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December 2019

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Vol. 19, No. 6

INSIDE



KEVIN GROENHAGEN PHOTO



Debbie Huffman: Volunteering as a Foster Grandparent

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Family is important to Robert Bruns, who is Executive Director of Visiting Angels in Topeka. In fact, that's what attracted him to a career in home care in the first place. - page 6

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'Grandma Debbie' enjoys role as Foster Grandparent

By Kevin Groenhagen

Debbie Huffman was living in Florida four years ago and, like many baby boomers, was finding it difficult to find a job.

"My son called me one year on his birthday and said, 'Mom, I think it's time you came home,'" Huffman said.

By "home," her son was referring to Kansas.

"I never thought I would leave Florida, but when you can't find a job, there's not a lot you can do," she said.

Huffman moved to Topeka, which put her much closer to her son and his family in Paola and her younger son and his family in Scranton. That, of course, had some obvious benefits.

"When I have something going on with my grandchildren, I can go take part in their activities," she said. "If there are baby showers and weddings, I don't have to fly up from Florida."

Huffman enjoyed being closer to her family, but she still needed to find a job. While talking to another resident in her apartment building, she learned about

the Foster Grandparents Program.

The Foster Grandparents Program began in 1965 with the goal of enticing low-income people over 60 to participate in community service. The program is now part of Senior Corps, which the federal government formed when its constituent programs—Foster Grandparents, Retired and Senior Volunteer Program (RSVP), and Senior Companions—merged to become parts of the Corporation for National and Community Service in 1993.

Foster Grandparents serve at thousands of local organizations that:

- Help children learn to read and provide one-on-one tutoring
- Mentor troubled teenagers and young mothers
- Care for premature infants or children with disabilities
- Help children who have been abused or neglected

The Foster Grandparents Program Northeast Kansas serves 12 counties in which Foster Grandparents serve 11 different schools in Topeka, Waterville, Onaga, Holton, and Atchison. Foster Grandparents also volunteer at the



Debbie Huffman

Kansas Neurological Institute (KNI). KNI is an intermediate care facility for individuals with developmental disabilities operated by the State of

Kansas' Department for Aging and Disability Services. KNI was opened in 1960 to serve children with develop-

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., and is distributed at over 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$9.50 for 12 monthly issues.

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Grandma Debbie

■ CONTINUED FROM PAGE THREE

mental disabilities. Today, all of KNI's residents are adults.

"Our Foster Grandparents are dedicated to the program and serve so many children directly and indirectly," said Jessica Farrell, director of Foster Grandparents Program Northeast Kansas. "They may work one on one or with a whole class. Their role of Foster Grandparent doesn't stop when they leave through the school door at the end of the day, but continues when our communities' children see them at grocery stores, carnivals, libraries, and many other public day-to-day events. The kids are so excited to introduce our Foster Grandparents to their siblings and parents. That is because of the impact this program has on our local communities, reaching out and bringing everyone together."

The Foster Grandparents Program sounded interesting to Huffman, so she decided to look into it.

"I didn't know if I could do it or not, but I have really come to love it," she said, noting that she is about to add her third-year recognition pin to her first- and second-year pins. "I'm very proud of my pins."

Huffman started out her orientation and training by shadowing another Foster Grandparent at KNI for 20 hours.

"Most of the time when you shadow someone, you do it out of KNI, which sponsors the Foster Grandparents Program Northeast Kansas," she explained.

After shadowing another Foster Grandparent, Huffman began working with Miss Becky, a social worker at Lowman Hill Elementary School.

"I was at Lowman Hill Elementary School for two years," she said. "And then Miss Becky transferred out of Lowman Hill and came to McClure Elementary School. She asked me if I would transfer with her. At Lowman I used to come in at 9:30 a.m. When I started at McClure this year, Miss Becky said she would really like it if I would be there at 8:10 a.m. when the kids get in. If Miss Becky asks me to do it, I'm going to do it. She is just wonderful to work with. I can't say enough good things about her."

At McClure, Huffman, who is known as "Grandma Debbie," performs various duties throughout the day.

"I basically go where I'm needed in the classrooms," she said. "I start out in the kindergarten for maybe a half hour or more. I also go to the fifth grade a couple of times a day. There are a few kids struggling with math, so I help them with that. I've helped all grades except kindergarten with math. I also do one-on-one time with a first grader. They've been working on Venn diagrams in second grade, so I've been helping them with that."

■ CONTINUED ON PAGE FIVE

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Grandma Debbie

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A Venn diagram is defined as “a diagram representing mathematical or logical sets pictorially as circles or closed curves within an enclosing rectangle (the universal set), common elements of the sets being represented by the areas of overlap among the circles.”

Huffman said she also provides compassion, empathy, and emotional support.

“Some of the kids just need love and maybe a hug,” she said.

Huffman usually works at McClure from 8:10 a.m. to 3:30 p.m. However, the Foster Grandparents Program is flexible enough to allow her to take off for a day or leave early when she needs or wants to.

“I like the flexibility,” she said. “My granddaughters in Scranton, who are eight and six, had a Halloween party at their school. I was able to spend time with my own grandchildren. I was also able to leave early one day at

2 p.m. to attend a Luke Bryan concert in Kansas City. The program offers flexibility.”

Foster Grandparents earn annual leave every month. The program’s policy only asks that they try to serve at least 15 hours per week. Foster Grandparents in schools try to be consistent with the days they serve because the children really begin to depend on them as part of their routine.

During the summer, Huffman works with a free pre-kindergarten program known as the Kindergarten Academic Preparation Program.

“I’m there to help the teacher with 16 or so kids,” she said. “They learn their alphabet, numbers, colors, and shapes, which prepares them to go to kindergarten.”

Of course, there are times during the year when students don’t go to school.

“Since the Foster Grandparents Program is sponsored out of KNI, I go there when school isn’t in session, such as during spring break,” Huffman said. “Many of the KNI residents are wheelchair bound and many of them are unable to communicate in

ways such as you and I do. We Foster Grandparents just spend time with the residents and help enrich their lives.”

Under the Serve America Act, Foster Grandparents must pass a background check since they have recurring contact with vulnerable populations. Other requirements to serve as a Foster Grandparent include the following:

- Desire to work with at risk youth and kids with exceptional needs
- Be 55 years of age or older
- Pass a physical exam
- Meet federal income guidelines

“The program wants you to work a minimum of 15 hours per week,” Huffman said. “And you can’t work more than 40 hours per week. You get a stipend reimbursement. Right now it’s \$2.65 per hour. Also, you get 58 cents per mile up to eight miles. It’s not min-

imum wage, so it’s not considered a salary. You don’t pay taxes on it. I live in a Section 8 apartment and it’s not included as part of my income, so my rent doesn’t go up.” (Foster Grandparents are provided with an “Income Disregard Memo” that states the federal regulations.)

Each Foster Grandparent also receives one free meal per day served at their volunteer sites.

Speaking of meals, Huffman took some time off at McClure Elementary School on November 21 to join other Foster Grandparents for a Thanksgiving luncheon at KNI.

For more information about the Foster Grandparents Program Northeast Kansas, which is currently looking for additional volunteers, call 785-296-5474 for an application or email FGP.FGPOffice@kni.ks.gov.



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Visiting Angels help people stay in their own homes

By Billie David

Family is important to Robert Bruns, who is Executive Director of Visiting Angels in Topeka. In fact, that's what attracted him to a career in home care in the first place.

"It's really truly family," he said. "I had a grandfather who needed a lot of help. He struggled for years with Parkinson's, and I saw how care helped my family take a breath and enjoy my grandfather."

So when a friend of his who is the owner of Visiting Angels in Sioux Falls, South Dakota, where Bruns is from, told him about an opportunity that was available in Topeka, he was interested.

"It's a rewarding career," he said. "I get to help people stay where they want to be, and that is home."

Visiting Angels, which has been in Topeka since February 2017, is a franchise established in 1998 that helps seniors continue living at home while still maintaining their quality of

life, independence and safety. These services are provided not only in the home, but also in hospitals and assisted living and independent living facilities.

The wide range of non-medical services that Visiting Angels provides begins with a customized care plan that includes matching the personalities of the clients with those of the caregivers.

"Visiting Angels is really family-centric," Bruns said. "Our clients become part of the family, for myself and for our caregivers. We set up the ability to pick your own caregiver, and once they start visiting, they create that bond and they become family."

Visiting Angels offers long-term and short-term care, respite care, and services that include transportation to appointments, meal planning and preparation, hygiene care, medication reminders, help with errands, light housekeeping, assistance with bathing and dressing, companionship, and mobility support.

"We provide that comfort and safety

■ CONTINUED ON PAGE SEVEN

COURTESY PHOTO



The Bruns family: Jony, Bob, Korbyn and Sladyn



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Visiting Angels

■ CONTINUED FROM PAGE SIX

for our clients so that their children can go to work and know that their parents are being cared for," Bruns said.

The social care that Visiting Angels caregivers provide is also a valuable service for clients, who find it all too easy to become isolated due to issues such as mobility and fatigue.

"People don't realize the effect that loneliness can have on one until they are in that moment," Bruns said. "It's a simple yet important service that we offer, to see their mood lightened and their personality come out. Their happiness and laughter is the best medicine, and it gets them moving."

Keeping clients moving is also one of the goals of the Alzheimer's and dementia care that Visiting Angels provides. In addition to the other services that keep clients safe inside their own homes, caregivers can take walks with their clients so that they can exercise safely without the danger of getting lost.

For clients who are making the transition from hospital to home and need help, for example while recovering from a fall, they may need additional

support that an aged partner doesn't have the strength to give, and Visiting Angels support care can help in that situation as well, Bruns said.

"Most people, when they aren't feeling well, home is where they want to be," he added.

Visiting Angels can also help with end-of-life care, which involves caring for the client who is making that transition.

"Then the family doesn't have to do what they don't have the strength to do because they're mourning their future loss already," Bruns said.

It's this emphasis on family that Bruns attributes to the success of Topeka's Visiting Angels, which also serves St. Marys, Holton, Auburn, Lawrence and

Eudora. In the two years that the franchise has been in Topeka, they have already grown to employ over 55 people.

"I equate that to loving what I do," Bruns said. "I live by the cardinal rule of family first. It's a big sense of family, and I truly care about everyone that I meet. We love to keep mom

and dad home, build relationships, and keep them safe. It gives kids their mom and dad back, and it gives spouses their spouse back."


More information about Visiting Angels in Topeka is available on their website, visitingangels.com/topeka. Their phone number is 785-284-5500.



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Social Security benefits to increase in 2020

By Norm Franker

Social Security District Manager in Lawrence, KS

Each year, we announce the annual cost-of-living adjustment (COLA). By law, federal benefits 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). Usually, there is an increase in the benefit amount people will receive each month, starting the following January.

Nearly 69 million Americans will see a 1.6 percent increase in their Social Security benefits and SSI payments in 2020.

Other changes that will happen in January 2020 reflect the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax will increase to \$137,700 from \$132,900. The earnings limit for

workers who are younger than "full" retirement age (age 66 for people born in 1943 through 1954) will increase to \$18,240. (We deduct \$1 from benefits for each \$2 earned over \$18,240.) The earnings limit for people turning 66 in 2020 will increase to \$48,600. (We deduct \$1 from benefits for each \$3 earned over \$48,600 until the month the worker turns age 66.)

In December 2019, we will post Social Security COLA notices online for retirement, survivors, and disability beneficiaries who have a my Social Security account. You will be able to view and save future COLA notices via the Message Center inside my Social Security.

You can log in to or sign up for a my Social Security account today at www.socialsecurity.gov/myaccount to get more information about your new benefit amount. You can choose to receive an electronic notification by email, text, or both ways under "Message

Center Preferences." Our notification will let you know that a new message is waiting for you. We will not send any personal information in the notification. The Message Center also allows you to go paperless by opting out of receiving agency notices by mail that you can get online, including annual cost-of-living adjustments and

the income-related monthly adjustment amount increases. The Message Center is a secure portal where you can conveniently receive sensitive communications that we don't send through email or text.

More information about the 2020 COLA is available at www.socialsecurity.gov/cola.

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Do you think your Medicare income-related premium is wrong?

By Norm Franker

Social Security District Manager in Lawrence, KS

Social Security cares about accuracy and we want you to get the exact benefit amount you deserve. Changes in the law affect how we calculate monthly Medicare Part B (medical insurance) and Medicare prescription drug coverage premiums.

- Medicare Part B provides coverage for physician services, outpatient hospital services, certain home health services, durable medical equipment, and other items. Most beneficiaries will pay a standard premium for Part B coverage. Some beneficiaries may also pay a late enrollment surcharge. A small number of beneficiaries with higher incomes will pay a higher Part B premium based on their income.

- Medicare prescription drug coverage helps pay for prescription drugs. Plan costs vary depending on the plan,

and on whether you get Extra Help with your portion of the Medicare prescription drug costs. A small number of beneficiaries with higher incomes will pay a higher prescription drug premium based on their income.

If you're a Medicare beneficiary who must pay more for your Medicare Part B or Medicare prescription drug coverage premium because of your income, and you disagree with the decision, you may request an appeal. The fastest and easiest way to file an appeal is by visiting www.socialsecurity.gov/disability/appeal.

If your income has gone down due to certain specific circumstances, or if you filed an amended tax return, you can ask for a new decision without having to file an appeal. See our fact sheet, Medicare Premiums: Rules for Higher-Income Beneficiaries (SSA Publication No. 05-10536) at www.socialsecurity.gov/pubs/EN-05-10536.pdf. You don't have to file an appeal to get a new decision.

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Help a loved one with Social Security

By Norm Franker

Social Security District Manager in Lawrence, KS

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As a representative payee, you must know what the beneficiary's needs are so you can decide the best use of benefits for their care and well-being. Each year, Social Security may ask you to complete an annual Representative Payee Report to account for the

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Due to a recent change in the law, we no longer require the following payees to complete the annual report:

- Natural or adoptive parents of a minor child beneficiary who primarily reside in the same household as the child
- Legal guardians of a minor child beneficiary who primarily reside in the same household as the child
- Natural or adoptive parents of a disabled adult beneficiary who primarily reside in the same household with the beneficiary
- Spouse of a beneficiary

We've also made it easier for caregivers who are representative payees to do business with us. If you're a representative payee, check out our new Representative Payee Portal at www.socialsecurity.gov/myaccount, which lets representative payees conduct their own business or manage direct deposits, wage reporting, and annual reporting for their beneficiaries.

You can read more about becoming a representative payee at www.socialsecurity.gov/pubs/EN-05-10076.pdf.

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To leave the legacy you want, you need to construct a comprehensive estate plan. There's not a "one-size-fits-all" model for everyone, but these are the key elements of most estate plans:



Derek Osborn

- **Beneficiary designations** – Beneficiary designations are typically found on retirement accounts (such as your 401(k) and IRA) and life insurance policies. In many states, beneficiary designations may also be added to banking and brokerage accounts, where they are referred to as Pay on Death or Transfer on Death designations. These designations can supersede the instructions on your will—yet nearly two-thirds of Americans have not designated beneficiaries for any of their accounts, according to the recent Leaving a Legacy survey commissioned by Edward Jones. Even if you have designated beneficiaries for your 401(k) and other accounts, you may need to revise them periodically in response to changes in your life—marriage, divorce, new child, etc.

- **Will** – A will, sometimes referred to as a last will and testament, can help ensure your assets are distributed according to your wishes. And if you have young children, a will can name a guardian if something happens to you

and your spouse.

- **Trusts** – A trust provides you with even greater control than a will. You can dictate exactly how and when your beneficiaries receive the trust's assets, so, for example, if you'd prefer that your grown children not inherit a large sum at once, you can specify that they will get the money over a period of years. And a trust may help your estate avoid the time-consuming, expensive and public process of probate, reducing or eliminating the possibility of intra-family fights over your assets.

- **Power of attorney** – A power of attorney lets you name someone to manage your finances should you



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become incapacitated. This is an especially important document for any individual who doesn't have a spouse to step in.

- **Health care directive** – If you become incapacitated, your health care directive can provide instructions for your health care (a living will) and name a person to make medical decisions on your behalf (a health care proxy). These documents can be valuable if your family disagrees about your care.

Even after you've created your estate plan, you may need to adjust it to accommodate changes in your financial assets, your family relationships, your association with charitable groups, and so on. Plus, you'll need to be aware of changes in tax laws that could affect your plans.

In any case, it's essential that you communicate your wishes to your family. Just 49% of beneficiaries are confident they know how to carry out the estate plan of a loved one, according to the Leaving a Legacy survey.

Here's one more suggestion: Get

professional help. Your financial advisor can assist you with the investment-related aspects of your estate plan and work with your team of professionals, including an attorney, who can help you create the necessary documents—will, living trust, health care directive, etc.—and a tax advisor, who can provide information on tax aspects of estate assets, among other issues.

An estate plan can be a big gift to your loved ones—so take action soon.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

- *Derek Osborn is with Edward Jones, 1311 Wakarusa Drive, Suite 2200, Lawrence. He can be reached at 785-371-1301 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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JILL ON MONEY

Is a side hustle for you?

When the Labor Department reported the unemployment rate fell to a 50-year low (3.5 percent) in September, there were cheers. Yes, job creation is slowing down, but overall, the jobs market remains solid, especially considering that we are in the 11th year of the economic expansion.



Jill
Schlesinger

like ride sharing drivers or delivery people, are usually doing so for the money. Although the economy has created an average of about 190,000 jobs per month since the labor market bottomed out in early 2010, wages have lagged. In fact, incomes have barely budged over the past 20 years: After accounting for inflation, the average household earned \$61,526 in 1999, while today's figure is \$63,179—just a \$1,653 increase. Additionally, many have not fully recovered from the deep losses suffered in the Great Recession, which may explain why some workers are feeling the pressure to use gig work to help with their cash flow.

Side hustlers are different. According to Chris Guillebeau, author of “100 Side Hustles” and the host of a daily podcast on the topic, side hustlers usually start with something they like doing. They can then use that talent or expertise to create a separate income stream outside of their full-time jobs. “It’s not necessarily about being a full-time entrepreneur. It’s not about taking a lot of risk or risking your life savings. It’s about identifying what skill you have that other people could find valuable.”

While the idea of having a passion project on the side is not new, after the financial crisis, more American workers embraced the idea of having a project—and the money that it could create—on the side. Side hustles are a way to do something on your own,

something that you can control, which as a bonus makes a little bit of money on the side. Guillebeau says a side benefit of a side hustle is that it can make people happier and more productive in their day jobs. It also can give them a chance to test out a concept to see if it has legs while they have a full-time job and benefits. Many find that their “dreams” or “passions” are not all they’re cracked up to be when they have to do it every day.

Conversely, some just like having the outlet of a side hustle. After Guillebeau was on my podcast recently, a listener wrote in to tell me about his side hustle. He had spent more than three decades as a CPA, and throughout his career he was

also a musician in a local band. “Music and accounting—a great combination of professions,” he wrote. “It was all well worth it, not only financially, but now that I’m retired from the corporate world, I continue playing music (during my retirement years), make a little ‘golf money’ and enjoy hanging out with all my musician friends.”

- Jill Schlesinger, CFP, is the Emmy nominated CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillonmoney.com. Check her website at www.jillonmoney.com.

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Yet even as the labor market has recovered, one-third of U.S. workers say they still need to work a side job to pay their routine expenses, according to a Bankrate survey—and 45 percent say they earn additional income outside of their primary career. Side hustling spanned all generations, although the trend is more prevalent among millennials. Approximately 40 percent of those ages 23-38 who work a job on the side say that the gig brings in half of their monthly income.

The results jibe with a Metlife study, which found that 15 million workers supplement their traditional jobs with outside gigs or side hustles. That’s a lot of people, so it’s important to draw a distinction between the two categories. Those who are turning to gig jobs,

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PAINTING WITH WORDS

Love Carried

Poem Title: Love Carried
Poet: Ronda Miller

Death gives a certain stillness to everyone connected with the deceased. It gives pause for reflection because we also will die. We grieve because of a lost love. We grieve



*Tom
Mach*

because of the memories that the person shared with us and we are now left alone. There is nothing physical left of that person. The person is just a body of skin and bone which will rest in the earth.

But one thing *will* survive. Love. Death cannot take away the love we had for that person. Love can walk through the boundaries of death. As the poet John Donne said: "Death be not proud, though some have called thee mighty and dreadful, for thou art not so." And the poet Ronda Miller is saying, in my opinion, that death cannot be proud because love is carried through that door to eternity.

Love Carried
By Ronda Miller

Grief walked us home, but love carried you through the door where friends you'd never met before sat in silence. Years of tears poured from your soul and found a nestling place close to your heart. You did not drown in your pain, although you tried, you tried in vain. You rocked and soothed through those years alone, but somehow, magically, you have grown, and now you've come to

understand we'll be together. A different plan from what we'd hoped. They say you didn't have to die, but I swear I saw God's hand scoop you up

where the earth touched the sky, then the sunrise set forever in my eyes. Grief walked us home, but love carried you through the door.

If you have any questions on this or would like me to consider publishing your poem, drop me an email. Please know I will base any poem I might select on my own biases. My email address is tom.mach@yahoo.com

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MAYO CLINIC

Several surgical techniques can be used to treat rectal prolapse

DEAR MAYO CLINIC: What is involved in the surgery to treat rectal prolapse, which is causing fecal incontinence? How long is the recovery?

ANSWER: There are several techniques that can be used to perform surgery to treat rectal prolapse. The one that's right for you depends on factors such as your medical condition and age, as well as your surgeon's experience and expertise. After the surgery, most people return to their usual activities in about four to six weeks.

Rectal prolapse happens when the last part of the large intestine, called the rectum, stretches and comes out of the anus. This condition, which often is a result of chronic straining with bowel movements, can lead to fecal incontinence—a loss of bowel control and inability to hold in stool.

Surgery puts the rectum back in place and corrects rectal prolapse. Fecal incontinence may be improved after the surgery, but the procedure does not always eliminate that disorder. Additional treatment for fecal incontinence may be nec-

essary after rectal prolapse surgery.

Rectal prolapse surgery can be done through the abdomen—a procedure called rectopexy—with a larger incision during open surgery or using laparoscopic methods that involve several smaller incisions. The surgery also can be performed via the region around the anus, called the perineum.

Surgery through the abdomen typically is used for younger patients who don't have other medical issues. During this surgery, the surgeon places the rectum back in its proper position, and, using sutures or a mesh sling, the surgeon anchors the rectum to the back wall of the pelvis, called the sacrum. In some cases, a portion of the colon may be removed during surgery, and then the rectum is secured to the sacrum to keep it in place.

Rectal prolapse surgery performed through the perineum often is used for older patients who may not be able to undergo abdominal surgery due to other medical conditions. There are two ways to perform this procedure. During the more common approach, called the "Altemeier procedure," the surgeon pulls the rectum through the anus; removes a portion of the rectum, along with the bottom part of the colon; and attaches the remaining rectum to the remaining colon.

Another method for repairing a rectal prolapse through the perineum, called the "Delorme procedure," typically is done for short prolapses. The lining of the rectum is removed. Then the muscular layer is folded to shorten the rectum and eliminate the tissue that's coming out of the anus.

Most patients spend a brief time in the hospital after surgery to recover and regain bowel function. The length of the hospital stay depends on which procedure is performed. Some people spend just one night in the hospital and go home the next day.

Drinking plenty of fluids, using stool

softeners and eating a fiber-rich diet in the weeks after surgery can help avoid constipation and excessive straining that can lead to a recurrence of rectal prolapse. In some cases, physical therapy may be necessary to relearn how to use the pelvic floor muscles, which support the bladder and bowel. Most people are able to return to their usual activities within four to six weeks after rectal prolapse surgery.

If you're considering rectal prolapse surgery, talk to your surgeon about the different surgical options. He or she can review the risks and benefits with you, and discuss what you can expect after surgery, including additional treatment for fecal incontinence, if needed.

- Heidi Chua, M.D., Colon and Rectal Surgery, 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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HEALTH & WELLNESS

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The pomegranate is a fruit-bearing shrub that is commonly grown in the Mediterranean region. In the United States, pomegranates tend to thrive in the drier climates, such as in California and Arizona. This wonder-



*Dr.
Deena
Beneda*

baking, cooking, juice, smoothies, meal garnishes, and alcoholic beverages, such as wines. Pomegranate juice can be sweet or sour, has long been a popular drink in the Middle East, and is now distributed in the United States. In Iran, pomegranate is still used in many traditional recipes, such as *fesenjan*, a thick sauce made from pomegranate juice and ground walnuts and served with chicken in a bed of rice. Also in Iran, the skins of the pomegranate may be used to stain wool and silk. The Pomegranate Festival is an annual festival held during October in Tehran that sells produce from pomegranates.

Currently, pomegranate is being used for a variety of medical reasons. Pomegranate is well-known for its antioxidant properties. Studies show that the pomegranate has more antioxidant power than many other antioxidant foods, such as berries, wine,

ful berry has been used since Ancient times for its medicinal and culinary aspects. In Ancient times, the pomegranate was a symbol of prosperity. It was used then and today as a housewarming gift to symbolize good luck, abundance, prosperity, and fertility. In other cultures it represents longevity and immortality. In folklore and throughout history, pomegranate has been used to treat cuts, parasitic infections, diarrhea, bleeding, sore throats, cough, and inflammation.

Pomegranates are opened by breaking the shell open and then the seeds are separated from the internal white pulp membranes. Separating the seeds from the pulp is easier in a bowl of water because the seeds sink and the inedible pulp floats to the top of the bowl. Pomegranates are used in

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and green tea. It could be considered more powerful than antioxidants, such as Vitamin A, C and E. Pomegranate's antioxidant properties are attributed to its high content of soluble polyphenols, specifically called punicalagin. Punicalagins are a major component of the pomegranate juice. Current research shows that pomegranate can treat several aspects of heart disease, including atherosclerosis, hypercholesterolemia, and high blood pressure. Laboratory research suggests that it may also be effective in cancer prevention, osteoarthritis, diabetes, neurological health, infection, antibacterial, and as an antiviral agent. These studies show that pomegranate offers significant health benefits for people at risk for heart disease and maybe a tool for preventing cardiac problems, such as heart attack and stroke. Studies, also show that pomegranate improves immune function, protects against herpes infections, and inhibits the growth of cancer cells and tumors. Researchers have identified two anti-dementia components in pomegranate juice. Research and human experience suggest pomegran-

ate extracts may also have numerous benefits in neurological health in addition to cardiovascular disease and osteoarthritis.

So, as you sit down to enjoy your holiday celebrations, why not pour yourself a glass of pomegranate juice. It is not only good for you, it also tastes great!

- 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

Help, I'm dizzy!

By Roseanne Smith

LMH Health Therapy & Wellness

Martha woke up in bed one morning, sat up, and became so dizzy she almost fell. She sat on the edge of her bed, hanging on for dear life, until her room stopped spinning. She finally was able to stand up and begin her day. Off and on for the rest of the day she felt dizzy, nauseated, or both. She discovered that if she moved much

mittent dizziness is Benign Paroxysmal Positional Vertigo, or BPPV. It accounts for about 30% of dizziness caused by inner ear problems. With BPPV, you move and become dizzy, but usually for less than a minute. That is, until you move again. The dizziness is usually associated with head movement. People become nauseated and throw up, particularly in the first few days. Some people have this problem once in their lives, but others have this problem once every three days. It usually lasts for one to two weeks but varies from person to person.

BPPV is sort of a mechanical problem. The inner ear contains the vestibular labyrinth, which helps you to orient yourself to gravity and motion. There are a couple of areas in your inner ear that contain calcium carbonate crystals that are attached to tiny hair cells. The weight of the crystals pulls on the hair cells, which sends a signal to your brain and causes you to orient your head to gravity. If you shed too many crystals, or fall and hit your head and knock a whole lot off at once, you are more

likely to have BPPV. The crystals can then roll into the semicircular canals—usually at night when you are sleeping on your side. Once in the canals, they create havoc with your normal perception of how fast or how far you have moved your head.

Part of the concern about BPPV is that it can also affect balance. When you have BPPV, the labyrinth for one ear is usually affected and sends bogus information to your brain. The brain coordinates information from your vestibular system, vision, and sensation from your body to keep you oriented well in space. If one of these systems is malfunctioning, it can affect your balance and lead to falls. Recent statistics show that about 10% of people over age 65 who are having difficulty with balance have BPPV. If the BPPV is treated, their balance also improves.

Who treats BPPV? If you see an otolaryngologist, they will often have someone in their office who will treat you by performing an Epley maneuver. There are also physical therapists at LMH Health who can perform a detailed evaluation and treat the BPPV

using the positioning maneuver.

If you have had BPPV for some time, it is likely that some of your visual reflexes have been affected. A therapist can provide you exercises to help correct those reflexes. Physical therapists are trained to evaluate balance and gait problems, so making an appointment is a great first step toward improving those issues.

We almost forgot about Martha! Martha is a fictional person, but her story is one shared by many patients. It is likely that Martha slept on her side. While sleeping some loose crystals rolled into the semicircular canals, causing her BPPV. When she sat up, the change in position caused the crystals to move, and gave her the illusion that the world was spinning. Every time she moved her head, it happened again. We'd recommend that Martha make an appointment to see her doctor, then visit a physical therapist who treats patients with BPPV. We can help her on the road to recovery so she gets back to performing normal activities. Martha has more important things to do than to sit still in her chair at home.



she had vertigo, so she spent most of her day sitting still in her chair. What should Martha have done?

Unfortunately, there are many causes for dizziness or vertigo. If you are so dizzy you are unable to get up, dial 911. Otherwise, a good place to begin looking for help is your doctor's office. Your doctor can look at your medications to see if that is the cause of your dizziness. They can also examine you for significant medical problems such as stroke or tumor that could cause vertigo. In lieu of these major problems, dizziness can also be due to blood pressure changes, an inner ear problem or a variety of other medical issues.

The most common cause of inter-



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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 S.E. Michigan Ave.
TOPEKA, 785-267-1923

MONDAYS

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OTTAWA, 785-242-6142

MONDAYS & THURSDAYS
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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 S.W. Huntoon, 6:30 p.m.
TOPEKA, 785-235-9073

WEDNESDAYS & SATURDAYS
LEGIONACRES
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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

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MONDAYS BEGINNING OCT 7
BEGINNERS SQUARE DANCE LESSONS
First three lessons are free to try out. Centenary Methodist Church, 245 N. 4th St., 6:30 p.m. For more information, call Kathy at 785-841-7555 or Toni and Vernon Nelson at 785-266-7048.
LAWRENCE

FIRST, THIRD & FIFTH TUESDAY OF EACH MONTH
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A great opportunity to practice the calls you are having trouble with. Callers: Lynn Nelson (fall/spring), Beth Neidecker (winter). Suggested donation: \$3/person. Please bring your own water. Contact Nancy Wickersheim. Eudora Parks & Recreation Center, 1630 Elm St., 1-2:30 p.m. Mainstream, 2:30-2:45 p.m. Plus (if enough dancers).
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SECOND AND FOURTH MONDAYS
LEXINGTON LUNCHE
Lecture and lunch. Lexington Park, 1011 S.W. Cottonwood Ct.
TOPEKA, 785-273-4545

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 2, 9, 16, JAN 6
BEGINNING COMPUTER CLASS
This hour is devoted to a different topic each week in a beginner-friendly environment. Click "Beginning Computer Class" above to see the weekly topics. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 11 a.m.-12 p.m.
TOPEKA, 785-580-4400

DEC 2 & JAN 6
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 S.W. 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

DEC 4
COMPUTER & GADGET Q & A
Bring your laptop, tablet or other device for hands-on help. Practice new computer skills or learn about library digital resources. Hillcrest Community Center, 1800 SE 21st St., 10-11 a.m.
TOPEKA, 785-580-4400

DEC 5 & JAN 2
COMPUTERIZED GENEALOGY
Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records. Shawnee North Community Center, 300 NE 43rd St., 10-11:30 a.m.
TOPEKA, 785-580-4400

DEC 5
FT. LEAVENWORTH SERIES | BRIG. GEN. FRANK "PINKIE" DORN
Fall sports are back in swing, so join the Dole Institute to discover our favorite athletic archival items and activities! Discover with Dole is the

Dole Institute's monthly interactive, kid-friendly event at the museum. Families can discover uniquely-themed items in the museum and archives, make crafts, solve puzzles and take part in museum gallery activities. All programs and events at the Dole Institute are free and open to the public. Robert Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free and open to the public.
LAWRENCE, doleinstitute.org

DEC 9
COMPUTERIZED GENEALOGY
Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records. Central Park Community Center, 1534 SW Clay St., 5-6 p.m.
TOPEKA, 785-580-4400

DEC 9
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. Anton Room 202, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 6-8 p.m.
TOPEKA, 785-580-4400

DEC 10, 17
COMPUTER & GADGET HELP
Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 2-3 p.m.
TOPEKA, 785-580-4400

DEC 11 2019 DOLE LEADERSHIP PRIZE: DR. TEMPLE GRANDIN

The Dole Institute of Politics will honor advocate for autistic persons and Professor of Animal Science Temple Grandin with the 2019 Dole Leadership Prize. "Temple Grandin is a trail-blazer," Dole Institute Director Bill Lacy said. "She not only overcame widespread ignorance about autism and helped lessen the stigma around it, she used the challenges she faced to bring an entirely new perspective to how domestic animals are cared for and treated." Diagnosed with autism at the age of two, Grandin did not speak until she was four. Despite her childhood doctor's belief that she was brain-damaged, a common misunderstanding in the 1940s, she went on to earn a degree in psychology from Franklin Pierce College in 1970, a master's degree in animal science from Arizona State University, and her doctorate in animal science from the University of Illinois at Urbana-Champaign in 1989. Today she teaches courses on livestock behavior at Colorado State University and consults with the livestock industry on facility design, livestock handling, and animal welfare. She is also a tireless advocate for autistic persons. Grandin fights for "neurodiversity," opposing the idea of a "cure" for autism. This program is free and open to the public. Doors open at 6:15 p.m. Robert Dole Institute of Politics, 2350 Petefish Dr., 7 p.m. Free and open to the public.
LAWRENCE, doleinstitute.org

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DEC 11

ALZHEIMER'S ASSOCIATION REMOTE LEARNING

Learn about memory disorders and the challenges associated with managing them at sessions held the 2nd Wednesday of each month. Call 800-272-3900 to register for any session. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

DEC 14

COMPUTERIZED GENEALOGY 2

Now that you have your family tree, move to the next level. This class will focus on using online resources to find your ancestors where they may be hidden. Register at tscpl.org/ register. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 11 a.m.-1 p.m.
TOPEKA, 785-580-4400

DEC 15

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., noon-1 p.m.
TOPEKA, 785-580-4400

DEC 16

COMPUTER & GADGET Q & A

Bring your laptop, tablet or other device for hands-on help. Practice new computer skills or learn about library digital resources. Crestview Community Center, 1-2 p.m.
TOPEKA, 785-580-4400

DEC 16

HOW TO SIGN UP FOR MEDICARE PART D

Learn how to use the Medicare.gov website and plan finder to help you make an informed decision regarding your Medicare Part D drug coverage every year. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2:30 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

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.com

DEC 7, 14, 21, 28, JAN 4

SATURDAY AFTERNOONS WITH JOHN JERVIS

Make your Saturday afternoons special by listening to John Jervis. John is "fluent in classical guitar, and well-known in Lawrence for his precision performances in coffeehouses, restaurants and other public spaces that welcome musical expression. S&S Artisan Pub & Coffeehouse, 2228 Iowa St., 2-4 p.m.
LAWRENCE
facebook.com/events/1388963061256452

NOV 29-DEC 22

A CHRISTMAS STORY, THE MUSICAL

This musical, which received rave reviews on its Broadway run, is based on the movie classic that runs round-the-clock on television every Christmas. Set in the 1940s in the fictional town of Hohman, Indiana, the musical follows 9-year-old Ralphie Parker and his quest for the Holy Grail of Christmas gifts—an Official Red Ryder carbine-action 200-shot Range Model air rifle. Rebuffed at every turn with a similar echoing response, Ralphie plots numerous schemes to achieve his desperate desire for the coveted BB gun. Topeka Civic Theatre, 3028 S.W. 8th Ave. Fee. See website for show times.
TOPEKA, 785-357-5213
topekacivictheatre.com/a-christmas-story

DEC 6, 7, 8*, 12, 13, 14, 15*, 19, 20, 21, 22*

MATILDA: THE MUSICAL

Direct from Broadway and the National Tour, this captivating masterpiece is the story of an extraordinary girl armed with a vivid imagination and a sharp mind, who dares to take a stand and change her own destiny. An inspiring story to thrill all ages. Theatre Lawrence, 4660 Bauer Farm Dr. Evening Performances start at 7:30 p.m. *Matinee performances start at 2:30 p.m.
LAWRENCE, 785-843-SHOW (7469)
wp.theatrelawrence.com/events/2019-20-season

DEC 11

RUDOLPH THE RED-NOSED REINDEER: THE MUSICAL

Come see all of your favorite characters from the special, including Santa and Mrs. Claus, Hermey the Elf, Bumble the Abominable Snow Monster, Clarice, Yukon Cornelius and, of course, Rudolph, as they come to life in RUDOLPH THE RED-NOSED REINDEER: THE MUSICAL. It's an adventure that teaches us that what makes you different can be what makes you special. Don't miss this wonderful holiday tradition that speaks to the misfit in all of us. Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

JAN 10

STORY SLAM: EMPTY

Stories told live, MOTH-style, September to May (except December). Never the same story, or evening, twice. Adults, 18+ only. Live music and social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. Lawrence Arts Center, 940 New Hampshire. Admission: Suggested Donation \$5.
LAWRENCE, lawrenceartscenter.org/lieled.ku.edu/calendar

EXHIBITS & SHOWS

DEC 7

KANSAS PRAIRIE QUILT CLUB ANNUAL QUILT SHOW

There are two opportunity quilts at this show for participants to have a chance to win. Tickets will be available at the door to purchase, \$1.00 or six for \$5.00. There is a boutique available containing home made gifts/articles for you to purchase for your Christmas shopping. Oskaloosa Middle School Library, 404 Park, 9 a.m.-2 p.m. Admission to the show is free. For more information call 785-331-7017 or email malonej_00@yahoo.com.
OSKALOOSA

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. Wanamaker. 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 aysnley.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 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

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**TUESDAYS, WEDNESDAYS & THURSDAYS
JAZZEXERCISE LITE**

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

**TUESDAYS AND THURSDAYS
HEALTHWISE EXERCISE CLASS**

This fun workout includes chair aerobics, strength training, balance and flexibility exercises tailored to seniors and others looking to stay fit. 9:30 to 10:45 a.m. Tuesdays and Thursdays at Stormont Vail 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 one 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 BOCCE 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

**THURSDAYS
WELLNESS CLINIC**

Blood pressure checks, weights. Lexington Park, 1011 S.W. 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 4**KNOW YOUR NUMBERS – CHOLESTEROL
AND GLUCOSE SCREENING**

This drop-in screening offers a full cholesterol test and blood sugar glucose by finger stick. \$20/test, exact cash or check. A fast of 9-10 hours is recommended; water and necessary medications are okay. Outside LMH Gift Shop, 8-9:30 a.m.
LAWRENCE, 785-505-3066, lmh.org

HISTORY & HERITAGE**DEC 2
KANSAS AFRO-AMERICAN HISTORICAL
AND GENEALOGY SOCIETY MEETING**

The Kansas Chapter of AAHGS meets quarterly to learn about African American history and genealogy. Find them on Facebook or visit kaahgs.org. Marvin Auditorium, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 3-5:45 p.m.
TOPEKA, 785-580-4400

DEC 8**LEAVENWORTH COUNTY HISTORICAL
SOCIETY VINTAGE HOMES TOUR**

Annual fundraiser for the Leavenworth County Historical Society. Tour five or more vintage homes in the Historic City of Leavenworth. Carroll Mansion Museum, 1128 5th Ave., 1-6 p.m. Fee.
LEAVENWORTH, 913-682-7759
leavenworthhistory.org

HOLIDAY EVENTS**DEC 5-7****FESTIVAL OF TREES**

A holiday event with over 60 trees, wreaths, tablescapes, mantlescapes, and outdoor designs. Stormont Vail Events Center, One Expocentre Drive. Fee.
TOPEKA, 785-233-2566
slitopeka.org/festival-of-trees/introduction

DEC 6-8**NATIVITIES AND NOELS**

The eighth annual Nativities and Noels will feature about 900 nativities from around the world, continuous live vocal and instrumental Christmas music, and refreshments. The nativities are on loan from local Latter-day Saints and friends from about 10 other Topeka churches. The nativities will include ornaments and miniatures, homemade, electric, children's, and international ones. (About 100 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, 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: Dec. 6 and 7, 10 a.m. to 9 p.m.; Dec. 8, 3-7 p.m. Free.
TOPEKA, 785-554-8068
<http://bit.ly/Nativities-n-Noels>

DEC 7**GERMAN CHRISTMAS MARKET**

Bring your family and friends to enjoy the day at an indoor Christkindlmarkt. You will find a variety of quality handmade crafts for sale by talented crafters, delicious German food prepared by our congregation, German beer and Gluhwien, a Silent Auction with many wonderful and unique treasures waiting for your bid, and homemade cookies for sale to support Backpack Buddies. As you stroll through the Market you will enjoy live musical entertainment; Pic and Bow (guitarist and violinist), a French Horn Quartet, an Ompa band, recorder music, singing by the St. Paul school children, and much more. Father Christmas will also be there, with a twinkle in his eye, to visit and take photos with children of all ages. Riverfront Community Center, 123 N. Esplanade, 9 a.m.-4 p.m. Free admission.
LEAVENWORTH, 913-682-0387
stpaul-lcms.org

DEC 7**HOLIDAY EXTRAVAGANZA**

This annual show continues to bring artisans and vendors from all over the state and surrounding states, providing a unique atmosphere to appeal to all shoppers and craftsmen. Concessions will be provided by Sandbar Subs. Sports Pavilion Lawrence at Rock Chalk Park, 100 Rock Chalk Lane, 9 a.m.-4 p.m. Free.
LAWRENCE
<facebook.com/events/552925011868822>

DEC 7**2019 27TH ANNUAL LAWRENCE
OLD-FASHIONED CHRISTMAS PARADE**

The Lawrence Christmas Parade is one of the most unique parades in the nation. Authentic horse-drawn carriages parading down Massachusetts Street is the perfect way to kick off the holiday season. Cozy up with hot cocoa and blankets. Feel the true holiday spirit while watching dozens of beautiful horses and wagons adorned in garland and bells. Join us to celebrate American heritage and keep our tradition alive this holiday season. Downtown Lawrence, 11 a.m.
LAWRENCE, lawrencechristmasparade.org

DEC 14**HOLIDAY FARMERS 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, 200 McDonald Dr., 9 a.m.-5 p.m. Free admission.
LAWRENCE
lawrencefarmersmarket.org/holiday-market

**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.

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MEETINGS

MONTHLY

SHAWNEE SWINGERS

Square dancing is a social activity for all ages and benefits the body and the mind. Shawnee Swingers has monthly dances and sponsors lessons in the Fall. For more information, call or text 785-845-2357 or email shawneeswingers@gmail.com. Like us on Facebook (Shawnee Swingers Square Dance Club).
TOPEKA, wesquaredance.com

SUNDAYS

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

O.U.R.S. 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 \$10 per person.
LAWRENCE, 785-842-8034

MONDAYS

BREAST CANCER SUPPORT GROUP

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

MONDAYS, WEDNESDAYS & FRIDAYS WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class times are 6:30 a.m., 9 a.m., and 5 p.m. 1112 W. 6th St., Ste. 124.
LAWRENCE, 785-838-7885
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 SPOUSE/PARTNER LOSS

The Midland Care Center for Hope and Healing, 1112 S.W. 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, 745 Vermont St., 2:15-3:45 p.m.
LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY MEN'S COFFEE

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

FIRST TUESDAY OF 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 S.W. 7th St. TOPEKA, 785-295-5555

TUESDAYS

BREW HA HA!

A coffee group for anyone desiring some fun and coffee at the Midland Care Center for Hope and Healing, 1112 S.W. 6th St., 4-5 p.m.
TOPEKA, 785-430-2194

TUESDAYS

GENERAL GRIEF SUPPORT GROUP

The Midland Care Center for Hope and Healing, 1112 S.W. 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 dhansonabromeit@ku.edu. Rehearsals at Babcock Place, 1700 Massachusetts St., 12:30-1:30 p.m.
LAWRENCE

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 S.W. 8th St.
TOPEKA, 785-478-4947 or 785-296-8349

WEDNESDAYS

GRIEF SUPPORT GROUP

The Midland Care Center for Hope and Healing, 1112 S.W. 6th St., 3-4 p.m.
TOPEKA, 785-430-2194

FIRST & THIRD WEDNESDAY OF THE MONTH DEPRESSION BIPOLAR SUPPORT ALLIANCE

The Depression Bipolar Support Alliance (DBSA) is an organization serving people of all ages who struggle with mental health issues. DBSA meets at the Topeka Shawnee Country Public Library (see board for room) and has a peer-led support group called "Share and Care" from 7-8 p.m. In addition, beginning at 6 p.m. on the third Wednesday of each month, DBSA has a speaker who talks about issues of interest to those struggling with mental disorders.
TOPEKA

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

GRIEF SUPPORT GROUP

Facilitated by LMH Health Chaplin, Robin Colerick-Shinkle. Meets in Conference Room D South. LMH Health.
LAWRENCE, 785-505-3140

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 S.W. 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

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 LMH Health 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 & FOURTH MONDAY OF THE MONTH DEPRESSION BIPOLAR SUPPORT ALLIANCE

The Depression Bipolar Support Alliance (DBSA) is an organization serving people of all ages who struggle with mental health issues. DBSA meets at the Topeka Shawnee Country Public Library (see board for room) and has a peer-led support group called "Share and Care" from 2-3 p.m.
TOPEKA

SECOND & FOURTH MONDAY OF THE MONTH

CHRONIC PAIN SUPPORT GROUP

Come meet others who have similar struggles in a supportive and understanding group. Group Leader: Annie Ross, Certified Peer Specialist. LMH Health Conference Rm. D-North (on lower level), 3:30-4:30 p.m.
LAWRENCE, 785-218-8848

SECOND TUESDAY OF THE MONTH

BETTER BREATHERS CLUB

This free education and support group is for those with chronic lung conditions and their support persons. Meeting is held in the LMH Health Pulmonary Rehab Department, 3rd floor, 330 Arkansas Street. Call.
LAWRENCE, 785-505-5820

SECOND TUESDAY OF THE MONTH

LAWRENCE ACTION CIVITAN CLUB

Civitanians 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 facebook.com/lawrenceactioncivitan or call Jason.
LAWRENCE, 785-691-8520

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. LMH Health, Meeting Room A.
LAWRENCE, 785-505-3062

SECOND THURSDAY OF THE MONTH

LMH HEALTH OSTOMY SUPPORT GROUP

An affiliate of the United Ostomy Associations of America, the LMH Health Ostomy Support Group meets on the second Thursday of each month at 5:30 p.m. in Conference Room D North. No registration required. Free.
LAWRENCE, 785-505-6265
<https://bit.ly/32g2FEK>

SECOND THURSDAY OF THE MONTH

MEADE FLOWER AND GARDEN CLUB

The Meade Flower and Garden Club is made up of amateur gardeners who get together with others who are interested in gardening and exchange information. Meets in the Ward Meade House, 124 N.W. Fillmore Street (Old Prairie Town), in the Preston Hale Room at 6:30 p.m.
TOPEKA, 785-817-4835

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, 745 Vermont St., 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 United Way building, 2518 Ridge Ct., Room A, at 6:30 p.m.
LAWRENCE, 785-841-0030, 785-979-4692

■ CONTINUED FROM PAGE 21

**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, 2 p.m.
LAWRENCE

**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

**THIRD TUESDAY OF THE MONTH
STROKE SUPPORT GROUP**

For those recovering from a stroke, and/or their family and friends. For more information, call LMH Health Therapy Services.

LAWRENCE, 785-505-2850

**THIRD WEDNESDAY OF THE MONTH
BETTER BREATHERS CLUB**

BBC Support group is to improve the quality of life and functional status for members. It will provide disease specific education and emotional connection. Angels Care Home Health Lower Conference Room, 5375 S.W. 7th St., 11:30 a.m.

TOPEKA, 785-273-3560

**THIRD WEDNESDAY OF THE MONTH
CANCER SUPPORT GROUP**

Join representatives from LMH Health 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, S.W. 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 S.W. Topeka Blvd., 12-1 p.m.

TOPEKA, 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 S.W. 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 S.W. 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 govern-

ment employment are welcome, and encouraged to attend. For information, contact 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 S.W. 6th St., 3-4 p.m.
TOPEKA, 785-430-2194

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

■ CONTINUED ON PAGE 23



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**Kaw Valley
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■ CONTINUED FROM PAGE 22

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

THURSDAYS

SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. J&S Coffee, 4821 W. 6th St., 3-6:30 p.m. For more information call or text 785-505-0893.
LAWRENCE

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 STATE EAST SIDE BREWERY TOUR

Free State Brewing Co.'s 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 you will need to reserve your place by registering online. 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
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Source: Huffington Post, huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html

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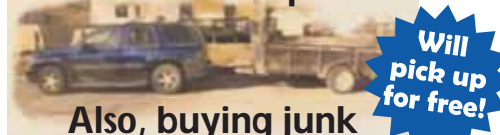
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RICK STEVES' EUROPE

Europe's dead still speak to the living

By Rick Steves

Tribune Content Agency

Over the years, I've popped into a lot of burial grounds—some peaceful and scenic, some eerie and evocative—with all revealing compelling stories of the past. Some high-profile places—such as the catacombs in Rome or Pere Lachaise Cemetery in Paris—get a lot of press, so I've listed some lesser-known sights. No matter what time of year, all are worth a stop.

Naples, Italy: The quirky caves known as the Cemetery of the Fountains (Cimitero delle Fontanelle) are stacked with human bones and dotted with chapels. A thousand years ago, this was just a quarry cut into the hills

north of Naples. But in the 16th century, churches with crowded burial grounds began moving the bones of their long dead here to make room for the newly dead. Later, these caves housed the bones of plague victims and paupers. In the 19th century, many churches again emptied their cemeteries and added even more skulls to this vast ossuary. Then devout locals started to “adopt” the remains. They named the skulls, put them in little houses, brought them flowers, and asked them to intervene with God for favors. If you visit this free sight in Naples' gritty Sanità District, consider bringing some flowers too.

Maramures, Romania: In 1935, a local woodcarver in northern Roma-

DOMINIC ARIZONA BONIUCELLI, RICK STEVES



The Capuchin Crypt in Palermo, Sicily, displays mummified bodies—complete with clothing—intended to remind the living that life is temporary.

nia—inspired by a long-forgotten tradition—began filling a local cemetery with a forest of vivid memorials. Now known as the “Merry Cemetery,” each grave comes with a whimsical poem and a painting of the departed doing something he or she loved. Although the cemetery is dubbed “merry,” many

of the poems are downright morose. Tales of young lives cut short by tragic accidents, warriors mowed down in the prime of life, or people who simply never found happiness are a reminder that life can be anything but cheerful. Even if you can't read the poems,

■ CONTINUED ON PAGE 27



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Rick Steves

■ CONTINUED FROM PAGE 26

the images speak volumes: weaver ... loved bikes ... television repairman ... soldier ... hit by a car ... struck by lightning ... nagging mother-in-law. It's all painted a cheery blue to match the heavens where the souls are headed. It's a poignant celebration of each individual's life, a chronicle of village history, and an irreverent raspberry in the face of death.

Boyne Valley, Ireland: Just 30 miles north of Dublin are two enigmatic burial mounds at Bru na Boinne. These 5,000-year-old passage tombs—Newgrange and Knowth (rhymes with “south”)—are massive grass-covered burial mounds built atop separate hills, each with a chamber inside reached

by a narrow stone passage. The tombs are both precisely aligned to the sun's movements so that a beam of light creeps down the passageway and lights up the chambers—Newgrange at the winter solstice, and Knowth at the equinox. Perhaps the ancients believed that this was the moment when the souls of the dead were transported to the afterlife, via that ray of light. At both sites, huge curbstones—carved with spirals, crosshatches, bull's-eyes, and chevrons—add to the mystery. Thought-provoking, and mind-bogglingly old, these tombs can give you chills.

Rouen, France: When the Black Death took the lives of 75 percent of this community in northern France in 1348, dealing with the corpses was overwhelming. The half-timbered courtyard of Aitre Saint-Maclou was an ossuary where the bodies were “processed”—dumped into the grave and

drenched in liquid lime to help speed decomposition. Later, the bones were stacked in alcoves above the arcades that line this courtyard. The exposed wood timbers were later carved with ghoulish images of gravediggers' tools, skulls, crossbones, and characters doing the “dance of death.” In this danse macabre, Death, the great equalizer, grabs people of all social classes. A cat skeleton displayed here in a glass case was found in the wall; local historians believe it was a black cat buried alive to ward off evil.

Palermo, Sicily: Recently I found myself surrounded by thousands of mummified bodies at Palermo's Capuchin Crypt. Generally, when their brothers passed away, the Capuchin monks put the bones on show to remind people about their mortality. But the monks of Palermo didn't just display bones, they preserved entire bodies. Later, the monks realized

they could charge wealthy parishioners for the privilege of being mummified, which became a fashionable way to be memorialized among some Sicilians. By 1887, the practice had become forbidden except in special cases, and about 4,000 bodies had been collected in their crypt. Today, the public is welcome to wander this collection of fully clothed and remarkably preserved bodies.

All over Europe, you'll find fascinating cemeteries and crypts to visit. When you do, you'll see that even long after death, the bones and memorials still have something to say.

- 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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WOLFGANG PUCK'S KITCHEN

Grown-ups and kids alike will love these simple yet sophisticated treats

When my family and I have gone to holiday parties, I always like to bring along some sort of homemade sweet treat that everyone can enjoy. It's fun to see the looks of happy surprise when your fellow guests see and then taste what you've brought along. And making them in the afternoon before the party can also be an enjoyable activity the whole family can share.



Wolfgang
Puck

A perfect example of that idea is the recipe I'd like to share with you here for Chocolate-Dipped Orange Creams, a candy I first learned to make from former Spago pastry chef Mary Bergin. It features a quickly prepared "cream" filling made of unsalted butter, corn syrup, orange flavoring and confectioners' sugar, beaten and kneaded to a dough-like consistency and then cut into little 1-inch (2.5-cm) patties. The bottom of each patty is then dipped in melted chocolate and left on a sheet of waxed paper until completely set.

The flavors of chocolate and orange—which comes in this recipe from natural orange oil or extract, found in the baking aisle of well-stocked markets—really do complement each other perfectly in these candies, and I've found that everyone

appreciates the combination. They can also both join in the preparation of the treats—although, of course, younger ones should be carefully supervised, especially when it comes to using a stand mixer or hand-held electric mixer for the dough, and melting the chocolate.

One important step in the recipe that should be left to grownups is the essential process known as "tempering" the chocolate. Described in detail in the recipe, it involves melting the chocolate carefully over a double boiler to specific temperature ranges, monitored with a candy thermometer. Doing this slows the streaking, or "bloom," that sometimes appears on the surfaces of chocolate-coated candies and causes them to look dull or discolored. Instead, chocolate that has been tempered will set to a glossy, shiny, beautiful surface.

CHOCOLATE-DIPPED ORANGE CREAMS

Makes 33 to 35 candies

4 tablespoons unsalted butter, at room temperature

1/3 cup (80 ml) light corn syrup

1 1/2 teaspoons orange oil or orange extract

4 cups (950 ml) confectioners' sugar, sifted, plus extra as need

about 4 ounces (115 g) bittersweet or milk chocolate, finely chopped

In the large bowl of an electric mixer fitted with beaters, or using a large mixing bowl and a handheld elec-

tric mixer, combine the butter, corn syrup and orange oil or extract, beating at medium speed until smooth and creamy. Reduce the speed to low and, 2 cups (about 500 ml) at a time, gradually add the sugar, beating just until the mixture starts to come together.

Lightly sprinkle a clean work surface with confectioners' sugar. Remove the mixture from the bowl and, on the work surface, knead it with clean hands until it forms a smooth ball, adding a little more confectioners' sugar if it's a bit sticky; but don't add too much, because the mixture should stay creamy.

With a rolling pin, roll out the filling into a circle about 8 inches (20 cm) across and 1/2 inch (12 mm) thick. Cover with a clean kitchen towel and set aside to rest for 30 minutes, but do not refrigerate.

Place a sheet of waxed paper on a baking tray. With a 1-inch (2.5-cm) cookie cutter, cut out 27 or 28 rounds, arranging them on the tray. Gather up the scraps and reroll them into a circle 1/2 inch (12 mm) thick and cut out 6 or 7 more rounds, placing them on the tray.

Meanwhile, temper the chocolate: Bring about 2 inches (5 cm) of water to a boil in the lower half of a double boiler or in a medium saucepan; then

reduce the heat to a gentle simmer. Put 3 ounces (about 85 g) of the chocolate in the top half of the double boiler, or in a metal bowl big enough to rest atop the saucepan without its bottom touching the water. Do not cover the chocolate, and take care not to let the water in the bottom pan touch the pan or bowl containing the chocolate. Place a candy thermometer in the chocolate and melt the chocolate to a temperature of 115-120 F (46-48 C). Immediately remove the top pan of chocolate from the heat and add the reserved chocolate, stirring to combine and melt thoroughly and to cool the chocolate to 88-90°F (31-32 C) for semi-sweet chocolate or 84-88 F (28-31 C) for milk chocolate.

Immediately begin dipping the orange creams: With a fork, lift a cream from the waxed paper, carefully dip the bottom half of it into the chocolate, and then lift it out and return it to the waxed paper. Repeat with the remaining creams. Do not remove the candies until the chocolate has set completely. Store at cool room temperature in an airtight container in single layers between sheets of waxed paper until serving.

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A History of
Lawrence, Kansas



From the First Settlement to
the Cause of the Rebellion
By Richard Cordley
Edited by Bruce Givens

HUMOR

The Waiting Room Magazine Compliance Association

People who meet Norman Ormandy for the first time are impressed. Norm is 6' 2", has thick dark hair and a stony-looking countenance. But friends and relatives know Norm's stony face hides a 10-year-old kid's mischievous imagination.

This story begins with Norm and his wife sitting in a waiting room—an occurrence all adults are familiar with.



Larry
Day

Leafing through one of the magazines he noted that it bore a very recent date. Ding! Norm's mischievous imagination kicked in. He took the magazine to the counter

"Excuse me," said Norman. "May I see the person in charge?"

"May I help you, Sir?"

"This magazine is out of compliance. You need to tell the office manager."

"What do you mean?"

"I represent the Waiting Room Magazine Compliance Association and this magazine is out of compliance.

"What's wrong with it?"

"It's too new. Compliance regulations require waiting room magazines to be at least two months old."

"You're kidding."

Norm put on his most formidable "I'm not kidding" face.

"Young woman, this violation could get your office shut down."

The young woman pressed a button.

"Sir, we have a problem."

"What's the trouble, Megan?"

"A man says our magazines are too new and he's going to shut down the office."

"Say what?"

"Take this magazine and show it to

him," said Norm.

The young woman looked perturbed, then resolute.

"Sir, I need to show you something."

"Okay. Come on back."

The young woman took the magazine and walked to a door marked "Private."

As the door closed behind her, Norm waved to the other waitees, and left. The look on the young woman's face made Norm's mischievous streak bloom and he wanted to tell his friends about it.

The next day Norm ordered 100 cards titled "Magazine Waiting Room Association Compliance Regulations." The card listed a dozen rules of compliance. Then he ordered a batch of "This office is in violation of the Waiting Room Compliance Association Regulations. Please comply or we will be forced to take action."

For the next month Norm visited waiting rooms around the country. Every time he found a non-compliant magazine he gave a compliance card to the admitting desk.

"Please give this card to the person in charge," he said. "We'll call on you again in a couple of weeks."

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Within a couple of weeks there was chatter on the Internet.

"What is the Waiting Room Magazine Association?"

"Who is the guy who goes around telling doctors and dentists and financial planners that they are out of compliance with his outfit?"

Norm knew it was time for him to lie low. He quit visiting waiting rooms. He shredded his regulation and compliance cards. After a week the Internet dropped the magazine topic.

Months later Norm decided to check on a few waiting rooms.

Since Internet chatter had spread his waiting room noncompliance activities all over, Norm did his research a long way from Letongalooosa.

He wore a fake mustache, glasses, a blue suit and white shirt. He looked very different.

Norm's first stop was at a dentist's office in New Jersey. He walked in and picked up a magazine. The date was old.

Norm visited a few offices in other states and found old magazines in all of them. As he walked out he whispered, "Gotcha."

A month later Norm was feeling relaxed. Then the bell rang. Norm went to the door. Three tall men in dark suits were on his stoop. Idling at the curb were two big black SUVs.

"Norman Ormandy?" said one of the men.

"Yes."

"Secret Service, Sir. You'll need to come with us."

They hustled him down the sidewalk to the curb.

"Please step into the vehicle. I'm sorry, but we have to blindfold you."

The car drove around for 15 minutes and then pulled to the curb.

The men hustled Norm out of the SUV and up the steps of a residence. They knocked at the door. Someone removed the blindfold.

"Gotcha!" shouted his friends and family. Norm was standing at his own front door.

- 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

Service dogs have a job to do, so don't distract them

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: Often when I am shopping or visiting a park, I encounter service dogs and pets on leashes. I know I should not engage with a service dog unless the owner encourages contact. Often, though, I come upon pets that want contact and interact with me.

My question is, how should I approach pets and service animals in these situations? - Pete

Dear Pete: As you point out, people shouldn't interact or distract service animals while they are working, because the distraction could cause them to miss something they need to do. Take, for example, bomb-sniffing dogs at the airport. While there are times when the officers in the airport might allow some interaction as part of airport goodwill, airport patrons should not engage the dogs, make any kissy noises or do anything to distract them from what they are doing, which is keeping us safe.

This goes for any service animal helping people. If you are unsure about an interaction, just ask the dog's owner or handler for permission to pet the dog.

As for someone's leashed pet, the same basic protocols apply. Even if a dog is head butting you to pet him, ask the owner or handler for permission to pet their dog first. There may be an instance where a dog owner might need to give you some information prior to engaging the dog such as, "He's got an earache on the left side, so stick to this right side when petting him."

Dear Cathy: We've had our indoor cat for four years and she has always used a covered litter box with no problem. Recently, she has been pooping around the litter box instead of in it. She seems to want the cover off, but she really never had a problem until now. We don't want to switch to uncovered because she kicks litter all over.

We've tried putting a cat-attracting additive in the litter, but it didn't make

any difference. Can we do something to get her back to pooping in her box? - Linda, Mineola, New York

Dear Linda: Litter box problems are a cat's way of saying something is wrong. The problem is, wrong could mean many things to a cat. From her not liking the placement of the box anymore because suddenly there's a lack of privacy to not liking the depth of the litter, the scent of the litter or the frequency for which the litter is cleaned. Some cleaning products can cause litterbox issues too. (Never clean a litterbox with citrus-scented products.)

Because of the newness of the problem, however, I recommend getting her checked by a vet to make sure she is not constipated. Even if her stools are not rock hard, she could be having some abdominal discomfort or even anal itching, which can change a cat's litterbox habits in a heartbeat.

When cats are constipated or having trouble pooping, they sometimes go from pooping in the box to needing to stand on the edge of the box to make things happen. If there's a covered box and she can't do that, she may opt for near the box instead. If it's near the box, at least you know she is trying.

Take her to the vet to make sure things are working fine on that end. Continue using the cat litter attractant. And, take the lid off the litterbox for a few days to see if she starts to use it.

Dear Cathy: I have been feeding some feral cats and kittens who have been old enough to run around and eat on their own since late June. Can I stop feeding them without doing them any harm? -Joan, New York

Dear Joan: These cats have relied on you for food, so if you stop feeding them, they will need to find a new food source. They may expand their territory and become more visible in the neighborhood as they search for food or may get sick and weak when there is no fresh water or nutrition to be found.

If you can't afford to feed them any-

more, find a humane society or food pantry for some cat food or ask your neighbors to help with the feeding, so this doesn't all fall on you. If you can't feed them for any other reason—and your neighbors won't help—call a local feral cat group to see if they can send out an appeal for a volunteer to take over feeding (and fixing) these cats. (Kitten can get pregnant by four months.)

- 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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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 Christmas 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, an APP and website based Classic Hits radio sta-

tion that plays a variety of music from the 60s, 70s, 80s and 90s and covers the genres pop, rock, country and soul. The station is in its 7th year in operation and can be also be found on Roku and Tune In Radio. For more information, email briarcliffgroup@gmail.com.

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GOREN ON BRIDGE

WITH BOB JONES

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FORCED ENTRY

Both vulnerable, South deals

NORTH

♠ K J 9 3

♥ 9

♦ Q 9 6 4 3 2

♣ A 3

WEST

♠ A 10 4

♥ Q 2

♦ J 10 8 7 5

♣ 8 7 2

EAST

♠ 8 5 2

♥ K J 6 5 3

♦ Void

♣ K J 10 5 4

SOUTH

♠ Q 7 6

♥ A 10 8 7 4

♦ A K

♣ Q 9 6

The bidding:

SOUTH	WEST	NORTH	EAST
1NT	Pass	2♣	Dbf
2♥	Pass	3NT	All pass

Opening lead: Seven of ♣

The opening club lead was ducked in dummy and won with East's king. East continued with a low club to dummy's ace as West followed with the eight. This contract would be easy if the diamonds split 3-2. Even a 4-1 split could be handled if West held the ace of spades, as two spade entries would allow South to set up the diamonds and then get back to

dummy to cash them. South had to re-think the whole hand when East showed out on the first diamond. The diamonds were now unusable except for the top three, and there were only eight tricks unless the spades came in for three tricks, which wasn't likely with no side entry to dummy.

Declarer found a clever way to get his ninth trick. He cashed both high diamonds in his hand and led a low spade to dummy's jack. He then made the key play of running the nine of hearts to West's queen. West exited with his last club to South's queen. South needed West to have started with three spades to the ace, to go with his known three clubs and five diamonds. He cashed the ace of hearts, removing West's last heart, and led the queen of spades.

West ducked the queen of spades, but there was no escaping his fate. South continued with another spade. West had to win and put dummy in with the queen of diamonds to enjoy the last spade. Nine tricks, with the help of his friends. Nicely played.

(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)



By David L. Hoyt and Jeff Knurek



2-24-19

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INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

YOUR BOGGLE RATING

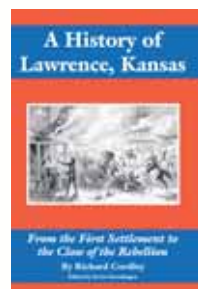
- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST NINE COLORS in the grid of letters.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



The History of Lawrence, Kansas

by Richard Cordley

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PUZZLES & GAMES

CROSSWORD

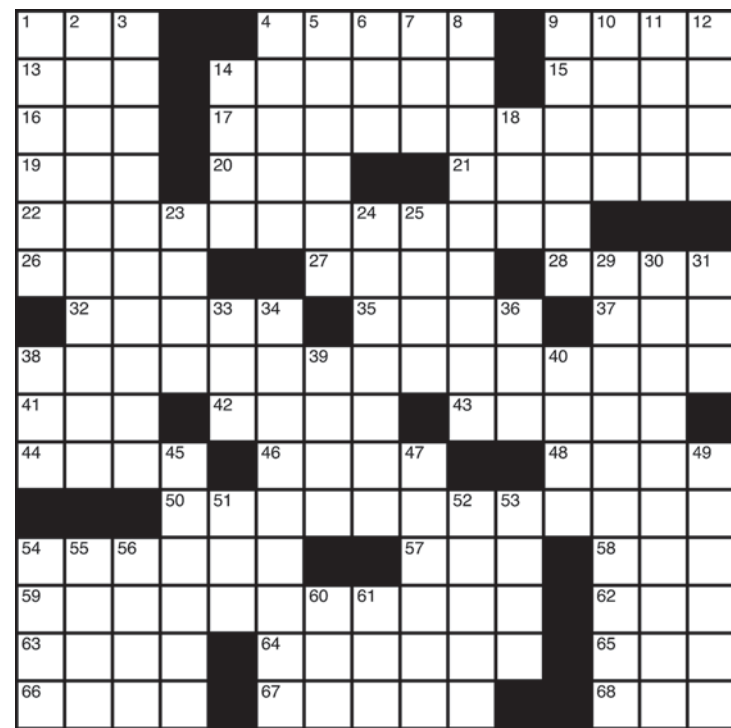
Across

- 1 Start of something
- 4 Know-it-all
- 9 Sticky roll
- 13 Title car in a Ronny & the Daytonas hit
- 14 Michelangelo's "The Last Judgment," e.g.
- 15 Australian export
- 16 Like Gen. Powell
- 17 Vito Corleone talking bobblehead?
- 19 N.T. book before Phil.
- 20 Denver-to-Wichita dir.
- 21 Oppressive atmosphere
- 22 Goal of a holistic chiropractor?
- 26 Renewal notice feature, briefly
- 27 Like a well-written mystery
- 28 Hammer user's cry
- 32 Payment in Isfahan
- 35 Chem. and bio.
- 37 Drift (off)
- 38 As a group, emulate

- Popeye?
- 41 Singer DiFranco
- 42 Pop
- 43 TV oil name
- 44 "The Good Wife" figs.
- 46 Fabric rib
- 48 Its home version debuted at Sears in 1975
- 50 Maiden aunt mascot?
- 54 Israeli prime minister after Barak
- 57 "___ Gotta Be Me"
- 58 Way to go: Abbr.
- 59 Enjoying the new car ... or what four puzzle answers are literally doing
- 62 Great Basin native
- 63 Saharan
- 64 Hydrocarbon gas
- 65 Rx item
- 66 Inheritance factor
- 67 Tends
- 68 Humanities maj.

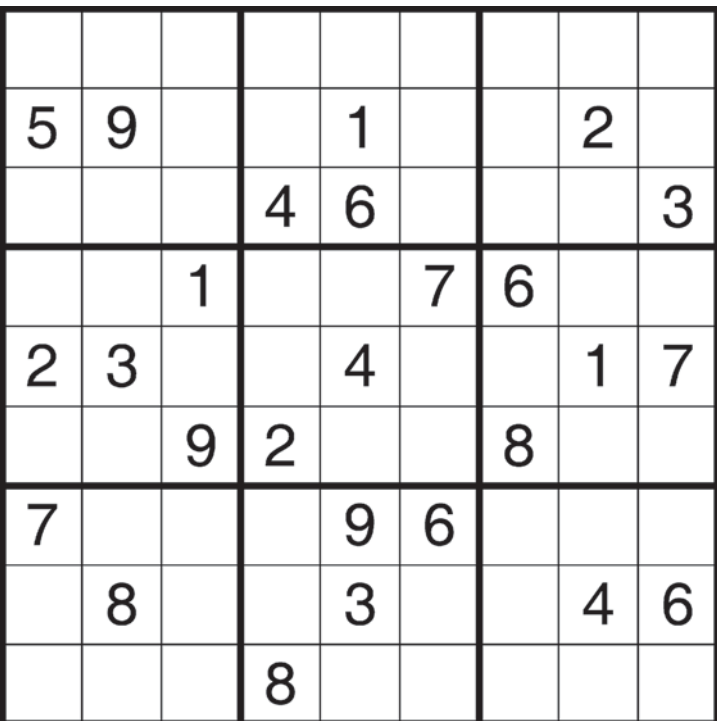
Down

- 1 Way out
- 2 Mike or Carol on "The Brady Bunch"
- 3 "I guess the moment has finally arrived"
- 4 Impetuous
- 5 Find a new table for
- 6 Nile slitherer
- 7 It's here in Paris
- 8 Anchored for life, as barnacles
- 9 Word in morning weather forecasts
- 10 Mil. mail drops
- 11 It faces forward in a stop sign
- 12 Big name in jazz
- 14 Like IHOP syrup
- 18 Alabama Slammer liquor
- 23 Type of tide
- 24 Troublemakers
- 25 Often
- 29 Bridge bid
- 30 Glasses with handles
- 31 One working on a bridge: Abbr.
- 33 Fleur-de-___
- 34 What a kid is prone to make in winter?
- 36 Farm mom



- 38 Pastoral call
- 39 Early exile
- 40 Ones with clout
- 45 Variable distance measure
- 47 Hand-held allergy treatment
- 49 Insatiable
- 51 Very long time
- 52 Political columnist
- Molly
- 53 Island bird named for its call
- 54 Doe beau
- 55 Long-eared critter
- 56 Similar
- 60 Snacked
- 61 ___ Na Na

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JUMBLE

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

WYLOL

PODTA

RHOFUT

GULAPE

Check out the new, free JUST JUMBLE app

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

Print answer here: ○○○○○○○○○○○

SCRABBLE G.R.A.M.S.

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PAR SCORE 255-265
BEST SCORE 338

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

Answers to all puzzles on page 34

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

BOOGLE ANSWERS

RED, TAN, GRAY, TEAL, PINK, GOLD, BLUE, WHITE, BEIGE

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JUMBLE ANSWERS

Jumbles: LOWLY, ADOPT, FOURTH, PLAGUE

Answer: When elevators in buildings started to become popular, people were -- FLOORED

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SCRABBLE G R A M S SOLUTION													
G ₂	I ₁	D ₂	D ₂	Y ₄	A ₁	P ₃	RACK 1 =	95					
S ₁	U ₁	R ₁	R ₁	E ₁	A ₁	L ₁	RACK 2 =	57					
A ₁	D ₂	O ₁	P ₃	T ₁	E ₁	E ₁	RACK 3 =	60					
P ₃	O ₁	L ₁	K ₅	A ₁	E ₁	D ₂	RACK 4 =	65					
T ₁	O ₁	A ₁	D ₂	I ₁	S ₁	H ₄	RACK 5 =	61					
PAR SCORE 255-265								TOTAL	338				

MY ANSWER

Give your life to Christ and escape the poverty of the soul

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: Is there something more we can expect after we die? - L.E.

A: The singer Madonna once asked a series of questions when being interviewed about her thoughts on war, senseless killings and famine. She asked five questions: "Where is it all going? Why am I here? What do I believe in? What's the whole of life? Is there life beyond this world that we live in?"

Several years ago the cover of "Time" had a haunting black-and-white photograph of a desperate and nearly lifeless-looking woman. She had three children clinging to her, and the headline read, "How to End Poverty." Millions die each year because they are too poor to live. It is sad but true. We live on a

ravaged planet, affected by sin in every part: the earth, the sky, the sea, the animals and especially the human family.

This wasn't God's plan. We were created in His image. We were meant to live as He made us to live, but man's

disobedience brought about sin. This is the worst kind of poverty that plagues the human race, the poverty of the soul, where our longings are never satisfied, where our desires are never filled, where our hopes are unrealized and fears grow.

Give your life to Christ and receive the richness of His grace.

- This column is based on the words and writings of the late Rev. Billy Graham.

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Sons of The American Revolution

Can you trace your family tree back to a point of having an ancestor who supported the cause of American Independence during the years 1774-1783? If so, please consider joining the Sons of the American Revolution. Local contacts can guide you through the membership process.

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“The 50+ demo accounts for half of all consumer expenditures — yet a shockingly small 10 percent of marketing dollars are targeted toward 50+.

Clearly, the numbers don't add up, and overlooking the 50+ demographic is a major marketing mistake. Targeting the 50+ demo, marketers will see serious payoff when it comes to benefitting their bottom line.”

Source: Huffington Post, huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html

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