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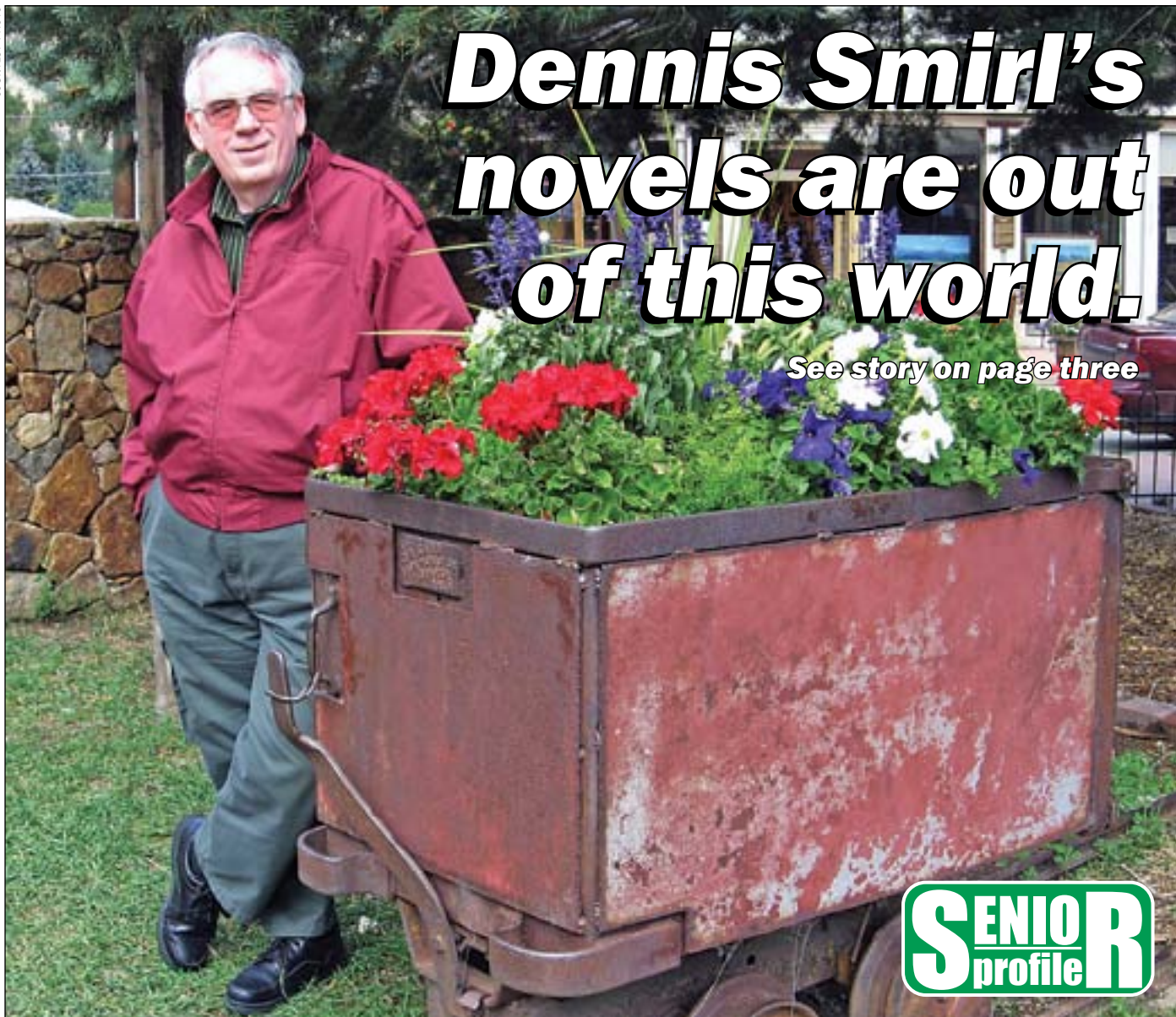
January 2015

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 14, No. 7

INSIDE

COURTESY PHOTO



Dennis Smirl's novels are out of this world.

See story on page three

SENIOR
profile



This month's issue features a 16-page "Senior Resources Directory." See inside.

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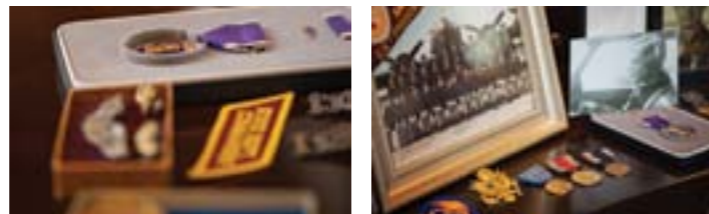


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Kansas Authors Club names Smirl prose writer of the year

By Kevin Groenhagen

As a former Air Force officer, Dennis Smirl is familiar with many types of aircraft. However, as an author, today he writes more about spaceships and interstellar travel.

Born in Cherokee County, which is located in the southeast corner of Kansas, Smirl graduated from Pittsburg State University in 1963. He then moved to Denver to work on a federal research project for children with handicaps.

"We worked to get the children out of institutions and into halfway houses," Smirl said. "I did that for a couple of years and then federal funds dried up because of the Vietnam War. So I went ahead and joined the Air Force. I was a maintenance and safety officer. I was stationed in Illinois, Colorado, Vietnam, and finished up in North Carolina. I was at Peterson Air Force Base in Colorado, which services the Air Force Academy and the North American Aerospace Defense Command. That was the job of the century. I never had a better job. I had just made first lieutenant and they came to me and said,

'We really need you on an additional duty.' Every officer had an additional duty. So they gave me a really short list and one of the duties that everyone hated was a wing retention officer because you were ranked on how well you kept other guys in the service. I took the job anyway."

As a retention officer, Smirl worked to convince other officers to stay in the Air Force after they had fulfilled their initial commitments. It is not an easy job, but Smirl came up with an innovative incentive program.

"I turned myself into a travel agency," he said. "I took young officers on trips. On one trip, I took the officers to Seattle. We saw the first 747s before they even hung the engines on the wings. We went aboard the battleship Missouri. We went aboard the Big E, the Enterprise. We went to Fort Lewis and McChord Air Force Base. I had them in Seattle for five days. Afterwards, they had to write up a comprehensive log of what they did. They loved the experience. We took another trip 180 days later to Nellis Air Force Base. I was able to get with the Atomic Energy



Dennis Smirl

Commission and we went underground, where they had exploded a nuclear test weapon."

According to Smirl, the trips helped him increase the retention rate.

Smirl then received orders to serve

with the 4th Special Operations Squadron (SOS) on Nha Trang Air Base in South Vietnam. The SOS flew the AC-47D, a gunship that provided close air support for ground forces.

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Dennis Smirl

■ CONTINUED FROM PAGE THREE

After leaving the Air Force, Smirl earned a master's degree in school psychology and, in 1970, became a school psychologist in Charlotte, N.C. While there, he developed an interest in computers.

"I went back to night school at the community college and started studying computers," Smirl said. "I didn't know what I wanted to do with it. I had probably taken 20 to 25 courses. One day they asked me if I wanted to teach. So I taught at the college there. Later, there was an opening to teach computer science at Fort Scott Community College in Kansas. I took that opening since, at the time, I had family there. I was there from 1985 until I retired in 2000."

For several years prior to 2000, Smirl and his wife, Marise, began looking for places to move to after retiring.

"We were looking for a town with good traffic management, reasonable house prices, central location, and good hospitals," Smirl said. "We checked Springfield, Missouri, Oklahoma City, Tulsa, Kansas City, and Topeka. Topeka has plenty of doctors, plenty of hospitals, and one of the best libraries I have ever been in."

After retiring and moving to Topeka, Smirl told himself that he was going to get serious about writing. He had written a bit before retiring, but had very little time to do so since he worked at the community college five days a week. On three of those days, he was at the college from 7:30 a.m. to 4:00 p.m., and then again from 6:00 to

10:00 p.m.

Smirl also had to learn to write differently.

"I had to write numerous reports as a school psychologist," he said. "However, that is scholarly, passive writing. I had to learn active writing when I started writing fiction. I had a transition period in which I had to train myself to write in a much more active voice."

Since moving to Topeka, Smirl has written several science fiction and mystery novels, as well as dozens of short stories, some of which take place in a psychologist's office. He also joined the Kansas Authors Club (KAC).

"We subgroup in KAC," Smirl said. "I'm part of a group of six authors. We get together weekly to share what we're writing. We receive good, supportive critiques, and really have a great time kicking around ideas. I like these people."

In October, KAC named Smirl the Kansas prose writer of the year at the group's annual meeting in Hutchinson. This was the first year KAC honored an author with this award. Smirl also received first- and third-place awards in the 35-entry short fiction category for "The Adoption" and "Correcting the Record." In addition, he received second- and third-place awards in the Sci-Fi/Fantasy division.

According to Smirl, writing short fiction for KAC contests is really challenging because there is a 2,000-word limit. He prefers the novel format, which allows him to go into much more detail. He published *Not Without Honor*, his favorite novel, last summer. It is the first book of his "MacCollie" series. Smirl did all the formatting of the book himself, and then used a

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YES, THERE IS A DIFFERENCE IN HOSPICE SERVICE PROVIDERS.

Dennis Smirl

■ CONTINUED FROM PAGE FOUR

stock cover from CreateSpace, which is a subsidiary of Amazon.com. Sales were somewhat disappointing initially, which Smirl blames on the cover.

"It wasn't a bad cover, but it wasn't a grabber," he said.

Smirl asked Brian Allen, a fellow KAC member in Topeka, to work on a new cover.

"From the time I introduced *Not Without Honor* with Brian's cover, in three months I sold 1,200 copies," Smirl said.

So much for not judging a book by its cover.

Most of Smirl's sales are for electronic books, or e-books. "I'm more interested in e-books than in paper and ink," he said. "If you work things right, the royalties on e-books are higher than on paper and ink."

Smirl also notes that royalties are higher through self-publishing with CreateSpace than they typically would be with a traditional publisher. Cre-

ateSpace also gives Smirl a larger pool of potential book buyers. Five percent of his gross sales have been from readers in Canada, England, Scotland, and Australia.

Smirl currently has several writing projects in the works. In addition, he has plans to make several of his books available as audio books through ACX, which is also an Amazon platform.

In addition to writing, Smirl has volunteered as a docent at the Combat Air Museum in Topeka during the past four years.

"One of the things I tell tour groups is that I was born in 1942," he said. "The airplanes I was working with in Vietnam were 1939, 1940, and 1941 models. They were older than I was. When I came back to the states—I still had a year to serve—we had brand-new F-4 Phantoms coming off the assembly line. So I went from the oldest airplanes to the newest airplanes just by flying halfway around the world. My favorite tours are with high school and college groups. Those are when I really get the great questions. They just come flying."

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A Smirl Sampler

Dennis Smirl currently has 10 novels, two collections of short stories, and a collection of novellas available on Amazon.com. Interestingly, Smirl has found just one other Dennis Smirl in the world, and he is also an author with a book on Amazon.com. Fortunately, their books are in different genres. "He wrote a Christian novel, while I do science fiction—rockets, robots, and ray guns," Smirl explained.

Here are short descriptions of Smirl's novels in the "MacCollie" series:

Not Without Honor: The Fellowship of Humanity has endured for almost three hundred years, managing to keep most of its dirty secrets hidden.



Those that try to surface become the targets of the Directorate of Special Operations and its enforcers, a group of special Marines known as Blackjackets.

The most egregious secret was the creation of gen-tampered warriors, created to tip the balance in favor of the Fellowship during the Wars of Separation. After the wars, the Fellowship had no need of such deadly fighters, and ordered all of them exterminated.

Still, some got away and journeyed hundreds of light-years before finding a planet that could be terraformed and turned into a haven for those who had been so misused.

Nothing could have prepared MacCollie scout Naomi Bricklin for her chance encounter with the repopulated society of outcasts, reluctant warriors who only wanted to be left alone on a planet they had made their home.

Breaking the Trust: The MacCollies have enjoyed a monopoly on interstellar travel for more than 200 years. Even Fleet—the military arm of the Fellowship of Humanity—has to use MacCollie drives and MacCollie-trained engineers to get starships from one planetary system to another.



When an alien ship, with a totally different type of star drive is found by a small group of disaffected MacCollie engineers, they decide to learn the secrets of the alien drive and destroy the MacCollie monopoly. In doing so, they may shift the balance of power, and plunge the Fellowship of Humanity into an all-out civil war. Pushing forward with their unsavory goals, they recruit an ex-Fleet officer and try to use his training as an astrogator without ever telling him the truth about who they are and what their goals include. When he learns their secret, will he be able to stop them and save the Fellowship of Humanity for a cataclysmic end?

Waltz of the Harlequins: Preparing planets for colonists is dangerous work—especially when the planet may have sentient inhabitants who object. Geier Troutman has been tasked with preparing a planet that may be inhabited, and according to the evidence, may have been involved in an interplanetary war hundreds, or even thousands of years ago. For Geier, the task is even more daunting as he's been asked to step in as leader of the preparation team because the former leader died in an accident. Will the team accept his leadership, and will they find that the planet is inhabited and that its inhabitants aren't in a mood to give it up without a fight?



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Green's Home Improvement expands into ADA remodeling

By Billie David

Green's Home Improvement is a family-owned business, and in the nature of families they decided that, because of the experience they have gained through helping someone in their family who faces mobility issues, they would expand into ADA remodeling.

"We have a family member with a disability, so we have compassion about that," said Tressa Green, whose husband, Steve Green, co-owns the business with their son Dustin Bolze.

"We already owned the business. We just started specializing in mobility modifications," she added. "We love it, and we found out that a lot of contractors don't do it. We call ourselves mobility specialists."

With the goal of helping people stay in their own homes as long as possible, Green's Home Improvement installs chair lifts, walk-in safety showers and tubs, and grab bars. They also build ramps and widen doors, and they install ADA bathrooms and kitchens. Recently, the business also expanded to offer vehicle lifts, power chairs and scooters.

The Topeka-based business serves customers in Topeka and surrounding area.

"But we have gone up to three hours from Topeka," Green said. "It depends on the need."

Home improvement comes naturally for the Greens.

"My husband's done it for years," Green said. "He's been a handyman since he was a teenager, and it grew from there."

And in keeping with the family business theme, seven of the Green's children work in the business in some capacity.

Green's Home Improvement's work is guaranteed, and emergency services are available.

In addition to providing solutions to mobility issues and installing products to make the home more accessible, Green's Home Improvement specializes in bathroom remodeling and home renovation, including plumbing, light and electric work, painting, dry wall installation and removal, door and window installation, and carpentry, including cabinetry and building and repairing decks and wooden fences.

Customers interested in Green's Home Improvement's services and products can schedule a no-obligation, free estimate by calling 785-871-4441 or 785-224-4603.

"We can do a walk-through survey of the house and see what's needed," Green said. "We will ask what's needed and, based on what they can

■ CONTINUED ON PAGE SEVEN

COURTESY PHOTO



Left to right, back row: Dustin Bolze, son/owner/installer; Tressa Green, owner/office sales; Mark Lucas, son-in-law/lead installer. On the scooter: Steven Green, owner.

Green's Home Improvement

■ CONTINUED FROM PAGE SIX

afford, we can do one project at a time."

More information is available on the business website at greenshomeimprovement.com, where one can view options for accessible bathrooms, showers, tubs and chair lifts. Green's Home Improvement's products, including lift chairs and scooters, can be seen at ameriglide-topeka-ks.com. Their Facebook page also provides information.

"We have lots of photos on Facebook," Green said.

"We are going to be setting up at the garden show at the end of February," she added, "and you can see our displays and products in our showroom at 1508 SW 41st Street in Topeka."

KEVIN GROENHAGEN PHOTO



Left to right: Daughter-in-law Sara Kutina, mobility coordinator, and Tressa Green, owner/office sales.

Healthy Living

Two kinds of fish

Chefs and nutritionists divide fish into these two main types:

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■ Non-oily, or white

• Cod, haddock, whiting, flounder and other flatfish, catfish, red snapper, sea bass, canned tuna

• Same calorie and protein content as oily fish but fewer omega-3's

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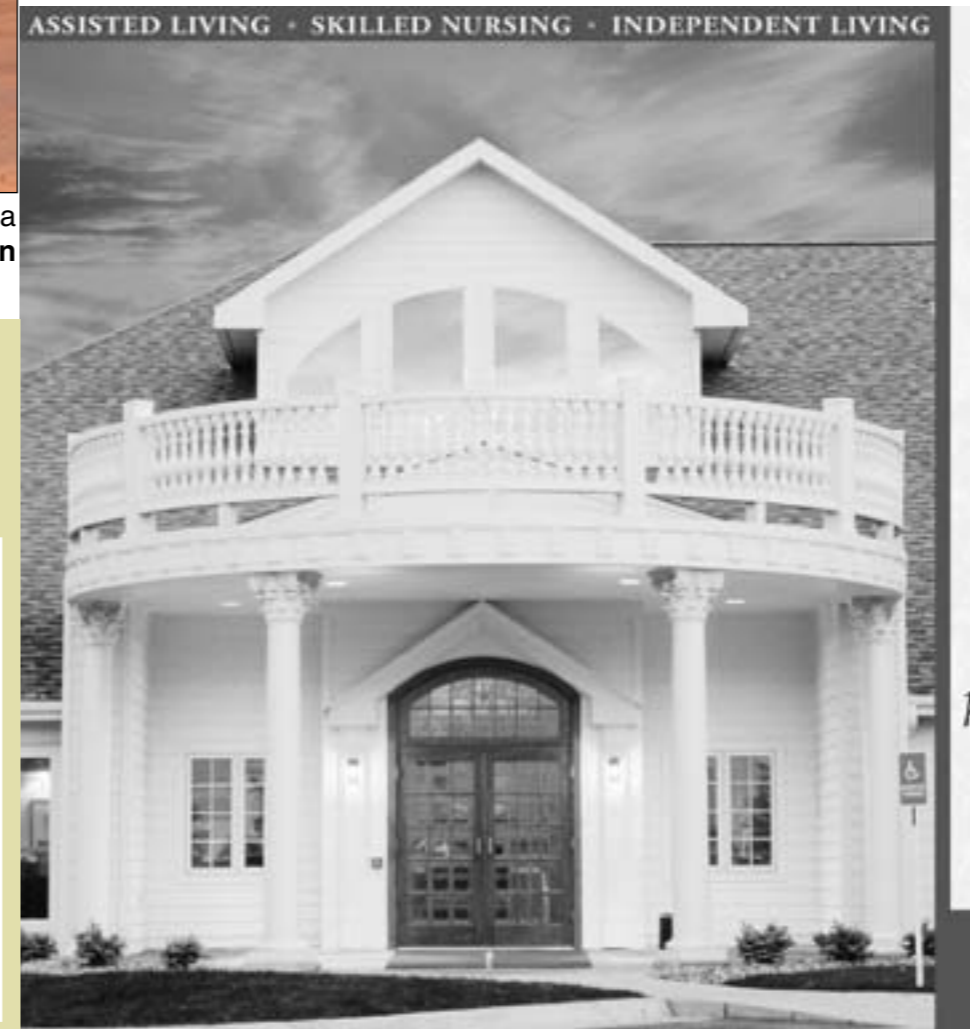
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Feeling younger than actual age means lower death rate for older people

Turns out, feeling younger than your actual age might be good for you.

A research letter published online on December 15 by JAMA Internal Medicine found that older people who felt three or more years younger than their chronological age had a lower death rate compared with those who felt their age or who felt more than one year older than their actual age.

Self-perceived age can reflect assessments of health, physical limitation and well-being in later life, and many older people feel younger than their actual age, according to background information in the report. Authors Isla Rippon, M.Sc., and Andrew Steptoe, D.Sc., of the University College London, examined the relationship between self-perceived age and mortality.

The authors used data from a study on aging and included 6,489 individuals, whose average chronological age was 65.8 years but whose average self-perceived age was 56.8 years. Most of the adults (69.6 percent) felt three or more years younger than their actual

age, while 25.6 percent had a self-perceived age close to their real age and 4.8 percent felt more than a year older than their chronological age.

Mortality rates during an average follow-up of 99 months were 14.3 percent in adults who felt younger, 18.5 percent in those who felt about their actual age and 24.6 percent in those adults who felt older, according to the study results. The

relationship between self-perceived age and cardiovascular death was strong but there was no association between self-perceived age and cancer death.

“The mechanisms underlying these associations merit further investigation. Possibilities include a broader set of health behaviors than we measured (such as maintaining a healthy weight and adherence to medical advice), and

greater resilience, sense of mastery and will to live among those who feel younger than their age. Self-perceived age has the potential to change, so interventions may be possible. Individuals who feel older than their actual age could be targeted with health messages promoting positive health behaviors and attitudes toward aging,” the study concludes.

BrewsterConnect membership allows area seniors to take advantage of many Brewster Place programs

Brewster Place is changing the name of its Brewster at Home program to BrewsterConnect. Brewster at Home has been Brewster’s program to enable those not living at Brewster Place to enjoy the social, wellness, fitness and educational programs that residents enjoy, plus take advantage of Brewster’s transportation and list of vetted vendors to enable them to continue living successfully in their home.

With the name change, current members will not notice any changes to their memberships.

The reason for the name change is because it better reflects the purpose and mission of the program. With a membership in BrewsterConnect, beginning as low as \$39 per month, seniors can:

- Get Connected to Brewster’s incredible offerings of wellness and exercise programs.
- Get Connected to Brewster Place for trips, social and cultural events and educational seminars.
- Get Connected to Brewster’s network of trusted service providers—including home health, housekeeping, home repairs, meal delivery, lawn care and computer assistance.
- Get Connected with transportation to activities at Brewster Place, plus shopping trips and doctor’s appointments. Brewster’s transportation can even zip you off to the airport in Kansas City.

“BrewsterConnect members have access to all activities on campus, fitness classes and wellness education, arts and crafts classes and studio time, and attending our varied list of off campus day trips,” says Eileen McGivern, Brewster’s director of BrewsterConnect. “Members have access to transportation, technology to stay safe at home as well as medication reminders. Members also have access to our preferred vendor list of services, many of whom provide a discount to BrewsterConnect members for their services.”

With the holiday season behind us,

many families are now looking toward the future and making tough decisions. BrewsterConnect receives many calls from adult children who have visited

parents during the holidays and are concerned about them. For example:

- “Mom isn’t as active as before and I am concerned about her balance and falls.”

• “Dad doesn’t have the connections with people since he retired and seems isolated.”

• “Who would you recommend to make some changes to my parents’ home to make it safer and more accessible?”

- “I have heard that Brewster has transportation to the Symphony and Topeka Civic Theater—my parents

hate to drive at night.”

If you are asking some of these same questions about your parents, you might consider a membership to BrewsterConnect. If you would like more information or find out how to become a member, you may reach BrewsterConnect at 785-274-3303. You can also access further information about the program online at www.brewsterconnect.org.



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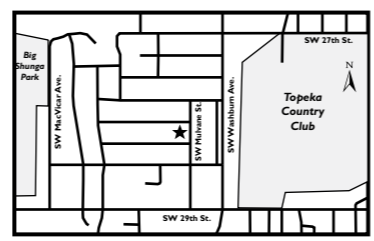


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Death is a certainty. Incapacity a possibility. You need a plan for both.

So, if you don't have a plan, resolve to get one done. Even if you don't care what happens after you die, prudent self-interest dictates that you have a plan—established via legally valid documents—for who will handle your



Bob Ramsdell

financial affairs and medical decisions if you become incapacitated.

If you have a plan, review the provisions in your existing Trust, Will, Powers of Attorney, and Living Will & Healthcare Directive to see if they are still what you want. If your Will nominates guardians and your children are now adults, it's no big deal—that portion of your Will is simply ignored as "overcome by events." On the other hand, if your children are still minors but you've decided you would want

someone different to serve as guardian if you die, then getting that provision updated via a Codicil or new Will is very important.

Some other items to review are as follows:

- Are you still happy with the persons named as your primary and backup healthcare agents, attorneys-in-fact, trustees, executors, etc.? If something has occurred that causes you to question the integrity or capability of anyone named as a fiduciary, then you should execute updated documents naming someone else. (Particularly if you've divorced and don't want your ex-spouse – still named as your healthcare agent – to be the one saying: "Yes, doctor, I'm certain _____ would just want comfort care and to let nature take its course given this diagnosis.") Also look for "holes" in your plan caused by the death, incapacity, or move to Timbuktu of your fiduciaries.

- Has there been a significant change in your financial condition, either an increase or decrease, such that you want alter how assets are distributed at your death? Or have you simply changed your distributive intent based upon deaths, births, adoptions, marriages,

divorces or changes in relationships?

- If your plan incorporates significant specific gifts, do you still own the property? For example, assume your spouse is deceased and you have two children. Susan, who lives nearby, would love to inherit the family home. Roger, living in New York, has no interest in the house. Since your other assets are roughly equal in value to the house, you make a specific devise of the house to Susan and leave everything else to Roger. Time passes. You sell the house and move into a retirement community. Unless you update your Will, you have effectively disinherited Susan as there is no longer a house for her to receive as a specific devise.

- Are your beneficiary designations up-to-date and coordinated with the rest of your plan? Keep in mind that who gets your life insurance and retirement accounts (such as IRA's and 401k's) is determined by the beneficiary designations on file, not your Will or Trust. The same is true if you've made any pay- or transfer-on-death designations.

- Do you know for certain how your property is titled? And that the titling matches your plan? On several occasions I've assisted surviving widows who were surprised that all or a portion of the ownership of their home was held solely in the name of the deceased spouse who died intestate – leaving them half of that interest with the other half split among the deceased spouse's children.

- Has a beneficiary become incapacitated and, as a result, the recipient

of needs-tested government assistance such as Supplemental Security Income (SSI) or Medicaid? If so, you should consider updating your plan to place any distributions to that beneficiary in a Supplemental Needs Trust to preserve their access to government assistance.

- Testamentary trusts, unlike Trix cereal, aren't just for kids. If an adult beneficiary has displayed such financial immaturity that it would be unwise to give them substantial assets outright, then consider placing any distributions to them in a trust with extended distribution ages or even a lifetime trust. The same would be true for a beneficiary with substance abuse or addiction problems.

Ensure that any changes are done via legally valid documents. Marking up documents and initialing the changes will not pass muster, and might even invalidate your existing documents.

When I taught tactics at the Command & General Staff College, we emphasized that "Failing to plan is planning to fail." Do not let this be you – Take action in 2015.

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

PERSONAL FINANCE

Consider These New Year's Financial Resolutions

Now that 2015 is upon us, you may be thinking about making some New Year's resolutions. Perhaps you'll decide to take up a musical instrument, or hit the gym more often, or even learn a new language. All these are worthy



Harley Catlin



and Ryan Catlin

goals, of course — but you could also gain some key benefits by working to achieve some financial resolutions.

Here are a few to consider:

- **Fill "gaps" in your investment portfolio.** From time to time, you — or possibly your financial advisor, if you work with one — might identify "gaps" in your investment portfolio. For example, you might find that you are making insufficient progress on a key goal, such as saving for a child's college education. Or you might discover that you need to place additional resources in a particular asset class to achieve proper diversification, which can help reduce the impact of market volatility on your portfolio. (Keep in mind, though, that diversification by itself can't guarantee profits or protect against loss.) So put "filling portfolio

gaps" high on your list of New Year's financial resolutions.

- **Boost your 401(k) contributions.** If your salary has gone up with the new year, consider boosting your contributions to your 401(k) or similar employer-sponsored retirement plan. You may not be able to afford to contribute the maximum annual amount — which in 2015 is \$18,000, or \$24,000 if you're 50 or older — but if you increase your contributions every year, you can greatly speed your progress toward your retirement savings goals. You can put this New Year's resolution into effect by contacting your human resources or benefits department as soon as you get back to work in 2015.

- **Eliminate "unhealthy" investment habits.** As part of your general New Year's resolutions, you may have decided to cut back on "carbs" and sugar-laced soft drinks, with the expectation that these moves could help your overall health. But you can also make "unhealthy" financial moves, such as chasing after "hot" stocks (which may already have cooled off by the time you find them) or selling quality investments just because their price has temporarily dropped. Strive to focus more intently on your long-term investment strategy, as opposed to reacting to short-term stimuli.

- **Review your estate strategy.**

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During any given year, you might experience major changes in your life — marriage (or remarriage), new child, new home, etc. — and these changes will have profound effects on your estate plans. But whether or not you encountered any of these events in 2014, it's a good idea to look over your estate planning documents* — such as a will, living trust, power of attorney and so forth — to make sure they are still current with your wishes. It's especially important to update beneficiary designations on your insurance policies and retirement accounts so that they are aligned with the wishes you have expressed in your will. And if you haven't drawn up your estate plans* yet, make a New Year's resolution to do so in 2015 — because it's never too soon to take the steps necessary to pro-

tect your loved ones in the future. Unlike some New Year's resolutions, these financial ones won't require a big shift in your lifestyle. But if you can stick to them, they can make a big difference in your life.

* 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.

- This article was written by Edward Jones for use by your local Edward Jones Financial Advisors. Harley Catlin and Ryan Catlin are with Edward Jones, 4828 Quail Crest Place, Lawrence. They can be reached at 785-841-6262. This article was written by Edward Jones for use by your local Edward Jones Financial Advisors.

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JILL ON MONEY

Low oil offsets rising health care costs

Over the summer, when I wrote about inflation, a number of you sent me emails, which were along the lines of, "What are you talking about? Everything that matters to me costs more!"

Since then, one of the biggest categories of the inflation calculation has



Jill Schlesinger

The increase in production and the subsequent fall in oil prices has put an end to fears of "Peak Oil"—that was the theory that global oil production had peaked and as a result, prices would shoot up to \$200 a barrel and the cost at the pump would top \$10 per gallon. According to the International Energy Association (IEA), lower energy prices are likely to continue into the first half of next year. Short of a geopolitical flare up, the IEA believes that we are entering "a new chapter in the history of the oil markets."

Separately, the U.S. government cut its forecast for global oil prices next year by \$18 a barrel to \$83. Because the price of crude oil accounts for two-thirds of the price of gas, prices at the pumps have also cratered. (The Energy Information Agency notes that a \$1-per-barrel change in the price of crude oil translates into a change of about 2.4 cents per gallon of gasoline. There are 42 gallons in one barrel, and 2.4 cents is about 1/42 of \$1).

The drop in energy prices is expected to help consumers save \$61 billion on gas this year. That may not seem like a lot in the context of a \$17.5 trillion U.S. economy, but economists say it matters because it gives consumers more money to spend on other things.

Before we get too ahead of ourselves

with visions of sugar plum fairies and the like, you may wonder if there is a downside to the drop in oil. A recent Sanford C. Bernstein report noted that oil at \$80 a barrel makes one-third of U.S. shale oil production uneconomical. If that's the case, there is a fear that state economies like Texas and North Dakota which combined, account for about half of the nation's oil production, could take a hit to their energy-dependent economies. But any pullback on the local level is likely to be outweighed by a more general increase in global economic growth.

Meanwhile, the fall in energy prices arrives at a very good time—just as the five-year contraction in healthcare costs is coming to an end. According to PriceWaterhouse Coopers' Health Research Institute (HRI), overall medical costs are expected to rise 6.8 percent this year. But the increase is more significant for seniors, who spend more than 10 percent of their budgets on health care.

The National Council on Aging found that the average senior in good health spends about \$381 per month to cover basic health needs. This includes Medicare premiums, supplemental coverage, co-pays, and out-of-pocket costs. The figure increases to \$511 per month for a senior in poor health.

While everyone is happy about the fall in energy prices, older Americans, especially those who are living on fixed incomes, are likely to feel the most relief.

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

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MAYO CLINIC

For many, treadmill stress test is a thing of the past

DEAR MAYO CLINIC: I just read that the treadmill stress test is no longer recommended. What's the reasoning behind this? I've had the test before, and it seems like a good way to find heart problems.

ANSWER: A treadmill stress test can be helpful if a doctor suspects someone has heart problems, or if a person is at high risk for heart disease. However, this test is no longer recommended for people at low risk for heart disease who do not have symptoms. For that group, the test is not needed because assessing risk factors such as age, smoking, cholesterol, blood pressure, diabetes and family history has been shown to be nearly as effective in identifying an individual's potential for heart disease.

A treadmill stress test gathers information about how well your heart works as you exercise. Because exercise makes your heart pump harder and faster than it does during most daily activities, the test may be able to reveal problems within your heart that might not be noticeable otherwise.

During the stress test, you walk on a treadmill while an electrocardiogram, or ECG, records the electrical signals that trigger your heartbeats. Before

you start, sticky patches—called electrodes—are placed on your chest, legs and arms. They're connected by wires to the ECG machine. A blood pressure cuff is placed on your arm to check your blood pressure during the test.

You start slowly. As the test progresses, the speed and incline of the treadmill increases. The goal is to have your heart work hard for about eight to 12 minutes to thoroughly monitor its function. You continue exercising until you develop symptoms that do not allow you to continue. Occasionally your doctor may stop the test sooner for other reasons.

A common reason doctors use an exercise stress test is to look for coronary artery disease. In this condition, the arteries that deliver blood to the heart muscle are narrowed or completely blocked. Coronary artery disease is the most common cause of death in the United States. Many patients with coronary artery disease have symptoms, such as shortness of breath or chest discomfort, during physical activity. But a large number of people who have this disease do not have any symptoms, and their first sign of a problem is a heart attack.

Because of this, it's been a common

practice in the U.S. to screen patients for coronary artery disease during routine physical exams by doing a treadmill stress test. The U.S. Preventive Services Task Force, a group of medical experts from around the country, looked at the evidence of following this practice. They found that for people who are at low risk for coronary artery disease and have no symptoms, there's little evidence that a treadmill stress test can accurately predict who will suffer a heart attack.

When used as a screening test in low risk people, the results of the treadmill test are occasionally misleading and can suggest that a problem is present when in fact none exists. Clarifying this issue may require performing more invasive and expensive tests, such as a coronary angiogram - a procedure used to closely examine the heart's arteries.

Instead of a treadmill stress test, talk to your doctor about your risk for coronary artery disease. If your age, family history, cholesterol levels, smoking,

blood pressure or other medical conditions point to the possibility that you could develop the disease, you and your doctor can decide on the best way to watch for heart problems over time. In some cases, that could mean eventually doing a treadmill stress test.

For most people at low risk, the best approach is to see your doctor for regularly scheduled checkups, and follow a lifestyle that makes it less likely you will develop heart disease. You should stay active, eat a low-fat diet, control your cholesterol and blood pressure, not smoke, and maintain a healthy weight. - Todd Miller, M.D., Cardiovascular Diseases, Mayo Clinic, Rochester, Minn.

- Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to medicaledege@mayo.edu. For more information, visit www.mayoclinic.org.

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plummeted precipitously. The combination of the U.S. shale boom and weakening Chinese and European demand has pushed down oil prices 30 percent since June. Putting aside the political and environmental arguments around fracking, the controversial technique has helped to boost U.S. oil independence.

The Energy Information Agency said that U.S. oil production reached 8.7 million barrels per day in September, the highest monthly production since July 1986. The agency is also forecasting that production will average 9.5 million barrels per day this year, which would be the most since 1970.



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HEALTH & FITNESS

New hope for Parkinson's patients

Marissa Clark has done something rare and wonderful. She has invented new hands-on treatments to reduce the rigidity associated with Parkinson's Disease (PD). After many years of treating physical therapy patients and applying her neuroscience knowledge, Marissa has developed joint-freeing techniques that provide swift results for



Laura Bennetts

many people. I was lucky enough to see this demonstrated just a few weeks ago and to learn the techniques.

Breaking Through

People with Parkinson's Disease experience tightness that differs from the stiffness caused by arthritis or injury. With PD, the brain's control over the body is interrupted so that the muscles around the joints contract continuously. So the question is how to calm this constant muscle contraction. "Parkinson's medications help the brain," Marissa explains, "but even so the joints remain stiff because the muscles around them are unable to relax or contract correctly. The challenge is to address that part of the problem,

too. My breakthrough is finding the hands-on techniques to reduce tone and improve control of movement for my patients."

Rotation is Key

Applying her knowledge of the nervous system, Marissa discovered a new way to reduce the muscle tone around joints. "What people with increased muscle tone lack, above all, is joint rotation. I know that just stretching the joints doesn't work. My new technique frees the limb to rotate better and resets the muscles to contract and relax as needed without forcing the joint to move."

Speed Limits

At a class she taught recently for local health professionals, the effects of Marissa's new techniques quickly became apparent—and with follow-up exercise they prove lasting. Working with a volunteer, Sam, who has PD, Marissa was able to show how much rigidity affects his balance. "If people have rigidity in their trunks or hips, it is difficult to walk with good balance. People with PD walk unsteadily, with their feet close together because their hips are unable to move outwards." But once they gain joint flexibility, they can be trained to regain speed as well as control.

Time Tested

Before Marissa's treatment, Sam was instructed to stand alternately on each leg, for as long as possible. With some difficulty, he managed to stand three

seconds on his right leg and four seconds on his left leg. He was then asked to lie on his side, bend his upper leg and lift it, away from his lower leg with his feet together. He was able to raise his leg, slowly, only about 10 inches. Marissa then treated Sam using her new technique. The result was striking. Sam was now able to lift his bent leg quickly and to point his raised knee towards the ceiling, and he could stand for 20 seconds on each leg without difficulty. He could walk faster, with longer strides, without losing his balance and with greater confidence.

Results and Hugs

Marissa's demonstration with Sam was exciting for all the therapists present. And of course, the new technique is very exciting for our patients with Parkinson's, too. "Sharing hugs all around is one of the most satisfying outcomes of the process," Marissa told us. "We're lucky enough to share the joy and the hope we can help instill in our patients."

Sharing the News

The ultimate goal, of course, is "to offer people with Parkinson's hope for a more mobile and active life." Marissa's quick progress towards this goal is quickly becoming apparent. She now travels nationally to teach her techniques to doctors, nurses; and physical and occupational, and speech therapists. "I've partnered with KU Medical Center's Turning Point and with pharmaceutical companies to bring my treatment tools to the public and to medical professionals." This success is proving to be quite time consuming, and thus limits Marissa's ability to treat patients locally. But the good news is that she's teaching many of

us how to apply her techniques effectively.

So, overall, two main goals are being achieved: ongoing patient care in and around Marissa's home town of Lawrence, Kansas, and second, an emerging regional and national partnership of researchers, clinicians, pharmaceutical firms, patients, and families to help people with PD become more active and independent.

Partnership with Doctors

Advances in physical therapy, of course, are only part of the solution. That's why Marissa advises her patients to take their medications as prescribed on a strict schedule. When they do this, they are ideally prepared to benefit from therapy as well.

"We want patients get the maximum benefit from their medications. They also need to know how much water to drink daily, which depends largely on how much they weigh. By taking the medications on time and drinking enough fluids, they prevent constipation and help the medications speed to the brain to improve overall body control. The result is that they walk with an improved stride and better balance."

"That way, they benefit as much as possible from the new techniques."

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

HEALTH & FITNESS

Top three medicinal foods

For the first years of civilization, humans relied on foods and herbs for medicine. It is only in the past 50 years we forgot our medicinal "roots" and pursued the use of patent medi-



Dr. Farhang Khosh

cines. While pharmaceuticals have their value, we should not forget the healing properties of whole foods. Food is medicine. As Hippocrates stated a long time ago, "Let Food Be Your Medicine and Medicine Be Your Food." Healing occurs from the inside out, or "you are what you eat."

What are some of the top medicinal foods? In America, there are countless healthful foods available to the average consumers that are non-GMO, organic, and locally grown that can help prevent sickness and improve the immune system. What can we be eating every day that could boost our immune system and fight off disease?

First is Turmeric. Turmeric is a medicinal spice of the world. It could be regarded as the "king of the spices." Its main active ingredient is curcumin, which gives turmeric its yellow color. Curcumin, studies show, is an anti-inflammatory agent, lowers cholesterol, protects the liver from toxins, lowers blood sugar in diabetics, is an anticancer, antibacterial, antiviral, and has anti-parasitic activities. In recent years, there have been studies showing Turmeric's benefit for Alzheimer's

disease. Gaining popularity in the West due medicinal benefits, turmeric is most often seen in Middle Eastern cuisines.

Second is garlic. Garlic is an immune-boosting powerhouse that is used in almost every kitchen around the world. Garlic's anti-cancer powers are widely accepted. According to the National Cancer Institute, "preliminary studies suggest that garlic consumption may reduce the risk of developing several types of cancer, especially cancers of the gastrointestinal tract." Garlic is also a powerful antiviral, antibacterial, anti-parasitic, and antifungal agent. It has been used to improve digestion and digestive ailments. It helps to lower blood pressure and has been used for respiratory conditions. The use of garlic as a medicine goes back to the time of Hippocrates.

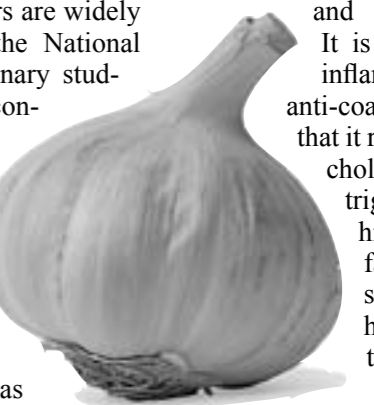
Third is fish. Fish or fish oil has been shown to have many health benefits.

An ounce of fish oil daily has been shown to cut risk of heart attacks by 50 percent. The omega-3 oil in fish can relieve symptoms of rheumatoid arthritis, osteoarthritis, asthma, psoriasis, eczema, high blood pressure, Raynaud's disease, migraine headaches, and digestive ailments.

It is a well-known anti-inflammatory agent and anti-coagulant. Studies show that it raises good type HDL cholesterol and lowers triglycerides. Fish highest in omega-3 fatty acids include sardines, mackerel, herring, salmon, and tuna.

When you are considering different medicines to approach whatever the ailment that you may have, don't forget the healing power of food.

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



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SENIOR CALENDAR

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

If you would like to include your event(s) in our monthly calendar, please call Kevin Groenhagen at 785-841-9417. You may also add events on the Kaw Valley Senior Monthly Facebook page.

ARTS/CRAFTS

LAST FRIDAY OF EACH MONTH

FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of every month. See website for participating locations.

LAWRENCE, 785-842-3883

finalfridayslawrence.wordpress.com

FEB 2-23

BASIC FELTING TECHNIQUES

Felting is an age-old craft that creates beautiful pieces by applying moisture, heat and pressure to wool. This introductory class will teach techniques of wet felting, needle felting and recycling felt. Students will create two and three dimensional pieces, pre-felts and apply basic surface design techniques. All supplies are provided. Closed class meets Mondays, 6:30-8:30 p.m. at Lawrence Community Building, 115 W. 11th Street. Fee. Enroll at LPRD.org or at Lawrence Community Building.

LAWRENCE

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

3800 SE Michigan Ave, 6:30 p.m.

TOPEKA, 785-267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

Minis start at 6 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7 p.m. on Wednesdays and Fridays, 2050 SE 30th St.

TOPEKA, 785-266-5532

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US Highway 24, 6:30 p.m.

TOPEKA, 785-296-9400

WEDNESDAYS

PINECREST APARTMENTS

924 Walnut, 12:30-1 p.m.

EUDORA, 785-542-1020

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW Huntoon, 6:30 p.m.

TOPEKA, 785-235-9073

WEDNESDAYS & SATURDAYS

LEGIONACRES

3408 W. 6th St., 7 p.m.

LAWRENCE, 785-842-3415

FRIDAYS

EAGLES LODGE

1803 W. 6th St., 7 p.m.

LAWRENCE, 785-843-9690

FRIDAYS

ARAB SHRINE

Mini Bingo 6:30 p.m. , Regular Bingo 7 p.m.

TOPEKA, 785-234-5656

SUNDAYS & TUESDAYS

MOOSE CLUB

1901 N Kansas Ave, 6 p.m.

TOPEKA, 785-235-5050

DAY/SHORT TRIPS

JAN 27

TRAVEL CLUB

Come catch the travel bug with experienced travelers and fresh recruits. Travel Club meetings are your chance to meet other people who share an interest in seeing more of our state, region, and world. Each meeting will include a chance to socialize with other travelers over coffee and refreshments, followed by a speaker sharing travel experiences and opportunities. Lawrence Parks and Recreation Department staff will be there to take your ideas and turn them into trips. RSVP for the time and place.

LAWRENCE, 785-832-7920

www.lprd.org

JAN 28

WWI MUSEUM AT LIBERTY MEMORIAL

Steeped in history, the National World War I Museum at Liberty Memorial is America's only museum dedicated to sharing the stories of the Great War through the eyes of those who lived it. Interactive displays, thought-provoking films and eyewitness testimonies help guide visitors through one of the largest collections of WWI artifacts in the world. We will have a guided tour with additional time available to explore the collection or have lunch on your own. Fee includes admission and tour. Transportation provided from Community Building in Lawrence.

Registration deadline: Wednesday, January 21.

LAWRENCE, 785-832-7920

www.lprd.org

JAN 28

KANSAS STATE CAPITOL TOUR

The Kansas State Capitol is an impressive public monument as well as the working offices for the governor and legislators. Over a century after it was originally completed, a significant preservation and restoration project was recently honored with the Medallion Award for Rehabilitation from the Kansas Preservation Alliance.

Join us for a guided tour of the building, famous murals and visitor center. 9 a.m.-12 p.m. Fee. Transportation provided from Community Building. Registration deadline Wednesday,

LAWRENCE, 785-832-7920

FEB 18

AMERICAN LEGION POST NO. 1

3800 SE Michigan Ave, 6:30 p.m.

TOPEKA, 785-267-1923

FEB 23

AMERICAN LEGION POST NO. 400

3029 NW US Highway 24, 6:30 p.m.

TOPEKA, 785-296-9400

February 4.

LAWRENCE, 785-832-7920

www.lprd.org

EDUCATION

ONGOING

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LAWRENCE, 785-843-8544

themerc.coop/classes

EVERY OTHER MONTH MARCH-NOVEMBER

AARP SAFE DRIVING COURSE

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

TOPEKA, 785-354-5225

FIRST MONDAY OF EACH MONTH

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.

TOPEKA, 785-580-4400

FIRST & THIRD FRIDAYS OF EACH MONTH

HEALTHWISE AFTER 55

Television program offers interviews on health topics of interest to seniors as well as a 20-minute exercise segment. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13.

TOPEKA, 785-354-6787

SECOND & FOURTH FRIDAYS OF EACH MONTH

FOR FAMILY CAREGIVERS

Television show highlights information for people who providing care-giving service to loved ones. There is also a 20-minute exercise segment for caregivers and their loved ones. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13.

TOPEKA, 785-354-6787

JAN 20

SENIOR SUPPER AND SEMINAR

This month's topic: "Disaster Preparedness." Presented by John Drees, RN. LMH Community Education. On the third Tuesday of each month at 5 p.m., seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. Supper: 5 p.m., Educational presentation: 6 p.m. Advance reservations are required and must be made at least 24 hours in advance by calling LMH Connect Care.

Seating is limited so call early.

LAWRENCE, 785-749-5800, www.lmh.org

JAN 28

PRE-DIABETES CLASS

A free class for those at risk for developing diabetes or have already been told that they have prediabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight

loss, medications and avoiding potential complications. Taught by LMH Diabetes Education Center Staff. Lawrence Memorial Hospital, 12 p.m.

LAWRENCE, 785-749-5800, www.lmh.org

ENTERTAINMENT

THURSDAYS

JUNKYARD JAZZ

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

LAWRENCE, 785-842-3415

NOV 3-JAN 18

SHEAR MADNESS STARRING RICHARD KARN

Shear Madness by Paul Portner. A renowned classical pianist is murdered in her apartment above the Shear Madness beauty salon and you, the audience, interrogate the suspects, evaluate the clues and solve the mystery. This wacky, spontaneous play never has the same ending twice. SHEAR MADNESS is America's most popular and longest running play. Now in its 25th year at Washington D.C.'s prestigious John F. Kennedy Center for the Performing Arts. More than 10.6 million people worldwide have seen this hilarious whodunit. New Theatre Restaurant, 9229 Foster St. Time: Varies by performance.

OVERLAND PARK, 913-649-7469

www.newtheatre.com

JAN 2

LAUGH LINES

Prepare to be happy as you watch performers act out improv comedy sketches and games based on what the audience suggests. Make it a date and have a pizza delivered from Glory Days Pizza right to your table during the show. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 8 p.m. Fee.

TOPEKA, 785- 357-5211

www.topekacivictheatre.com

JAN 7

SHEAR MADNESS AT NEW THEATRE

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

LAWRENCE, 785-832-7920

JAN 9

ALEX DEPUE WITH MIGUEL DE HOYOS

Alex DePue began taking classical violin lessons at age five, won his first major competition at age 10, and later (age 16) won a competition that entitled him to perform at Carnegie Hall with the National Guild Youth Orchestra. He has continued to win competitions and appear as a guest soloist with orchestras and at festivals worldwide. Alex recently teamed up with

■ CONTINUED ON PAGE 17

■ CONTINUED FROM PAGE 16

Mexican guitarist Miguel De Hoyos and "the two perform an engaging and often virtuosic combination of classical-tinted takes on popular songs and original compositions, their cohesion and chops often remarkable." White Concert Hall - Washburn University, 17th and Jewell, 7:30 p.m. Fee.

TOPEKA, www.topekacca.org

JAN 16, 23, 30, & FEB 6

DON'T DRESS FOR DINNER

Bernard is planning a romantic weekend with his Parisian mistress in his charming French farmhouse while his wife is away. The idea is foolproof, right? Join as everyone's alibi gets confused, and see how it all turns out! An optional dinner will begin at 6 p.m., followed by the show at 8 p.m. Tickets go on sale January 6. Topeka Civic Theatre and Academy, 3028 SW 8th Ave.

TOPEKA, 785- 357-5211

www.topekacivictheatre.com

JAN 24

SAWYER BROWN WITH LARRY STEWART

Along with a ton of hits - Sawyer Brown became known for their high energy, spontaneous show! Mark Miller dances, Hobie Hubbard cracks jokes...the entire group lays down some of the best live music you'll ever hear. Sawyer Brown can get you out of your seats and rockin' in the aisles...and the same time, they can put a lump in your throat with their emotional ballads. A Sawyer Brown show is an event. Topeka Performing Arts Center, 214 SE 8th Ave., 7:30 p.m. Fee.

TOPEKA, 785-234-2787

www.tpactix.org/event-listings.html

JAN 30

ONE NIGHT ONLY: HARLEM GLOBETROTTERS

The iconic Harlem Globetrotters are returning to Topeka! Watch as some of the greatest athletes on the planet show off their ball handling, amazing dunks and trick shots. The team faces a challenge this year as the Washington Generals are ready to beat the Globetrotters. Kansas Expocentre, One Expocentre Dr., 7 p.m. Fee.

TOPEKA, 785-235-1986

www.ksexpo.com

JAN 31

JEKYLL & HYDE

Glamorous, sexy and deliciously wicked, Jekyll & Hyde is the enthralling musical based on Robert Louis Stevenson classic story about a brilliant but obsessive scientist whose alter ego wreaks havoc across Victorian London. An evocative tale of two men—one a doctor, passionate and romantic—the other, a terrifying madman; and two women—one, beautiful and trusting—the other, beautiful and trusting only herself. Both in love with the same man and both unaware of his dark secret. Topeka Performing Arts Center, 214 SE 8th Ave., 7:30 p.m. Fee.

TOPEKA, 785-234-2787

www.tpactix.org/event-listings.html

FEB 1

THE SENIOR CLASS

A great offshoot from TCT's widely successful

company, Laughing Matters, The Senior Class

is another zany troupe of comedians. Only this time the company is made up entirely of over 55-year-old actors in our community. This group defines life in the golden years as a terrifically fun-filled trip. Admission fee. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. Doors open at 1 p.m. Show begins at 2 p.m.

TOPEKA, (785) 357-5211

www.topekacivictheatre.com

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TOPEKA, (785) 357-5211

www.topekacivictheatre.com

EXHIBITS/SHOWS

JAN 6-8

TOPEKA FARM SHOW

26th Anniversary. More than 300 exhibitors and 550 booths and added attractions including a Purebred Cattle Expo, Horsemanship Clinics and leadership seminars will fill the Kansas Expocentre. The goal of the show is to bring those that have a full-time stake in agriculture to meet with companies specializing in that area. The event, which offers free health care programs and events for the entire family, attracts over 30,000 attendees a year. Admission and parking are both free. One Expocentre Dr.

TOPEKA, 785-235-1986

www.ksexpo.com

HEALTH & FITNESS

MONDAYS THROUGH FRIDAYS

FIT FOR LIFE

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

LMH KREIDER REHABILITATION SERVICES

LMH: 785-505-2712, LMH SOUTH: 785-505-3780

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

Need exercise? Come to the East Lawrence Recreation Center from 7-10 a.m. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE! Lawrence Parks and Recreation. For more information, contact Stephen Mason.

LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

Monday-Friday at the East Lawrence Center. For competitive, recreational and beginning players. Call the East Lawrence Center for specific days and times. There is no charge for open play.

LAWRENCE, 785-832-7950

TUESDAYS

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10 a.m.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free.

TOPEKA, 785-354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZERCISE LITE

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

LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

FLEXERCISE

This exercise program emphasizes safe and beneficial movements and routines that will increase your flexibility, strength and endurance. Meets from 8:30-9:30 a.m. at East Lawrence Recreation Center, 1245 E. 15th St. Closed. Fee. Enroll at LPRD.org or at East Lawrence Center.

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

ZOSTAVAX (SHINGLES) CLINIC

HealthWise 55 Clinic. 8 a.m.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free.

TOPEKA, 785-354-6787

WEDNESDAYS

NUTRITION CLINICS

Meet with a Registered Dietitian to discuss your nutrition needs and questions. HealthWise 55 Resource

JAN 6-MAR 3

FLEXERCISE

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

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m.
Presbyterian Manor, 1429 Kasold Dr., Lawrence, 10:30-11:30 a.m.
Vermont Towers, 1101 Vermont St., Lawrence, 1-2 p.m.

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr., Lawrence, 9-10 a.m.
Arbor Court, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m.
Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.

FRIDAYS

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.
Wyndham Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.
Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD TUESDAY OF EACH MONTH

Midland Adult Day Care, 319 Perry St., 10 a.m.
Cottonwood Retirement 1029 New Hampshire, 2 p.m.
Babcock Place, 1700 Massachusetts St., 3 p.m.

THIRD WEDNESDAY OF EACH MONTH

Brandon Woods, 1501 Inverness Dr., 10:30 a.m.
Prairie Commons, 5121 Congressional Circle, 1 p.m.

FOURTH WEDNESDAY OF EACH MONTH

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

MEETINGS

SUNDAYS

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

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 6-9 p.m. on Sundays at the Knights of Columbus, 2206 E. 23rd St. LAWRENCE

MONDAYS

BREAST CANCER SUPPORT GROUP

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

MONDAYS, WEDNESDAYS & FRIDAYS
WATER AEROBICS CLASSES

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

MONDAYS

GRIEF SUPPORT GROUP

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

FIRST MONDAY OF EACH MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

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

FIRST & THIRD MONDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH
GRIEF SUPPORT GROUP

Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital. LAWRENCE, 785-505-3140

FIRST & THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP

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

FIRST TUESDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

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

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and

peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3 p.m. in Conference E of LMH. LAWRENCE, 785-830-8130

FIRST TUESDAY OF THE MONTH

MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - LAWRENCE

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

FIRST TUESDAY OF EACH MONTH

TOPEKA AREA OSTOMY SUPPORT GROUP

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

FIRST & THIRD TUESDAY OF EACH MONTH
SCRAPBOOK MEMORIES

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

FIRST & THIRD TUESDAY OF EACH MONTH
GRIEF SUPPORT GROUP

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

FIRST & THIRD TUESDAY OF EACH MONTH
GRIEF SUPPORT GROUP

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

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class time is 5:30 p.m. 1112 W. 6th St., Ste. 124. LAWRENCE, 785-838-7885
www.OrthoKansasPA.com

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

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozzez Education Center, 1505 SW 8th St. TOPEKA, 785-478-4947 or 785-296-8349

FIRST WEDNESDAY OF EACH MONTH
KAW VALLEY OWL (OLDER WOMEN'S LEAGUE)

Meetings are held at the United Way building, 2518 Ridge Ct. Social time begins at 1:30 p.m.

and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson. LAWRENCE, 785-691-7314

FIRST & THIRD WEDNESDAY OF EACH MONTH
CANCER SUPPORT GROUP

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

FIRST THURSDAY OF THE MONTH

MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - TOPEKA

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

FIRST THURSDAY OF EACH MONTH

LAWRENCE AREA PARTNERS IN AGING

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

FIRST THURSDAY OF EACH MONTH

PARKINSON MEETING

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

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

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

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

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

FIRST FRIDAY OF EACH MONTH

STROKE SUPPORT AND RECOVERY GROUP

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

ONE SATURDAY EACH MONTH

LAWRENCE DEATH CAFE

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death. A Death Cafe is a discussion group about death rather than a grief support or counseling session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact cw@sunflower.com or visit www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl. LAWRENCE

SECOND MONDAY, SEP-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club. LAWRENCE, 785-331-4575

SECOND MONDAY OF EACH MONTH

GRIEF AND ENCOURAGEMENT GROUP

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

SECOND MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

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

SECOND TUESDAY OF EACH MONTH

NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES

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

SECOND TUESDAY OF EACH MONTH

KAW VALLEY HERBS STUDY GROUP

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

SECOND WEDNESDAY OF EACH MONTH

MEMORY SUPPORT GROUP

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

SECOND WEDNESDAY OF EACH MONTH

DIABETES EDUCATION GROUP

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

SECOND WEDNESDAY OF EACH MONTH

SOROPTIMIST INTERNATIONAL OF TOPEKA

Soroptimist International's mission is to improve the lives of women and girls in local communities and throughout the world. Meets at 6:30 p.m. at the Topeka-Shawnee County Public Library. Guests welcome. Please email info@soroptimisttopeka.org for more information. TOPEKA, 785-221-0501
www.soroptimisttopeka.org

SECOND THURSDAY OF EACH MONTH

NAACP MEETING-LAWRENCE CHAPTER

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

SECOND & FOURTH FRIDAY OF EACH MONTH

ALZHEIMER'S/CAREGIVER SUPPORT GROUP

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

SECOND SATURDAY OF EACH MONTH

HAPPY TIME SQUARES SQUARE DANCE CLUB

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

THIRD TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH

GRANDPARENT AND CAREGIVER SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH

STROKE SUPPORT GROUP

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

THIRD WEDNESDAY OF EACH MONTH

ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free. NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman. LAWRENCE, 785-843-7481

THIRD THURSDAY OF EACH MONTH

LUNCH AFTER LOSS

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

THIRD FRIDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

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

THIRD SATURDAY OF EACH MONTH

TOPEKA WIDOWED PERSONS BRUNCH

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

FOURTH MONDAY OF EACH MONTH

GRIEF SUPPORT GROUP

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

FOURTH WEDNESDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

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

FOURTH THURSDAY OF EACH MONTH

TOPEKA GENEALOGICAL SOCIETY

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at the Topeka-Shawnee County Public Library, 7 p.m. No meeting in April, November or December. TOPEKA, 785-233-5762
www.tgstopeka.org

FOURTH THURSDAY OF EACH MONTH

CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF EACH MONTH

ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury

Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller. TOPEKA, 785-478-0651

MISCELLANEOUS

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

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

SECOND FRIDAY OF EACH MONTH SCIENCE NIGHT LIVE: SCIENCE OF CHAIN REACTIONS

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

THIRD SATURDAY OF EACH MONTH

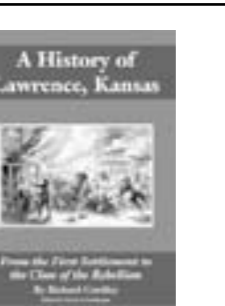
COFFEE & CONVERSATION

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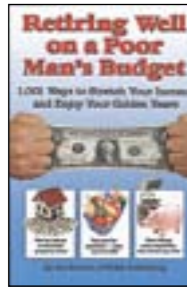
A LOOK AT BOOKS

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



Tom Mach

common retirement mistakes, how to prevent identity thief, what to do about investing in mutual funds vs. stocks, and what to do about long-term care. The section on health insurance is out of date since the passage of the Affordable Care Act, but there are plenty of other areas in this book worth reading. I found the section on estate planning particularly interesting as well as ideas on how to stretch your retirement dollars. There are financial benefits in partially retiring and switching to fun-oriented part-time work. You can also pick a second career, such as being a personal chef or substitute teacher or a mystery shopper. Readers will find plenty of ideas on how to live a financially secure retirement.



Retiring Well on a Poor Man's Budget (Editors of FC&A Publishing ISBN: 978-1-932470-98-7)

This handy book by the Editors of FC&A Publishing presents 1,001 ways folks may stretch their income during their retirement years. Some of the suggestions in this 404-page book include how to determine how much is necessary for you to retire on, how to grow your 401(k) plans, how to avoid nine

Blossoms and Bayonets by Jana McBurney-Lin and Hi-Dong Chai (Redwood Publishing ISBN: 978-0-9884940-1-5)

This historical novel is based on the experiences of Chai's background

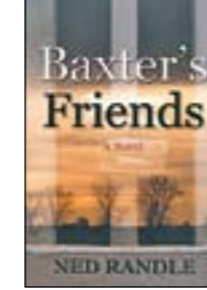
during WWII. It is 1942 and Japan had occupied Korea, forcing its citizens to renounce everything they know about Korea. He-Seung, a teenage boy, is expected to become a volunteer in the Japanese army. The boy refuses but learns that his father, a Christian minister, insists on saving his flock rather than engaging in mandatory worship of the emperor. After He-Seung's father is arrested, the boy decides to save his father by volunteering in the Japanese army. Quotes, ranging from Japanese ministers to Winston Churchill, appear at the beginning of each chapter to show what was said or transpiring at that point in time. The author brings to life each of the characters mentioned in the novel and gives a powerful look into the actual events during this unforgettable part of history. It also shows the great personal sacrifices Christian preachers had to make and how they continued despite persecution and martyrdom. This book will keep the reader riveted until the end.



Baxter's Friends by Ned Randle (Cof-

feetown Press ISBN 978-1-60381-162-0)

This is a literary novel about three friends, Baxter, Ferguson, and Mitch. Baxter is of Sioux ancestry and grieves over the loss of his father. Ferguson is a self-centered man who makes fun of Mitchell's inability to make decisions despite his long-standing desire to quit an accounting job which he's had for years. Throughout the book, Ferguson hears voices, which gives him guilt over breaking the Commandments but he wants those voices to go away. Mitchell, however, dares him into doing the unthinkable and committing armed robbery. Baxter is a friend to both men, but while he wants to stand up for Ferguson, it is too late. These three long-time friends are experiencing middle age, with each one wanting to escape life in his own unique way. Baxter, through his Native American Heritage; Ferguson for his Christian faith; Mitchell, for his need for superiority over others. Randle is a master at getting deep into the minds of



■ CONTINUED ON PAGE 27

A LOOK AT BOOKS

■ CONTINUED FROM PAGE 26

each of his characters as they dig closer into a hole from which they cannot escape. A very well-written novel.

A Plane Tree in Provence by Arlene Rains Graber (CreateSpace ISBN 978-1-4751-0413-4)

In this novel, five women travel to Provence, France, with each hoping to make changes in her life. They find they share similar problems and aspirations, and as they tour the countryside they discover they are also different in their quirks and attitudes toward certain things. After each woman returns to their hometown in Cape Elizabeth, Maine, they are

each eager to make the changes they feel are necessary in their lives. This is an adventure story of women discovering who they are during the two weeks they are together. While the book would have benefited from better editing, the experiences of these women in France give the reader a glimpse of what the country is like. This may be an interesting book for people who want to read a simple story, complete with descriptions of southern France and the varieties of foods and shops prevalent there.



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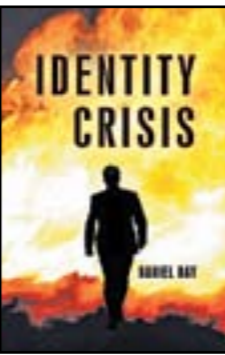
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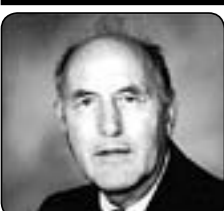
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HUMOR

Some Assembly Required

Emmaline and I needed new TV trays. The set of four that we bought decades ago were sturdy and in dandy condition thanks to the care Emmaline had given them. But we had moved to a smaller place, and we needed two non-folding TV trays that we could slide up easily to the couch and that could be pushed to one side when not in use.



Larry Day

We shopped around and found just what we wanted at The Good Earth Market. You can buy goods imported from all over the world at The Good Earth Market. The TV trays on display were excellent. They had metal legs and a sturdy base that fitted under a dark hardwood top. They were kind of expensive, but since we only needed two, we decided to buy them.

We told the salesperson we wanted to buy those two trays.

"Those are floor models. They aren't for sale."

The trays that were for sale were in cardboard boxes stacked on the floor.

When I gave the salesperson an inquiring look, he said that some assembly was required. The floor models appeared simple—a wooden tray attached to a black metal stand.

"How difficult could they be to assemble?" I asked myself.

"Not that difficult," I replied.

I said we'd take two. My first clue that adventure lay ahead came when the salesperson went to the back of

the store and returned pulling a flat, four-wheeled dolly, and wearing one of those "back saver" harnesses. He hoisted the boxes onto the dolly one at a time and rolled them to the cash register. Then he rolled the dolly out to our car and hoisted the boxes into the trunk. He waved goodbye as he rolled the dolly back to the store.

Back home, I opened the trunk, grabbed the top box and heaved. I raised it slightly.

Then it settled back down. I took a firmer grip, bent my knees and heaved again. I raised the box high enough to clear the edge of the trunk, and slid it down to the floor of the garage. Getting the next box was much harder. By the time it was lying on top of the first box, I wished fervently that I had had one of those back saver harnesses the salesperson wore. I thought of workers far across the sea hoisting scores of such boxes every day.

Getting the TV tray boxes into the house and ready to open required another solid effort and a solid period of time.

"Well, that's the hard part," I said.

Wrong.

That was the easy part.

I cut the plastic bands and pulled the top off the first box. The TV tray components lay wrapped in thick brown paper surrounded by Styrofoam packing. On top lay a booklet titled "Assembly Instructions." I open it. On page one and two were line drawings depicting each part of the tray.

The metal stand that had looked like one solid piece with legs and a base was actually several metal pieces. They looked identical. There was also a clear cellophane bag of screws and other do-

Looking at the pictures I said, "I can do this, easy."

Nah. Uhuh. No way, Jose. During the next four hours, I realized that each black metal piece had a specific, non-interchangeable function. Each screw, each disk, each do-hickie, had been designed—by some overseas Machiavelli—to play its unique role in the finished TV tray. The wonderfully accurate line drawings on page after page of the instruction booklet didn't help this inept assembler at all.

Cussing did help some. Walking out to the garage and letting out silent yowls also helped a bit. I kept my

yowls silent. Emmaline thought I was enjoying the kind of "man work" I don't get to do very often these days. That wasn't the case this time, believe me. But I did get the job done.

We love our nifty new TV trays. When needed, they slide easily up to the couch, and when not in use, they add to the room's décor.

If you buy some, remember that some assembly is required.

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

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PET WORLD

New products good weapons against skunk smell

Q: We can hardly go outdoors without smelling a skunk. Moreover, our dog has now had two close encounters, which created such a terrible a stink in our home that we needed professionals to de-skunk the place. Any advice? - B.H., Grand Rapids, MI



Steve Dale

Q: Last month, Windsor, our Boxer mix was skunked, and our entire family—not to mention Windsor—suffered for days. Tomato juice and water helped some, but not enough. Do you have a recipe for getting the skunk smell off dogs? - J.A., Minneapolis, MN

A: I once offered the following recipe, which is still posted many places on the Internet:

First, get a clothespin—for your nose. Now, wipe your pet down with a solution of one-quart hydrogen peroxide, 1/4 cup sodium bicarbonate and one-teaspoon liquid dish soap. Next, dunk the pet in a bath of two parts tomato juice and one part lukewarm water.

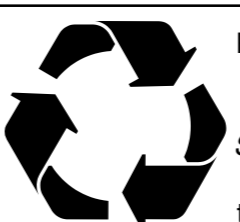
This "recipe" works adequately, but

I developed it 20 years ago. Today, you can do better by buying one of many commercial products specifically made to clean skunked dogs. For my money, your best bet is Fresh Wave pet shampoo (www.freshwaveworks.com, and various retailers). It's all natural, and actually zaps odors rather than masking them. Simultaneously, treat your house with Fresh Wave crystal gel, soy candle and/or Fresh Wave spray.

So, you never need to deal with skunk spray again, don't leave your dog outdoors unsupervised, particularly in the evening (since skunks are nocturnal).

Q: My 65-pound, 9-year-old English Setter mix has some arthritis. We give him Previcox (a non-steroidal anti-inflammatory drug or NSAID). A co-worker with an older dog, as well as the veterinarian, said aspirin is actually just fine for those aches. Care to weigh in? - L.W., Red Wing, MN

A: "Arthritis is very common in larger, especially older dogs," says Los Angeles, CA-based Dr. Jeff Werber.



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"Drugs like Previcox are specifically made for dogs, and definitely my preference for long-term use. Certainly, aspirin can help in a pinch, and is safe to use at the right dosage, but not as safe when used for an extended period of time."

Of course, any NSAID, even those specifically for dogs, can cause adverse reactions, some potentially serious.

"It's important to do blood-work prior to giving the drug to insure the dog is a good candidate, to offer an appropriate dosage, and then to periodically check to insure the dog is doing well on the drug," Werber says.

At 65 pounds, your dog could be overweight, which puts more strain on

joints. If so, speak with your veterinarian about weight loss.

Movement is actually a good thing for most arthritic dogs, whether a gentle walk or swimming. Hydrotherapy can help enormously. Weber says other techniques, including acupuncture, can also help. Also ask your veterinarian about supplements like glucosamine/chondroitin, and omega 3 fatty acids. A change in diet can also make a difference.

- Write to Steve at Tribune Content Agency, 2225 Kenmore Ave., Suite 144, Buffalo, NY 14207. Send e-mail to PETWORLD@STEVE DALE.TV. Include your name, city and state.

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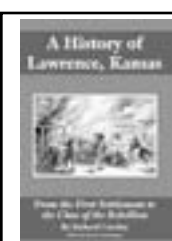
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WOLFGANG PUCK'S KITCHEN

Enjoy a loaf of homemade bread

"I've baked a loaf of bread." These are such simple words. Yet, if you say them to family or friends, there's a very good chance they'll be greeted with awe, admiration and gratitude.

Nothing you can make impresses in quite the same way. After all, bread is considered elemental sustenance. Who hasn't heard it referred to as "the staff of life," or read the classic romantic yearning of "The Rubaiyat of Omar



Wolfgang Puck

Khayyam" for "A Jug of Wine, a Loaf of Bread—and Thou Beside me singing in the Wilderness"?

There will be no trace of wilderness on your dining table if it features some good bread. And if you've made the bread yourself, for your own celebration or a party to which you've been invited, many of those gathered will feel it has transformed the meal into a feast—regardless of whether it accompanies a glorious roast or humble leftovers.

As you'll discover while making the recipe I share here for Braided Egg-and-Butter Loaf, you can accomplish that feat with relative ease. Thanks to the mixing and kneading help supplied by a stand mixer, which so many home cooks have in their kitchens today, and the seemingly miraculous action of the benevolent microorganisms known as yeast to make the dough rise, most of the work of making bread is done for you while you simply sit back and let it happen.

Of course, you do have to measure your ingredients carefully and check to make sure you provide the correct water temperature and room temperature for, respectively, activating the yeast and letting the dough rise. (If you need to go out, you can slow down the rising process by refrigerating the

dough, which will then take about 4 times longer.)

A close cousin of French brioche and Jewish challah, my recipe also involves dividing the dough into two equal batches (for two loaves), then dividing each batch into three equal pieces that are rolled out into ropelike shapes and braided. Please don't be intimidated by this task. It's surprisingly similar to braiding hair into a pigtail; and even if you've never done that, you'll find it easy to follow the simple, methodical instructions I include here.

Try making this bread for any forthcoming party. (If you observe Jewish dietary laws, in which dairy and meat are not mixed, you can substitute water for the milk and 1/2 cup, or 125 ml, of vegetable oil for the butter.) It freezes well, too—just wrap it airtight in plastic and then in aluminum foil.

BRAIDED EGG-AND-BUTTER LOAF

Makes 2 large loaves

DOUGH:

- 1 tablespoon plus 2 teaspoons (2 packets) active dry yeast
- 2 cups warm milk, 80-90 degrees F. (27 degrees-32 degrees C.)
- 1/3 cup (85 ml) granulated sugar
- 6 cups (1.5 l) bread flour or all-purpose (plain) flour, plus extra for kneading
- 6 tablespoons unsalted butter, melted
- 3 large cage-free eggs, at room temperature
- 2 teaspoons salt
- Cornmeal, for sprinkling

EGG WASH:

- 1 large cage-free egg
- 1 tablespoon water
- Poppy seeds or sesame seeds, optional

In the bowl of a stand mixer, combine the yeast and 1 cup of warm milk; stir to dissolve. Add the sugar and 2 cups (500 ml) of the flour and mix with the paddle attachment at medium speed. When smooth, cover the bowl

with plastic wrap and leave in a warm spot until bubbly, 45 minutes to 1 hour.

Add the remaining warm milk and, with the paddle at medium speed, beat in the butter. One at a time, beat in the eggs. Combine the remaining 4 cups of flour with the salt and add all at once to the mixture. Mix with the paddle. Then, switch to the dough hook and knead at low speed for 2 minutes, then medium speed for about 8 minutes, until a smooth dough forms, adding a little more flour if it looks too sticky.

Scrape out the dough onto a lightly floured work surface and finish kneading by hand, about 1 minute. Shape the dough into a ball.

Clean and dry the bowl. Lightly butter or oil it and return the dough to it, rounded side down first, and then turning it rounded side up to coat it. Cover the bowl with plastic and set aside in a warm, draft-free place until doubled in bulk, 1-1/2 to 2 hours.

Turn out the dough onto a lightly floured work surface. Cut it in half. Cut each half into 3 equal pieces. Roll each piece back and forth between your fingers to form an even strand 18 inches (45 cm) long. Pinch the ends of 3 strands together and stretch them out parallel to but 2 to 3 inches (5 to 7.5 cm) apart from each other; then, braid

by alternately lifting the right-hand strand over the middle one, and then the left-hand strand over the middle. Finally, pinch the other ends together and tuck both ends neatly underneath. Repeat with the remaining 3 strands to make a second loaf.

Sprinkle a large baking sheet with cornmeal. Transfer the loaves to the sheet, space about 3 inches (7.5 cm) apart, or use 2 sheets. Beat together the egg and water and gently brush over the loaves. Sprinkle with poppy or sesame seeds if you like. Cover the loaves with 1 or 2 clean, damp kitchen towels and leave to rise until nearly doubled in bulk, about 1 hour. If using 2 baking sheets, place 1 in the refrigerator, removing it after 1 hour.

About 30 minutes before baking, preheat the oven to 350 degrees F. (175 degrees C). Position the topmost rack in the middle of the oven. Place the baking sheet on the middle rack and bake the loaves until they are deep mahogany brown and sound hollow when rapped on the bottom with a knuckle, about 45 minutes. Transfer to wire racks and cool to room temperature before slicing and serving.

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KIPLINGER ON TRAVEL

10 great gifts for travelers under \$50

By Cameron Huddleston Kiplinger

If you're looking for the perfect gift for the frequent traveler in your family but don't want to break the bank, we can help. We asked several travel experts to share their picks for affordable items they pack when they hit the road. These 10 things can help both business and leisure travelers save money, stay organized and be a little more comfortable on all their trips.

• **Anker 2-Port USB Wall Charger, \$12.99.** Cheryl Rosner, CEO of boutique-hotel booking site Stayful.com, recommends this inexpensive gadget that lets you charge two devices at once. Because it works with both Apple and Android devices, it eliminates the need to bring multiple chargers when you travel.

• **Samsonite Electronic Luggage Scale, \$17.99.** Overweight luggage fees can be \$200 or more for a single bag. Brian Karimzad, director of MileCards.com, a Web site for comparing travel rewards credit cards, recommends this portable scale that registers up to 80 pounds. It can help you avoid getting hit with a fee from your airline for an overweight suitcase. Plus, it saves you from being forced to rummage through your luggage at the airport to pull extra weight out, he says.

• **Griffin SkyView Hands-free Travel Mount, \$19.99.** SmarterTravel.com features editor Caroline Costello says this clever gadget makes an awesome gift. You can use this travel mount to attach your e-reader, smartphone or tablet to the plane seat in front of you for easy hands-free reading or watching on a flight. This item basically allows you to turn your device into a makeshift airplane seatback screen, she says.

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• **RFID Blocking Passport Holder, \$22.** Passports issued since 2007 have RFID chips that store personal information about the passport holder. Karimzad says there is a slight risk that data thieves in close range can extract the information from the chip without touching your passport. However, an insulated passport holder such as this one makes it almost impossible

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for thieves to steal your data, he says.

• **Jackery Bar Premium iPhone Charger, \$29.95.** This battery-operated charger recommended by Rosner not only keeps your iPhone charged when you're on the go and have no place to plug in a charger, but also keeps Samsung Galaxy phones powered. It can add up to 22 hours of talk time (two to three full charges) to a smartphone.

• **L.L. Bean Personal Organizer Toiletry Bag, \$29.95.** Rosner recommends this highly rated bag for travelers looking for a good way to store and keep toiletries organized on the road. Best of all, it has a hook so you can hang it and free up counter space in a small hotel bathroom, she says.

• **Wacaco Minipresso, \$39.** Coffee lovers will appreciate this portable espresso maker that weighs less than a pound and has a built-in cup. It's currently only available for pre-order for delivery in February or March, but Karimzad says you can give the recipient a nice card for the holidays letting him or her know the gift is on its way—and worth the wait.

• **Carex Seat Cushion, \$41.25.**

Now that airlines have installed seats with less padding in economy class, this memory foam seat cushion will make a difference in comfort, says Airfarewatchdog.com founder George Hobica. They're meant for people who sit for long periods in office chairs or driver's seats, but they're equally effective for long flights, he says.

• **JCarterHandmade Jewelry Roll, \$49.** Costello uses this stylish, handmade jewelry roll to keep her trinkets and valuables safe and organized while she's traveling. The rolls are made to order, so you can customize the color and pattern.

• **Steripen Traveler UV Water Purifier, \$49.95.** You can't rely on bottled water everywhere, and sometimes you just don't want to pay inflated prices for it. So Karimzad recommends this gadget that uses UV light to sterilize water in about a minute. It claims to destroy bacteria, viruses and protozoa.

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

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GOREN ON BRIDGE

Louie and Larry

With Bob Jones

Neither vulnerable. South deals.

NORTH
♠-K J 8 6
♥-6 4
♦-Q 4 2
♣-K J 6 4

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

SOUTH
♠-A Q 10 9 7 4
♥-Q
♦-A 10 5
♣-A 5 2

The bidding:
SOUTH WEST NORTH EAST
1♠ Pass 3♠* Pass
4♠ Pass Pass Pass
* Limit raise, 10-11 points

Opening lead: Three of ♠

This hand is from a recent tournament, where many pairs play the same hands. When Hard Luck Louie played the hand, he won the opening trump lead and drew the remaining trump. He followed by cashing the king and ace of clubs before leading a club toward dummy's jack. Should a third trick be

available in clubs, this was the correct sequence of plays to develop it. No luck here as East won and continued the suit, ruffed by Louie.

Louie next tried a diamond to dummy's queen, losing to the king, but he could still finesse the 10 of diamonds. When that also lost, he was down one. "What horrid luck," said Louie, "My line of play was about 90 percent."

When Lucky Larry played the hand, he also won the trump lead and drew the remaining trump. He too cashed the king and ace of clubs, but rather than play a third club, he exited with his queen of hearts. The defense continued hearts, but Larry discarded his last club instead of ruffing.

The defenders were helpless. A diamond play from either defender would yield a second trick in that suit - Larry would just play low from the first hand that was led through. A club play would also yield an extra trick. Larry would discard a diamond on a club lead from East or cover a club lead from West. Either way, an extra club trick would come from dummy.

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

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PUZZLES & GAMES

CROSSWORD

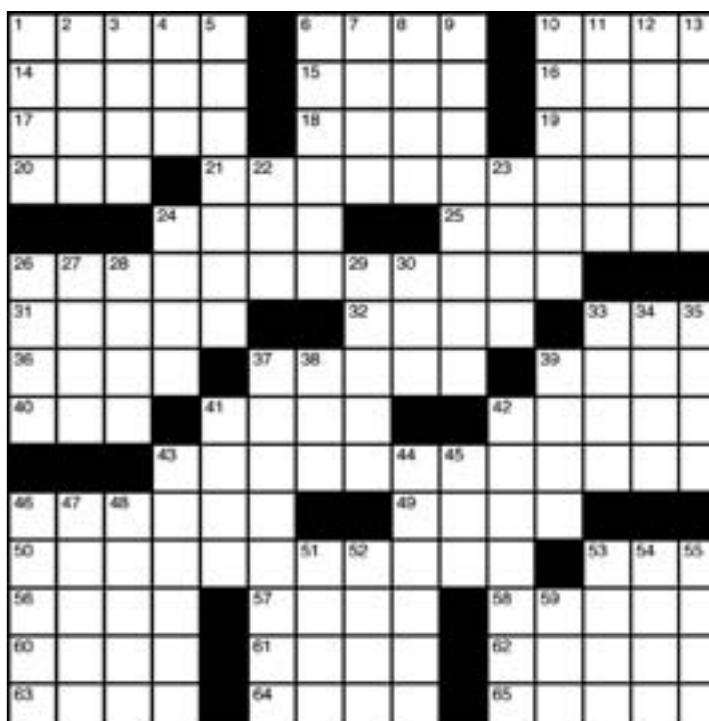
Across

- 1 In short supply
- 6 Basics for Dick and Jane
- 10 XT computers
- 14 Mandel of "America's Got Talent"
- 15 Actress Lollobrigida
- 16 "La maja desnuda" artist
- 17 Primary artery
- 18 First name in advice
- 19 Baseball's Hershiser
- 20 Amt.
- 21 Playskool's Rocktivity products, e.g.
- 24 Mugs, e.g.
- 25 Old British coin
- 26 Clinic helper
- 31 Big concert setting
- 32 Gambler's IOU
- 33 Lawyers' org.
- 36 Peer pruriently at
- 37 Kermit's color
- 39 Coffee-brewing choice
- 40 Boozer
- 41 High-fiber food
- 42 Longtime "Masterpiece Theater" host Alistair
- 43 Decree that spells things out
- 46 Nighttime shindig
- 49 TV warrior princess
- 50 One's toughest critics, often, and, literally, three different words hidden in 21-, 26- and 43-Across
- 53 Internet letters
- 56 Uses a straw
- 57 Fairy tale start
- 58 D-Day beach
- 60 Promote big-time
- 61 Slangy turnarounds
- 62 Poe's "ebony bird"
- 63 Tiny hill builders
- 64 Criteria: Abbr.
- 65 Trapped on a branch

Down

- 1 Cager-turned-rapper O'Neal, familiarly
- 2 Old grump
- 3 Haywire

- 4 "Picked" complaint
- 5 Olympians in red, white and blue
- 6 Andre of tennis
- 7 Netanyahu of Israel, familiarly
- 8 "Squawk on the Street" ailer
- 9 "Huh?"
- 10 Outfielder's cry
- 11 B in chemistry
- 12 "Poppycock!"
- 13 Doritos scoopful
- 22 "What can Brown do for you?" shipping co.
- 23 Manhattan's ___ -Fontanne Theatre
- 24 Mr. Peanut prop
- 26 Vietnam neighbor
- 27 Golden Fleece vessel
- 28 Suspenders alternative
- 29 What a hound follows
- 30 With 53-Down, stadium fans' rhythmic motion
- 33 Yankee infielder, to fans
- 34 Ride the Harley
- 35 Copycat
- 37 Heartrending
- 38 Scavenging pest
- 39 Cartoon explorer
- 41 Uncle Remus's ___ Fox
- 42 Monarch's spouse
- 43 Tears (away) from
- 44 Superabundance
- 45 Maiden name intro
- 46 Slangy sibling
- 47 Bulb in a garden
- 48 Addition to the conversation
- 51 Attending to a task
- 52 Like some coffee or tea
- 53 See 30-Down
- 54 Roller coaster cry
- 55 Hand-held scanner
- 59 Vandalize



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

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

JUMBLE THAT SCRAMBLED WORD GAME
by Mike Argrison and Jeff Knuren

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

LIMYK
ORVAB
STERJE
DRUPAW

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

Answer here:

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PAR SCORE 260-270
BEST SCORE 354

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

For more information on tournaments and clubs, email NAPS@NorthAmericanSCRABBLEPlayersAssociation.org. Visit our website at www.northamericanscrabbleplayers.org. For puzzle inquiries contact scrabblepuzzles@gmail.com.

SUDOKU SOLUTION

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

CROSSWORD SOLUTION

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

SCRIBBLE BRAND GRAMS SOLUTION

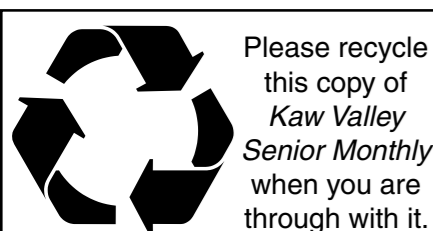
S	T	Y	L	I	N	G	RACK 1 =	61
B	A	T	L	I	K	E	RACK 2 =	64
D	I	S	B	A	N	D	RACK 3 =	61
F	I	X	A	B	L	E	RACK 4 =	107
A	M	P	O	U	L	E	RACK 5 =	61
PAR SCORE 260-270							TOTAL	354

JUMBLE ANSWERS

Jumbles: MILKY BRAVO JESTER UPWARD

Answer: What the director said when his wife knitted him a sweater -- IT'S A "WRAP"

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MY ANSWER

Many cults still exist and continue to spread their false teachings

By Billy Graham

Tribune Content Agency

Q: It seems like we used to hear a lot about cults a decade or so ago, but I hardly hear anything about them today. Why is that? Have most of them faded away? - Mrs. M.L.

A: A few cults do seem to have faded away or lost their appeal. Some, for example, were built around the strong personality of a domineering leader, and once he or she died many followers drifted away.

I can assure you, however, that other cults are still active and aggressively recruiting new members. Some claim to have Christian roots (although they reject the Gospel), while others draw their beliefs from a variety of philosophies or religions. Almost all claim that they, and they alone, have discovered the path to spiritual enlightenment or the way to heaven. They often demand total obedience, and may require a convert to leave their family or give all their money to the group.

How can you recognize a cult? First, ask what they believe about Jesus. The Bible says He was the unique Son of God, fully God and fully man—but cults deny this. Then ask what they teach about salvation. The Bible says only Christ can save us, and we cannot save ourselves. But cults deny this, saying our salvation depends on our own efforts. Finally, ask what they believe about the Bible. Is it, and it

alone, God's Word—or do they add to it or reject it?

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mitment to Jesus Christ, and don't be deceived by the false teachings of those who deny the truth of God's Good News in Christ. Pray, too, for those who might be misled by them. The Bible warns that in the last days "evildoers and imposters will go from bad to worse, deceiving and being deceived" (2 Timothy 3:13).

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

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