bad hair day).

2. **Wear shoes with tread.** Only shoes with tread have traction. So you should check your shoes to see if the soles have worn smooth—if so, leave them in the closet. And when you venture into the snow, wear snow boots or put ice cleats (like Yaktraks) over the soles of your shoes.

3. **Consider trying a cane, walker, or hiking poles.** You can walk farther and more safely with support. If you feel the need to take small steps and stay upright by clutching the furniture, you should get a cane or hiking pole to allow you to walk with confidence.

4. **Stay germ-free.** Winter is when people are most vulnerable to colds and flus. Unusually large numbers of germs are in the air and we spread them every time we cough or sneeze. You can stay germ-free by washing your hands religiously before you eat. Also, don't forget...

5. **Get your flu shot.** The flu season has already begun and there's no time to lose. If you stay well, you won't spread contagion. Your friends and family will thank you. (Oh, and since colds can lead to pneumonia, you should consider getting a pneumonia shot, too.)

6. **Eat for strength.** You know the food-industry slogan, "builds muscle

and strong bodies"? Well, what you eat actually does have a big impact on your strength. You should try to eat high protein foods with every meal or snack to build and maintain muscle. For snacks, high-protein options include cheese, nuts, peanut butter, yogurt, and hummus.

7. **Drink water and hot drinks.** Winter air is very dry and you need to drink more water than usual to keep healthy. Be sure that your heating system has a humidifier for the winter. If your heater is drying out the air, you can get a small humidifier to add moisture to the air and help you feel less dry.

8. **Lose weight to help your joints.** Walk and exercise at the Sports Pavilion or another indoor gym to lose weight or maintain your body weight. Improve your diet by eating fewer "white foods" like white bread, cookies, candy and cake. Choose foods with whole grains like oatmeal, bran cereal and whole wheat bread.

9. **Exercise any way you can.** Take three deep breaths every time you

wash your hands. Tap your toes when you listen to music. Lift your arms high above your head to cheer your favorite teams. (Go, Royals!) Walk briskly with your arms relaxed. Join an exercise group. Exercise in all its forms is the very best medicine, the very best way to keep your mind alert, your blood flowing, and your joints strong.

10. **Put this list on your refrigerator.** Read over these tips, keep them in mind, and check them off your list when you're ready to move on. If you want to start with just one or two, you can add others each succeeding day. Have a wonderful winter and stay well.

- Laura Bennetts, PT, has practiced physical therapy professionally since 1982, when she earned a master's degree in physical therapy from the University of Southern California. She owns Lawrence Therapy Services LLC (785-842-0656) & Baldwin Therapy Services LLC (785-594-3162). If you have questions, please write to laura-bennetts@hotmail.com.



Laura
Bennetts

ity makes you vulnerable to all kinds of other problems, so, if you're reluctant to venture into December's Deep Freeze, you should find a way to stay active indoors.

How? The key is to find a good local recreation center. There are many good options in communities across north-east Kansas. In Lawrence, where I live, KU offers an outstanding fitness center for students and others who are associated with the University. I've belonged to several good local gyms. And have you visited the Sports Pavilion at Rock Chalk Park yet? If not, you're in for a treat. For an annual fee of...absolutely nothing for Lawrencians...you can join the cheerful, respectful walkers on the blue indoors track; exercise on the fine equipment; or explore participation in the many groups and classes that meet there.

I've heard Lawrencians say the Pavilion is "too far away" to visit regularly—to which I say, what?? It's just a half-mile west of Wakarusa on Sixth Street and a few hundred yards north on George Williams Way. Many Topekan drive over, and thousands of Law-



Who is Your Role Model?

By Connie Michaelis, Marketing Director
pr@mccriteretirement.com

A few days ago I was at the beauty salon getting my hair cut. My adorable stylist, who is a few years younger than I am, was telling me about some new aches and pains that she was experiencing. After all, standing on your feet all day long takes its toll after 30 years. We were commiserating about the issues of our aging bodies. In the meantime, we were surrounded by 20- to 25-year-old stylists with their youthful figures, miniskirts and five inch stilettos. Suddenly my friend blurted out, "I just hate getting old!" I sat up in the chair and said, "Hold it. Don't you dare say that. Would you prefer NOT to grow old?" Well the

conversation continued and she and I both knew what she really meant, but when you live and work in a youth oriented culture you can lose sight of a very important perspective. Aging is a gift and a blessing.

So who is your role model? Do you hang out with young people all the time? Do you have a job or career where you feel you must not reveal your age for fear of age discrimination? Are you a sucker for all the anti-aging advertising? Do you worry about every wrinkle and gray hair? The problem is you have the wrong role model! I love my job because I am constantly surrounded by the most wonderful role models and they motivate me to embrace my age! The Elders at McCrite Plaza inspire me every day. They are true role models for successful aging. Every gray hair and wrinkle is a badge of life experience and wisdom. When we celebrate a resident's 80th or 90th birthday, I ask myself, "Will I be that sharp when I'm that age? I hope so!" The moral to the story is to find a role model that makes you excited to have more birthdays...as many as possible. When you have questions about Great Living call the experts at McCrite Plaza 785 267 2960.

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HEALTH & WELLNESS

Thymus vulgaris

Thymus is a revered medicinal plant that has been around for centuries. It can be noted as one of the great medicinal plants because it has been used throughout history for numerous purposes. It belongs to the family of Lamiaceae, which is part of the mint family. Common names of this medicinal plant include Thyme, Wild Thyme, and Common Thyme. Thyme is a very aromatic herb that is commonly used

antibacterial, antioxidant, antiviral, antispasmodic, antitussive, expectorant, antiseptic, sedative, and as a digestive aid.

Thyme is very effective against infections, especially of the respiratory and digestive tracts. It can be taken for diarrhea, stomach pain, colic, gastritis, flatulence, appetite stimulant, bad breathe, intestinal parasites, and bed-wetting.

Thyme is one of the well-known herbs for cough, congestion, and as a cold remedy. Thyme acts as an expectorant to clear the lungs of mucous as well as an antitussive, calming coughing spasms, making it beneficial in whooping cough and bronchitis. It helps to relieve a sore throat and relieve aches and pains associated with the flu.

The other uses of Thyme include in aromatherapy, cosmetics, perfumes, culinary purposes, herbal teas, insect repellent, oral care, including toothpaste and mouthwash, cuts and wounds, boil treatment, lice treatment, aching muscles, toe nail fungus, hair loss, parasites, depression, fatigue, headache, insomnia, snoring, skin conditions, anxiety, and stress.

Due to Thyme's long history of treating many medical ailments, this is one medicinal plant to keep in your pantry. One might also consider planting it in your garden next summer. Who knows what type of visitors that may come to your house?

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

Dr.
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for both cooking and in natural medicine remedies. It has a very wide range of uses and abilities.

In ancient history and folklore, there are plenty notations for this plant. Thyme is one of the first herbs to be used as incense, mainly because of its rich fragrance. Folklore states that anywhere thyme grows wild is a place that is blessed by fairies. So people would plant thyme in their gardens in hope it would attract magical visitors. It is also mentioned in the literature that a pillow stuffed with thyme would prevent nightmares and cause the person to have pleasant dreams. Civilizations in the Mediterranean were familiar with the health-promoting benefits of thyme, and how easy it was to cultivate the shrub. The Romans grew thyme for purification and to add flavor to their foods. Ancient Greek temples were scented with thyme incense. Egyptian writings mention the use of thyme for embalming. Valiant knights were given thyme for courage during the Middle Ages. It came to North America with the first colonists, being used primarily as a food preservative and for medical treatment.

The list of medicinal uses of Thymus is as long as its history. Thymus has been used as an analgesic, antifungal,

**Know an
interesting senior
who would be a
great subject for
a Senior Profile?
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785-841-9417.**



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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

SECOND SATURDAY OF THE MONTH MONTHLY MOOSE MARKET

Pancake feed and market with arts, crafts, gifts, baked items and more. Open to the public. Pancakes are \$4 for all you can eat, free to shop. 8 a.m.-12 noon. Moose Lodge, 1901 N. Kansas Ave.
TOPEKA, 785-250-6788

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

MAY 1-DEC 4

FIRST FRIDAYS ART WALK

Thousands of Topekans participate in the ARTSConnect First Friday Artwalk along with dozens of businesses who host special artist showings, musical performances, and other special events. North Topeka Arts District (NOTO), 800-1000 N Kansas Ave., 5:30-8:30 p.m.
TOPEKA, artsconnecttopeka.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., 6:45 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

DAY TRIPS/TOURS

DEC 2
CENTER FOR REMOTE SENSING OF ICE SHEETS
Are you aware that technology breakthroughs and new discoveries related to climate change,

sea level, and polar ice sheets come from here in Lawrence at the Center for Remote Sensing of Ice Sheets? Join us as we learn about internationally respected field research in the Arctic and Antarctic, education and outreach activities based here at the University of Kansas. Register at www.lprd.org or any Lawrence Recreation Center. Wednesday, December 2, 12:45-2:30 p.m. Location: Trip leaves from Holcom Recreation Center
LAWRENCE, 785-832-7920

DEC 12
WYANDOTTE COUNTY MUSEUMS & HISTORICAL SITES BUS TOUR
Explore the rich history of Kansas City, Kan., East and West in this guided tour through some of Wyandotte County's most fascinating museums. Check-in at the Wyandotte County Historical Society & Museum between 2:30-3 p.m. The first tour will begin promptly at 3 p.m. Walking will be required throughout the tour. Some parts of tour are not handicapped accessible. Purchase tickets in advance. To purchase tickets please contact: Kansas City, KS Convention & Visitor's Bureau at 913-321-5800. Museums include: Wyandotte County Historical Society & Museum, Strawberry Hill Ethnic Museum & Cultural Center, Quindaro Underground Railroad Museum, Old Quindaro Museum, Grinter Place Historic Site, National Agricultural Center & Hall of Fame.

EDUCATION

ONGOING
COOKING CLASSES
The Merc offers many healthy cooking classes every month. To learn more about classes and to register, see The Merc's website.
LAWRENCE, 785-843-8544
themerc.coop/classes

ONGOING
FREE INSURANCE COUNSELING
Senior Health Insurance Counseling for Kansas (SHICK) representatives will meet one on one to answer questions and offer assistance with Medicare, Supplemental, or Long Term Care Insurance or the Medicare Prescription Drug Program. Stormont-Vail HealthCare HealthWise Clinic, 2252 S.W. 10th Ave. Call for times and appointments.
TOPEKA, (785) 354-6787

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

FRIDAYS
HEALTHWISE TV
"HealthWise TV" offers interviews on health and wellness topics of interest to seniors and caregivers, as well as a 20-minute, low-impact exercise segment. Aired from 9 to 9:30 a.m. On WIBW-TV, Channel 13.

SECOND TUESDAY OF EACH MONTH
COMPUTER CAFÉ
This time is an opportunity to meet with other computer users and an instructor to problem solve or learn about new apps, websites and other ways technology can ease our lives. Drop-in and enroll (fee) on-site at the Carnegie Building, 200 W. 9th St., on the second Tuesday of each month from noon-1:30 p.m.
LAWRENCE, 785-832-7920

JAN 6-FEB 10
BRIDGE 1
This course is designed for the first time player. Classes follow Audrey Grant's "Club Series" which lays the groundwork of Standard American bidding and introduces the basics of Play of the Hand and Scoring. Lessons focus on discussion of pre-dealt hands which follow a step-by-step progression to facilitate learning the language of bidding. Lessons are fun, friendly and interactive. Bring a friend and join the fun! Instructor: Don Brennaman. Register at www.lprd.org or any Lawrence Recreation Center. Wednesdays, 9 11 a.m. Fee. Location: Indoor Aquatics Center.
LAWRENCE, 785-832-7920

JAN 11-FEB 29
LIFELONG MEDITATE AND BREATHE
Find peace and stillness within yourself. We will explore restorative yoga postures, yogic breathing techniques, sutra meditation, mantra meditation, guided meditation and yogic and Buddhist philosophy as tools for disciplining the mind, reducing stress and anxiety, and feeling great. Instructor: Kristen Spencer. Register at www.lprd.org or any Lawrence Recreation

■ CONTINUED ON PAGE 19

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www.ldcha.org 842-8358



■ CONTINUED FROM PAGE 18

Center. Mondays, 9:30-10:45 a.m. Fee. Location: Carnegie Building.
LAWRENCE, 785-832-7920

JAN 20-FEB 10

WRITING OUR FAMILY STORIES

This course will provide guidance in collecting and writing your family stories. These stories help us stay in touch with who we are. Preserving these stories will help future generations know themselves better. We will use journaling methods and prompts to inspire your words. Everyone can do this! Previous students are welcome to return—there are always more stories to tell. Instructor: Iris Wilkinson. Register at www.lprd.org or any Lawrence Recreation Center. Wednesdays, 6-8 p.m. Fee. Location: Carnegie Building.
LAWRENCE, 785-832-7920

ENTERTAINMENT

SUNDAYS

LAWRENCE IRISH TRADITIONAL SESSION

The Lawrence Irish Session is a lively gathering of musicians sharing Irish traditional tunes each week. Beginners and experienced players are welcome. Come to listen, learn and share tunes and songs of Ireland, and best of all, have a great time. Henry's on 8th, Upstairs in the Pub, 11 E. 8th St., 5:30-9 p.m.
LAWRENCE, www.lawrencession.com

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

SATURDAYS

JOHN JERVIS, CLASSICAL GUITAR

Classical guitar player, John Jervis, who plays every Saturday morning, 8-11 a.m. at Panera, 23rd St. and Louisiana St. Enjoy wonderful classical and baroque music.
LAWRENCE

NOV 27-DEC 19

A CHRISTMAS CAROL

The immortal classic tale of redemption and forgiveness that has thrilled audiences for

generations returns to TCT's stage with roving carolers and lively action. The new script is dramatized with flair and wit in a version first performed by the Royal Shakespeare Company. This adaptation of the ageless story captures Dickens' ironic point of view while it creates a panoramic view of Victorian London. All of the loved characters are in place. Topeka Civic Theatre and Academy, 3028 SW 8th Ave. Fee. See website for show times.

TOPEKA, 785-357-5211

www.topekacivictheatre.com

DEC 1

CYRUS CHESTNUT, PIANO

This event is part of the Just Friends Jazz Series. Complimentary wine, beer and non-alcoholic beverages will be available at the performance. "What makes Chestnut the best jazz pianist of his generation is a willingness to abandon notes and play space," said Time Magazine. Chestnut reached for the piano before he could walk and by age nine was the church pianist at Mt. Calvary Star Baptist Church in Baltimore, Maryland. Chestnut's improvisational skills and unique jazz-gospel and bop style is credited to his early years playing in church. Chestnut continually tours, playing live at jazz festivals around the world as well as clubs and concert halls. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/event

DEC 2-FEB 14

OUT OF ORDER

OUT OF ORDER by Ray Cooney Starring Gary Sandy from WKRP in Cincinnati. A dead body is found on the balcony at the Watergate Hotel by a less than ethical U.S. Senator who has booked the room for nefarious purposes. If the body is discovered, the Senator's career will tank, so he has his assistant remove it only to find that it keeps reappearing every time. This crazy shell game involves a conniving waiter, an alert private detective, a suspicious hotel manager, an angry wife, a furious husband, a bungling secretary and an unconscious nurse, creating one of the cleverest and funniest hide-and-seek farces ever written. New Theatre Restaurant, 9229 Foster St. Time: Varies by Performance. Fee.

OVERLAND PARK, 913-649-7469

www.newtheatre.com/home.html

DEC 4, 5, 11, 12, 18 & 19

THE GREAT AMERICAN TRAILER PARK CHRISTMAS MUSICAL

It's holiday time down in Armadillo Acres (North Florida's premier mobile-living community), and everyone's filled with warmth and beer. But when a freak bout of amnesia strikes the trailer park, neighborly love is put to the test. A cat-fightin', sun-worshippin', chair-throwin' good time—but with tinsel and Keg Nog. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 8 p.m. Fee.

TOPEKA, 785-357-5211

www.topekacivictheatre.com

DEC 4, 5, 6, 10, 11, 12, 13, 17, 18, 19 & 20

THE LITTLE MERMAID

In a magical kingdom beneath the sea, the beautiful young mermaid Ariel longs to leave her ocean home to live in the world above. Disney's The Little Mermaid is a hauntingly beautiful love story for the ages. With music by eight-time Academy Award winner Alan Menken, this fishy fable will capture hearts with its irresistible songs including "Under the Sea," "Kiss the Girl," and "Part of Your World." Theatre Lawrence, 4660 Bauer Farm Drive. See website for showtimes. Fee.

LAWRENCE, 785-843-7469

www.theatrelawrence.com

DEC 4

JEFF DUNHAM

A regular on Forbes' Celebrity 100 list of most powerful entertainers, Dunham has built a comedy empire over years of constant touring and innovation. Using colorful characters like Walter the Grumpy Retiree, Achmed the Dead Terrorist, redneck Bubba J, Peanut, and Jose Jalapeno, Dunham has carved a unique corner in the comedy world that's as funny as it is popular. He has set the record for viewership on Comedy Central, sold more than 7 million DVDs worldwide and nearly a billion views on YouTube. Kansas Expocentre, 1 Expocentre Dr., 8:30 p.m. Fee.

TOPEKA, 785-235-EXPO

ksexpo.com

DEC 11

SWEET HONEY IN THE ROCK: CELEBRATING THE HOLYDAYS

Founded in 1973, Sweet Honey in the Rock is deeply rooted in a commitment to create music out of the rich textures of African-American

legacy and traditions. The Grammy Award-winning a cappella ensemble possesses a stunning vocal prowess that captures the complex sounds of blues, spirituals, traditional gospel hymns, rap, reggae, African chants, hip-hop, ancient lullabies and jazz improvisation. Celebrating the Holydays is a rare presentation of traditional American holiday spiritual songs and hymns, as well as songs from other cultures and religions, from Africa to Israel. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

DEC 16

WORLDS AWAY

Featuring the Kansas Youth Chorale – Celebrate holidays around the world with musical favorites from different countries. The Kansas Youth Chorale will join us to share stories and traditions, and we'll conclude with an audience sing-a-long. Traditional, Three Spanish Carols. Christensen, German Carol Festival. Berlin, White Christmas. Rutter, Shepherds Pipe Carol. As well as other Holiday favorites. The Topeka Symphony Society, Washburn University, 7:30 p.m. Fee.

TOPEKA, 785-232-2032

www.topekasympphony.org

DEC 21

MANNHEIM STEAMROLLER

This year marks the 31st Anniversary of the Christmas Tour and release of Mannheim Steamroller Christmas, an album that revolutionized the Holiday Season music category. Mannheim Steamroller has sold more than 40 million albums, 28 million in the Christmas genre. Their holiday albums have become synonymous with Christmas and consistently occupy top spots on Billboard's Seasonal Charts every year. Topeka Performing Arts Center, 7:30 p.m. Fee.

TOPEKA, 785-234-2787

www.tpactix.org/events.html

JAN 1 & 2

LAUGH LINES

Prepare to be 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 & Academy, 3028 SW 8th Ave., 8 p.m. Fee.

TOPEKA, 785-357-5211

www.topekacivictheatre.com

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■ CONTINUED FROM PAGE 19

EXHIBITS/SHOWS

NOV 3-JAN 2

THE GREAT SOLDIER STATE: KANSAS AND THE CIVIL WAR

Frontier Kansas was pivotal in the Union victory. As Kansas impacted the war effort, the war also impacted Kansans. After the war, settlement by hundreds of thousands of veterans who created new towns, businesses, and railroads led Kansas to become known as the Great Soldier State. This special exhibit tells the Kansas story of the Civil War and features related objects from the collections of the Kansas Historical Society, Kansas Museum of History, 6425 SW 6th Ave. Fee. TOPEKA, 785-272-8681
www.kshs.org/museum

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

Need help reaching your fitness goals? Lawrence Parks and Recreation has certified personal trainers to help you make your workouts safe, productive and successful. Training and registration are available at all recreation centers. For more information, contact Gayle Sigurdson. LAWRENCE, 785-832-7920

ONGOING

FIT FOR LIFE

Exercise in a safe, supervised and non-threatening environment. Physician's medical clearance required. 12 sessions. Fee. LMH Therapy Services. LAWRENCE, 785-505-2712

ONGOING

ZUMBA GOLD

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Choose from three class different class schedules to meet your needs. For more information or to enroll, call the Community Building or search activity #127102 at www.lprd.org. LAWRENCE, 785-832-7920

FIRST MONDAY OF EACH MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9:30-11 a.m. at the Downtown YMCA, 421 S.W. Van Buren. Free. No appointment necessary. TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

Need exercise? Come to the East Lawrence Recreation Center (7-9 a.m.) or Holcom Park Recreation Center (7-11 a.m.), Monday through Friday. 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 Sports Pavilion Lawrence. 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

FIRST TUESDAY OF EACH MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 8:30-9:30 a.m. at West Ridge Mall (Food Court, near the restrooms), 1801 S.W. Wanamaker Road. Free. No appointment necessary. TOPEKA, 785-354-6787

TUESDAYS

FREE BLOOD PRESSURE CLINIC

Drop in 10 a.m.-noon every Tuesday. Stormont-Vail HealthCare's HealthWise Clinic, 2252 S.W. 10th Ave. No appointment necessary. 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

HEALTHWISE EXERCISE CLASS

This fun workout includes chair aerobics, strength training, balance and flexibility exercises tailored to seniors and others looking to stay fit. 9:30 to 10:45 a.m. Tuesdays and Thursdays at Stormont-Vail HealthCare, 1500 S.W. 10th Ave. Cost: \$25 punch card covers 20 drop-in classes. Call for enrollment forms. TOPEKA, 785-354-5225

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

FREE NUTRITION CLINIC

Meet with a Stormont-Vail HealthCare registered dietitian to discuss your nutrition needs and questions. Appointments are available between 8 a.m.

and noon every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment. TOPEKA, 785-354-6787

WEDNESDAYS

FREE MEDICATION CLINIC

Bring questions to Stormont-Vail HealthCare's trained pharmacy staff regarding your medications (prescriptions or over-the-counter). Appointments are available between 12:30 and 4:30 p.m. every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment. 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

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

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9:30-11 a.m. at the Southwest YMCA, 3635 S.W. Chelsea Drive. Free. No appointment necessary. TOPEKA, 785-354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 8:30-9:30 a.m. at the Oakland Community Center, 801 N.E. Poplar. Free. No appointment necessary. TOPEKA, 785-354-6787

THIRD THURSDAY OF EACH MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9 to 10 a.m. at the Rose Hill Place clubhouse, S.W. 37th and Gage Boulevard. Free. No appointment necessary. TOPEKA, 785-354-6787

FOURTH THURSDAY OF EACH MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9-10:30 a.m. at the Kuehne Branch (North) YMCA, 1936 N.W. Tyler St. Free. No appointment necessary. TOPEKA, 785-354-6787

DEC 2

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$8/test. Lawrence Public Library. Sponsored by Lawrence Memorial Hospital, 9:30-11 a.m. LAWRENCE, 785-749-5800

JAN 5-MAR 3

ARTHRITIS FOUNDATION EXERCISE PROGRAM

This community-based exercise program is designed specifically for people with arthritis and related diseases, but open to anyone. The programs multiple components help reduce pain and stiffness and help maintain or improve mobility, muscle strength and functional ability. The variety of exercises are designed for people of all levels of ability. Instructor is certified by the Arthritis Foundation. Class offered in partnership with Douglas County Senior Services. Instructor: Rebecca Clancy. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays and Thursdays, 5:30-6:30 p.m. Fee. Location: Lawrence Sports Pavilion. LAWRENCE, 785-832-7920

JAN 5-MAR 3

SENIOR STRENGTH TRAINING

Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights, and resistance bands. Class includes a warm-up period and a post-workout stretch. Instructor: Deb Geraghty. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays and Thursdays, 9-10 a.m. Fee. Location: East Lawrence Center. LAWRENCE, 785-832-7920

JAN 6-MAR 2

SILVER STEPPERS

Get ready to mix it up! This class is perfect for the stepper looking for something new. Fun step combinations will torch calories and get your heart pumping. Instructor: Susan Pomeroy. Register at www.lprd.org or any Lawrence Recreation Center. Wednesdays, 10:30-11:30 a.m. Fee. Location: East Lawrence Center. LAWRENCE, 785-832-7920

JAN 7-MAR 3

SILVER N' FIT

In this class you will work with hand weights, stability ball, resistance bands and your own body weight. We'll get you moving and grooving to the music you're going to remember and love! Instructor: Kristen Spencer. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays and Thursdays, 8:30-9:20 a.m. Fee. Location: Sports Pavilion Lawrence. LAWRENCE, 785-832-7920

JAN 8-MAR 4

PEDAL PUSHERS - CYCLING CLASS

Indoor cycling increases endurance and strength in your lower body, core and upper body. This is a beginning class for older adults. Bikers can modify their cycling resistance and pace according to their own fitness level. Instructor: Melanie Johnson. Register at www.lprd.org or any Lawrence Recreation Center. Fridays, 11:15 a.m.-12:00 p.m. Fee. Location: Community Building LAWRENCE, 785-832-7920

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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, 2125 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 THURSDAY OF EACH MONTH

Babcock Place, 1700 Massachusetts St., 1 p.m.
 Presbyterian Manor, 1429 Kasold Dr., 2:30 p.m.

THIRD FRIDAY OF EACH MONTH

Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 10 a.m.
 Prairie Commons, 5121 Congressional Circle, 1 p.m.

FOURTH THURSDAY OF EACH MONTH

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

FOURTH FRIDAY OF EACH MONTH

Brandon Woods, 1501 Inverness Dr., 10 a.m.

MEETINGS

SUNDAYS

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

OURS dances are held every Sunday evening from 6-9 p.m. at the Eagles Lodge, 1803 W. 6th St. Dances are open to everyone. Admission is \$7 per person. Carry-in meal served at 7:15. 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

EVERY TUESDAY THROUGH FRIDAY

MEN'S COFFEE

Meets in the library at Pioneer Ridge, 4851 Harvard Rd., at 9:30 a.m. Open to the public. LAWRENCE, 785-749-2000

FIRST TUESDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 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

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 GROUP

Meet other stroke survivors, their families, and hear guest speakers discuss topics related to recovery. Please contact Randy Williams or Lisa Rundell for more information. Kansas Rehabilitation Hospital, 1504 SW 8th Ave. TOPEKA, 785-235-6600

SATURDAYS

LAWRENCE BRIDGE CLUB

Bring a partner and join us for an evening of bridge, snacks and prizes. Annual membership fee. First two visits are free. Kaw Valley Bridge Center, 1025 N. 3rd Street, 6:30 p.m. LAWRENCE, 785-760-4195

ONE SATURDAY EACH MONTH

LAWRENCE DEATH CAFE

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death. A Death Cafe is a discussion group about death rather than a grief support or counseling session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact cwhiston@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

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

■ CONTINUED ON PAGE 22

**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 TUESDAY OF EVERY MONTH
ALZHEIMER'S SUPPORT GROUP**
Alzheimer's support group for families and caregivers. Blassingame Home Care, 1835 N Topeka Blvd., Suite 205, 6-7 p.m. RSVP by calling. TOPEKA, 785-286-2273

**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 Ristorant, 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 SATURDAY OF EVERY MONTH
FREE SATE EAST SIDE BREWERY TOUR**
East Side Brewery offers tours on the second Saturday of every month at 2 p.m. Tours are

free, and open to the public, but the brewery reserves the right to cap the tour size at a manageable level, if necessary. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd. LAWRENCE, 785-550-9718
www.freestatebrewing.com

**THIRD SATURDAY OF EACH MONTH
COFFEE & CONVERSATION**
Arbor Court at Alvamar, 1510 Saint Andrews Dr., 3 p.m. Open to the public. LAWRENCE, 785-841-6847

**DEC 3
COMMUNITY HARVEY HOUSE
LUNCHEON**
Travel the railway back through time and join us at our community Harvey House Luncheon for a delectable lunch served by our very own Harvey Girls. After lunch join us for a private behind the scene tour of the Historic Union Pacific Railroad Station with our Ticket Agent. Great Overland Station, 11:30 a.m. Fee. TOPEKA, 785-232-5533
www.greatoverlandstation.com

**DEC 5
WING FLING**
Wing Fling is the first event of its kind in Topeka – a one-day, indoor festival of hot wings, cold drinks, and friendly competition. Taking place inside the Expocentre's Exhibition Hall, local and national restaurants will compete for one of four titles: "WingFling King", "BBQ Wing King", "Twisted Wing King" – each chosen by a panel of judges – or "Top Pop Wing," chosen by the event patrons as the People's Choice. 12-4 p.m. Fee. TOPEKA, 785-235-EXPO
ksexpo.com

**DEC 7
ANNUAL REMEMBRANCE SERVICE**
Join the LMH Palliative Consult team for a short remembrance service in memory of any deceased loved ones. Open to all in the community. Light refreshments served. Meeting Room A (lower level of LMH), 4 p.m. LAWRENCE

**THROUGH JAN 3
CHILDREN'S CHINA: CELEBRATING
CULTURE, CHARACTER AND CONFUCIUS**
Experience five engaging and immersive settings that bring Chinese culture to life. Visitors will care for pandas in the panda reserve, participate in a Chinese New Year celebration with a Chinese dragon, explore a contemporary classroom, restaurant and more within this one-of-a-kind exhibit. Children's China integrates the time-honored teachings of Confucius, China's great teacher, with a focus on the importance of education and family values. Open to the public Tues-Sat 10-5 and Sun 1-5. Fee. 4400 SW 10th Ave. TOPEKA, 785-783-8300
www.kansasdiscovery.org

CONTINUED FROM PAGE 22

HOLIDAY EVENTS

NOV 25-DEC 31

TARC'S WINTER WONDERLAND

Don't miss our 2.5 mile light display at the campgrounds at Lake Shawnee. We have a new BIG display you will flock to see. Advanced Tickets are available at your Topeka Hy-vee and Educational Credit Union. Lake Shawnee Camp Ground, 6-10 p.m.

TOPEKA, 785-232-0597

tarcinc.org/project/tarc-winter-wonderland

DEC 3-6

FESTIVAL OF TREES

The morning begins when guests of all ages enter Ag Hall, which features trees and wreaths beautifully decorated by talented designers, transforming the scenery into a magical blend of the holidays and trends in decor. As guests travel through the wonderland, they enjoy viewing trees and wreaths adorned with delightful images from around the world; it is a wonderful way to start the holiday season with the whole family. Ag Hall - Kansas Expo Centre (17th & Topeka Blvd), 9 a.m.-4 p.m. Fee.

TOPEKA, 785-235-1986, tscpl.org

DEC 4-6

HOLIDAYS IN WELLSVILLE

Join us for Holidays in Wellsville. Friday is the Christmas tree lighting ceremony starting at 6 p.m. Saturday is the Holiday Craft Show from 9 a.m. to 2 p.m., pictures with Santa from 11 a.m. to

2 p.m., live entertainment and a fashion show will follow and the annual Chamber Christmas drawing will begin at 7 p.m. On Sunday the Holiday Homes Tour will take place from 5 to 8 p.m. Free. WELLSVILLE, 785-418-2431

DEC 4-12

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. Old Prairie Town at Ward-Meade Historic Site, 124 NW Fillmore Street, 6:30-9:30 p.m. Fee. TOPEKA, 785-251-2993

DEC 5

DOWNTOWN LAWRENCE OLD-FASHIONED CHRISTMAS PARADE

The only horse-drawn parade in the Midwest, the Downtown Lawrence Old-Fashioned Christmas Parade is a favorite Lawrence tradition. It features horse-drawn carriages, wagons and coaches decorated for the season. Santa is the parade's grand finale. South along Massachusetts, 7th St. to 11th St., 11 a.m. Free. LAWRENCE, 785-856-3040

DEC 5, 6, 12, 13, 19, & 20

FESTIVAL OF NATIVITIES

This annual festival features nearly 400 nativity sets from around the world created from a

wide variety of materials. Don't miss the crafts sale. Open Saturdays and Sundays in the first three weekends in December. Centenary United Methodist Church, 4th & Elm, 12-4 p.m. Donations welcome.

LAWRENCE, 785-843-1756

DEC 5 & 12

SANTA EXPRESS

Join Santa Claus in the train depot. Ride the Union Pacific train and take in Christmas decorations on the farm. Have a cookie or two and make sure Santa knows exactly what you want for Christmas. National Agricultural Center and Hall of Fame, 630 N. 126th St., 10 a.m.-4 p.m. BONNER SPRINGS, 913-721-1075

DEC 6

THE NUTCRACKER - BALLET WICHITA

Since 1974, Ballet Wichita has been a leading force in dance in Kansas, performing original and classical full-length dance productions in Wichita and communities throughout the state. Join us for the company's annual holiday tradition, The Nutcracker, with a full symphony orchestra and guest artists from across the country. C.L. Hoover Opera House, 135 W. 7th St., 2 p.m. Fee.

JUNCTION CITY, 785-238-3906

www.jcoperahouse.org

DEC 12

SEASON'S READINGS: BOOKS FOR GIFTS AND THE WINTER HOLIDAYS

Get ready to cook, craft, read, give and celebrate with seasonal books hand-picked by the LPL Friends. Lawrence Public Library, 707 Vermont

St., 10 a.m.-6 p.m.

LAWRENCE, 785-843-3833, ext. 149

DEC 12

LAWRENCE HOLIDAY FARMERS MARKET

Stumped for what to get that hard to shop for person on your list? If so, then come to the Lawrence Holiday Farmers' Market held indoors. There will be gorgeous poinsettias, greenery and other items to decorate your home, amazing gift baskets, lovely handcrafted items and clothing, and special lavender products. You name it, dream it, probably wish it, and it'll be there. Holiday Inn & Convention Center, 200 McDonald Dr., 9 a.m.-5 p.m. Free. LAWRENCE, 785-749-0678

DEC 13

24TH ANNUAL 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

www.leavenworthhistory.org

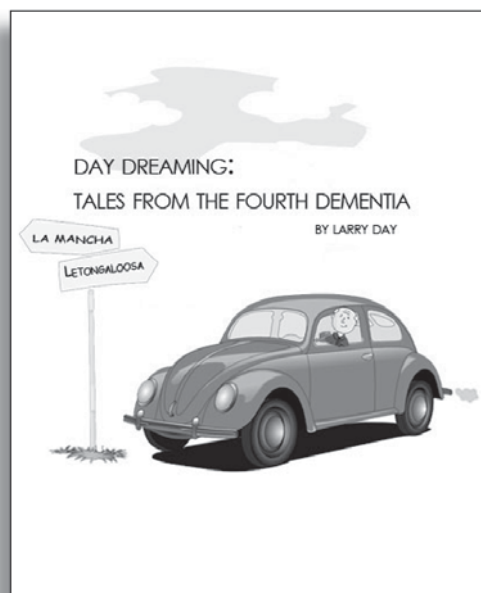
DEC 19 & 20

THE NUTCRACKER

Presented by Kansas Ballet. Featuring a live choir and the Topeka Symphony Orchestra conducted by Kyle Wiley Pickett. Pickett is the former Music Director of the North State Symphony (CA) and the Juneau Symphony (AK). Topeka Performing Arts Center, 214 SE 8th Avenue. Saturday, 7 p.m. Sunday, 1 p.m. Fee.

TOPEKA, 785-234-2787

www.tpactix.org/kba-nutcracker.html



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Larry Day's *Day Dreaming* features humorous short stories, which have disparate plots, topics and characters. This book is divided into the following theme sections: Media Marvels, Weird Rich Folks, Clueless, Alien Encounters, Marital Blitz, Hilarious Higher Ed, Home Town Folks, Fairy Tales Redus, Luv a Guvmint. Available at Amazon.com.



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Keeping seniors out of the hospital

As flu season begins, the risk of area seniors being hospitalized increases significantly. However, according to a study conducted of nurses who primarily work with seniors, almost half of all senior hospitalizations (49%) can be avoided with proper prevention.

The critical factor in reducing this spike in hospitalizations is family involvement. Nearly all nurses (99%) surveyed say that the role families play in keeping seniors out of the hospital is just as important as the role of the medical community.

Knowing that a hospital stay can actually lead to more serious health declines, local senior care experts are mounting an informational campaign to educate families and decrease hospitalizations so that seniors may remain at home and healthy year-round.

“Keeping seniors safe at home and out of the hospital starts with family intervention,” said Gail Shaheed, owner of the Home Instead Senior Care® franchise serving the Topeka and Lawrence areas. “It could be as simple as making sure your parents are using assistive equipment to avoid falls or suggesting they see a doctor for any new aches or symptoms.”

The most common action by seniors that puts them at risk of hospitalization is waiting too long to seek medical attention, according to the nurses surveyed. They estimate that nearly half of all seniors (47%) put off medical appointments or have problems

accessing medical care.

“Not following doctor’s orders also puts seniors at risk,” Shaheed said. “Families play a critical role in making sure they fully understand and comply with medical instructions.”

To help families identify and act on potential warning signs, Home Instead Senior Care is offering The Five Ways to Prevent Senior Hospitalizations guide, that was developed with Dr. Carolyn Clevenger, incoming president of the Gerontological Advanced Practice Nurses Association. The free guide includes information about common risk factors and the steps that families can take to help ensure a healthy lifestyle.

The recommendations include:

- Make sure the senior is taking preventative health measures—like getting a flu shot or shingles vaccination
- Encourage the use of assistive equipment
- Monitor and/or assist with medications
- Attend doctor’s visits and be a medical advocate for your senior
- Assess your senior’s balance
- Make sure your senior is able to safely drive
- Check in on aging loved ones regularly

Additional free resources can be found at www.preventseniorhospitalizations.com. To obtain a copy of the Five Ways to Prevent Senior Hospitalizations guide, please call 785-272-6101.

Be a fire safe senior

By Kevin Doel

Public Information Manager for the Office of the State Fire Marshal

Seniors are significantly more at risk than other members of the U.S. population to be victims of house fires. The Kansas Department for Aging and Disability Services (KDADS) has joined with the Office of the State Fire Marshal to offer fire safety tips to help prevent older adults from starting fires or being injured or killed by one.

In 2010, according to the U.S. Fire Administration (USFA), older adults (ages 65 and older) represented 13 percent of the United States population, but suffered 35 percent of all fire deaths. In Kansas, of the 223 total fire-related deaths, 42 victims were over the age of 65, representing 19 percent of the total fire deaths.

The USFA research also shows that older adults are 2.7 times more likely to die in a fire than the general population. The risk worsens as we age, with people ages 85 and older 4.6 times more likely to die in a fire.

The Kansas Fire Marshal and KDADS offer these tips to keep seniors safe from the dangers of fire:

- When space heaters are on, keep them at least three feet away from anything that can burn, such as curtains or furniture.
- If you’re exiting the room, or if

you’re going to bed, make sure that your turn off and unplug the space heater.

- Have smoke detectors installed outside each sleeping area and replace the battery two times a year—every time that you change your clocks for Daylight Savings Time.

- Never wear loose clothes or clothes with long sleeves when cooking. Remember to use oven mitts when handling hot pans. And NEVER leave the kitchen while you’re cooking.

- Check the kitchen after you finish cooking to make sure the oven burners and other appliances are turned off.

- Walk through your home and identify any possible exits in case of a fire. Make a fire escape plan.

- If there’s fire or smoke. Get out and stay out.

The two agencies have also teamed to produce an informational video featuring fire safety tips for seniors. The video can be viewed here: <https://youtu.be/a8AVWGbXpBg>



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RICK STEVES' EUROPE

Budapest: City of paradox

By Rick Steves

Tribune Content Agency

Most Americans choose Prague as their first foray into Eastern Europe, but the true powerhouse of the region is Budapest, capital of Hungary. Budapest can be challenging and complicated—but it's a cosmopolitan place of unexpected elegance, fascinating and rewarding.

Sprawling across the banks of the Danube River, the city is really two towns in one. The west side is stately Buda, with its Castle Hill and remnants of Hungary's glory days. On the flats across the river is Pest, with prickly-spined buildings and the commercial town center.

Although modern-day Budapest is fully European, there's something exotic about the place. This area has absorbed wave after wave of migrating ethnic groups. First came the Magyars, who stampeded in from Central Asia about a thousand years ago to settle the region. They were followed by Turks, Germans, Slavs, Jews and Roma, creating a cultural goulash that's still simmering today. I swear I heard a dozen different languages the last time I visited.

Budapest boomed in the late 19th century, after the Habsburg rulers made it co-capital—with Vienna—of their vast Austro-Hungarian empire. Because of this heritage, Budapest feels more grandiose than you'd expect for the capital of a relatively small country.

That boom peaked with a flurry of construction in anticipation of a city-wide party in 1896—the 1,000th anniversary of the arrival of the Magyars. Not wanting to play second fiddle to Vienna, Budapest used the millennial celebration as an excuse to remake the capital with grand squares, heroic monuments, and even a subway (the Continent's oldest).

Many of the city's finest landmarks date from this era, including the neo-Gothic Hungarian Parliament, the opulent State Opera House, and the voluminous Central Market Hall. It's worth touring these buildings to ogle

their magnificent interiors.

By the end of World War I, though, the Habsburgs and their golden-age elegance were gone. Very soon after Hitler came to power in Germany, Hungary ignobly allied itself with the Nazis. Their reward was to be "liberated" by the Soviets, who installed a communist government after World War II.

If communism was a religion during the postwar years, Budapest was sin city. While Soviet rule was harsh, Hungary managed to fashion a milder, yet still-acceptable-to-Moscow "goulash" communism. Allowing a little private enterprise, easier travel, and less censorship, Hungary was the envy of its more strictly controlled neighbors.

Wannabe shoppers came from all over Eastern Europe to drool over Nikes, Reeboks, and fine capitalist cuisine long before any of these Western evils were available elsewhere behind the Iron Curtain. For East Germans, Czechs and Poles, a stroll down a Budapest shopping street was like a day pass to the West: Where else could they buy fancy Adidas sportswear (for two months' wages) and eat Big Macs (after a one-hour wait for their "fast" food)?

Today, that time feels like ancient history, and younger Hungarians have no living memory of communism. Nowadays twentysomethings shop in trendy, one-of-a-kind boutiques and flock to nightclubs featuring everything from Romany rap to cool jazz.

But Budapest still has one of Eastern Europe's best sights remembering the Red old days. Instead of disposing of its statues of Stalin, Lenin, and their local counterparts, an entrepreneur collected them into an open-air museum. The result is Memento Park, located at the city's edge, boasting an entertaining jumble of communist all-stars. In a kind of demagogue's hell, they're left with no one to preach to but each other.

Even with the tumultuous detours of the 20th century, Budapest has retained a keen knack for good living. The city's once-vibrant cafe culture has made a strong comeback (the communists closed

down the cafes, fearing a dissident breeding-ground). But now the old coffee shops are being restored, with red-velvet chairs and doodad-decorated columns dripping with Habsburgian nostalgia.

You can also relax with a splash-splash in one of the city's famous thermal baths. Of two dozen or so traditional baths, Szechenyi is the most accessible and fun place to take the plunge. Magyars of all shapes and sizes squeeze themselves into tiny swimsuits and strut their stuff. You can paddle in the aristocratic outdoor pool, soak in indoor thermal baths, or steam in the sauna all day for less than \$20.

The city boasts marvelous vistas as well. Ride the cute Buda funicular up to Castle Hill for panoramic views from the remaining castle ramparts. Or cap a day of sightseeing with an evening cruise on the blue Danube. As the sun goes down, an ensemble of icons grabs your attention: the mighty bridges linking Buda and Pest, the stubborn citadel standing tall on Buda's hill, and monuments honoring a hard-earned freedom. Budapest, a city of nuance and paradox, has survived its turbulent history beautifully.

IF YOU VISIT...

SLEEPING: Gerloczy Rooms is the best spot in central Budapest for affordable elegance, with an old spiral-staircase atrium and attached cafe (splurge, www.gerloczy.com). Calvin-Haz has 36 big rooms with a nice classic feel (moderate, www.kalvinhouse.hu).

EATING: Find Belvarosi Lugas Etterem for a cozy dining space serving up good Hungarian food (Bajcsy Zsilinszky ut 15, tel. 1/302-5393). For sit-in or takeaway, Elso Pesti Reteshaz is the place to go for your strudel fix (full food menu available, Oktober 6 utca 22, tel. 1/428-0134).

GETTING AROUND: Budapest sprawls. Get comfortable with the excellent public transportation system (www.bkv.hu).

TOURIST INFORMATION: www.budapestinfo.hu.

- Rick Steves (www.ricksteves.com) writes European travel guidebooks and hosts travel shows on public television and public radio. Email him at rick@ricksteves.com and follow his blog on Facebook.

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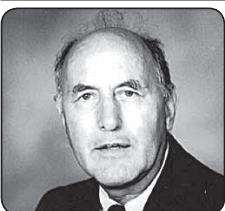
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HUMOR

Blah Blah Blocker Redux

Miss Minniferd Morningstar has taught English at Letongaloosa High School for some 35 years, and during that time she has learned to adapt. At one time she was a stickler for the use of correct grammar—written or spoken.

The coming of the cellphone caused her pain. When she overheard young-



Larry
Day

sters (and adults) using incorrect grammar on the phone she used to berate them publicly. Many of those individuals invited her to mind her !@#% ^&* business. She reported one particularly poignant exchange with a cellphone user to her cousin, Dr. Henry Watkins, the brilliant research engineer at Mid-dledorf University out in California.

“The boy said, ‘Get lost, you creepy old bag.’”

“I’m going to fly out there and horse-whip that young hellion,” shouted Henry over the phone.

Miss Minnie calmed her cousin down and he didn’t fly to Letongaloosa. But he did invent a “blah blah blocker.” The device intercepted bad grammar, corrected it and inserted it—still in the speaker’s own voice—into

the ongoing telephone conversation.

Here’s an example:

Fifteen-year-old Tim says to his girlfriend, Vickie, “Yo, ‘s me. Whatca goin’ do ‘safternoon?”

The sentence passes through the blah blah blocker and comes out, “Hello. It is I, Timothy. May I ask what you are planning to do this afternoon?”

Vickie replies, “What yew smokin’ Dude?” The blah blah blocker transforms the reply to: “I beg your pardon. I didn’t understand what you said.”

Miss Minnie found that the surreptitiously interrupting phone conversations caused serious problems. For example, Tim and Vickie broke up right there on the phone. That made Miss Minnie feel terrible, and she abandoned her campaign to correct other people’s grammar. Cousin Henry called Minnie last summer.

“Do you still have that blah blah blocker I invented?”

“Yes, why,” she asked.

“Please send it back to me,” said Henry. “With a few modifications that device can let voters know what campaigning politicians *mean* by what they *say*.”

Cousin Henry made modifications on the blah blah blocker. Then he invented a device that allowed him to hack into televised presidential campaign debates. The blah blah blocker let the audience know what the candidates were really saying.

For example, one candidate said: “Our nation desperately needs my leadership.”

Processed through the blah blah blocker, the statement came out: “My campaign is in trouble and I desperately need votes.”

A candidate from the other party said: “I’ll reignite the promise of America.”

The television audience heard the candidate say: “I’ve got to raise some money for this campaign or I’m done for.”

Henry’s hack produced a national uproar. The political parties blamed each other, then they blamed the Chinese. Boards of directors of organiza-

tions like the BRA, the CBA, the FQA, the HHA, the NNA, the PXA, the RMA, SJA, the UGA, and the WDA deplored the situation “in the strongest possible terms.”

But surveys showed that everyday folks were delighted. The hack introduced spontaneity into the boring process of dividing the chaff from the chaff.

Television audiences for subsequent debates increased substantially. Then radio talk show hosts of all stripes jumped in. Some of them called the hacker a national hero and called for a ticker tape parade for him in New York as soon as he could be identified. Others called him a traitorous scalawag and demanded he be clapped in solitary confinement in a maximum security prison.

Henry, who knew more about hiding electronic tracks than anyone in industry or the government, just sat back and cackled.

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

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PET WORLD

Stopping dog's piddling

Q: About a month ago we acquired a 1-1/2-year-old, 12-pound dog. She'd been an outside dog and is not spayed. She now lives indoors 100 percent of the time. She's totally housebroken for bowel movements, but urinates indoors, especially when our grandson pets her. Will this stop after she's spayed? - F.C., Spartanburg, SC

Q: My adorable little "spanielly-dog" is fixed but still urinates indoors. I've had him for six months, and I just don't get it. I can seldom catch him in the act. When I do, I yell, "No!" and put him outside. He comes in all happy. I don't think he realizes he's doing anything wrong. Any advice? - C.P., Baltimore, MD



Steve
Dale

A: Spaying helps prevent uterine infections and also breast cancer, which is fatal half the time. Aside from this, when dogs go into heat, there are lifestyle challenges, which obviously aren't an issue for spayed dogs. Spaying your dog may decrease the accidents, but there's likely more going on here. Your dog's "bad" behavior is called submissive urination. She may also have house-training issues, particularly since she was previously an outdoor dog. Perhaps she was never house-trained at all.

To stop the submissive urination, boost your dog's confidence by teaching her some new behaviors. The following activity is fun for dogs, and even your grandson can help with the training (if he's at least 4 or 5, and with adult supervision). Have him hold some small dog treats in a closed fist. Your dog will naturally sniff his hand, and when she touches her nose to it, he should offer the treats. As the dog repeats this behavior, have him give her a cue each time, like "touch." If the dog is focused on the treats, she'll hopefully be distracted from piddling.

To further boost your pet's confidence, enroll her in a fun class, such as beginning agility (an obstacle course for dogs) or nose work classes (dogs use their sniffer to find things). A basic obedience class is another option.

The issue of housetraining is answered in the next question.

A: You're right, he's doesn't "get it." For one thing, putting him outside might be enjoyable; your dog may even think your reprimands are a game. Often we assume our dogs will instantly understand house training, but that's unrealistic.

Don't worry so much about correcting your dog. Instead, focus on setting him up for success. First, don't give him any opportunity to have an accident indoors. Supervise him when you're home, even if that means tethering him to you. Otherwise, confine him in a crate, exercise

pen, or special room. Also, control the amount of water he drinks. Give him all he wants, but only leave the bowl down for five minutes at a time.

Take your dog out as often as you can. Someone should accompany the dog on walks, and praise him and offer a treat each time he does go.

- Write to Steve at Tribune Content Agency, 2225 Kenmore Ave., Suite 154, Buffalo, NY. 14207. Send e-mail to PETWORLD@STEVEDALE.TV. Include your name, city and state.

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WOLFGANG PUCK'S KITCHEN

Healthy, flavorful scone recipe makes holiday season extra special

By Wolfgang Puck

Tribune Content Agency

Just as so many people consider the Labor Day weekend to be the official start of grilling season, I think of the first weeks of November as the start of baking season. Halloween is over, and the time has come to turn our thoughts to preparing all the cookies, pies, cakes and other baked goods that we'll serve and share for Thanksgiving, Hanukkah, Christmas and the new year.

I find sometimes that casual breakfasts and brunches get overlooked during all that celebrating, not to mention the mid-morning coffee get-togethers and afternoon tea gatherings that always seem to happen at the last minute. So, I thought I would share a special recipe for moments like that. My Spelt Coconut Scones, though rich-tasting and delicious like we want all our baked treats to be, are also surprisingly good for you; the recipe comes from my most recent book, "Wolfgang Puck Makes It Healthy" (Grand Central Life & Style, \$30).

You may have heard of spelt, because it's becoming more and more popular in all sorts of dishes today. This ancient cousin of wheat has not only a delicious nutty flavor but also a generous fiber content that makes it a good choice for people trying to add more good grains to their diets. You can find both the white and whole-grain spelt flours my recipe calls for in the baking sections of well-stocked markets and health food stores.

The coconut in the recipe comes as rich, sweet-tasting and very satisfying coconut oil. Yes, it is a fat. But some studies have found this particular form may help lower cholesterol and reduce belly fat. Well-stocked markets will carry it. The oil tends to solidify at cool room temperature; but, for the purpose of this recipe, transfer the amount you need to a bowl and chill it in the refrigerator before you cut it into cubes.

When combined with just a little sugar (the coconut oil itself tastes very sweet) and some nonfat yogurt and milk, the resulting dough comes out incredibly tender and flavorful. I like to serve the scones on their own or accompanied by marmalade or fruit jam, or with fresh berries and yogurt. I also love to split a scone and fill it with dollops of jam and nonfat yogurt.

The guests who are fortunate enough to be served these scones will feel they've had a very special holiday treat. Then, they'll be amazed when you reveal that the scones are not only good but also good for them, at just 188 or so, with 72 of those calories coming mostly from what doctors consider "good" fat. Now that really is a holiday miracle!

SPELT COCONUT SCONES

Makes about 15

3 cups (750 mL) white spelt flour
 3/4 cup (185 mL) whole-grain spelt flour
 1/4 cup (60 mL) granulated sugar, plus more for sprinkling, if desired
 1 1/2 tablespoons baking powder
 1/2 teaspoon kosher salt
 1/2 cup (125 mL) coconut oil, at cool room temperature (cool enough to be solid), cut into 1/2-inch (12-mm) pieces
 1 large cage-free egg
 1 cup (250 mL) nonfat plain yogurt
 1/2 cup (125 mL) nonfat milk
 6 tablespoons heavy cream, optional

In the bowl of a stand mixer fitted with the paddle attachment, combine the spelt flours, sugar, baking powder and salt. Mix briefly on low speed. Add the coconut oil and continue mixing on low speed, watching carefully, just until the coconut oil forms pea-sized pieces.

In a separate bowl, lightly whisk the egg. Add the yogurt and milk and whisk just until blended.

Add the egg mixture to the flour mixture. Mix briefly on low speed, just

until a soft dough forms.

Turn out the dough onto a floured work surface. With floured hands, pat it down into a rough rectangle and fold lengthwise in half. Pat down and fold again two or three times more. Wrap the dough in plastic wrap and refrigerate for 20 minutes.

Meanwhile, preheat the oven to 350 F (175 C).

With a rolling pin on a floured work surface, roll out the chilled dough to

a 1 1/4-inch (3-cm) thickness. With a 2-inch (5-cm) round cutter, cut out rounds of dough, placing them on a nonstick baking sheet. Gather up any scraps, knead them together briefly, and roll them out and cut into rounds.

If desired, lightly brush the tops of the scones with cream and sprinkle with a little sugar. Bake until lightly browned, 15 to 20 minutes.

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Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.

MEMORIES ARE FOREVER

Each month I will write about a memory of a person's life and I hope you will enjoy it. For information you need to submit your own memories, please visit my blog at

www.MemoriesAreForever.net

I would love to hear from you. If you wish to include a nostalgic picture of yourself, please send it as an attachment to your submission email. (The photo below is me as a two-year-old sitting on the steps of my home in Chicago.) - Tom Mach



Tom
Mach

Our One-Room Schoolhouse

By Kathy Blum Zettel

The poet Mary Ireton once wrote, "Shouts of laughter on the playground / echo down through many years / standing empty in the shadows / is the school I love so dear." So true. I still remember our one-room schoolhouse. As a child, I felt I belonged there. Back then, it was a time when people cared for one another.

Only kids who went to high school rode a bus, but I had my feet or my bicycle to get me to elementary school—except on blistery cold days, when Mr. "Bud" Loomis, our neighbor, would come by with his Jeep. We'd jump in the back and sit on two freestanding wooden benches. Seat belts weren't around then, but we survived the bumpy rides nevertheless.

There were 15 children, including me, in the one-room schoolhouse when I was six years old.

Recess at school was a time for hide-and-seek, kick-the-can, tag, jump rope, swings, play softball, slide down a big slide, and play "Inny-I-over." This last

one was our favorite game. An equal number of kids would stand on each side of the school building. A kid on one side of the building would throw a ball over the roof, and players on the other side would try to catch it. If it were caught, all the kids on that side of the building would run around with a hand behind their back (with one of them actually hiding the ball). Then if you hit an opponent with the ball that person would join your team.

Snowy winters did not prevent us from playing outdoor games. We enjoyed sledding, skating, snow forts, snowmen, and "fox-and-geese." The last was a game of tag played by a maze of paths that were made in the snow.

We used to draw water from a hand pump at an outside well for drinking, hand washing, and other necessities. In the winter we would heat water in a bucket using a Bunn heater (a metal unit on an electrical cord plugged into an outlet). A student would be assigned to ladle warm water over the hands of the other students so they could wash their hands before lunch.

In one sense, we had "central heating." That is, we had a large pot-bellied stove, and when it got quite cold we would gather around and warm ourselves. My mother would walk a half-mile at five in the morning to the schoolhouse to build a fire and left a scuttle of coal from the outside shed. She did this so when the students arrived all the teacher had to do was to heap coals on the fire to keep it going all day.

I had more than one teacher during the eight years I attended the one-room schoolhouse. Each of them not only knew their subjects well, but they showed no favoritism and treated each child with respect. The students were also well-behaved. It was rare for a child to undergo any sort of disciplinary action.

The teacher put the blackboard to good use. A lot of math as well as spelling was done on it. But blackboards got chalky and erasers had to be clapped together daily. As you can imagine, that was a dusty job. While it was fun to make creative designs on the outside walls with these chalky erasers, we'd



Kathy Blum Zettel (second from left in the front row) with her classmates at their one-room schoolhouse.

be in trouble if we got caught.

When we would occasionally get a hot lunch, we would be surprised. However, I am sure that our moms had these occasions planned well in advance. I enjoyed vegetable soup because of the orange, green, red, and white colors of the garden. Sometimes one of the mothers would come in with bean soup. I think the wonderful smell was even better than the taste itself. In fact, today I still love bean soup.

While there would be different grade

levels at the same time in the one-room schoolhouse, each class was assigned recitation time on reading, writing, or arithmetic. So a second-grade student might listen to a sixth grader's recitation, for example. I enjoyed those reading times because I loved to hear those stories I was not yet able to read.

I was glad that everyone learned together in that one-room schoolhouse. In fact, I believe learning from each other is what made our school so special and wonderful.

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GOREN ON BRIDGE

Louie and Larry

With Bob Jones

Tribune Content Agency

North-South vulnerable. South deals.

NORTH

♠-K 7

♥-A J 10 8 2

♦-K J 6 3

♣-9 4

WEST

♠-Q J 10 2

♥-6 4

♦-5 4

♣-K 10 8 7 3

EAST

♠-9 6 5 4

♥-5

♦-Q 10 7 2

♣-J 6 5 2

SOUTH

♠-A 8 3

♥-K Q 9 7 3

♦-A 9 8

♣-A Q

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	Pass	2NT-	Pass
3♥	Pass	4♥	Pass
6♥	Pass	Pass	Pass

-Game forcing raise, at least four hearts

Opening lead: Queen of ♠

North's four-heart bid showed a minimum, so South settled for a small slam—a simple auction repeated at many tables in the club's Saturday duplicate.

When Hard Luck Louie played the hand, he drew trumps and then cashed

the king and ace of diamonds. Neither the queen nor the 10 appeared, so he played a third round of the suit hoping for a 3-3 split or the length with West. Alas, East held the remaining diamonds and Louie had to rely on the club finesse. Down one! Louie was extremely unlucky to find such a foul lie of the cards, as he was quick to point out to everyone who would listen.

Lucky Larry arrived in the same contract and received the same lead. He won the king of spades at trick one, drew trumps, then cashed the ace of spades and ruffed a spade, eliminating that suit from his hand and the dummy. This was followed by a low diamond from the table and Larry inserted his eight when East played low! When that held the trick, Larry had 12 tricks and could try several things for a possible overtrick. Six hearts bid and made!

Did Larry catch a glimpse of East's cards? Of course not. Had West been able to win the eight of diamonds with the 10, he would have been endplayed—forced to yield a ruff-sluff or play a minor suit back into South, conceding the contract either way. Well played!

- 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.

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Senior Profile Update: Edmondson completes marathon

Senior Monthly's interview with Byron Edmondson took place just before he was scheduled to run in the 40th Marine Corps Marathon in Washington, D.C., on October 25. We promised readers that we would include an update in the December issue.

Edmondson, who was 69 at the time of the marathon, finished in 5 hours and 17 minutes. "It was a little slower than what I hoped for, but participation and completion was my main focus, which I did accomplish," Edmondson said. "I was roughly the middle of the pack, both overall and in my age group, in which I was only two weeks short of joining the next older age group."

According to the Marine Corps Marathon website, 23,194 runners successfully finished the marathon this year. Of those, 55.6% of the runners were male, while 44.4% of them were female. Only 7% of the males were 60 or older, while just 2% of the females



were 60 or older.

Edmondson ran as a member of the 2015 Semper Fi Fund Marine Corps Marathon Team. The fund provides immediate financial assistance and lifetime support to post-9/11 wounded, critically ill, and injured members of all branches of the U.S. Armed Forces and their families.

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PUZZLES & GAMES

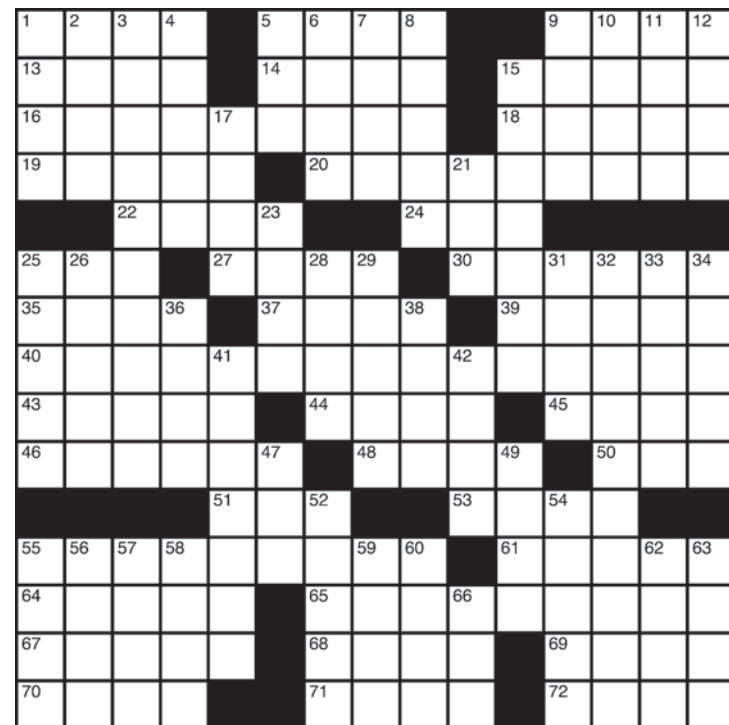
CROSSWORD

Across

- 1 Ones calling the shots?
- 5 Rock blasters
- 9 Californie, for one
- 13 Apple variety
- 14 Goal for a runner
- 15 Renaissance painter Veronese
- 16 Deep-sea creature, literally
- 18 Mozart's "King of Instruments"
- 19 Seat of Dallas County, Alabama
- 20 Alternative strategies, literally
- 22 Churchill, for one
- 24 "Who, me?"
- 25 1,000 G's
- 27 Goes out for a bit?
- 30 Fusion, for one
- 35 Receptionist on "The Office"
- 37 It's frowned upon
- 39 Yellowish tone
- 40 Infomercial offers, literally
- 43 Time to say "¡Feliz a-o nuevo!"
- 44 Pioneers' journey, say
- 45 Unpopular spots
- 46 Buck
- 48 1980s surgeon general
- 50 Dennings of "Thor"
- 51 ___ lane
- 53 "Who, me?"
- 55 Toddler's transport, literally
- 61 Alley wanderers
- 64 Certain Middle Easterner
- 65 Preflight purchase, literally
- 67 Pirouette, essentially
- 68 Settled down
- 69 "Truth in Engineering" automaker
- 70 First place?
- 71 Bothersome parasites
- 72 Block (up)

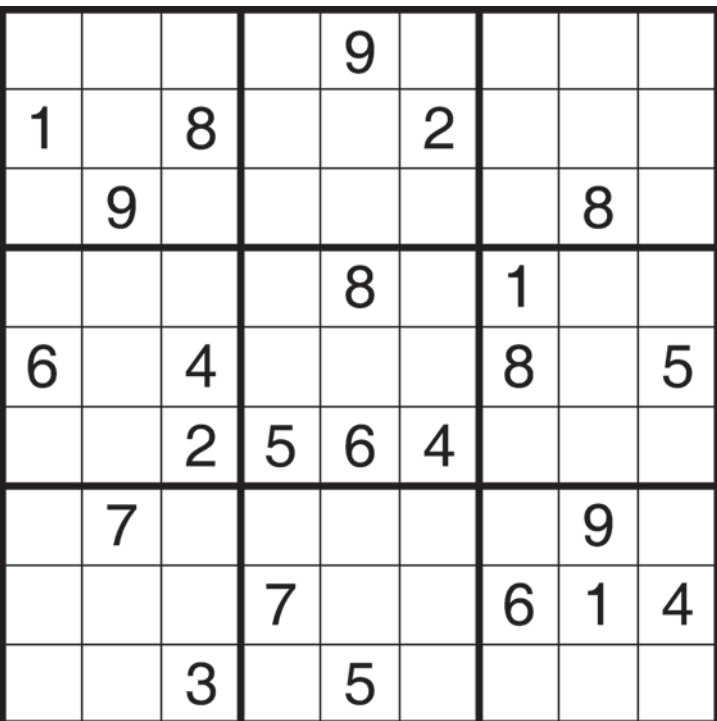
Down

- 1 Steals, with "off"
- 2 Former "Fashion Emergency" host
- 3 Surface fractures
- 4 Blockhead
- 5 Fire proof
- 6 Courses taken consecutively?
- 7 Depressing atmosphere
- 8 Energy
- 9 "Downton Abbey" title
- 10 Draped garment
- 11 The first "A" in A.A. Milne
- 12 Piles
- 15 Michael Jackson, e.g.
- 17 Tip off
- 21 One on the other side
- 23 Half a philosophical duality
- 25 "The Seven-Per-Cent Solution" author Nicholas
- 26 Adler of Sherlock Holmes lore
- 28 Look down
- 29 Snideness
- 31 Numerical prefix
- 32 "Look at this!"
- 33 Battleground
- 34 Start over, in a way
- 36 Sushi seaweed
- 38 Layered snack
- 41 Venue involving a lot of body contact
- 42 "Right Now (Na Na Na)" artist



- 47 Rogers Centre team, on scoreboards
- 49 Majestic display
- 52 Like some popular videos
- 54 Big brass
- 55 "Heavens to Betsy!"
- 56 Crossword component
- 57 Collapsed
- 58 Aware of
- 59 Where many subs are assembled
- 60 Really, really cool
- 62 Stir
- 63 Pass over
- 66 Downed

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

JUMBLE

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

TAFOO

WATHE

SHAWCE

TEGOTH

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

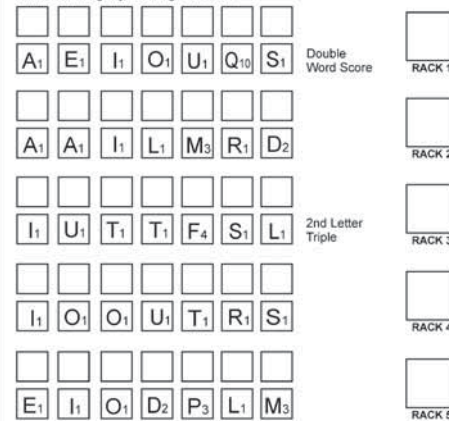
THAT SCRAMBLED WORD GAME by Mike Argirion and Jeff Knurek



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

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PAR SCORE 250-260
BEST SCORE 323
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.
For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgms@gmail.com.

Answers to all puzzles on page 34

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

SCRABBLE BRAND GRAMS SOLUTION

S ₁	E ₁	Q ₁₀	U ₁	O ₁	I ₁	A ₁	RACK 1 =	82
A ₁	D ₂	M ₃	I ₁	R ₁	A ₁	L ₁	RACK 2 =	60
F ₄	L ₁	U ₁	T ₁	I ₁	S ₁	T ₁	RACK 3 =	62
R ₁	I ₁	O ₁	T ₁	O ₁	U ₁	S ₁	RACK 4 =	57
I ₁	M ₃	P ₃	L ₁	O ₁	D ₂	E ₁	RACK 5 =	62
PAR SCORE 250-260							TOTAL	323


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JUMBLE ANSWERS

Jumbles: AFOOT, WHEAT, CASHEW, GHETTO

Answer: At Christmastime, Santa ho-ho-hos. In the summer, he -- HOE-HOE-HOES

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Please recycle this copy of *Kaw Valley Senior Monthly* when you are through with it.



Introducing the Senior Savings Card!

Kaw Valley Senior Monthly will be launching its Senior Savings Card program in March 2016, and we would like to invite your business to participate. In order to participate, all a business has to do is provide our subscribers with a discount (which is not currently available to the general public) when they present their Senior Savings Cards. Other than the discount, the program is **FREE** for participating businesses. It's a win-win-win situation: You'll gain additional customers; Senior Monthly readers will receive discounts; and Senior Monthly will gain new subscribers.

A full listing of participating businesses and their discounts will appear on the Kaw Valley Senior Monthly website at seniormonthly.net/savings. Here are a few sample listings to give you an idea of the layout:

<p>TASTE OF ASIA RESTAURANT <i>Free egg roll with order of dinner entree.</i> 000 Kansas Ave. • Topeka • 555-5555 www.webaddresshere.com</p>	<p>ACME OIL CHANGE <i>\$5 OFF Full Service Oil Change.</i> 000 Kansas Ave. • Lawrence • 555-5555 www.webaddresshere.com</p>	<p>KEVIN'S SALON & SPA <i>Save \$10 On Any Service.</i> 000 Kansas Ave. • Ottawa • 555-5555 www.webaddresshere.com</p>
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Yes, my business would like to participate in the Senior Savings Card program. We agree to offer Kaw Valley Senior Monthly subscribers a discount when they present their Senior Savings Card.

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 Phone: _____ Website: _____
 Your Discount: _____

 Name of individual authorizing discount

 Signature

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