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December 2018

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Vol. 18, No. 6

INSIDE



KEVIN GROENHAGEN PHOTO

After discovering how difficult it was to get help for his father's dialysis at home, Don Barkley started his own business- Truly Affordable Health Insurance. - page 6

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Dick and Paula Barber:

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Barbers' business trims prices on mattresses

By Kevin Groenhagen

During the media coverage of the Camp Fire in California last month, a reporter interviewed a mother and her young son, who had lost their home and were staying in a shelter.

"What do you miss the most?" the reporter asked the boy.

Those viewing the newscast might have expected him to say his toys, video games, or smartphone. However, his answer might have surprised many of us.

"I miss being able to sleep in my own bed," the boy responded.

We spend about a third of our lives in bed, but we tend to take our beds for granted. That is, until they're gone. The boy's longing for his own bed illustrates just how attached we get to them.

Dick and Paula Barber understand that attachment.

The husband-and-wife team own Mattresses By BoxDrop in Lawrence. Their business is part of a nationwide company called BoxDrop Mattress &

Furniture. *Inc. Magazine* has ranked and recognized BoxDrop Mattress & Furniture in the top 20% of the fastest-growing businesses for 2018.

"We are the largest of this type of business in the country," Dick said. "We purchase overstock from a national mattress distribution company. We operate differently than most mattress stores. We work by appointment. We meet people here rather than pay someone to be here all day. That's why we're working out of a warehouse that lacks the glitter of a showroom, but we're saving the customer money. We can save the customer between 50 and 80 percent over retail costs."

Retail outlets usually have wafer-thin profit margins. For example, grocery stores typically earn margins of less than 5%. It's different with most mattress retailers. According to Consumer Reports, markups in the 40-50% range are standard in the industry. Once a mattress crosses the \$1,000 threshold, markups are even higher.

KEVIN GROENHAGEN PHOTO



Dick and Paula Barber

BoxDrop Mattress & Furniture's business model allows for a much smaller markup, which means customers can buy national brand mattresses

for much less. For example, due to an emergency, a family recently met with the Barbers because they needed to

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Kevin L. Groenhagen
Editor and Publisher

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The Barbers

■ CONTINUED FROM PAGE THREE

replace multiple mattresses. Their savings were substantial.

“They came in and bought eight mattresses,” Paula said. “We really tried to work with them. We have a couple different programs that offer 90 days same as cash, which allows someone to get a little better mattress and pay for it before interest starts for them.”

The Barbers do their advertising through social media, including Facebook Marketplace and Craigslist. The listings include their business phone number (785-304-3894), which customers can call to set up an appointment to see the mattresses that are available at their warehouse, which is located one block west of Haskell Avenue and one block south of 31st Street in Lawrence.

“We have about 11 different models,” Dick said. “Our mattresses are brand new and still wrapped in factory plastic. A 53-foot tractor trailer drops off

a new load of mattresses every week. The mattresses don’t stick around long here.”

There are models to fit all budgets, and the sizes range from twin to king.

“We can also get California king,” Paula said. “It’s longer for taller people, but not as wide. One thing we were able to do this past summer was having different sizes for camper trailers. Our mattresses also have warranties.”

One of the main reasons people visit retail outlets to buy mattresses is because they want to “test run” mattresses before they buy them. The Barbers can accommodate these customers.

“We do have mattresses laid out, so people can lay down on them and check them out,” Dick said. “That way there are no surprises if they do purchase one.”

The Barbers weren’t initially sold on the idea of selling mattresses.

“My brother-in-law called me and said, ‘Dick, you ought to check out what I’m doing,’” Dick said. “I asked, ‘Well, what are you doing?’ He said, ‘I’m selling mattresses.’ I laughed at

him and hung up the phone.”

“We used to sell walk-in bathtubs together for the same company years and years ago,” Dick continued. “He stayed with that company and then I went on to Jacuzzi and American Standard.”

Dick sold walk-in tubs for 15 years, while Paula had been self-employed many years.

“I had a partnership with my younger sister,” she said. “We opened a hair salon in the Olathe area and had that for several years. We rented to self-employed hair stylists. I kind of ran the back end of the business and my sister was a working hair stylist.”

But after the Barbers took a closer look at what their brother-in-law was doing, they thought such a business would also be ideal for them.

“Dick was traveling so much and we were getting tired of that,” Paula said. “This would be something we could do together and he wouldn’t be on the road anymore.”

The couple found a warehouse in Lawrence during February of last year and opened for business the following

month. At that time, they were living in Olathe, which meant they had to make the trip to Lawrence every time they had an appointment.

“We were bending over backwards to meet anyone at just about any time,” Dick said. “There were days when we made three of four trips back and forth from Olathe to Lawrence.”

“And there was no guarantee that the customer would be here,” Paula added. “I think that’s been our biggest frustration because some people don’t understand that you’re meeting for an appointment.”

After deciding that they could no longer keep making trips from Olathe to Lawrence every time they had an appointment, the Barbers sold their home in Olathe and moved to Lawrence in July. They bought one of their own mattresses for the extra bedroom in their new home.

“Now we live just 10 minutes away from the warehouse,” Dick said.

While the Barbers no longer have to travel far for appointments, they continue to be amazed by how far others

■ CONTINUED ON PAGE FIVE

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The Barbers

■ CONTINUED FROM PAGE FOUR

will travel to save money on mattresses.

“We have a lot of people from Emporia come up here,” Dick said. “We even had a lady come all the way from Coffeyville.”

“People really do travel for mattresses,” Paula added.

Customers can either load up their own mattresses or, for a fee, have them delivered.

“For Lawrence, delivery’s about \$40,” Paula said. “We try to keep that as low as we can. Outside of Lawrence,

it depends on the mileage.”

In addition to being able to work together close to home, the Barbers enjoy the flexibility their business allows. While they do schedule appointments during evenings and weekends, they can often block out time during the week for personal tasks and appointments.

“When things get really established, we might take Sundays off,” Dick said.

“You did work around that Chiefs game on Sunday, though,” Paula added with a laugh.

For more information about Mattresses BoxDrop, call 785-304-3894 or visit their Facebook page at facebook.com/BoxDropLawrence.



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Medicare confusion leads Barkley to start new business

By Billie David

When Don Barkley, independent agent and owner of Lawrence's Truly Affordable Health Insurance, talks to seniors about Medicare, he finds that many are confused about what they have.

One reason for this is that it's difficult to understand and keep track of the different parts: Part A (hospital insurance), Part B (medical insurance), Part C (an alternative to Original Medicare), Part D (prescription drug plan), and Medigap, or supplemental insurance.

"There are huge differences between Part A and B, administered by the government, and Medicare Advantage, administered by private companies," Barkley said.

And then there's the time factor. For example, Open Enrollment, which ends December 7, is the time when you can change your prescription drug coverage, sign up for Medicare Advantage, or return to Original Medicare.

Then, between January 1 and March 31, you get one chance to change Medicare Advantage plans or switch back to Original Medicare. And then there are penalties for not signing up on time.

All of this can be confusing enough, but because other factors come into play as well, such as what doctor you want to see and whether or not you travel, Barkley advises people to sit down and talk to an agent before they make their insurance decisions.

"There are ads on TV, and they all say that their plan is perfect, but that's not always so," he said. "It may be that an Advantage plan or Medigap plan is in their best interest, but it may not be."

And although there are Medigap

plans—which are the kinds of plans Barkley specializes in—that pay for services that Original Medicare doesn't cover, such as dental, vision and home health care, Medicare Advantage and Medigap at the same time, nor can you have two Medigap plans at once.

But if you want to change from one Medigap plan to another, Barkley said, you can do it any time you want, once you pass the health question.

"You get a free pass the first time. Otherwise you have to pass about 12 questions about things like hospitalization and mobility," he explained.

It is the confusion that is involved in all of this that led Barkley to choose the

insurance profession for his own line of work and to start his own business, Truly Affordable Health Insurance.

It started when his father developed kidney failure. Because his father lived in a rural area, he decided to do dialysis at home. When Barkley discovered how hard it was for his father to get help, he decided he wanted to help other seniors.

So he did some research and training and started his own business, and along the way he discovered that the skills he had already developed as a small-business owner and sales trainer carried over into his new profession.

"Sales is not a bad word if you do it right," Barkley said, explaining that to be a good salesperson, you have to listen to how the client is doing, what they don't like and what they do like, find out what they want, and then determine how you can help them. "I can't possibly know what to sell them until I know what they need," he added. "If

■ CONTINUED ON PAGE SEVEN



Don Barkley



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Barkley

■ CONTINUED FROM PAGE FIVE

a Medicare Advantage plan fits their needs better, I have people I can send them to.”

Barkley has some basic questions he asks each time to help him understand a client's needs, including lifestyle and travel, questions that help him determine whether a client needs an Advantage plan or Medigap, which keeps him from selling a product that his client doesn't need.

As an independent agent, Barkley doesn't have to be with any particular company. However, he chooses to represent Kemper/Reserve National Insurance because of their excellent consumer satisfaction reputation with the state, A+ rating with the BBB, and A- Excellent rating with A.M. Best.

“I choose to be very selective,” he said. “I do that on purpose. Every company that sells Medicare Supplement or Medigap products sells the same products. The difference is the price and the quality of the company that stands behind that product. You would be surprised if you looked at the ratings, because some of the biggest companies can have the worst ratings.”

You can obtain the ratings by contacting your local Area Agency on Aging and asking for quality ratings for Medicare Supplement or Medigap, he said, adding “I want to make sure they have the right things. I can't stand seniors being cheated. It just drives me crazy.”

Barkley recommends that people re-shop for their Part D (or drug) plan every year, because pharmacies can change their prices at any time, and your medicines may also change.

And although Barkley focuses on Medigap plans, he said, “I can help clients with choosing a drug plan, and it doesn't cost them a dime.”

As for choosing between Medigap and Advantage plans, “If people travel out of their area at all, they'll still be covered with a supplemental plan, but probably not with an Advantage plan,” Barkley said, adding that plan F will no longer be available to people new to Medicare starting January 1, 2020. “If

you are in and you can't get out, those premiums are going to go up a lot,” he said. “If you can pass the health questions, my advice is to get out now.”

Barkley has been in the insurance business for three years.

“It is not as long as some other people, but I'm very good at it,” he said, adding that he does ongoing training and has even sat in on an Area Agency on Aging session and trained with them.

“I do state, company and Area Agency on Aging training. I keep up on all of that,” he said. “And I read weekly emails and do webinars.”

Truly Affordable Health Insurance, based in Lawrence, also covers the Topeka, Kansas City and Ottawa area

and other Northeast Kansas towns.

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want,” Barkley said.

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Meals on Wheels of Eastern Kansas, Inc. participates in the 2018 Subaru Share the Love Event

Meals on Wheels of Eastern Kansas, Inc. has announced that it will be participating in the 2018 Subaru Share the Love Event as a member of Meals on Wheels America—one of four national Share the Love charitable partners supported through the promotion. From November 15, 2018, through January 2, 2019, Subaru of America will donate \$250 for every new Subaru vehicle sold or leased to the customer's choice of participating charities.

“Money raised through Subaru's ‘Share the Love’ event will help us to continue to provide nutritionally balanced meals to the elderly and homebound individuals in our communities,” said Heidi Pickerell, President & CEO of Meals on Wheels of Eastern Kansas, Inc. “Research shows a nutritious meal has been linked to remaining independent and avoiding unnecessary hospitalizations and pre-

mature nursing facility placements.”

Participating Meals on Wheels America members, like Meals on Wheels of Eastern Kansas, Inc., will receive a share of the donation raised by Subaru in their state.

“Meals on Wheels America is thrilled to partner with Subaru of America for the Subaru Share the Love Event for the 11th year in a row,” said Ellie Hollander, President and CEO, Meals on Wheels America. “Since 2008, the Subaru Share the Love Event has helped local Meals on Wheels programs deliver nearly 2 million meals to vulnerable seniors nationwide. We remain proud and grateful to have the generous support of Subaru in helping us ensure that homebound seniors receive the daily nutrition and companionship they need to thrive.”

Over the last 10 years, Subaru of America and its participating retail-

ers have donated more than \$118 million to its charity partners. This year's Subaru Share the Love Event is on track to bring that total to over \$140 million, proving there's no limit to the amount of love we can all share.

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Beware of scammers pretending to be from Social Security

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

In the digital age, frauds and scams are an unfortunate part of doing business online. During the holiday season, Social Security has traditionally seen a spike in phishing scams, and we want to protect you as best we can.

We urge you to always be cautious and to avoid providing sensitive information such as your Social Security Number (SSN) or bank account information to unknown individuals over the phone or internet. If you receive a call and aren't expecting one, you must be extra careful. You can always get the caller's information, hang up, and — if you do need more clarification — contact the official phone number of the business or agency that the caller claims to represent. Never reveal personal data to a stranger who called you.

Please take note; there's a scam going around right now. You might receive a call from someone claiming to be from

Social Security or another agency. Calls can even display the 1-800-772-1213, Social Security's national customer service number, as the incoming number on your caller ID. In some cases, the caller states that Social Security does not have all of your personal information, such as your Social Security number (SSN), on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information. This appears to be a widespread issue, as reports have come from people across the country. These calls are not from Social Security.

Callers sometimes state that your Social Security number is at risk of being deactivated or deleted. The caller then asks you to provide a phone number to resolve the issue. People should be aware the scheme's details may vary; however, you should avoid engaging with the caller or calling the number provided, as the caller might attempt to acquire personal information.

Social Security employees occasionally contact people by telephone for customer-service purposes. In only a few special situations, such as when you have business pending with us, a Social Security employee may request the person confirm personal information over the phone.

Social Security employees will never threaten you or promise a Social Security benefit approval or increase in exchange for information. In those cases, the call is

fraudulent, and you should just hang up. If you receive these calls, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at oig.ssa.gov/report.

Remember, only call official phone numbers and use secured websites of the agencies and businesses you know are correct. Protecting your information is an important part of Social Security's mission to secure today and tomorrow.

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Social Security benefits to increase in 2019

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

Each year we announce the annual cost-of-living adjustment (COLA). Usually, there is an increase in the Social Security and Supplemental Security Income (SSI) benefit amount people receive each month, starting the following January. Law requires that federal benefit rates increase when the cost of living rises, as measured by the Department of Labor's Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W).

The CPI-W rises when prices increase for the things the average consumer buys. This means that when prices for goods and services we purchase become more expensive, on average, the COLA increases benefits and helps beneficiaries keep up with the changing cost of living.

More than 67 million Americans will see a 2.8 percent increase in their Social Security and SSI benefits in 2019.

January 2019 marks other changes based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax, as well as the retirement earnings test exempt amount, will change in 2019.

Want to know your new benefit amount as soon as possible? In December 2018, we will post Social Security COLA notices online for retirement, survivors, and disability beneficia-

ries who have a my Social Security account. You will be able to view and save these COLA notices securely via the Message Center inside my Social Security.

Be the first to know! Sign up for or log in to your personal my Social Security account today at www.socialsecurity.gov/myaccount. Choose email or text under "Message Center Preferences" to receive courtesy notifications so you won't miss your electronic COLA notice!

This year, even if you access your COLA notice online, you will still receive your COLA notice by mail. In the future, you will be able to choose whether you receive your notice online instead of on paper. Online notices will not be available to representative payees, individuals with foreign

mailing addresses, or those who pay higher Medicare premiums due to their income. We plan to expand the availability of COLA notices to additional online customers in the future.

More information about the 2019

COLA is available at www.socialsecurity.gov/cola.

You can also read our publication about the annual cost-of-living adjustment at www.socialsecurity.gov/pubs/EN-05-10526.pdf.

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Seasonal work while retired can empower you

By Norm Franker

Social Security District Manager in Lawrence, KS

Soon after school begins in the fall, many businesses begin advertising for seasonal workers. It's a good way for people to make some extra income during the busy holiday season or ease back into working.

The diversity of jobs appeals to many people. Each year, companies also hire for seasonal work-from-home positions. These jobs include: customer service, sales, tech support, call center representatives, healthcare support, order taking/review, and more. Seasonal positions may help bridge employment gaps on your resume. They show proven experience and that you are ready, willing, and able to succeed. They also can help you to develop new or strengthen existing skills through training.

If you receive Social Security disability benefits or Supplemental Security Income (SSI), special rules make it possible for people to work and still receive monthly payments. If you want to try working again, seasonal work may help you ease back into the work force. Read Working While Disabled at

www.socialsecurity.gov/pubs/EN-05-10095.pdf or visit our Ticket to Work website at <https://choosework.ssa.gov> for more information.

Keep in mind that you must report all earnings, including your seasonal earnings, to Social Security; however, they also count toward your future benefits. You earn Social Security credits when you work in a job and pay Social Security taxes. We use your total yearly earnings to figure your Social Security credits. You can learn more at www.socialsecurity.gov/pubs/EN-05-10072.pdf.

You can also get Social Security retirement or survivors benefits and work at the same time. But if you're younger than full retirement age and earn more than certain amounts, your benefits will be reduced, although not dollar for dollar. Your benefits may increase when you reach full retirement age. You can read more about working while retired at www.socialsecurity.gov/planners/

retire/whileworking.html.

Getting back to work can empower you in a number of ways. Social Secu-

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Financial Tips for Snowbirds ... Present and Future

Winter is here again – which may make you wish you were somewhere else. You might be thinking how pleasant it would be to become a snowbird and move to a warmer climate for the season. Of course, your stage of life will help determine if you are prepared to be a snowbird now or if you're just hoping to be one in the future. But in either case, you'll need to be financially prepared.



*Derek
Osborn*

So, let's look at what it would take to be a snowbird—tomorrow and today:

Snowbird tomorrow – The further ahead you plan, the more options you're likely to have when you embark on the snowbird life. If you're going to be retired, you'll need to review all your sources of retirement income—Social Security, your 401(k) or other employer-sponsored plan, your IRA, and so on—to determine if you'll have enough money available for your yearly snowbird trips without jeopardizing your retirement lifestyle. Your calculations will depend on what sort of snowbird existence you have in mind. Do you want to buy a second

home or just rent? Will you be gone just a few weeks each year or several months? Clearly, to ensure a successful snowbird experience, you'll need to identify your goals and create a strategy for achieving them.

Snowbird today – If you've reached a point where you can indeed make your snowbird dream a reality, and you're ready to pack your bags, you'll need to take action on some practical matters, such as these:

Secure your home. If you have a security system, make sure it's armed and working properly. Stop your newspapers and magazines, forward your mail, ask your neighbors to remove any stray papers, flyers and advertisements from your porch or entryway, and arrange to

have your snow shoveled.

Notify your bank. To fight theft, the fraud departments of many banks are getting more aggressive in spotting and denying unusual charges. That's why it's important to give your bank your temporary address and contact information before you leave. By doing so, you can reduce the risk of your account being frozen temporarily if your financial institution can't reach you with questions about charges from an unexpected location. You also might find it useful to open a bank account at your snowbird site.

Pay your bills. If you already pay all your bills automatically through bank authorizations, you may not have to do anything when you leave. But if you still pay some bills the old-fashioned way, with checks and envelopes, look for these bills in your forwarded mail.

Track your investments. You can

probably track the progress of your investments online, and it's a good idea to do so, just as you would at your permanent address. Even if you're only gone a couple of months, you may need to make some investment moves, so stay on top of your accounts and contact your investment professional, as needed. As always, though, don't overreact to sudden market swings—ideally, you've got long-term strategies in place that can serve your needs in most investment environments.

The life of a snowbird can be a pleasant one. So take the necessary steps before you leave—and enjoy your days in the sun.

- Derek Osborn is with Edward Jones, 4106 W. 6th St., Ste. A, Lawrence. He can be reached at 785-841-0382 or Derek.Osborn@edwardjones.com. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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Derek Osborn

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HEALTH & WELLNESS

A healthy immune system

It is that time of year again when your immune system is fighting off all sorts of bugs. Viruses such as parainfluenza, adenoviruses, and rhinovirus, as well as bacteria such as Streptococcus, can cause havoc to your immune system. Despite the fact that you can be exposed to many infectious organisms, your immune system—given enough help—will be able to defend you from these disease-causing microbes.



*Dr.
Deena
Beneda*

What is your immune system? The immune system is an interactive network of organs, cells, and proteins that protect the body from viruses and bacteria or any foreign substances. The immune system works to neutralize and remove pathogens from the environment and fight against the body's own cells that have changed due to an illness.

There are many ways to optimize your immune system, including:

1. Getting enough sleep.
2. Managing stress.
3. Eating plenty of fruits, vegetables, nuts, and seeds. Adding foods such as cayenne pepper, ginger, onions, rosemary, thyme, and turmeric to your diet.
4. Physical activity and exercise.
5. Medicinal plants. There are many medicinal plants that boost your immune system. A few common ones to mention include garlic, oregano, mushrooms, Echinacea, and Elderberry.

Garlic is a broad-spectrum antimicrobial. This aromatic herb is a powerful antiseptic and antioxidant. In studies, garlic was shown to prevent and shorten the duration of a cold.

Oregano is a powerful antimicrobial herb. Oregano is also effective in treating fungal, bacterial, viral, and parasitic infections, making it one of

the strongest immune-boosting herbs to keep in your pantry. Oregano essential oil is also known for its healing and immune-boosting properties.

For centuries, mushrooms have been used in Chinese medicine to activate a weakened immune system. Mushrooms are rich in vitamins and minerals and are especially effective in killing pathogens that try to weaken the immune system.

Echinacea is a common medicinal plant used to aid the immune system in fighting pathogens. Research shows that one of the most significant benefits of Echinacea is when it is used on recurring infections and its preventive effects.

Elderberry has been used as a medicinal plant for thousands of years. Hippocrates, the “father of medicine,” understood that this plant was key to boosting our immune systems. Elderberry was used because it was effective in fighting colds, the flu, allergies, and inflammation. Several studies indicate that elderberry has the power to boost the immune system, especially in helping to treat the symptoms of the common cold and flu.

When our immune system is working properly, we don't even notice it. It is when our immune system is compromised that we face illness. Medicinal plants, lifestyle changes, healthy foods, and exercise are ways to prevent diseases and boost our immune system.

- *Dr. Deena Beneda, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. She can be reached at 785-749-2255.*

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HEALTH & WELLNESS

Strength: Your key to aging gracefully

By Joe DeLeo CSCS

The Battle Against Loss of Strength with Aging

Many aging adults are familiar with osteoporosis. This “silent disease” afflicts the body through the deterioration of your bones. Over time your bones become thinner due to low bone mass and bone tissue loss.



The other disease that afflicts all aging adults is sarcopenia, or muscle reduction with aging. While it is not as commonly talked about it is just as prevalent and often precedes osteoporosis.

What is Sarcopenia?

Sarcopenia is the progressive loss of skeletal muscle as we age. Translated from Greek origins, it literally means “loss of flesh.” Loss of lean muscle mass can begin as early as the age of 30, two decades before osteoporosis usually kicks in. As we age and lose muscle mass this effects our strength, metabolic rate, mobility, maximal oxygen consumption, weight gain, and diabetes.

Here are some other key facts regarding Sarcopenia:

- Sarcopenia is thought to affect 30% of individuals over 60 years of age and more than 50% of people over 80 years.
- Recent estimates indicate that

approximately 45% of the older U.S. population is affected by sarcopenia. That equates to 18 million people in 2010, a number that will only continue to rise.

- Age-related muscle weakness dramatically increases the risk for elderly falling. A large number of those elderly who fall will not continue living in the community. One half of accidental deaths among individuals age 65 and older are related to falls.

- A loss in muscle mass is related to metabolic problems such as insulin resistance, type 2 diabetes and obesity.

- The estimated direct healthcare cost attributable to sarcopenia in the United States in 2000 was \$18.5 billion (\$10.8 billion in men, \$7.7 billion in women), which represented about 1.5% of total healthcare expenditures for that year.

- Though sarcopenia contributes to numerous other health problems and accounts for a similar percentage of healthcare costs as osteoporosis, no public health campaigns are directly aimed at reducing the prevalence of sarcopenia.

- Although age-related muscle loss is inevitable, therapies and interventions that can halt or reverse these effects hold great promise and are a realistic possibility.

Take Action – What you can do to slow down the effects of sarcopenia

We all have to answer to Father Time. None of us can outrun or outsmart the aging process.

However, there are many lifestyle

choices and factors we can execute to ensure we are reducing the risk and impact of sarcopenia.

First let’s start with the fundamentals:

- 8 hours of sleep per night
- Drink water throughout the day to be well hydrated
- Walk every day for exercise

Now, for strength training—stick with the basics. You do not have to use weights to gain benefit. Any resistance training, using your own bodyweight is beneficial. That means push ups, squats, and suspension trainer rows are excellent options. Aim for 2-3 sessions per week and work up to 3 sets of 10 targeting the large muscle groups in your legs and arms. Another great option to build strength and capacity is to just carry a weight. Hold any of the following in one or both hands: a dumbbell, kettlebell, grocery bag, suitcase or duffelbag with a moderate to heavy load and walk for time or distance beginning with short time frame such as 2-3 sets of 1-2 minutes per set.

Take a Class - Build Knowledge and Strength

If you decide to use weights, make sure you are under the supervision of a qualified instructor who not only has knowledge of how to teach strength training skills, but has experience working with the older adults.

I am proud to say that the LMH Performance & Wellness Center offers a drop in class, “Adult Movement & Strength,” on Tuesdays and Thursdays from 12:30-1:15 p.m. The focus of this class is to help aging adults move better, gain strength, and improve their quality of life and have fun!

Class packages are available in an 8 pack for \$80 and we even allow any interested individual to try a single class for free. Participants have found great results in improving their balance and flexibility as well as their general strength used in daily life tasks such as grocery shopping, gardening, and other household chores.

- If you have any questions, please contact Joe DeLeo CSCS at 785-505-5840 or Joseph.DeLeo@LMH.org. Mr. DeLeo is a certified strength and conditioning specialist at LMH Sports Performance & Training, Lawrence.

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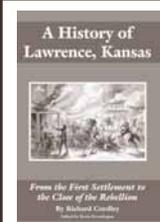
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JILL ON MONEY

Why throw cold water on FIRE movement?

There's a FIRE spreading in the world of personal finance.

FIRE stands for Financial Independence, Retire Early. It's popular with millennials who want to escape soul-sucking jobs that don't reflect their values.



Jill
Schlesinger

The movement has added to the chorus of naysayers, who complain about the generation's work ethic, but I believe that FIRE followers are doing what they should be doing: taking control of their financial lives.

The ideas behind FIRE are pretty simple: Don't spend more than you earn, reduce major expenses with cheaper alternatives, avoid debt, cultivate side hustles or part-time work, invest in low-cost index funds and do not withdraw too much from your retirement account. Yes, a financial life will likely become more complicated over time, but these steps are a great start for the vast majority of Americans.

But critics say the FIRE movement requires adherents to live very frugally

and embrace a workaholic mindset to make real progress on retirement savings goals. Critics also say the FIRE fans are underestimating how much money they'll need and are naïve about retirement expenses.

But Peter Adeney, aka blogger Mr. Money Mustache, is a fan of frugality as a path to financial freedom. "Everybody uses the FIRE acronym because it is catchy and early retirement sounds desirable."

But for most people who get there, financial independence does not mean the end of their working careers. Instead it means: "Complete freedom to be the best, most powerful, energetic, happiest and most generous version of you that you can possibly be," he says.

I'm not sure why anyone wants to argue with that sentiment, but haters abound. Before you cast judgment, let's remember that a huge number of millennials ran head first into a once-in-a-lifetime (hopefully) financial crisis and recession. Many diligently went off to college and then graduated, often with tens of thousands of dollars of student loan debt, only to face a horrible employment landscape.

As a result, they were forced to take any job that would service that debt. Meanwhile, the older part of the generation had just started to accumulate some wealth and then, suddenly, the financial storm knocked them off course.

While the Great Recession was tough on everyone, The Federal Reserve Bank of St. Louis found that younger workers, especially those born in the 1980s, suffered the most severe setbacks and have rebounded at a snail's pace.

"This cohort has been the slowest to recover from the Great Recession. In fact, its wealth shortfalls (relative to the age-specific benchmark levels we predicted) were the only ones to worsen from 2010 to 2016. ... There are reasons to be very concerned about the financial outlook for many young Americans."

It's not surprising these younger folks have a complicated relationship with money. The recently released Millennials with Money report from communications marketing firm Edelman, found that more than half (54 percent) of those surveyed who struggle with financial decisions say it's because thinking about money makes them stressed and anxious.

Those who are not affluent say: "I feel powerless and ineffective when it comes to finances, the system is rigged against people like me." Three-quarters

of those millennials who are wealthy (at least \$50,000 in investable assets or \$100,000 in individual or joint income) believe it's just a matter of time before bad behavior in the financial sector leads to another financial meltdown.

With all of this being said, why would anyone discourage these people from trying to grab hold of their financial futures? If you haven't guessed by now, I'm an unabashed fan of the FIRE movement. As long as adherents stick to the numbers and do not fool themselves with pie-in-the sky forecasts, they are on the right track.

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

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MAYO CLINIC

If drinking alcohol daily, follow moderate drinking guidelines

DEAR MAYO CLINIC: Is it possible to become an alcoholic just by having one or two drinks nightly? I have a glass or two of wine with dinner but never drink to the point of feeling drunk. Should I be concerned?

ANSWER: Occasional beer or wine with dinner, or a drink in the evening, is not a health problem for most people. When drinking becomes a daily activity, though, it may represent progression of your consumption and place you at increased health risks. From your description of your drinking habits, it may be time to take a closer look at how much you drink.

Drinking alcohol in moderation is generally not a cause for concern. According to the National Institute on Alcohol Abuse and Alcoholism, drinking is considered to be in the moderate or low-risk range for women at no more than three drinks in any one day and no more than seven drinks per week. For men, it is no more than four drinks a day and no more than 14 drinks per week.

Those guidelines are based on standard-size drinks, which contain about 14 grams of pure alcohol. That equals 5 ounces of wine, 12 ounces of beer, 8 to 9 ounces of malt liquor and 1.5 ounces (one shot) of 80-proof spirits or "hard" liquor.

That said, it's easy to drink more

than a standard drink in one glass. For example, many wine glasses hold far more than 5 ounces. You could easily drink 8 ounces of wine in a glass. If you have two of those glasses during a meal, you are consuming about three standard drinks.

Although not drinking to the point of becoming drunk is a common way people gauge how much they should drink, it can be inaccurate. Researchers who study alcohol abuse find that people with high tolerance to alcohol, who do not feel the effects of alcohol after they drink several alcoholic beverages, are actually at a higher risk for alcohol-related problems.

It's also important to note that, even though you may not feel the effects of alcohol, you still have the same amount of alcohol in your body as someone who starts to feel intoxicated after one or two drinks. Your lack of response to the alcohol may be related to an increase in your body's alcohol tolerance over time. Some people are born with high tolerance; many people develop a tolerance with regular drinking.

Drinking more than the National Institute on Alcohol Abuse and Alcoholism recommended limits puts you in the category of "at-risk" drinking. That means you have a higher risk for negative consequences related to your alcohol use, including health and social problems. You are also at higher risk of

becoming addicted to alcohol.

Alcohol can damage your body's organs and lead to various health concerns. For women, this damage happens with lower doses of alcohol, because their bodies have lower water content than men. That's why the moderate drinking guidelines for women and men are so different.

The specific organ damage that happens with too much alcohol use varies considerably from one person to another. The most common health effects include heart, liver and nerve damage, as well as memory problems and sexual dysfunction.

Unless you notice specific negative consequences related to your drinking, it probably is not necessary for you to quit drinking alcohol entirely. However, I would strongly encourage you to reduce the amount you drink, so it fits within the guidelines of moderate drinking. Doing so can protect your health in the long run.

For more information about alcohol and health, visit the National Institute on Alcohol Abuse and Alcoholism

website at www.niaaa.nih.gov/alcohol-health. - Terry Schneekloth, M.D., Psychiatry and Psychology, Mayo Clinic, Rochester, Minn.

- *Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A@mayo.edu. For more information, visit www.mayoclinic.org.*

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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 or email kevin@seniormonthly.net. You may also add events on the Kaw Valley Senior Monthly Facebook page.

ARTS/CRAFTS

TUESDAYS

THE BLANKET PROJECT

Calling all knitters, crocheters, and quilters who want to gather for a good cause—You are invited to participate with the residents at Arbor Court Retirement Community to create needed blankets for the Pregnancy Center of Lawrence. This is also an opportunity to teach and learn. If you want to learn a new art form, we are here to assist you as well. Arbor Court Retirement Community at Alvamar, 1510 St. Andrews Dr., 2 p.m.
LAWRENCE, 785-841-6845

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWALK

The artwalk takes place all across Topeka from 5:30-8:30 p.m. each first Friday of the month—and of course, some businesses open a little earlier or keep their doors open later, but please check individual Facebook pages for information about hours. Find the latest listing of gallery features on our home page—or pick up a printed copy of the artwalk map at any participating business. You can sign up for our monthly Artwalk newsletter to get the updates in your email.
TOPEKA, artsconnecttopeka.org

LAST FRIDAY OF THE 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 the month. See website for participating locations.
LAWRENCE, 785-842-3883
finalfridayslawrence.wordpress.com

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

Sunday Bingo is 1:45 p.m., Tuesday Bingo is 6:30 p.m. Snack bar available (optional but appreciated). 3800 SE Michigan Ave.
TOPEKA, 785-267-1923

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

LEXINGTON PARK

1011 SW Cottonwood Ct., 2 p.m.
TOPEKA, 785-273-4545

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

FIRST & THIRD SATURDAY OF THE MONTH

VETERANS OF FOREIGN WARS

2806 North 155th, 7 p.m.
BASEHOR, 913-526-0080

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, th Mercer.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 Health HealthWise Clinic, 2252 S.W. 10th Ave. Call for times and appointments.
TOPEKA, (785) 354-6787

SECOND AND FOURTH MONDAYS

LEXINGTON LUNCHES

Lecture and lunch. Lexington Park, 1011 SW Cottonwood Ct.
TOPEKA, 785-273-4545

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.

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held on the third Wednesday of each month at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call to enroll for the workshop. 1-2:30 p.m.
LAWRENCE, 785-505-2807

DEC 3

FACEBOOK FOR BEGINNERS

Sign up for a Facebook account and learn the basics of this popular social networking site. Be sure to bring your email address and password. If you already have an account, please bring your Facebook password. Anton Room 202, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

DEC 3

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.
TOPEKA, 785-580-4400

DEC 4

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, December 4, at 2 p.m. Learn the basics of Medicare and all its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change. Seminars will be held at the Cotton O'Neil Heart Center at 929 SW Mulvane. Call for information, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided.
TOPEKA, 785-270-4593

DEC 5

BEGINNING COMPUTER NAVIGATION

Learn the proper way to hold and move the mouse. Learn about check boxes, radio buttons and scroll bars. If you cannot make one of these sessions, go to a Computer & Gadget Help session to get started. Anton Room 202, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

DEC 5 & 6

2018 NATIONAL POST-ELECTION CONFERENCE

The Dole Institute's nationally-recognized Post-Election Conference delves into the key strategies of elections to examine how and why they are won and lost. A panel of journalists, pollsters, campaign strategists and political consultants will visit the institute to dissect the midterms and what the results could mean for 2020. Panelists will be announced at a later date. These panels will be free and open to the public. Dole Institute, 2350 Petefish Dr., 1 p.m.
LAWRENCE, 785-864-4900
doleinstitute.org/event

DEC 6

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use your library's print and online resources. Receive a pedigree chart and other helpful forms. Bring your laptop or tablet to create a free FamilySearch account. Register at tscpl.org/events. Shawnee North Community Center – 300 NE 43rd St., 10-11:30 a.m.
TOPEKA, 785-580-4400

DEC 8

FREE GENEALOGY OPEN HOUSE

Experts from our group will be available to answer your genealogy questions, beginning or advanced, on a walk-in basis (up to 30 minutes per person). Get started with family history or break down a brick wall! Brief informational handouts will be available, too Free. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-1 p.m.
LAWRENCE, 785-841-4109
watkinsmuseum.org/genealogy

DEC 8

MAKING MEMORIES WITH YOUR FAMILY TREE!

Turn your genealogy into a special holiday gift for your family. We will focus on building your family tree to create a poster that displays your ancestors. Register at tscpl.org/register. Topeka Room, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 11 a.m.-12 p.m.
TOPEKA, 785-580-4400

DEC 10

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use your library's print and online resources. Receive a pedigree chart and other helpful forms. Bring your laptop or tablet to create a free FamilySearch account. Register at tscpl.org/register. Central Park Community Center, 5-6 p.m.
TOPEKA, 785-580-4400

DEC 11

SENIOR SUPPER AND SEMINAR

This month's topic: Orthopedics for Knees and Hips - James Huston, MD. On the second Tuesday of each month, seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are required due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connectcare@lmh.org. LMH Auditorium, 5-7 p.m.
LAWRENCE, 785-505-5800, lmh.org/events

DEC 12

INTERNET INTRODUCTION

Learn basic internet functions and visit a variety of sites for information and entertainment. Register at tscpl.org/register. Topeka Room, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

■ CONTINUED FROM PAGE 18

DEC 12

KANSANS ON THE BATTLEFIELDS OF THE GREAT WAR

Examine the training and military actions Kansas citizens faced as they fought in WWI with Master Sergeant Jeremy Byers, Command Historian, Kansas Army and Air National Guard. Marvin Auditorium 101A, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 7-8 p.m. TOPEKA, 785-580-4400

DEC 13

HOW TO SIGN UP FOR MEDICARE PART D

Learn how to use the Medicare.gov website and plan finder to make an informed decision regarding your Medicare Part D drug coverage every year. Register at tscpl.org/register. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 9:30-11 a.m. TOPEKA, 785-580-4400

DEC 13

FT. LEAVENWORTH SERIES: MR. POLK'S WAR

A sharp divide characterized the relationship between the home front and the front line during the Mexican-American War of 1846-1848.

Despite advances in communication technology, most Americans viewed war through a romantic lens, which bore little resemblance to the reality of the soldier experience. Greg Hospodor addresses the gulf between those two perceptions and its later implications. This program is free and open to the public.. Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free.

LAWRENCE, 785-864-4900
doleinstitute.org/event

DEC 13

RETIREMENT & MEDICARE

Learn about Medicare from Senior Health Insurance Counseling for Kansas. They will answer questions, give unbiased counsel and help you determine how Medicare will best work for you. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 6:30-8:30 p.m. TOPEKA, 785-580-4400

DEC 18

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, December 18, at 2:00 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Cotton O'Neil Heart Center at 929 SW Mulvane. For information call 785-270-4593, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Bottled water provided. TOPEKA, 785-270-4593

JAN 7

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m. TOPEKA, 785-580-4400

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, lawrencecession.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

SATURDAYS

COMMUNITY JAM

Totally free and open to the public, the AMA Saturday Jam has become a tradition in the Lawrence music community. All styles and levels welcome, acoustic instruments only. Americana Music Academy, 1419 Massachusetts St., 3-5 p.m.

LAWRENCE, 785-830-9640

americanamusicacademy.comNOV 30, DEC 1, 2*, 6, 7, 8, 9*, 13, 14, 15, 16*
ANNIE

Leapin' Lizards! With equal measures of pluck and positivity, Little Orphan Annie charms everyone's heart despite a next-to-nothing start in 1930s New York City. In adventure after adventure, Annie foils evil, finds a new home and family, and a lovable mutt named Sandy. Songs include *Tomorrow* and *It's a Hard Knock Life*. Theatre Lawrence, 4660 Bauer Farm Dr. Evening performances start at 7:30 p.m. *Indicates a 2:30 p.m. performance
LAWRENCE, 785-843-SHOW
wp.theatrelawrence.com/events/2018-19-season

DEC 8

KANSAS PUBLIC RADIO PRESENTS: BIG BAND CHRISTMAS

With special guests: The Kansas City Jazz Orchestra featuring Molly Hammer. Liberty Hall, 642 Massachusetts St., 8 p.m. Fee. LAWRENCE, 785-749-1972

DEC 9

CANADIAN BRASS CHRISTMAS

In its 47th season, the game-changing Canadian Brass has performed in virtually every major concert hall in the world, been seen by hundreds of millions of people on television, sold 2 million of its approximately 130 albums worldwide, and contributed over 600 new works



Is the cost of advertising in the daily newspapers getting to be burdensome?

Call Kevin at 785-841-9417 to find out how your advertising can reach seniors in Lawrence and Topeka for rates that are not out of this world.

Kaw Valley Senior Monthly

A History of
Lawrence, Kansas



From the First Settlement to
the Close of the Revolution
by Richard Cordley

The History of Lawrence, Kansas

by Richard Cordley

Available at the Watkins Museum of History,
1047 Massachusetts St., Downtown Lawrence.

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■ CONTINUED FROM PAGE 19

and arrangements to the brass quintet repertoire. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

DEC 14

CLASSIC FILM: NATIONAL LAMPOON'S CHRISTMAS VACATION

The Griswold family's plans for a big family Christmas predictably turn into a big disaster. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m. TOPEKA, 785-580-4400

EXHIBITS/SHOWS

OCT 1-DEC 2

KANSANS GO TO WAR

Discover the impact of World War I on Kansas through images and stories from the library's collection. Alice C. Sabatini Gallery, Topeka & Shawnee County Public Library, 1515 SW 10th Ave. TOPEKA, 785-580-4400

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

HEALTHY STEPS MALL WALKING

Walk in a safe, climate-controlled setting at West Ridge Mall, Topeka, 1801 S.W. Wana-maker. Mall walking hours are Monday-Saturday 7 a.m. to 9 p.m. and Sundays 11 a.m. to 6 p.m. Log your visits – at the kiosk in the northwest corner of the lower level – to be eligible for prizes from sponsors West Ridge Mall and Stormont Vail Health. Free. TOPEKA

ONGOING

FREE MEMORY SCREENING CLINIC

Schedule a free, confidential memory screening at the Cotton O'Neil Clinical Research Center. The screening takes about 20 minutes. You will receive a copy of your results and they can be made available to your physician. By appointment Monday-Friday, 9 a.m.-3 p.m. TOPEKA, 785-368-0744

ONGOING

WELLNESS COACHING

Are you trying to make lasting lifestyle changes related to healthier eating, weight loss exercise, smoking cessation or improving your blood pressure, cholesterol or glucose numbers? Consider meeting with a certified wellness coach. LMH offers this service for a fee. To learn more, contact Aynsley Anderson Sosinski, RN at (785) 505-3066 or aynsley.anderson@lmh.org. LAWRENCE

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

DAILY

EXERCISE CLASS

Lexington Park, 1011 SW Cottonwood Ct., 10 a.m. TOPEKA, 785-273-4545

FIRST MONDAY OF THE 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

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

Seaman Community Church, 2036 NW Taylor. 9:30-10:15 a.m. TOPEKA, 785-357-8777 or 785-213-6016

FIRST TUESDAY OF THE 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 Health's HealthWise Clinic, 2252 S.W. 10th Ave. No appointment necessary. TOPEKA, 785-354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZERCISE 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 Health, 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

FLEXERCISE

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

VACCINE CLINICS

Shingrix (shingles), Tdap (tetanus, diphtheria and pertussis (whooping cough)) and Td (tetanus and diphtheria) vaccines are available by appointment and with a Cotton O'Neil physician's prescription. HealthWise Clinic, 2252 S.W. 10th Ave. Call for information. TOPEKA, 785-354-6787

WEDNESDAYS

OPEN BOCCO BALL

Interested in playing bocce ball? There are two public courts at Holcom Park. Equipment can be checked out from the Holcom Park Recreation Center. Beginners are invited to join experienced players for open play on Wednesday nights from 6-8 p.m. Call 832-7940 for information or to make court reservations within 24 hours of playing time. LAWRENCE

WEDNESDAYS

FREE NUTRITION CLINIC

Meet with a Stormont Vail Health registered dietitian to discuss your nutrition needs and questions. Appointments available 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 Health's trained pharmacy staff regarding your medications (prescriptions or over-the-counter).

Appointments available by phone or 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 the month. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids. LAWRENCE, (785)748-8034

THURSDAYS

WELLNESS CLINIC

Blood pressure checks, weights. Lexington Park, 1011 SW Cottonwood Ct., 12:30 p.m. TOPEKA, 785-273-4545

FRIDAYS

BLOOD PRESSURE CHECKS

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

SECOND THURSDAY OF THE 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 THE 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 THE 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 THE 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 5

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

A drop in screening event that offers both a full lipid (cholesterol) profile and a glucose (blood sugar) from a fingerstick using the Cholestech machine. Results in 5 minutes. A fast of 8-10 hours is recommended. Water and necessary medications are okay. \$20 fee. LMH Main Campus (Outside LMH Gift Shop), 325 Maine St., Wednesday and Saturday, 8-9:30 a.m. LAWRENCE, 785-505-5800, lmh.org

HOLIDAY EVENTS

NOV 1-JAN 1

CHRISTMAS TREE EXHIBIT AT THE

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TERRITORIAL CAPITAL MUSEUM

A unique display of 150 Christmas trees decorated with Victorian, antique, collectable and themed decorations will be on display at the Territorial Capital Museum, 640 E. Woodson Ave., from Nov. 1 to Jan. 1. The museum hours will be from 10 a.m.-4 p.m. Monday through Saturday and 1-5 p.m. on Sunday. For information call 785-887-6148 or e-mail to lanemuseum@aol.com.
LECOMPTON

NOV 30-DEC 2

NATIVITIES AND NOELS

The seventh annual Nativities and Noels will feature about 700 nativities from around the world, continuous live vocal and instrumental Christmas music, and refreshments. The nativities will include ornaments and miniatures, homemade, electric, children's, and international ones. (Over 90 countries will be represented in the display.) A "seek-and-find" sheet will be given to interested display visitors. Additional Christmas activities are planned: a nativity photo booth, nativity crafts for children, a reading room of Christmas books, a Christmas story teller, and videos about Christ's birth. A Christmas music program for people of all ages will be presented at 7 p.m. on Saturday. Following the close of Nativities and Noels at 7 p.m. on Sunday, a live broadcast of a Christmas Devotional, which will feature music

by the Tabernacle Choir at Temple Square and a Christmas message, will be shown. Topeka Stake Center of The Church of Jesus Christ of Latter-day Saints, 2401 S.W. Kingsrow Road. Times: Nov. 30 to Dec. 1, 10 a.m. to 9 p.m.; Dec. 2, 3-7 p.m. Free.
TOPEKA, 785-554-8068
Facebook: Nativities and Noels

DEC 8, 9, 15, 16, 19, 22, 23 & 29

FESTIVAL OF NATIVITIES

Over 400 Nativity sets from around the world are on display in a festive setting, with seasonal music, refreshments and the Treats and Treasures gift shop. The find it game is popular with all ages. A children's table is hands on. Centenary United Methodist Church, 245 North 4th Street, 2-4 p.m. On December 19 we will be open from 2-7 p.m., with a soup supper in the church basement (Fellowship Hall) at 5:30-7:00 p.m., free will offering. All are invited to join us. The church is handicap accessible.
LAWRENCE, 785-843-0276

DEC 8

ARBOR COURT RETIREMENT**COMMUNITY MISTLETOE MARKET**

Shopping with local craft & food vendors, raffle prizes throughout the day, pictures with Santa. Cost of admission: Non-perishable food items to benefit local food pantries. Plan to attend and finish up your Christmas shopping a couple weeks early. Arbor Court Retirement Com-

munity at Alvamar, 1510 St. Andrews Dr., 10 a.m.-2:30 p.m.
LAWRENCE, 785-841-6845

DEC 8

HOLIDAY FARMERS MARKET

For 29 years, the vendors of the Lawrence Farmers' Market have been putting on a holiday market. With over 60 vendors bringing goods ranging from meats and produce to baked goods and artwork, you are guaranteed to find something for everyone on your gift list! Some unique items from last year include blown glass art, woven items, holiday wreaths and dried flower arrangements, metal arts, packaged candies, and baked goods. DoubleTree by Hilton Hotel (formerly the Holidome), 200 McDonald Dr., 9 a.m.-5 p.m. Free admission.
LAWRENCE

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.
Wyndam Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.
Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.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 East Lawrence Rec Center located at 1245 East 15th Street. Dances are open to everyone. Admission is \$7 per person. Carry-in meal served at 7:15.
LAWRENCE, 785-842-8034

MONDAYS

BREAST CANCER SUPPORT GROUP
Meets at Presbyterian Manor, 1429 Kasold,

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Reserve Your Space Today!

For the "2019 Senior Resources Directory," a special pull-out section that will be available in the January 2019 issue of Kaw Valley Senior Monthly.

Please mail completed form to Groenhagen Advertising, 2612 Cranley St., Lawrence, KS 66046.

**Include Your
Business or
Organization's
Listing for just**

\$ 30⁰⁰

Deadline is Dec. 8

**Contact Kevin at 785-841-9417
or kevin@seniormonthly.net
for more information.**

An online form is available at www.seniormonthly.net/directory.html

Business/Organization Category: _____

Business/Organization Name: _____

Address: _____

Phone: _____ E-mail: _____

URL: _____

Contact Names (up to 3): _____

Description of your services and/or products (up to 75 words)

Place Your Logo Here

Logo will run at a maximum width of 2.25" and a maximum height of 1".
Logo runs in black and white.

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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
OrthoKansasPA.com

**FIRST MONDAY OF THE MONTH
INDIVIDUAL BEREAVEMENT SUPPORT**

First Monday between 5:30 and 7:30 p.m. Individual appointments are also available, as well as phone support. No cost. Call Terry Frizzell.

TOPEKA, 785-271-6500; 785-230-6730

**FIRST & THIRD MONDAY OF THE MONTH
BEREAVEMENT SUPPORT GROUP**

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

**FIRST & THIRD MONDAY OF THE 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 THE 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 THE MONTH
SPOUSE/PARTNER LOSS**

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 4-5 p.m.

TOPEKA, 785-430-2194

**FIRST & THIRD MONDAY OF THE 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 the Senior Resource Center for Douglas County, 2920 Haskell Ave., 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

**TUESDAYS
BREW HA HA!**

A coffee group for anyone desiring some fun and coffee at the The Midland Care Center for Hope and Healing. The Midland Care Center for Hope and Healing, 1112 SW 6th St., 4-5 p.m.

TOPEKA, 785-430-2194

**TUESDAYS
GENERAL GRIEF SUPPORT GROUP**

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 5:30-6:30 p.m.

TOPEKA, 785-430-2194

**TUESDAYS
INTERGENERATIONAL CHOIR**

Sing with KU students. Led by music therapy students from KU. The Intergenerational Choir will rehearse and perform once or twice a semester. Contact Deanna Hanson Abromeit at dhan-sonabromeit@ku.edu. Rehearsals at Babcock Place, 1700 Massachusetts St., 12:30-1:30 p.m.

**FIRST TUESDAY OF THE 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 PROSTATE CANCER
SUPPORT GROUP - LAWRENCE**

Meets at Lawrence Memorial Hospital, 5:30 p.m.

LAWRENCE, 785-393-1256

**FIRST TUESDAY OF THE 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

**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

OrthoKansasPA.com

**FIRST & THIRD TUESDAY OF THE 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

**WEDNESDAYS
GRIEF SUPPORT GROUP**

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m.

**FIRST THURSDAY OF THE MONTH
MAN TO MAN PROSTATE 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 THE 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 FRIDAY OF THE 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 THE MONTH
CAREGIVER SUPPORT GROUP**

Being a caregiver can be incredibly stressful, but you don't have to do it alone. Come meet and talk to others who are in the same situation as you. Moderated by April Maddox, caregiver support specialist at Jayhawk Area Agency on Aging. Topeka & Shawnee County Public Library, Anton Room 202, 3:30-4:30 p.m. Free.

TOPEKA, 785-580-4662

**SECOND MONDAY OF THE MONTH
LMH HEART BEATS**

A Cardiac Support Group facilitated by Lawrence Memorial Hospital Cardiac Rehab. Typically meets on the second Monday of the month in Room A on the lower level of LMH from 4:30-5:30 p.m. For more information, call 785-505-2850.

LAWRENCE

**SECOND TUESDAY OF THE MONTH
LAWRENCE ACTION CIVITAN CLUB**

Civitan's have been helping people since the organization's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. To find out current meeting information or other Civitan project updates, please visit the Lawrence ACTION Civitan Club's Facebook page at www.facebook.com/lawrenceactioncivitan or call Jason.

LAWRENCE, 785-691-8520

**SECOND WEDNESDAY OF THE 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 THE 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 THE 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

soroptimisttopeka.org

**SECOND THURSDAY OF THE MONTH
DEMENCIA SUPPORT GROUP**

Support group specifically for spouses of those with dementia. Meets at the Senior Resource Center for Douglas County, 2920 Haskell Ave., 11 a.m.-noon. Call for questions or to RSVP.

LAWRENCE, 785-218-4083

**SECOND THURSDAY OF THE 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 THE 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 THE 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

happytimesquares.com

**THIRD TUESDAY OF THE MONTH
LAWRENCE PARKINSON'S SUPPORT GROUP**

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

**THIRD TUESDAY OF THE 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

■ CONTINUED FROM PAGE 22

THIRD TUESDAY OF THE MONTH STROKE SUPPORT GROUP

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

LAWRENCE, 785-505-2712

THIRD WEDNESDAY OF THE 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

THIRD WEDNESDAY OF THE MONTH NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of the 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 THE MONTH LUNCH AFTER LOSS

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

TOPEKA, 785-271-6500

THIRD FRIDAY OF THE 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 THE MONTH JAYHAWK MODEL MASTERS

The purpose of Jayhawk Model Masters is to promote the building and safe operation of radio controlled (RC) model aircraft. In addition, we strive to fulfill our civic responsibility to the community, and support worthwhile projects. Our club meetings are open to the public and are held on the third Saturday of each month. Breakfast starts at 8 a.m. and the meeting at 9 a.m. We meet in the Smith Center at Brandon Woods, 4730 Brandon Woods Terrace. Fee for breakfast.

LAWRENCE, 785-312-4840

jayhawkmodelmasters.com

FOURTH WEDNESDAY OF THE 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 THE 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

tgstopeka.org

FOURTH THURSDAY OF THE 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 THE MONTH NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of the 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, contact Jim Miller at 785-478-0651 or Sharon Rosenow at 785-640-7317. Luncheon reservations needed one week in advance of meeting.

TOPEKA

LAST WEDNESDAY OF THE MONTH WARM UP WEDNESDAYS GROUP

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m.

TOPEKA, 785-430-2194

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. Clinton Place, 2125 Clinton Pkwy., 1-4 p.m. For more information call or text 785-505-0893.

LAWRENCE

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

kansasdiscovery.org

TOURS/TRIPS

THURSDAYS

BEHIND THE BRICKS: WATKINS MUSEUM TOURS

Every Thursday, Watkins volunteer Michele Montour introduces visitors to the amazing architecture of the Watkins Building and some of our fascinating exhibits. This tour is a short, free, and fun way to spend time Thursday afternoons soaking up some local history! Watkins Museum of History, 1047 Massachusetts St., 2-2:30 p.m. Free.

LAWRENCE, 785-841-4109

watkinsmuseum.org

FIRST SATURDAY OF THE MONTH

DISCOVER WITH DOLE

Drop by the Dole Institute on the first Saturday of each month for an interactive, kid-friendly visit to discover uniquely themed items in the museum and archives. Activities include crafts, puzzles, coloring, and museum gallery activities. Families with young children encouraged! All programs and events at the Dole Institute are free and open to the public. Dole Institute of Politics, 2350 Petefish Dr., 10 a.m.-12 p.m.

LAWRENCE, 785-864-4900, doleinstitute.org

SECOND SATURDAY OF THE MONTH

FREE SATE EAST SIDE BREWERY TOUR

East Side Brewery offers tours on the second

Saturday of the 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

freestatebrewing.com

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LAWRENCE, 785-832-7920

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RICK STEVES' EUROPE

Nature and romance in Italy's Lakes District

By Rick Steves

Tribune Content Agency

Northern Italy's seductively beautiful lakes district—in the shadow of the Alps—seems heaven-sent for communing with nature. Though just an hour north of Milan, this area feels a world away from the business and bustle of Italy's second city.

In this romantic region, wistful 19th-century villas are overgrown with old vines that seem to ache with stories to tell. Stunted palm trees appear to be held against their will in this northern location. And vistas are made-to-order for poets. In fact, it was early nature lovers who wrote and painted here and put this area on the tourist map in the 1800s.

Tourists have several lakes to choose from—Lake Garda, Lake Maggiore and others - and all have their charms. But my favorite is Lake Como, offering the best mix of accessibility, scenery, sightseeing and relaxation, with a heady whiff of aristocratic old days.

Lake Como is lined with luxurious villas, crowned by snowcapped mountains, and busy with fleets of little ferries darting from one cute town to another. The most famous town is Bellagio, the self-proclaimed “Pearl of the Lake”—a combination of old-world classiness and new-world luxury. Steep steps rise from the harborfront up to a smattering of sun-splashed squares. With spendy five-star hotels and high-end shopping, Bellagio pleases well-heeled travelers.

While a part of me enjoys the “tramp in a palace” feeling I get in Bellagio, my ideal Lake Como home is Varenna. Easily accessible by train from Milan, Varenna packs its 800 residents into a compact townscape on the less-developed side of the lake. Individual homes are defined only by their pastel colors, and the old town has no streets—just characteristic stepped lanes. The passerella—a lakeside promenade

connecting the ferry dock with the old town center—is a fine place to stroll.

On Lake Como, villa front doors face the lake to welcome visitors arriving by boat (and ferries arriving from Bellagio and Varenna). Many villas are owned by the region's “impoverished nobility.” Bred and raised not to work, they eventually were unable to pay for the upkeep of their sprawling houses.

While some villas have been bought by the region's nouveaux riches, others have been transformed into hotels or sightseeing attractions.

For garden lovers, Villa Carlotta is the best—especially in spring, when many of its flowers are in peak bloom. But the dreamiest estate is Villa del Balbianello, which perches on a promontory near the village of Lenno and was featured in the movies “Casino Royale” and “Star Wars: Episode II.” Built at the end of the 18th century on the remains of an old Franciscan church, the villa reflects the exotic vision of its last owner, explorer Guido Monzino. The real masterpiece here is the terraced garden and splendid loggia, where the land fits the architecture and landscaping in a particularly lovely way.

Though it lacks the cozy charm of Lake Como, Lake Maggiore is a suitable backup destination. The best part of any visit here is a wander through the exotic gardens and elaborate villas built by the wealthy Borromeo family, who lovingly turned several of the lake's islands into retreats.

Your handy transportation hub for these islands is the resort town of Stresa. While I find it generally lacking in character, it does have a fine waterfront promenade and stately 19th-century lakeside hotels dating back to when this town was on the Grand Tour circuit. Stresa is famous for its Grand Hotel des Iles Borromees, which served as an infirmary during World War I, hosting a recovering Ernest Hemingway. The writer later returned



CAMERON HEWITT, RICK STEVES' EUROPE

The town of Varenna on Lake Como is the perfect place to savor a lakeside meal or aperitivo.

to the hotel, setting part of his novel “A Farewell to Arms” here.

But Stresa is mainly worthwhile as a jumping-off point for Lake Maggiore's garden islands. The best one is Isola Bella, dominated by a palatial villa boasting a grand hall with an 80-foot-high dome, paintings from the Borromeo family's private collection, and an 18th-century grotto, decorated from ceiling to floor with shell motifs and black-and-white stones. The terraced Baroque gardens, with the Borromeo family unicorn sitting on top, give the island the look of a stepped pyramid from the water.

The other main Borromeo islands are Isola Madre, featuring the first Borromeo palace—dark and somber with a huge collection of dolls, marionettes, and exquisite 17th-century marionette theater sets—and Isola Pescatori, the

smallest and most residential of the three, with a couple of seafood restaurants, picnic benches, views, and, blissfully, nothing to do.

While you can visit Italy's lakes as a day trip from Milan, I recommend spending the night. You'll really feel the romance of Europe. Make it a point to stroll a waterfront promenade. As you pass under wisteria-drenched villas and caryatid lovers pressed silently against each other, you'll understand the importance of packing the right travel partner.

- 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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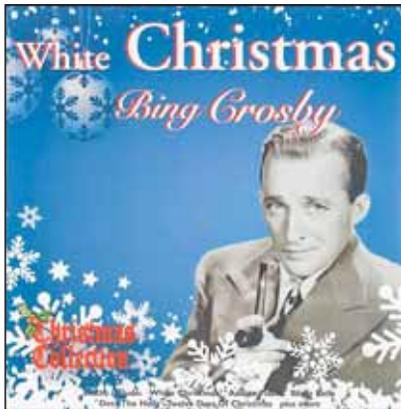
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JAY'S MUSICAL MEMORIES

Jay Wachs presents the Top 10 holiday songs

By Jay Wachs

It's that time of the year again, friends, and for us it is truly the most wonderful time of the year. It's a time to reflect on family, friends and occasions past and present. It's a time for hope and peace and happiness. And it's also time for holiday music. We thought we would share our Top 10 favorite holiday songs as chosen by the staff of www.santastation.net:



1. Bing Crosby, "White Christmas"
2. The Carpenters, "Merry Christ-

mas Darling"

3. Jonny Mathis, "It's The Most Wonderful Time of The Year"

4. Nat King Cole, "The Christmas Song"

5. Paul McCartney, "Wonderful Christmas Time"

6. Eartha Kitt, "Santa Baby"

7. Gene Autry, "Rudolph The Red Nosed Reindeer"

8. Donny Hathaway, "This Christmas"

9. Ella Fitzgerald, "Sleigh Ride"

10. Burl Ives, "Frosty The Snowman"
"White Christmas" originally

appeared in the 1942 movie "Holiday Inn," which featured Bing Crosby and Fred Astaire. It appeared again in the 1954 movie "White Christmas," which featured Crosby and Danny Kaye. The song was written by Irving Berlin and is widely considered to be one of the most popular holiday songs of all time.

- Jay Wachs is the owner and operator of LawrenceHits.com the online and APP based radio station serving all of NE Kansas. The station plays a wide variety of oldies from the 60s through the 90s from classic pop, rock, country and soul music genres.



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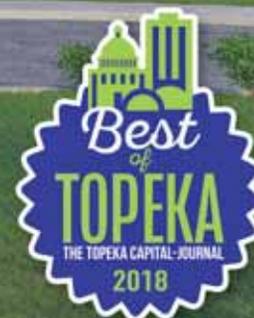


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Wolfgang
Puck

For me, those characteristics quickly narrow down the field to a recipe I've loved for many years and still know will be appreciated by anybody I serve it to: My version of chicken piccata with lemon-caper sauce.

You'll find the dish on the menus of many Italian restaurants. Generally, it describes boneless, skinless chicken breasts that have been sliced or pounded, or both, to a thinness that makes it possible to cook them through very quickly over fairly high heat.

Lightly dredged in flour, rapidly sauteed in olive oil, and then set aside while the flavorful pan deposits are transformed into a swiftly assembled sauce of garlic, lemon juice, white wine, chicken stock, butter, capers and some parsley, the chicken seems transformed into something that delights all the senses at once. No wonder the Italian term "piccata" actually comes to us from the French "piquer," the same source as a familiar English word "piquant" that evokes pleasant, lively flavors.

One of the wonderful things about this recipe is that you can make it in a single large saute pan and, as long as you have all of the ingredients prepped in advance, the entire cooking process will take you no more than about 15 minutes, start to finish. So you won't be away from your family or friends very long—and, if you're fortunate

enough to have an eat-in kitchen, you can very easily put on an impressive culinary show. Feel free to vary the dish, as well, with thin cutlets of turkey breast, veal, pork tenderloin or a fairly meaty seafood like swordfish.

Many people like to serve a starchy side such as rice, potatoes or pasta with the piccata to soak up all the delicious sauce, but one of my favorite accompaniments sauteed spinach. It takes little more than a minute to cook, especially if you start with prewashed bags of baby spinach leaves, and it offers a brightly colored, flavorful contrast to the pale lemon-colored, tangy main dish.

CHICKEN PICCATA WITH LEMON-CAPER SAUCE

Serves 4

- 4 boneless, skinless chicken breast halves
- 1/2 cup (125 mL) extra-virgin olive oil, plus extra as needed
- Kosher salt
- Freshly ground black pepper
- 1/4 cup (60 mL) all-purpose flour
- 4 tablespoons unsalted butter, cut into 1/2-tablespoon pieces
- 2 tablespoons garlic minced garlic
- 1/2 cup white wine
- 1/2 cup good-quality canned chicken stock or broth
- 2 tablespoon freshly squeezed lemon juice
- 4 teaspoons capers, drained
- 2 tablespoons Italian parsley, finely chopped
- Lemon slices, optional garnish

First, butterfly each chicken breast half: Place the breast half on a cutting board and, starting along the thickest lengthwise edge, use a sharp knife to cut horizontally partway through the breast until you can open it up into a butterfly shape.

Place the butterflied breast between two pieces of lightly oiled plastic wrap, and pound with a meat mallet to a uniform thickness of about 1/4 inch (6 mm).

Season the chicken on both sides with salt and pepper. Spread the flour

on a dinner plate and dredge both sides of each butterflied breast in flour, shaking off the excess.

Heat a large saute pan over medium-high heat. Add enough of the oil to form a thin, even layer and, when it's hot enough to shimmer slightly, add the chicken, working in batches if necessary to avoid crowding the pan. Cook each piece until light golden-brown, about 2 minutes per side, then remove it and set it aside. Add more oil to the pan as needed.

Pour off any oil remaining in the pan and add 2 tablespoons of the butter. As soon as it melts, add the garlic and, the moment the garlic begins to turn very light golden, add the wine and stir and scrape with a wooden spoon to deglaze the pan deposits. Add the chicken stock, lemon juice and capers. Reduce the heat to maintain a simmer, and use a whisk to briskly stir in the rest of the butter a few pieces at a time to form a creamy sauce. Continue simmering and stirring until the sauce is thick enough to coat the back of a spoon. Taste the sauce and adjust the seasoning, if needed, with salt and pepper. Stir in the parsley.

Return all the chicken to the pan, and turn it in the sauce to warm through. Transfer the chicken to heated serving plates, spooning the sauce and capers evenly over each portion. Garnish with lemon slices, if desired, and serve with

sauteed baby spinach.

SAUTÉED BABY SPINACH WITH GARLIC AND CHILI FLAKES

Serves 4

- 3 tablespoons extra-virgin olive oil
- 2 large garlic cloves, minced
- 2 pounds baby spinach leaves, rinsed and patted dry
- 1/2 teaspoon crushed red pepper flakes
- Pinch of sugar
- Kosher salt
- Freshly ground black pepper

In a large nonstick skillet, heat the olive oil over medium-high heat. As soon as it is hot enough to swirl easily, add the garlic and saute just until fragrant, about 30 seconds.

Working in large handfuls, add the spinach to the pan, stirring it continuously; as it begins wilts down, immediately add more (and keep stirring) until all of the spinach is in the pan.

The moment all of the spinach has wilted, after about 1 minute, stir in red pepper flakes to taste along with the sugar; then season to taste with salt and pepper. Serve immediately.

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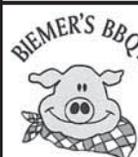


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Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.

HUMOR

Against all Odds

Two events within 24 hours of each other changed Oswald Parker's life. If the events had happened in reverse sequence, Oswald would have remained a dirt-poor loser. Instead he became a millionaire and the Great Hope of everyday Joes in the country.

Oswald, a 30-year-old nerdy-looking bachelor, went to a local department store to buy himself a pair of socks for his birthday. Walking through the women's department, Oswald saw a life-size poster of a beautiful auburn-haired model.



Larry
Day

He gazed at the poster for five minutes, during which two sales ladies asked if they could help him find something. He just stared at the woman in the poster. The floor manager was approaching Oswald when Oswald snapped a photo on his cell phone and bolted for the front door.

He drove straight to a grocery store and stood at the counter where lottery tickets were sold. As everyone knows, a lottery ticket is the poor man's Magic Lamp.

Oswald held out two one-dollar bills. "What numbers are you going to play?" asked the clerk.

Oswald didn't answer. He just stood there in a daze.

"Sir, what numbers do you want?" Nothing.

Miffed, the clerk pushed a button and the machine spit out a lottery ticket.

"That'll be \$2, sir," she said.

Oswald gazed.

The clerk reached across the counter, took the \$2 from Oswald and put the lottery ticket in his hand. "Next," said the clerk.

Oswald drove home, put the lottery ticket on top of his dresser and crawled

in bed. He didn't wake up until morning. He lay with his eyes closed thinking of the woman in the department store poster. It took great effort to get up, get dressed, and leave for his shift at the tire store where he worked.

A few days later, television newscasts announced that someone had purchased the only winning ticket for a five-million-dollar lottery pay out. The winner had not come forward to claim the money. That was normal—many lottery winners don't claim their prize until they get their legal team and their "Instant Millionaire" strategy worked out.

Meantime, Oswald went obliviously on with his life until a local newscast prompted him to reflect. He remembered the lottery ticket on his dresser. He checked the number and realized he had the winning ticket.

His first thought was: "Now I can meet her." Now he could meet the love of his life—the woman in the department store poster. His second thought was: "I want her to like me for myself, and not because I just won a million dollars in the lottery."

The next day Oswald quit his job, cashed in his savings account and flew to New York City. He had no luck at the model agencies.

Nerdy in appearance and speech, Oswald often didn't even get past the front desk at most agencies. Then a receptionist—who was kind of nerdy-looking herself—took pity on him. She asked him some questions and looked at the photo on his cell phone.

"I'll help you find her," she said.

It was a difficult job. There are almost as many model agencies in New York as there are pizza joints. After a couple of days of fruitless searching Fran—the receptionist—asked Oswald if he had seen much of New York.

"Nothing," he replied.

"Why don't we take the afternoon off? I'd be happy to show you around. We can start fresh tomorrow morning."

Oswald agreed reluctantly, but by

mid-afternoon he was having such a good time he almost forgot he had come to New York to find the poster model. The next morning, he showed up at Fran's desk with a box of chocolates and a bouquet of flowers.

"Let's see some more sights," he said.

"I can't," said Fran. "I don't have any vacation days."

"Then quit your job. I won a million dollars in the lottery. I love you and I

want to marry you." He showed her the winning ticket.

"What about the model, the one in the poster?"

"She can be a bridesmaid," said Oswald.

And she was.

- 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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MY PET WORLD

Socializing and training a fearful dog

By **Cathy M. Rosenthal**
Tribune Content Agency

Dear Cathy: Our daughter brought back a dog from Hong Kong about three years ago. She has become our dog now. She's a lovely "village" dog, looks like a dingo, and is about 6 years old.

About 18 months ago, she developed an odor, and we took her to the vet who said it was her teeth. We spent \$500 on teeth cleaning, but she started to lose weight. The vet said she might have an allergy. We went through lots of food choices and now have her on special dog food with no additives, only lamb and sweet potato.

She is still losing weight, even though we feed her three times a day—about seven cups of food total. She is 32 pounds and is supposed to only have two cups of food a day for her size. She seems happy but likes to stay inside more than before. Her water intake has increased, and she is negative for worms.

We are perplexed, but since she is chasing squirrels and seems OK otherwise, we don't want her to go through another veterinary experience that results in an unnecessary teeth cleaning. She has huge pudding-like poops.
- Carol, Hinsdale, IL

Dear Carol: Our pets can't tell us what's wrong, and so tests are often the

only way a veterinarian can detect an underlying health problem.

Recently, I mentioned that I have what I refer to as "bottom-up vet" rather than a "top-down vet," which makes things a little easier on a pet owner when diagnosing a pet's health problem. A "top-down vet" will recommend an assortment of tests and scans not knowing what he or she is looking for exactly. It's a "let's throw everything at it and see what sticks," approach.

A "bottom-up vet" will look at the symptoms and will try the least expensive medication, treatment or diagnostic test first, and then work up to more expensive tests as lesser health problems are ruled out.

The good news is your vet seemed to start at the bottom by ruling out worms, food allergies/diet, and oral care first before recommending other tests. So, it sounds like your vet is a bottom-up vet who would be willing to work with you step-by-step to determine what's wrong. Just like with people, there are several diseases, like diabetes or thyroid problems, that can cause some of these symptoms you describe. But these symptoms can also be related to cancer too. Unfortunately, none of these illnesses can be diagnosed without more tests.

If you want to solve the mystery, ask

your vet what possible diseases could cause weight loss and how they are tested for and treated. Perhaps the very next test will reveal the problem. Otherwise, there is no way to know what's ailing your dog.

Dear Cathy: You wrote recently about a dog who went blind from SARDS. My mixed breed dog, Maddie, got SARDS and went blind in one day when she was 5 years old. I had a wonderful eye specialist who gave me all of the tips you mentioned in your column. It took about a year for her to adapt totally. We had a new "normal," and she went on to live a happy, comfortable life until other ailments took her from me at 16. She had a wonderful life, even though she was blind. I miss her every day. Please encourage all of your readers that this is not a death sentence and my Maddie is proof of that.
- Bunnie, Coconut Creek, FL

Dear Bunnie: Thank you for sharing your dog's story. Blindness is not a death sentence for any pet. Animals often adapt well to their new circumstances, and as you prove with your story, they can live happily and remain

otherwise healthy for the remainder of their lives. As long as they are with the people they love and who love them back, these blind pets always find ways to adapt to their surroundings.

Seeing a veterinary eye specialist is a good idea since they may be able to provide additional suggestions on how to accommodate a blind pet.

Dear Readers: Do you have an inventive way of keeping your dog or cat from knocking over the Christmas tree? Do you have a special tip for how to wrap presents pet friendly? If you have a funny story, helpful hint or cautionary tale related to pets and the holidays, please share it with me. I will share some of my holiday tips with some of the best reader tips for this column.

- *Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.*

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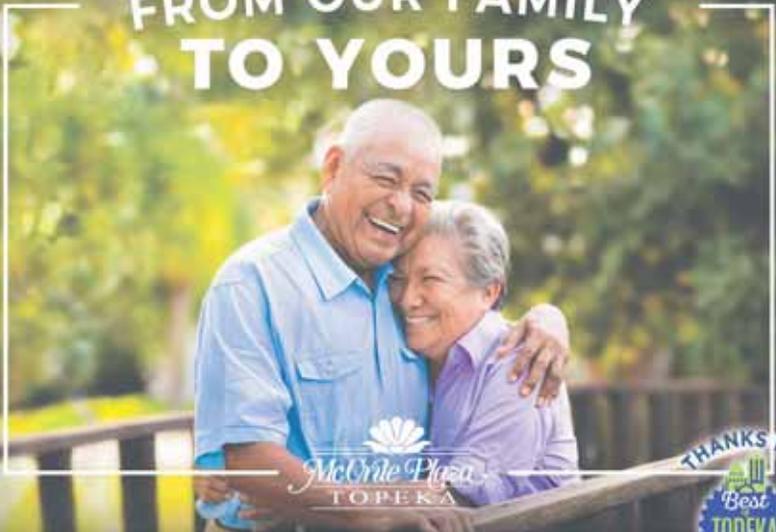
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Brewster Place names new president and CEO

The Brewster Board of Directors is pleased to announce that Walter J. (Joe) Ewert, will assume duties as President and Chief Executive Officer on January 1, 2019, succeeding David Beck, who announced his retirement in late spring.

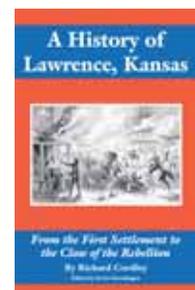
Ewert currently serves as Vice President of Health Services at Brewster Place.

Ewert's appointment culminated a nation-wide search conducted by the Brewster board.

"We are delighted that Joe has accepted this most important position at this time in Brewster's 50-plus-year history of providing award-winning programs to elders in our community," said Darin Stephens, chair of the board of directors. "We see Joe's passion for providing state-of-the-art care, positive environments, and experiences to our residents and off-campus clients. Quite frankly, Joe is the right fit for

Brewster at this time."

Brewster Place is in the midst of completing a major project constructing an indoor pool, expanded exercise facilities, new dining venues, spa and living accommodations. The project is expected to be completed in early 2020.



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by Richard Cordley

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GOREN ON BRIDGE

WITH BOB JONES

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DASTARDLY LEAD

East-West vulnerable, North deals

NORTH

♠ Q 6
♥ 6 4 2
♦ J 10 6 5
♣ A K Q 5

WEST

♠ 9 8 7 5 3
♥ 10 9
♦ K 9 7 2
♣ 9 4

EAST

♠ K J 10
♥ K Q J
♦ Q 8 4 3
♣ 10 3 2

SOUTH

♠ A 4 2
♥ A 8 7 5 3
♦ A
♣ J 8 7 6

The bidding:

NORTH	EAST	SOUTH	WEST
1♦	Pass	1♥	Pass
2♥	Pass	4♥	All pass

Opening lead: Ten of ♥

On any lead but a trump, South would win in his hand and lead a low spade to dummy's queen. East would win and shift to trumps, but declarer would prevail by ruffing a spade in dummy. South had his work cut out for him on the given trump lead.

Declarer ducked East's jack of hearts at trick one, but won the king

of hearts continuation. Leading a spade toward the queen was now dangerous, as East might be able to win and draw dummy's last trump. South decided to try a different line of play. He cashed the ace of diamonds at trick three and then led a low club to dummy's queen. A diamond was ruffed and dummy was re-entered with a club to the king for another diamond ruff.

South held his breath and led a club to dummy's ace — he would have had very little chance if this was ruffed. East had to follow to the third club and South ruffed yet another diamond with his last trump. At this point declarer had taken the ace of hearts plus three ruffs in his hand, the ace of diamonds and three high clubs. That was eight tricks with the ace of spades to come. South cashed the ace of spades and led the jack of clubs. That would be his tenth trick if it held. Should the jack of clubs get ruffed, the six of trumps in dummy would be his tenth trick. Well done!

(Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail: tcaeditors@tribpub.com)

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PUZZLES & GAMES

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Across

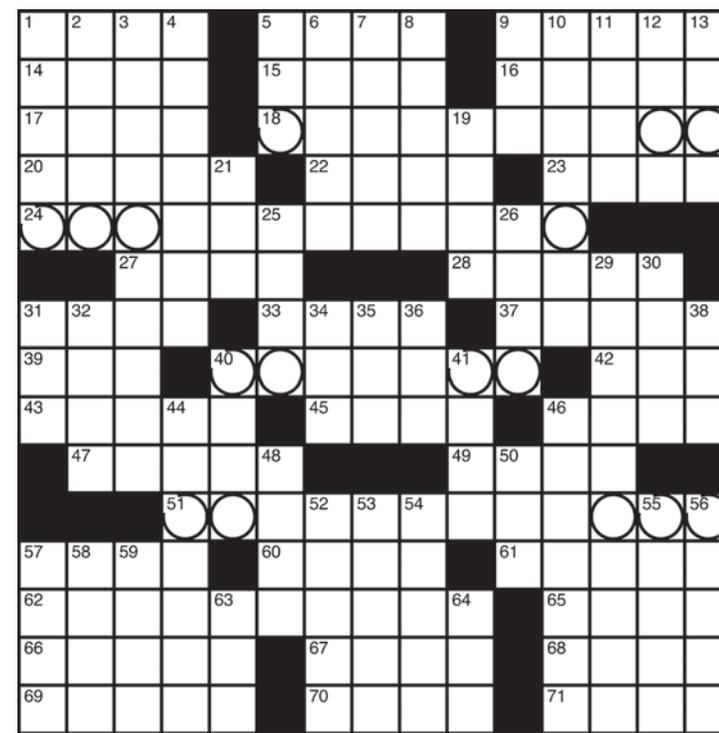
- 1 D.C. fundraisers
- 5 Throat-clearing word
- 9 Square root of 64
- 14 Marathon aftermath
- 15 Singer Horne
- 16 Versailles send-off
- 17 Moscow : nyet :: Berlin : ___
- 18 Paper or plastic choice
- 20 Detective Pinkerton
- 22 Protest singer Phil
- 23 "Okay, ___ do it!"
- 24 Waitstaff boss
- 27 Gravy container
- 28 Cocktail
- 31 Online company with many drivers
- 33 Tot's piggies
- 37 Religious symbols
- 39 "___ culpa"
- 40 Misfortune
- 42 Tales of ___: misfortunes
- 43 Bamboo eater
- 45 Watson of "Harry Potter" films

- 46 Learning by memorization
- 47 Carrier that added "ways" to its name in 1997
- 49 Butter toffee bar
- 51 Popular climb from Lone Pine, California
- 57 Car rental giant
- 60 Most of the Jolly Green Giant's laugh
- 61 "Done!"
- 62 Fries, slaw, etc. ... and what this puzzle's circles represent
- 65 "Terrible" tsar
- 66 Coral island
- 67 West Point initials
- 68 Take a break
- 69 Oater law group
- 70 Gas company with toy trucks
- 71 Neighborhood

Down

- 1 Old TWA rival
- 2 High-speed Amtrak service

- 3 Legumes used in cook-offs
- 4 McCain or McConnell
- 5 Math subj.
- 6 King of Judea
- 7 Firstborn son of Cain
- 8 Ultra-manly
- 9 Corn piece
- 10 Peaceful
- 11 Barb
- 12 Furnace output
- 13 Harbor craft
- 19 Cornerstone abbr.
- 21 Gun lobby org.
- 25 Kett of old comics
- 26 Christine's lover in "The Phantom of the Opera"
- 29 Ultimatum words
- 30 Tie the ___: marry
- 31 Strike caller
- 32 Older brother of Jeff Bridges
- 34 "___ to Billie Joe"
- 35 Large shade tree
- 36 Total in math
- 38 "Understand?"
- 40 Scott of "Happy Days"
- 41 Flea market payment
- 44 Ones "in distress" in old films
- 46 Tax-sheltered nest egg
- 48 German coal valley



- 50 Modeler's buy
- 52 "Obviously, Einstein!"
- 53 "___ are the times that try men's souls": Paine
- 54 Early-bird catches
- 55 Rub out
- 56 Gossipy sort
- 57 Without delay, in
- 58 Don Corleone's first name
- 59 Nuptial vows
- 63 Barcelona cheer
- 64 Carrier to Copenhagen
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				3				
		5	8			6		1
	4			5				2
	6		1		7			8
	1	8				9		3
	9		3		5			1
	8			4				9
7		4			8	3		
			5					

JUMBLE

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

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

VARAL

○

○

○

LATSL

○

○

○

FRUGIE

○

○

○

SUNEAA

○

○

○

A: ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○

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

SCRABBLE G.R.A.M.S.

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A₁

O₁

U₁

U₁

C₃

R₁

S₁

Double Word Score

A₁

I₁

F₄

R₁

C₃

F₄

T₁

A₁

E₁

I₁

M₃

P₃

C₃

N₁

A₁

E₁

Y₄

L₁

P₃

M₃

R₁

A₁

I₁

Y₄

T₁

P₃

L₁

C₃

3rd Letter Triple

PAR SCORE 270-280

BEST SCORE 330

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 scrgams@gmail.com

FIVE RACK TOTAL

TIME LIMIT: 25 MIN

Answers to all puzzles on page 34

CROSSWORD SOLUTION



SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: LARVA, STALL, FIGURE, NAUSEA

Answer: The fight at the family reunion was -- ALL RELATIVE

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SCRABBLE GRAMS SOLUTION													
R ₁	A ₁	U ₁	C ₃	O ₁	U ₁	S ₁	RACK 1 =	68					
T ₁	R ₁	A ₁	F ₄	F ₄	I ₁	C ₃	RACK 2 =	65					
P ₃	E ₁	M ₃	I ₁	C ₃	A ₁	N ₁	RACK 3 =	63					
L ₁	A ₁	M ₃	P ₃	R ₁	E ₁	Y ₄	RACK 4 =	64					
T ₁	Y ₄	P ₃	I ₁	C ₃	A ₁	L ₁	RACK 5 =	70					
PAR SCORE 270-280								TOTAL	330				

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

MY ANSWER

Let God — not fortune tellers — guide your path

By Billy Graham

Tribune Content Agency

Q: I'm facing some hard decisions, so recently I went to a woman who claimed she could tell the future and give me some guidance by reading my palm. But what she said was kind of vague and not very helpful. Did I waste my money? - Mrs. D.N.

A: Yes, you did, and I hope you won't seek out anything like this again. Most of those who claim they can foretell someone's future are only taking advantage of them, and their advice (as you've discovered) is vague and unhelpful—and sometimes worse.

But I have two other reasons for urging you not to do this again. First, although such things are often fraudulent, you

also could find yourself coming into contact with occult powers and demonic spiritual forces that are dangerous and opposed to God. This is why the Bible commands us not to have anything to do with occult practices of any kind. When some of the sorcerers and fortunetellers in Ephesus turned to Christ, the Bible says they immediately renounced their former practices and burned their magic scrolls (see Acts 19:19).

But the second reason I urge you to turn away from anything like this is because God loves you, and Jesus Christ wants to help you with the decisions you need to make. The most important decision you will ever make is to commit your life to Jesus Christ and begin following Him. I pray you will do this today.

Then seek God's will for your life—

not just for the decisions you need to make, but in everything. God knows all about you, and He wants to guide you and change your life. Why seek help from anyone else? The Bible says, "In all your ways submit to him, and he will make your paths straight" (Proverbs 3:6).

- Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham Parkway, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: www.billygraham.org.

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Know an interesting senior who would be a great subject for a Senior Profile? Please call Kevin at 785-841-9417.



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Meet Dr. Matthew Rendel Neurosurgeon

LMH Health welcomes Matthew Rendel, MD, to the Lawrence Spine Care team. Dr. Rendel is a board-certified neurosurgeon.

Dr. Rendel earned his doctorate from Indiana University School of Medicine in Indianapolis in 2004, and he completed a residency in neurosurgery at the Kansas University Medical Center in Kansas City in 2010. He practiced at hospitals in Indianapolis and Kansas City for the past eight years. Dr. Rendel is a fourth-generation physician and enjoys working with his patients to gain an understanding of what treatment is right for them. He is happy to be joining the Lawrence community with his wife and children.

Dr. Rendel will see patients with a variety of spine disorders who can benefit from surgery. For a consultation, call **785-505-5815**. Learn more at lmh.org/spine.

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