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INSIDE



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KEVIN GROENHAGEN PHOTO



Sherry Wright-Anderson: Supporting the troops at home.

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Wright-Anderson works for and with veterans

By Kevin Groenhagen

At the age of 35, Sherry Wright-Anderson, Ottawa, walked into the National Guard recruiter's office and expressed her desire to enlist. To her dismay, the recruiter said she was too old to join.

While Sherry was unable to join the military, she has a great deal of love and respect for those who have served in uniform. Her paternal grandfather served in the Army during World War I. Her father, Marshall Ball, served in World War II, as did his two brothers, Roy and Aubry. Both Roy and Aubry were killed in action during that war.

"My father was on Iwo Jima in the Army Air Corps when his second brother was killed," Sherry said. "To me, my grandma's situation was just like the mother's in *Saving Private Ryan*."

In *Saving Private Ryan*, a group of U.S. soldiers went behind enemy lines following the Normandy landings to retrieve a paratrooper whose brothers had been killed in action. General George Marshall ordered the soldiers to find Private Ryan and send him home immediately. Likewise, Mar-

shall Ball received orders to return to the United States after the death of his second brother.

A third Ball son, Airman First Class Delbert Duane Ball, was killed in action during the Korean War.

In 1967, Sherry lost her cousin, Private Gary Hendrickson, United States Marine Corps, in Vietnam.

"We were more like brother and sister," Sherry said. "We were very close. That was so devastating for me. It was just horrible. Through the Internet, I got in touch with someone who was with Gary when he died. He later called me and I found out that Gary was killed in an ambush. I told him that I wondered for 40 years what happened. I said to him, 'You gave me answers that I never would have had, so I know why you came home.'"

Although she didn't realize it at the time, Sherry saw something in 1993 that would ultimately lead her on the path of working for and with veterans for the next 21 years.

"We were watching a Veterans Day parade in Ottawa," she said. "Here came the VFW with a color guard. There



Sherry Wright-Anderson

were maybe three vehicles. My dad was marching in the color guard. Nobody stopped for him. I thought that was a travesty. That's when I got started with wanting to put a veterans' memorial on

the courthouse lawn. I wanted to build a memorial, but I had no clue about how to do it. I put stuff in the newspaper, but no one knew how to help me."

■ CONTINUED ON PAGE FOUR

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Editor and Publisher

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Sherry Wright-Anderson

■ CONTINUED FROM PAGE THREE

While working to promote the construction of a memorial, Sherry learned that she had ovarian cancer. "I went in for the cancer treatment and I thought, 'Lord, I'll never get this memorial built,'" she said. "And then Harvey Nicholson, a veteran, came to town, and he put an article in the paper saying that he wanted to build a memorial. So he and I put our heads together. That was in September of 1994, just as I was finishing my chemo treatment. That really kept my mind off all that cancer stuff, too. We formed a group called the Franklin County Veterans Memorial Corporation and started raising money."

The Franklin County Veterans Memorial, which is located on the southwest corner of the courthouse square in Ottawa, opened in November 1999 and features lists of Franklin Countians who had died in World War I, World War II, the Korean War, and the Vietnam War. Today, the memorial also includes the names of those who

died in Iraq and Afghanistan.

While working on the memorial, Sherry also started working on organizing a parade for veterans.

"We had about 20 units the first year, and then it grew by about 20 units per year for the 20 years I did it," Sherry said. "I retired from the Veterans Day Parade Committee last December. Now I'm kind of on the sidelines. I help them, but my husband, Dennis, has leukemia and he is going to have a bone marrow transplant. He'll need to be in the hospital for a hundred days."

"I put together the parade several years by myself," Sherry continued. "I have such a large family that I would call each member and say, 'Okay, the parade is on this day. I want you on this block, this block, and this block.' It worked out well. But around 2000 Gary Nicholson and Ray Shumate came along to help me and then we really organized and formed a committee in 2002. And then Harold Mays joined around 2004 or 2005. Harold held things together as I was going through cancer treatments for a few months. I thought I would leave the committee

for good, but they were counting on me to come back."

For many years, the Veterans Day parade in Ottawa was the largest in the state of Kansas, and included participants from Nebraska, Missouri, Oklahoma, and even from as far away as Michigan. This year's parade will take place on Saturday, November 8. It will begin at 10:45 a.m. at Fifth and Main streets and end at Forest Park. Activities in the park will follow the parade.

After Operation Iraqi Freedom started in 2003, Sherry decided to start another parade to support those currently serving in the military.

"I was watching television, and saw that a group called Code Pink was protesting," she said. "That peeved me off."

Code Pink had accused U.S. troops of committing war crimes in Iraq. Sherry decided that she and others needed to respond, so she organized a Code Red, White and Blue parade and rally, which took place on April 5, 2003. She organized the Code Red, White and Blue parade for two additional years, even though she was going through treat-

ment for thyroid cancer at the time.

While organizing the parades, Sherry worked with members of the Vietnam Veterans of America (VVA). In 2007, she joined the Associates of Vietnam Veterans of America (AVVA).

"VVA was always in the parade," Sherry said. "Well, these were kids who I went to school with. They asked me to come to their VVA meeting. I said, 'I will come, but I will not do anything because I've got too much as presumptive diseases associated with exposure to Agent Orange or other herbicides during military service. Illnesses associated with Agent Orange include soft-tissue sarcoma, non-Hodgkin lymphoma, chronic lymphocytic leukemia, Hodgkin lymphoma, and chloracne. VVA and AVVA representatives, including Sherry, have met with U.S. Sens. Jerry Moran (R-Kan.) and Richard Blumenthal (D-Conn.) to discuss concerns about Agent Orange. Moran recently introduced the Toxic Exposure Research and Military Family Support Act, which concentrates on the diagnosis and treatment of all veterans exposed to toxins and their progeny."

As AVVA national chaplain, Sherry receives death notices and sympathy cards. She receives anywhere from 80 to 100 notices every other month.

"That's not even all Vietnam War veterans," she said. "That is just for veterans who have signed up with VVA. Our Vietnam veterans are dying

Sherry Wright-Anderson

■ CONTINUED FROM PAGE FOUR

at an earlier age than World War II veterans because of Agent Orange."

The U.S. military sprayed millions of gallons of Agent Orange and other herbicides on trees and vegetation during the Vietnam War. The U.S. Department of Veterans Affairs has recognized certain cancers and other health problems associated with exposure to Agent Orange or other herbicides during military service. Illnesses associated with Agent Orange include soft-tissue sarcoma, non-Hodgkin lymphoma, chronic lymphocytic leukemia, Hodgkin lymphoma, and chloracne. VVA and AVVA representatives, including Sherry, have met with U.S. Sens. Jerry Moran (R-Kan.) and Richard Blumenthal (D-Conn.) to discuss concerns about Agent Orange. Moran recently introduced the Toxic Exposure Research and Military Family Support Act, which concentrates on the diagnosis and treatment of all veterans exposed to toxins and their progeny."

With her husband's upcoming treatment for leukemia, Sherry will back off a bit with her AVVA work. This "break" comes after a very busy year. In addition to her regular AVVA duties, Sherry traveled to Washington, D.C., to lay a wreath in honor of our veterans at Arlington Cemetery on Memorial Day. In August, she received the

National AVVA Fellowships Award, which honors a person's outstanding work for veterans in her community and surrounding areas, at the 15th Annual Vietnam Veterans of America Conference in Reno, Nevada.

Because of Sherry's health issues, Sherry and Dennis, an assistant pastor at God's House Ministries, bought a scooter for Sherry. They now sell the adult, ADA-approved scooters, and occasionally donate scooters to those who cannot afford them. To learn more about the scooters, please visit www.kccatsscootersusa.com.

In addition to her grandfather, father, uncles, and cousin, other members of Sherry's family who have served or are serving in the military include her daughter Stareen's late husband, Wayne Bradley, who served in the Navy. Stareen and Wayne's sons, Capt. Buck Bradley and Sgt. Levi Bradley, are currently serving in the Marine Corps. Sherry's son, Darik Schmoie, also served in the Marine Corps. Darik's son, Dakota, just completed Marine Corps boot camp in San Diego this past summer and recently received orders to serve at Marine Barracks Washington, D.C., which is also known as "8th & I." 8th & I is the oldest active post in the Marine Corps and is home to the Marine Corps Silent Drill Platoon, the Marine Drum and Bugle Corps, the Marine Band, the official Marine Corps Color Guard, and the Marine Corps Body Bearers.

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COURTESY PHOTO

Grace Torko with her late mother

Torko opens Graceful Home Healthcare after caring for her mother

By Billie David

From her job as an elementary school teacher to her opening of a home healthcare business, Grace Torko has always found fulfillment in taking care of others.

"That's where I find my calling, caring for people. I have always been a caring person. I used to take care of younger kids and now it's the opposite," Torko said of her change in focus from schoolchildren to seniors in need of homecare.

Torko's desire to work with seniors started with her mother after she took her to look for placement in institutions. When they got home, her mother became depressed and asked if this was the end of her life.

Torko decided to take care of her mother at home and provide the needed care herself.

"She stayed with me and we were both happy to the end," Torko said. "Then I started thinking of all the others out there like my mother. I took care of my mom and my dad, and I found my calling through them."

Drawing on her background in nursing, Torko, who came to the United States from Ghana in 1997, became a U.S. citizen in 2005 and earned her licensed practical nursing certification from Flint Hills Technical College in Emporia. She opened Graceful Home Healthcare in July of 2012.

"For over 12 years I have been a licensed practical nurse," Torko said,

■ CONTINUED ON PAGE SEVEN



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Graceful Home Healthcare

■ CONTINUED FROM PAGE SIX

adding that she has had experience working in both hospitals and in-home facilities.

"People don't have to be in an institution to get the help they need," Torko explained. "They just need somebody to give care in their own homes, and they are happier and heal faster."

Graceful Home Healthcare is based in Lawrence and serves the surrounding counties, including Douglas, Shawnee, Leavenworth, and Johnson counties. Its goal is to improve quality of life by meeting the needs of individuals in the comfort of their own homes with an emphasis on enhancing wellness, safety, and longevity.

Graceful Home Healthcare's staff includes registered nurses, licensed practical nurses, home health aides, and certified CMAs and CNAs, all trained and having passed a background check. The business offers skilled nursing services, home health aides, homemaker services, private duty nursing, companionate services, and respite care in the comfort of the client's own home.

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More information about the business is available online at graceful-homehealthcare.com or by calling Torko at 785-424-2785. She can schedule an assessment, which involves visiting the client's home to determine what kind of help is needed, "so we can give them care as soon as possible," she said, adding that they take clients who are covered by several insurance companies, VA, private pay and Medicaid.

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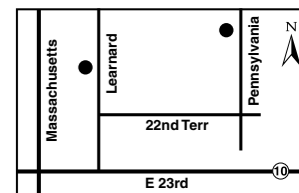
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Community Resources Council announces honorees of the 2014 Awards of Excellence


The Community Resources Council's 2014 Awards of Excellence held Monday, October 20, celebrated the work of nonprofits, government agencies, businesses and individuals in the community. The honorees were: Walgreen's Drug Store #03772 as the Business of Excellence; Junior League of Topeka and their Diaper Depot as the Nonprofit of Excellence; the Veterans Administration / Life Enrichment Center as the Government Agency of Excellence; and Gary Doyle of Harvesters as the Individual of Excellence.

"The Awards of Excellence is CRC's opportunity to celebrate all the organizations and people that are working together to make Shawnee County better," said G.R. Laughlin, CEO/ED of the Community Resources Council. The Community Resources Council is a catalyst to promote community action in Topeka and Shawnee County. Their mission is to connect the resources in our community through collaboration, advocacy, research and education.

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Lawrence Memorial Hospital's Endowment Association to host seminar

Lawrence Memorial Hospital's Endowment Association is hosting a seminar that will focus on end-of-life decisions. "End-of-Life Decisions: Understanding DNRs, Living Wills and Other Advance Directives for Medical Care" will begin at 4 p.m., November 12, at the Lied Center Pavilion on the University of Kansas West Campus. Enter on the east side. The seminar, which is part of the Endowment Association's Healthy, Wealthy and Wise series, will feature Cheryl Denton, a local attorney who has professional and personal experience with these decisions; Andy Ramirez, general counsel for LMH; and Charles Yockey, M.D., of LMH Pulmonary/Critical Care Medicine. A \$20 fee will be charged for this seminar, which is open to both professionals and community members. Continuing education credits will be available. Joining the LMH Endow-

ment Association in sponsoring the event are Trust Company of Kansas and Douglas County Estate Planning Council. Dessert and beverages will be served. To attend, RSVP by November 5 to Caroline Trowbridge, LMH Endowment Association planned giving specialist, at 785-505-3313 or caroline.trowbridge@lmh.org.

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ESTATE PLANNING

Supervised Administration – Part 2

Last month, we left our executor with a newly obtained Tax ID and an account opened in the name of the Estate.

Within 30 days of being appointed, the executor must file an Inventory & Valuation summarizing the assets of the Estate and giving their fair market value as of the date of the decedent's



Bob Ramsdell

death. Property of the Estate is classified among real estate; furniture, household goods, and wearing apparel; corporation stocks; bonds, mortgages, notes, and other written evidences of debt; and all other personal property accurately identified. If the decedent was a member of a partnership, a separate section summarizes the whole of the partnership estate and the decedent's share.

If the decedent left minor children who are not under the care of a surviving natural guardian, then the court will need to appoint a guardian/conservator. The court gives deference to the wishes

of the decedent if the Will nominates a person to serve as guardian / conservator, but is not a rubber stamp. If your Will, executed 10 years ago, nominates your sister and she has since become a meth addict with a string of felony theft convictions, the court is not going to appoint your sister as guardian/conservator even if she offers to serve.

While the executor can simply pay most third-party claims after verifying their legitimacy, any claim by the executor against the Estate requires court approval. Similarly, any sale, lease or mortgage to the executor, related persons or a corporation in which the executor has a substantial beneficial interest—or any transaction affected by a substantial conflict of interest on the part of the executor—is voidable unless expressly authorized by the decedent or approved by the court after a hearing with notice to interested persons. The court must also review and approve any attorney fees.

After all claims against the Estate have been paid, the executor files a Petition for Final Settlement. All heirs, devisees, and legatees must have notice thereof. The court can enter no final order until at least six months from the date of death as this is the deadline for filing a Will. Even if you petitioned for

probate, filed the Will, and opened the Estate the day after the decedent died, the court must still wait six months in case a competing Will is filed with the claim that it is the valid one.

Following published notice of the hearing (for three consecutive weeks), the court may assign title to real estate to the proper devisees. This is fine if there are only a few devisees (or one "buys out" the others). A certified copy of the Order of Final Settlement which assigns the title is recorded with the Register of Deeds in the county where the real estate is located.

Too many devisees can be a problem. While two or three co-tenants on a piece of property may be workable, I once assisted with an Estate where there were eighteen devisees. Eighteen co-tenants (each with a 5.55% undivided interest) would be a recipe for disaster as all of them would have to agree to do anything with the land in the future. So executors frequently sell real estate as part of the Estate's administration. Dollars divide more easily than land.

Selling real estate adds to the time it takes to complete administration, particularly as the executor has a fiduciary duty to the Estate and its beneficiaries. You cannot simply sell the land fast at a give-it-away price. Absent reason not to, I recommend that a Will explicitly grant authority to sell real estate without court approval. If not, the executor must obtain court approval of the sale

before it is completed, adding time and expense to the process.

Other assets of the Estate—shares of money, tangible personal property, etc.—are distributed to the proper beneficiaries consistent with the Order of Final Settlement. Each beneficiary signs a Receipt that is then filed with the court. If the Will provided for testamentary trusts—such as for minor children—then the court-approved trustee(s) establish the trusts according to the terms of the Will and fund them with the trust beneficiary's distribution.

Once all fees and taxes have been paid and all assets distributed to the proper recipients, the executor files a Final Accounting and Petition for Discharge. The court reviews all the actions of the executor and, if found correct, enters an Order of Discharge. The executor is now relieved from his or her duties and the Estate is closed.

Next month's column will discuss a few simpler probate procedures that may be used if certain conditions are met.

- 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

Protect your retirement against market volatility

As an investor, you're well aware that, over the short term, the financial markets always move up and down. During your working years, you may feel that you have time to overcome this volatility. And you'd



Harley Catlin and Ryan Catlin



be basing these feelings on actual evidence: the longer the investment period, the greater the tendency of the markets to "smooth out" their performance. But what happens when you retire? Won't you be more susceptible to market movements?

You may not be as vulnerable as you might think. In the first place, given our growing awareness of healthier lifestyles, you could easily spend two, or even three, decades in retirement — so your investment time frame isn't necessarily going to be that compressed.

Nonetheless, it's still true that time may well be a more important consideration to you during your retirement years, so you may want to be particu-

larly vigilant about taking steps to help smooth out the effects of market volatility. Toward that end, here are a few suggestions:

- **Allocate your investments among a variety of asset classes.** Of course, proper asset allocation is a good investment move at any age, but when you're retired, you want to be especially careful that you don't "over-concentrate" your investment dollars among just a few assets. Spreading your money among a range of vehicles — stocks, bonds, certificates of deposit, government securities and so on — can help you avoid taking the full brunt of a downturn that may primarily hit just one type of investment. (Keep in mind, though, that while diversification can help reduce the effects of volatility, it can't assure a profit or protect against loss.)

- **Choose investments that have demonstrated solid performance across many market cycles.** As you've probably heard, "past performance is no guarantee of future results," and this is true. Nonetheless, you can help improve your outlook by owning quality investments. So when investing in stocks, choose those that have actual earnings and a track record of earnings

growth. If you invest in fixed-income vehicles, pick those that are considered "investment grade."

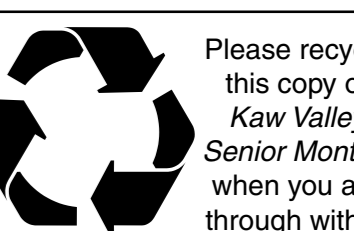
- **Don't make emotional decisions.** At various times during your retirement, you will, in all likelihood, witness some sharp drops in the market. Try to avoid overreacting to these downturns, which will probably just be normal market "corrections." If you can keep your emotions out of investing, you will be less likely to make moves such as selling quality investments merely because their price is temporarily down.

- **Don't try to "time" the market.** You may be tempted to "take advantage" of volatility by looking for opportunities to "buy low and sell high." In theory, this is a fine idea — but, unfortunately, no one can really predict market highs or lows. You'll probably be better off by consistently investing the same amount of money into the same investments. Over time, this method of investing may result in lower per-share costs. However, as is the case with diversification, this type

of "systematic" investing won't guarantee a profit or protect against loss, and you'll need to be willing to keep investing when share prices are declining.

It's probably natural to get somewhat more apprehensive about market volatility during your retirement years. But taking the steps described above can help you navigate the sometimes-choppy waters of the financial world.

- 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

Back to school for your money

Benjamin Franklin said, "An investment in knowledge pays the best interest." Unfortunately, all of the education in the world cannot help you avoid a truism of money management: No matter what you do, there is some element of risk involved. That's why we are going to conclude the Jill on Money mini-course "Back to School for your Money," with a focus on this core concept.



Jill Schlesinger

Merriam Webster defines risk as "the possibility that something bad or unpleasant (such as an injury or a loss) will happen". Risk is a four-letter word that can wreak havoc on your retirement plan, your child's education funding and your ability to sleep at night. Unfortunately, most investors equate risk with those investment surveys, which ask, "How would you feel about losing 20 percent of your portfolio's value?" In a bull market, many respond by saying that the loss would be acceptable, while in a bear market, it is not.

There are many facets of risk, but the easiest way to start is to look at two major categories: Systematic Risk, which relates to factors that affect the

overall economy and Non-Systematic risk, which is associated with investing in a particular product, company, or industry sector.

Here are examples of nonsystematic risk:

Market Risk: If you are invested in any asset-stocks, bonds, commodities-you will be subjected to the risk of being dragged down with that overall market. Even the greatest company's stock will drop if the S&P 500 plummets.

Interest-rate risk: When interest rates change, many securities will be affected, but the most direct consequence will be seen in bonds. When interest rates increase, bond prices fall and conversely, when they decrease, bond prices rise.

Inflation risk: When prices rise, your dollar buys you less, reducing your purchasing power. Inflation can also reduce the value of your investments. For example, to keep pace with inflation and compensate for the loss of purchasing power, investors need to see an increase in their income from bonds. That means that existing bonds will lose value in a high inflation environment.

Currency risk: When you invest in international securities, the exchange rate between that country's currency and the U.S. can reduce your investment return.

Liquidity risk: How quickly can you unload a particular investment?

That is the question that liquidity risk answers. Liquidity risk will be high for thinly traded or esoteric investments, which may not be easily sold.

Geopolitical risk is the possibility that instability or unrest in one or more regions of the world will affect investment markets. Terrorist attacks, war and pandemics are examples.

Here are examples of nonsystematic risk:

Management risk: When you invest in an individual stock, you are subjected to management or company risk. Poor management decisions, strategy missteps, or even external situations can have on a company's performance and, as a consequence, on the value of investments in that company. Even if you research a company carefully before investing and it appears to have solid management, strange things can happen that are out of an investor's control.

Credit risk, also called default risk, is the possibility that a bond issuer won't pay interest as scheduled or repay the principal at maturity. Credit risk may also be a problem with insurance

companies that sell annuity contracts, where your ability to collect the interest and income you expect is dependent on the claims-paying ability of the issuer.

This is a list that might spook you, but remember, they have always been present, but you may have not been aware of them. That said, there is an easy way to guard, though not to eliminate, these risks. Your chief defense against systematic and nonsystematic risk is to utilize an asset allocation strategy, which spreads out your investments across securities that react differently to all of these.

- 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

Regular pap smears important for nearly all women

DEAR MAYO CLINIC: I've had several abnormal Pap smears, and I'm worried about getting cervical cancer. How often should I be getting a Pap smear? Are there things I can do to prevent cervical cancer?

ANSWER: Getting regularly scheduled Pap smears is important for almost all women. Pap smears are particularly crucial for someone in your situation who has had abnormal results. Pap smears can often catch cervical cancer in its earliest stages, many times before it has even progressed to being cancer. Because of that, they are one of the most reliable prevention steps you can take to protect yourself against cervical cancer. If you are younger than 26, getting the human papillomavirus (HPV) vaccine will also help prevent cervical cancer.

In the early part of the 20th century, cervical cancer was the leading cause of death in women. Today, cervical cancer is far down that list, thanks in large measure to Pap smears. The purpose of a Pap smear is to screen for cervical cancer. A Pap smear is usually done along with a pelvic exam and involves taking a sample of cervical cells. Samples are examined under a microscope to look for characteristic signs of cancer or precancerous cells. They are also probed to see if there's evidence of high-risk HPV.

The guidelines for how often

women should get Pap smears have been changing rapidly over the last 10 years, causing some confusion. In the past, women were told to get a Pap smear every year. But the technology of the newer Pap smears has improved enough that once a year is not necessary for many women.

In general, women should start getting Pap smears when they turn 21, or three to five years after they start having sex, whichever comes first. For women ages 21 to 30 with normal Pap smear results, the guideline is to have the test every two years. For women 30 to 65 with past normal results, a Pap smear is recommended every three years.

Typically, women who've had a hysterectomy, those older than 65 and women who are not sexually active do not need Pap smears, as long as previous results have all been normal.

In your situation, however, when Pap smear results have been abnormal in the past - which means unusual or abnormal cells were discovered - there is no one-size-fits-all recommendation. You need to talk with your doctor about the types of cells that were found. Based on that, and your overall medical history, your doctor can recommend a schedule for Pap smears or colposcopy—a microscopic exam of the cervix via the vagina—that best fits your circumstances.

When cervical cancer is caught

early, more than 90 percent of cases are curable. When a Pap smear finds precancerous cells, they usually can be effectively removed, preventing the disease by getting rid of the abnormal cells before they have a chance to become cancer.

In addition to Pap smears, the other key step you can take to prevent cervical cancer is to get the HPV vaccine. About 70 percent of all cervical cancer is caused by HPV, a sexually transmitted infection. The U.S. Centers for Disease Control and Prevention recommends the HPV vaccine for girls 11 to 12 years old. The series of three vaccinations can be started as early as age 9. The vaccine is also recommended for females 13 through 26 who have not been vaccinated. Side effects are uncommon and generally mild. The HPV vaccine has proven to be a safe, effective anti-cancer vaccine.

With regular Pap smears and proper follow-up, even women who have had abnormal Pap smear results can often be effectively protected against cervical cancer. Talk to your doctor about a specific care schedule and your preven-

tion options. - Keith Johansen, M.D., Obstetrics and Gynecology, Mayo Clinic, Rochester, Minn.

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

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HEALTH & FITNESS

Winter tips: Walk & drive safely

Icy parking lots are incredibly dangerous. Over the years I've treated a lot of people who fell in parking lots that looked like skating rinks. Driving safely in snow and ice is hard enough. But it's doubly hard when you have to worry about staying on your feet once you get out of the car. Winter makes roads hazardous and walking risky. So you need winter coping strategies.



Laura Bennetts

Dare to Prepare

If you live in snowy country you may already have an emergency kit in the back seat of your car. You need several items within easy reach: a blanket, a bottle of water, a flashlight with extra batteries, flares, a small shovel or snow shovel, and a snack. A cell phone is also an important safety item. If you don't have a cell phone, you can get one to use just for emergencies, cost-free. Check with your local Senior Service agency to find out how you can get a recycled phone that allows you

to press any button to reach the emergency services number, 911. It's best to keep the phone on so that you can use it without difficulty when the need arises.

Easy Does It

Once you're on the road, you should drive moderately (slowly enough to be safe, but not so slowly that you tempt other drivers to speed around you) and stay alert for changing road conditions. And when you enter a parking lot, try to find a space in a section of the lot that has been cleared of snow and (especially) ice. Always keep an eye out for black ice, even days after the snow has been cleared away.

To be fully prepared, you should do the following:

1. Dress warmly, with gloves, hat and scarf (just in case you're stranded);
2. Wear supportive shoes with good tread so that the soles aren't slick;
3. Wear "ice-walkers" over your shoes (see below); and
4. Carry a hiking pole, walking stick, cane or walker.

Ice Capades

As you prepare to step out of your car, look directly down to the ground. Is the surface icy or slushy? If so, re-park your car in a safer spot. And if you're in a parking lot that looks like an ice rink, you can benefit from having a pair of

ice-walkers over your shoes. Ice-walkers, like galoshes, fit over the sole of each shoe. They have spikes or springs embedded in a web of stretchy rubber that secures at your toe and heel. Brand names include YakTrax and Stabilicers.

When you first step down, wearing the ice-walker, you feel your foot push into the ice and soon have a feeling of traction. This allows you to rise out of your car and get your weight onto your feet, which decreases your chance of falling down as you exit your car.

If Your Feet Dangle

What if your car is so high that your feet don't reach the ground when you swivel to get out? Many vans are elevated like that. It's risky to hop onto the slick ground, especially if there are several inches between your feet and the ground.

To safely get out of your car or van, try the following:

1. If you use a cane, start by touching the ground with your cane and then ease your weight onto your feet.
2. Stabilize yourself by gripping a handle or the back of the seat and use your second hand to support yourself

with a cane.

3. Wear ice-walkers to ensure a safe landing when your feet touch the ground.

4. Arrange, in the future, to ride in cars with lower exit points.

Snowed In? No!

Planning sensibly for the winter weather will keep you not only safe but active. If you hibernate or become a recluse when the mercury drops, you'll find that you feel shut-in and left out of the seasonal festivities. Staying active keeps you well, strong, and part of your wider community. By preparing properly to venture out safely, you won't have to remain in seclusion, a prisoner of the weather.

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

HEALTH & FITNESS

Natural ways to treat allergies

All of us have been there at some point in time. It is the middle of the night and we should be sound asleep and catching those precious "ZZZZ's," but instead we are wide awake. There can



Dr. Farhang Khosh

be many reasons why people have difficulty falling asleep or staying asleep. There are simple steps people can take to help them correct the sleeping problems and start to having a restful night sleep. The first step to fighting the sleep

battle is to understand it. Insomnia or sleeplessness or a sleep disorder is when a person cannot fall asleep or stay asleep for a desired amount of time. Insomnia is a relatively common sleeping disorder. It is estimated that it affects about one-third of the adult population and is more common in women than men. However, the quality of sleep often decreases equally in both women and men as they get older. Insomnia can be short-term up to three weeks or long-term, lasting for more than three to four weeks.

Some common things to consider that could be causing those sleepless nights.

- Mattress: Do you have a comfortable mattress? Too soft or too firm? Too old?
- Sleep area: Too loud, too much light, temperature of the room too hot

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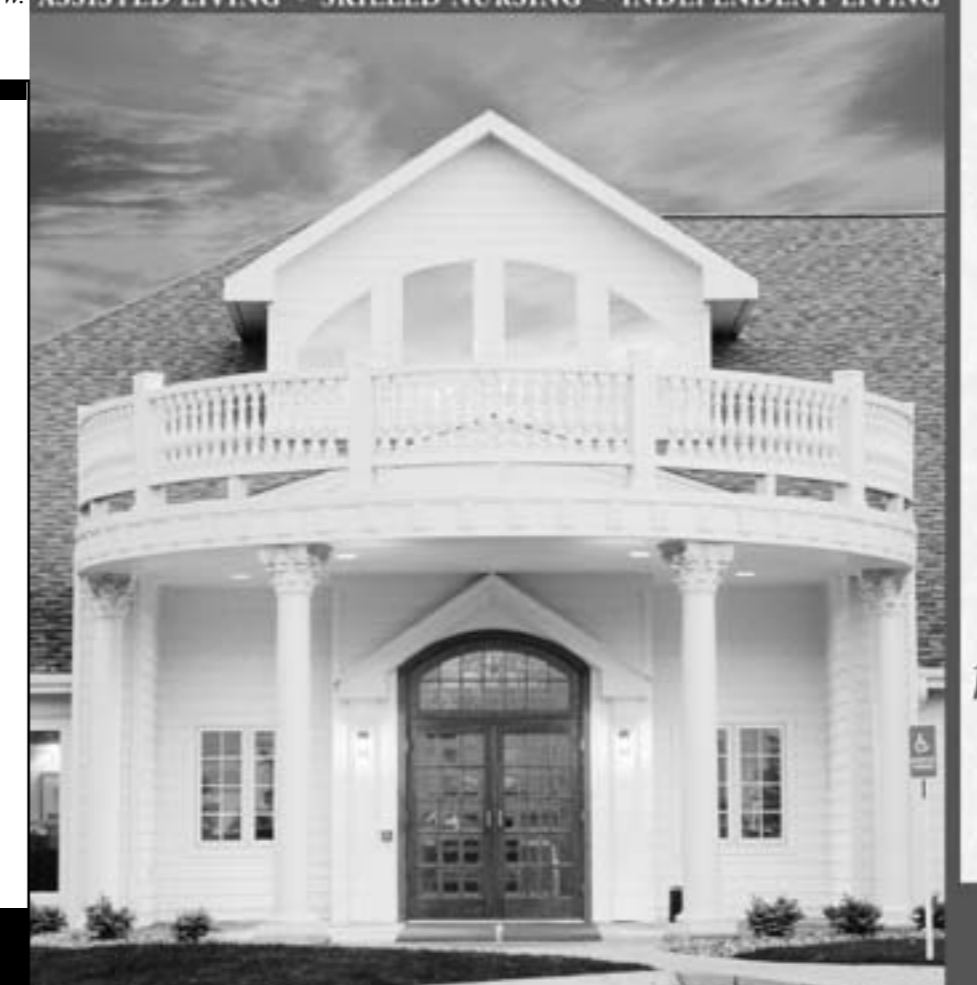
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SENIOR CALENDAR

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

NOV 3-24

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

NOV 8

16TH ANNUAL HOMEMADE HOLIDAYS CRAFT SHOW

Sponsored by the Ottawa Middle School AAA Program with over 125 booths. Ottawa & Franklin County Visitor Information Center, 1230 S. Ash, 9 a.m.-4 p.m. Free.
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visitottawakansas.com

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

3800 SE Michigan Ave, 6:30 p.m.
TOPEKA, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

Minis start at 6 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7 p.m. on Wednesdays and Fridays, 2050 SE 30th St.
TOPEKA, (785) 266-5532

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US Highway 24, 6:30 p.m.
TOPEKA, (785) 296-9400

WEDNESDAYS

PINECREST APARTMENTS

924 Walnut, 12:30-1 p.m.
EUDORA, (785) 542-1020

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW Huntoon, 6:30 p.m.
TOPEKA, (785) 235-9073

WEDNESDAYS & SATURDAYS

LEGIONACRES

3408 W. 6th St., 7 p.m.
LAWRENCE, (785) 842-3415

FRIDAYS

EAGLES LODGE

1803 W. 6th St., 7 p.m.
LAWRENCE, (785) 843-9690

FRIDAYS

ARAB SHRINE

Mini Bingo 6:30 p.m. , Regular Bingo 7 p.m.
TOPEKA, (785) 234-5656

SUNDAYS & TUESDAYS

MOOSE CLUB

1901 N Kansas Ave, 6 p.m.
TOPEKA, (785) 235-5050

EDUCATION

ONCE A MONTH

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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

FIRST & THIRD FRIDAYS OF EACH MONTH

HEALTHWISE AFTER 55

Television program offers interviews on health topics of interest to seniors as well as a 20-minute exercise segment. Aired from 9-9:30 a.m. on WIBW-TV, Channel 13.
TOPEKA, (785) 354-6787

SECOND & FOURTH FRIDAYS OF EACH MONTH

FOR FAMILY CAREGIVERS

Television show highlights information for people who providing care-giving service to loved ones. There is also a 20-minute exercise segment for caregivers and their loved ones. Aired from 9-9:30 a.m. on WIBW-TV, Channel 13.
TOPEKA, (785) 354-6787

NOV 12

UNDERSTANDING AND MANAGING DIABETES

November is Diabetes Awareness month. Come

and enjoy a complimentary meal while reviewing the latest information on diabetes and diabetes care. Speakers include: Pat Hohman, APRN, CDE; Nancy Donahey, RD LD CDE; and Marc Scarborough, MD. Wednesday November 12, 5:30-8:00 pm. Exhibits and a light supper at 5:30 p.m.; Educational program is at 6:00 p.m. This program is free but advance registration is required. Space is limited so please enroll early, either online or by calling call LMH Connect Care.

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

NOV 18

SENIOR SUPPER AND SEMINAR

This month's topic: "Deep Venous Thrombosis: Can I Decrease the Risk?" Presented by Dale Denning, MD, of Lawrence Vein Center. Come and learn more about the signs and symptoms of DVT and some measures to take in order to lessen ones chances of developing this problem. 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

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 2

VIENNA BOYS CHOIR

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LAWRENCE, (785) 864-2787
www.lied.ku.edu

NOV 2

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

NOV 9

BEATRICE RANA, PIANO

Italian pianist Beatrice Rana is celebrated for her moving performances. The Dallas Morning News heralds her work as "alternately out-of-body and almost fearsome in intensity." The Plain Dealer exclaimed that during the Van

Cliburn Competition — where she earned the coveted Audience Award and second prize — she "had an electrical current running through virtually every measure." Lied Center of Kansas, 1600 Stewart Dr., 2 p.m.
LAWRENCE, (785) 864-2787
www.lied.ku.edu

NOV 13

JAZZIN' IT UP DOWNTOWN

Get your groove on as you enjoy some jazz music. Featuring Marilyn Maye. Free to the community. Topeka Performing Arts Center, 214 SE 8th, 7-9:30 p.m.
TOPEKA, (785) 234-2787
www.tpactix.org

NOV 14

RENNIE HARRIS PUREMOVEMENT

Rennie Harris Puremovement (RHPM) is based on the belief that hip-hop dance is the most important original expression of a generation, with the unique ability to convey themes that extend beyond racial, religious and economic boundaries. RHPM deconstructs the popular perception about hip-hop by encompassing rich and diverse African-American dance traditions while simultaneously presenting the voice of a new generation. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m.
LAWRENCE, (785) 864-2787
www.lied.ku.edu

NOV 14

FREE STATE STORY SLAM

Stories told live. Extraordinary, witty, suspenseful: whatever yarns you have, spin them. This is a don't-miss occasion to hear and share whoppers, MOTH-style, the second Friday of each month. Raconteurs step up to the mic to bring laughs, tears, surprise, amazement, and the occasional awkward moment. All are welcome, bring a tale to tell on the theme for the evening, or just come to eavesdrop. Never the same story, or evening, twice. Adults 18+ only. Live music and social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. Lawrence Arts Center, 940 New Hampshire St.
LAWRENCE, (785) 843-2787
lawrenceartscenter.org/story-slam

NOV 22

A CLASSIC ROCK CHRISTMAS

Sing along to your favorite Christmas songs as December People play to the tune of classic rock songs from The Who, BOSTON and Journey. The concert will benefit the United Way of Greater Topeka. Each concert goer is asked to bring food donations for Project Topeka. Topeka Performing Arts Center, 214 SE 8th, 7 p.m.
TOPEKA, (785) 234-2787
www.tpactix.org/events.html

NOV 28-DEC 21

MIRACLE ON 34TH STREET

This is a tale that we want to believe in! By chance, Kris Kringle, an old man in a retirement home, gets a job working as Santa for Macy's. Kris unleashes waves of good will with Macy's customers and the commercial world of New York City by referring parents to other stores to find exactly the toy their child has asked for. Seen as deluded and dangerous by Macy's vocational

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counselor, who plots to have Kris shanghaied to Bellevue Psychiatric Hospital, Kris ends up in a court competency hearing with amazing results. See website for show times. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue.
TOPEKA, (785) 357-5211
www.topekacivictheatre.com/productions/506

NOV 30

WTCT RADIO PLAYERS

Take a trip to yesteryear and enjoy radio favorites including The Lone Ranger, Gunsmoke, The Shadow, and a host of other favorites recreated by veteran actors who were thrilled by these stories when they were new. Topeka Civic Theatre and Academy, 3028 SW 8th Avenue, 2-4 p.m. Fee.
TOPEKA, (785) 357-5211
www.topekacivictheatre.com

FAIRS/FESTIVALS

OCT 3-NOV 2

DIA DE LOS MUERTOS - DAY OF THE DEAD FESTIVAL

This Mexican festival honors loved ones with traditional art, dance, music and food. Don't miss the family street fair from 11 a.m.-5 p.m., October 11, in the North Topeka Arts District.
TOPEKA, (785) 233-7110
www.visittopeka.com/events/ddm

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

MONDAY THROUGH FRIDAY

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.

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

MEDICATION CLINIC

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

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

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

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free.
TOPEKA, (785) 354-6787

FRIDAYS

BLOOD PRESSURE CHECKS

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

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free.
TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free.
TOPEKA, (785) 354-6787

THIRD WEDNESDAY OF EACH MONTH

NUTRITION CLINIC

Call for an appointment. HealthWise 55 Resource Center, 2252 S.W. 10th Ave., 10:30 a.m.-noon.
TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. North YMCA, 1936 N. Tyler St. Free.
TOPEKA, (785) 354-6787

NOV 3-DEC 8 & NOV 6-DEC 11

YOGA FOR 50+

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

NOV 3-DEC 12

ARTHRITIS FOUNDATION TAI CHI

Ages 60 and up. This program is designed to improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn. Mondays and Fridays, 10-11 a.m. Fee: \$28. Location: Community Building. Instructor: Susan Pomeroy. Register at the Community Building, 115 W. 11th St., online at www.lprd.org, or call.
LAWRENCE, (785) 832-7920

NOV 5

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$7/test. HealthSource room, Lawrence Memorial Hospital, 8:30-10 a.m.
LAWRENCE, (785) 749-5800

NOV 11-DEC 10

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 from on Tuesdays from 8:30-9:30 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

DEC 3

CHOLESTEROL SCREENING

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

HISTORY/HERITAGE

OCT 5-NOV 2

BLEEDING KANSAS CHARACTERS

1850s Kansas Territorial Town Hall Political Meeting Reenactment at Constitution Hall in Lecompton. Members of the Lecompton Reenactors portray famous characters from the "Bleeding Kansas" period prior to the civil war. Speechifying by such characters as Jim Lane, Charles and Sara Robinson, John Stringfellow, David Atchison, Andrew Reeder, John Brown, Mahala Doyle, Colonel Henry Titus, Samuel Jones and others. Constitution Hall State Historic Site, 319 Elmore St., 2-3 p.m. Fee.
LECOMPTON, (785) 887-6520
ksks.org/constitution_hall

NOV 2

SCAN AND SHARE: RECORDING TOPEKA'S MEXICAN AMERICAN HERITAGE

Scrapbooks, postcards, posters, letters, diaries, and programs are also welcome. Event will be held in the Marlo Cuevas-Balandran Activity Center, 216 NE Branner Street, Topeka. The activity center is located in the Our Lady of Guadalupe Catholic Church complex. Items will be scanned and returned to their owners. All scanned images will be available at the State Archives, 6425 SW 6th Ave., 9 a.m.-5 p.m.
TOPEKA, ksks.org/events/view/18639

HOLIDAY EVENTS

NOV 26-DEC 31

WINTER WONDERLAND XVII

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ping in downtown Topeka. Downtown Topeka Inc., 515 S. Kansas, Suite A, 5:30 p.m. Free. TOPEKA, (785) 234-9336 www.visittopeka.com

DEC 4

HOLIDAY LIGHT TOUR

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

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

Clinton Place, 215 Clinton Parkway, Lawrence, 9-10 a.m. Wyndham Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m. Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD TUESDAY OF EACH MONTH

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

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

MEETINGS

SUNDAYS

OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.) Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 6-9 p.m. on Sundays

at the Knights of Columbus, 2206 E. 23rd St. LAWRENCE

MONDAYS

BREAST CANCER SUPPORT GROUP

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

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

MONDAYS

GRIEF SUPPORT GROUP

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

FIRST MONDAY OF EACH MONTH

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

FIRST & THIRD MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP LAWRENCE SENIOR CENTER 2:15-3:45 PM, (785) 842-0543

FIRST & THIRD MONDAY OF EACH MONTH

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

FIRST & THIRD MONDAY OF EACH MONTH

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

FIRST & THIRD MONDAY OF EACH MONTH

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

FIRST TUESDAY OF EACH MONTH

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

FIRST TUESDAY OF EACH MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES Works with 31 other Kansas communities to

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

FIRST TUESDAY OF THE MONTH

MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - LAWRENCE Meets at Lawrence Memorial Hospital, 5:30 p.m. LAWRENCE, (785) 393-1256

FIRST TUESDAY OF EACH MONTH

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

FIRST & THIRD TUESDAY OF EACH MONTH

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

FIRST & THIRD TUESDAY OF EACH MONTH

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

FIRST & THIRD TUESDAY OF EACH MONTH

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

TUESDAYS & THURSDAYS

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

FIRST & THIRD TUESDAY OF EACH MONTH

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

FIRST WEDNESDAY OF EACH MONTH

KAW VALLEY OWL (OLDER WOMEN'S LEAGUE)

Meetings are held at the United Way building, 2518 Ridge Ct. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For

more information, call Gayle Sigurdson. LAWRENCE, (785) 691-7314

FIRST & THIRD WEDNESDAY OF EACH MONTH

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

FIRST THURSDAY OF THE MONTH

MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - TOPEKA Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m. TOPEKA, (785) 230-4422

FIRST THURSDAY OF EACH MONTH

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

FIRST THURSDAY OF EACH MONTH

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

EVERY OTHER THURSDAY

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

EVERY OTHER THURSDAY

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

FIRST FRIDAY OF EACH MONTH

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

ONE SATURDAY EACH MONTH

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

SECOND MONDAY, SEP-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

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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.jhawnkaaa.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

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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

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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

VETERANS DAY EVENTS

NOV 8

VETERANS DAY PARADE Support our local heroes at the 2nd Annual Topeka Veterans Parade. Gather in Downtown Topeka to cheer on Active duty, Reserve, Retired and wounded members of the military as well as families of the fallen and blue star

■ CONTINUED FROM PAGE 18

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

NOV 8

INVITE A VETERAN TO BREAKFAST EVENT "Invite a Veteran to Breakfast" will allow Veterans to eat free when accompanied by a paid participant. In addition to a free breakfast, we will honor our Veterans with a flower and entertainment. Area youth choirs and our very own "State Street Singers" will once again honor the veterans with their angelic voices. Tickets are \$5. Central Park Community Center, 1534 SW Clay, 8-11 a.m. TOPEKA, (785) 251-2967

NOV 11

VETERAN'S DAY PARADE Starting at 10:30 a.m. in historic downtown Leavenworth on Delaware Street with numerous military and marching band entries and military flyover at 11 a.m. Historic Downtown Leavenworth, 416 Cherokee St. Free. LEAVENWORTH, (913) 651-0410 www.lvvetsparade.com

NOV 11

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

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

THIRD SATURDAY OF EACH MONTH

COFFEE & CONVERSATION Arbor Court at Alvamar, 1510 Saint Andrews Dr., 3 p.m. Open to the public. LAWRENCE, (785) 841-6847

NOV 6

SENIOR RESOURCES FAIR Sponsored by Topeka Area Continuity of Care and Jayhawk Area Agency on Aging. Meet professionals to learn about health care and living options for seniors in our community. Free flu shots will be provided for Medicare recipients. Attendees will be entered into a drawing to win one of three \$50 Visa gift cards. Many individual booths will have separate prize drawings as well. West Ridge Mall (JC Penney Alcove), 9 a.m.-3 p.m. Free admission. TOPEKA

NOV 29

THE 25TH ANNUAL BIZARRE BAZAAR Food and live entertainment. This is a family event for all to enjoy. Come support local artists and experience the original works of a show unlike any other. Free Admission, wheelchair accessible. Lawrence Arts Center, 940 New Hampshire, 9 a.m.-5 p.m. LAWRENCE, (785) 691-7941

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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

The Ticker by Robert M. Davis (Robertson Publishing ISBN: 978-1-61170-135-7)

This is a wonderful suspense-driven novel about a wealthy man named Morgan Proffitt who learns he has an irreparable heart and will die soon. Realizing he may only have hours left to live, he seeks revenge on an unscrupulous attorney named Oliver Kane, whom Morgan blames for his daughter's murder.

Because he is dying, he has to act quickly and arranges to have his estate given to certain people and he hires a detective to find out where Kane is so he could murder him. He keeps his health condition secret, which he finds difficult to do when others inquire about his haste in getting certain things done. I kept wondering if Morgan would live long enough to fulfill his mission and how he would kill Kane. The novel ends in a surprising way, giving it a twist that the reader never suspects. The author has written a polished novel, with believable characters, and with the end of each chapter, I found myself wanting to know what would happen next. If you love mystery and suspense, this novel is for you.

The Kansas Relays—Track and Field Tradition in the Heartland by Joe D. Schrag (Adina Publishing ISBN 978-0-9915086-0-0)

The author takes you back from the beginnings of the Kansas Relays to the present time. In 1923, with the approval of the athletic board, John Outland began the relays at the University of Kansas, where participants from colleges, high schools, and military academies participated. Events such as one-, two-, and four-mile relays were included, together with hurdles, broad jump, pole vault, and shot put. This beautiful 294-page book is divided into four parts—Tradition, Moments, Action, and Innovation and contains historical information on the participants and the events, as well as interesting facts such as the 1931 relays where six records were broken and the surprising acceptance by the Soviets in 1983 to participate in the Kansas relays. Readers are likely to find this book the “bible” of the Kansas Relays, with numerous photographs of coaches, participants, and parades. The Appendix includes lists of the most outstanding performers, referees, starters, individuals inducted into the Kansas Relays Hall of Fame, World Records, and Year-by-Year Summaries. Every-



one who enjoys Kansas relays should have this book in his or her library.

Don't Eat the Flowers by Doris Nikolaidis (CreateSpace ISBN 978-1-4922-9364-4)

This is a collection of 16 short stories that are based on the experiences of the author. Nikolaidis recounts the stories of her childhood in Germany, where she was born at the close of World War II. She was one of five children housed in a one-room shack outside of Hamburg, but at the age of 20 she immigrated to America and worked as a nanny for a family in Connecticut. Eventually, she hitchhiked with two friends to San Francisco. Although she intended to return to Germany to study journalism, she never did as she met her future husband in San Francisco and was so amazed at the generous spirit of Americans she became a citizen. The author's stories were both humorous and sad. She once thought of her husband as a murderer because he killed a



A LOOK AT BOOKS

CONTINUED FROM PAGE 22

deer, but she “finally accepted that he had a killer instinct in his genes.” But in another story she recounts how her parents struggled to support their large family. This is an enjoyable collection of stories, and I recommend it.

Wishing You Home by Eunice Boeve (Rowe Publishing ISBN 978-1-939054-27-2)

This novel begins with the news that the dad of 10-year-old Bobby Benson's best friend was killed in World War II. Bobby worries about the fate of his own dad who was serving in the war. I was impressed by the insight that Boeve gave into the history of this war, with such detail as how people would place either a blue, silver, or gold star in their window—which meant either someone in that family was currently

serving, was missing in action, or was killed. She showed the cruelty two boys showed toward a girl who was part Japanese, the resurgence of the Ku Klux Klan, and the joy people felt when Japan surrendered—even though it meant atomic bombs claimed the loss of more than 100,000 lives. When Bobby's father comes home, he is a changed man, an angry stranger. What, if anything, will bring his dad to be the sort of person who used to tell his son jokes? This is a delightful read not only for seniors (who still remember how WWII changed people's lives) but for younger generations as well.



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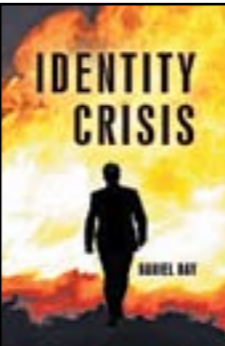
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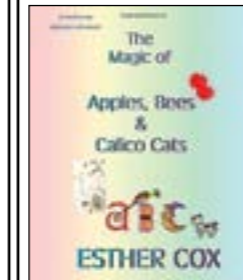
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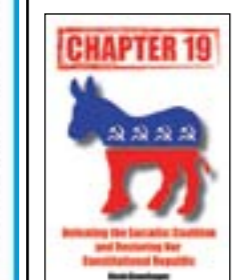


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HUMOR

Hadley and the Cell Phone Glare

Letongaloosa has a fine performing arts center. The center brings nationally and internationally known performers, musical groups and other topflight entertainers to town. Hadley Wilkins always buys season tickets to the center's "It's Broadway" series. His seat is in the middle of the first row



Larry Day

of the lower balcony. That's where the cell phone glare episode happened.

Hadley was at his seat early for the first performance of the season. Just before the house lights went down, a man in a dark suit made his way along the row and sat next to Hadley. Before the man's pants touched the seat, he had a large-screen cell phone in hand and had begun thumbing through a series of messages. As the curtain rose, the man's eyes remained on his cell phone screen. The glow of the cell phone was distracting, but Hadley waited a few moments before touching the man's arm.

"They said to turn off and put away all cell phones," he whispered.

The man didn't look away from the screen.

"Don't bother me," he said, and kept on scrolling

Finally the man set the cell phone screen-up on the arm of the chair between him and Hadley. Moments later the phone emitted a "ping." The man touched the screen, pressed a button, and began thumbing a text message. Hadley saw no allies seated around them, so he subsided in his seat and watched the show.

As the audience streamed out of the theater, Hadley looked for a staff member, but found none. The next morning Hadley drove to the center to talk to the manager. Hadley explained the encounter, and the manager expressed sympathy, and asked what seat the cell phone user had occupied.

"He was seated on my left," said Hadley, and gave the seat number. The manager typed, and looked at the screen.

"Oh my," he said.

"What's the matter?"

"That seat belongs to Clemment Boxley. He's a senior executive at Red Grove Industries. The company has just transferred him to Letongaloosa from New Jersey. Red Grove is one of our largest corporate sponsors." He touched another key. "And Mr. Boxley is one of our 'Starfire' level contributors. He contributed \$5,000 to the center this year."

"And that means?" asked Hadley.

"And that means," said the center manager, "that we are going to find you a marvelous new seat. Do you want to stay in the balcony, or would you prefer

the main level?"

"I prefer the seat I've occupied as a season ticket holder for the last 10 years," said Hadley.

"You have that choice, of course," said the manager.

"But you're not going to do anything about that man and his cell phone."

"I apologize, but, no, I am not."

"I see," said Hadley, and he left.

Hadley Wilkins is an electronics wizard. He developed important parts of current cell phone technology. Hadley decided this was a job for Cyberman!

The next performance was sold out. The center spokesperson welcomed members of the audience, thanked the performers and sponsors, and made the ritual cell phone announcement. During that announcement, Clemment Boxley's eyes were on his cell phone screen and his thumbs were on the keys. The face up screen glowed on the arm of his chair.

Then, just before intermission, cell phone tones erupted all over the theater. Baffled audience members fumbled for their phones in their purses,

pouches and pockets and pulled them out. Scores of cell phones glowed in the darkened auditorium. It looked surreal. On each cell phone screen, in Ariel Black type, was the same message: "**Ain't tekhnology wonnerful?**"

The Associated Press ran a short piece about Letongaloosa's "cyber glow phenomenon." The story lasted one news cycle in the mass media.

A few days later the performance center manager came to see Hadley.

"Mr. Wilkens, the center wants to reward you for your years of loyalty as a season ticket holder. Here are six complimentary tickets to our upcoming 'Pop Culture Parade' show." Then he said, "By the way, Mr. Boxley has been transferred back to New Jersey. Apparently the company didn't think he was a good fit for the Redgrove plant here."

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

PET WORLD

Until there's an all clear on contamination, avoid jerky treats

Q: You've written about jerky treats being bad for pets, so what else should I give my dog as a treat? He's accustomed to getting his jerky at night before bedtime. - C.J., Las Vegas

Q: I'm very angry and mistrusting of pet food companies now. What do

that chance?

Some jerky products remain unavailable from a previous recall, however others continue to be sold, which is wrong; these products

should be withdrawn until the FDA is confident that the problem, which apparently originates in China, is rectified.

I've received lots of email from pet owners insisting that their pets "need" jerky treats. That's rubbish. Pets will look forward to anything that smells great (from their perspective). Jerky treats aren't the only game in town. In fact, I suggest you toss any opened jerky treats made in China in the (pet-proof) trash, and if a package is

unopened, return it to the retailer to exchange for a safer treat.

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

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Steve Dale

I give my dog as a treat now that the FDA has said jerky treats have caused so many deaths? - C.C., Buffalo, New York

A: I can't stress this enough: Stop feeding jerky treats to your pets. End of story. There are countless safe manufactured treats, available in all shapes and sizes, not to mention healthy snacks from your own refrigerator, such as small slices of apple or banana, blueberries or mini carrots. Also safe (as far as we know) are jerky treats made in the U.S.

While it's true that most pets scarf down jerky without any ill effects, according to a recent statement from the U.S. Food and Drug Administration's Center for Veterinary Medicine, since 2007 about 3,600 dogs and 10 cats have likely been sickened by tainted jerky treats, and nearly 600 pets have died. Why take



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WOLFGANG PUCK'S KITCHEN

Healthy oatmeal muffins are a perfect autumn brunch treat

Now that we're several weeks into autumn, people are beginning to turn their thoughts toward all the holiday entertaining ahead. Thanksgiving is just a few weeks away. And then Hanukkah, Christmas and the New Year soon follow. That's a lot of cooking.

Amid all the official holiday entertaining, a weekend brunch, or even a midmorning coffee or mid-afternoon



Wolfgang Puck

teatime gathering, makes a great way to welcome people into your home. Brunch menus are generally simpler than big, traditional meals and parties, and they frequently feature dishes you can make easily, even in advance, rather than recipes that keep you close to the stove.

Still, brunch can present another problem. Brunch recipes sometimes tend to be heavy, featuring egg dishes laden with cheese (not to mention Hollandaise sauce). Or they showcase baked goods like healthy-looking muffins or scones that may actually pack all the calories and fat you'd usually find in extravagant desserts.

That's why, when I was recently developing breakfast and brunch recipes for my latest cookbook, "Wolfgang Puck Makes It Healthy," I set myself and my team the challenge of coming up with morning recipes that really did fulfill the promise of the title. In the end, the task proved surprisingly easy as we developed an array of recipes ranging from low-fat homemade granola layered in parfait glasses with nonfat yogurt and fresh berries; to whole-wheat pancakes made with twice as many egg whites as yolks and studded with crunchy walnuts; to thick,

heartly flat omelets featuring mostly egg whites combined with a cornucopia of vegetables and shreds of lean ham.

One of my favorites of the brunch bunch was a recipe for incredibly tender, rich, flavorful muffins based on a mixture of old-fashioned rolled oats, nonfat yogurt, a couple of eggs, and frozen raspberries. Here, I'm pleased to share with you a variation of that treat using, instead, widely available frozen blueberries.

For easier brunch preparation, you can partially prepare the batter the night before, up to the point at which you combine the egg and oat mixtures. Then, just over an hour before guests are due to arrive, add the flour-baking soda mixture, spoon the batter into paper-lined muffin cups, and bake.

You and your guests will be happily surprised by these very satisfying muffins, in which only just a little more than a third of their calories come from fat, significantly less than many store-bought muffins. Round out your brunch menu with a low-fat egg dish and a salad of fresh seasonal fruits, and you'll have a delicious menu everyone will welcome—all the more so for coming away from the table feeling they're entering the holiday season on a healthier footing.

YOGURT AND OATMEAL BLUEBERRY MUFFINS

Makes 2 dozen

- 2-1/4 cups (310 ml) old-fashioned rolled oats
- 2 cups (500 ml) nonfat plain yogurt
- 2 large cage-free eggs
- 1-1/4 cups (310 ml) packed dark brown sugar
- 1 cup (250 ml) canola oil
- 2-1/2 cups (625 ml) all-purpose (plain) flour
- 2-1/2 teaspoons baking soda
- 2 cups (500 ml) frozen unsweetened or fresh blueberries

In a large bowl, stir together the oats and yogurt. Cover with plastic wrap and

refrigerate for 1 hour to soften the oats. (If you mix the batter the night before, up to but not including stirring in the flour-baking soda mixture as directed below, there's no need to presoak the oats in the yogurt.) Set the rack in the middle of the oven. Preheat the oven to 350 degrees F. (175 degrees C).

In a separate bowl, whisk together the eggs, sugar, and oil. With a rubber spatula or large spoon, stir the egg mixture into the oat-yogurt mixture.

In a separate bowl, stir together the flour and baking soda. Stir the flour mixture into the egg-oat mixture until just combined. Do not overstir.

Just before baking, fold the blueber-

ries into the batter just until they're evenly distributed.

Line two dozen muffin tin cups with paper muffin liners. With a spoon, divide the batter evenly among the muffin cups.

Bake the muffins until they're golden brown and spring back when pressed lightly and carefully with a fingertip, 30 to 40 minutes, carefully rotating the muffin tins 180 degrees for even baking about halfway through that time.

When the muffins are done, transfer the tins to a wire rack to cool at least briefly before unmolding and serving. Serve the muffins warm or at room temperature.

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Restaurant Guide

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 <p style="text-align: center;">Old 56 Family Restaurant</p> <p style="text-align: center;">2227 S. Princeton St. Ottawa, KS 66067 785-242-7757</p>	 <p style="text-align: center;">Voted Best BBQ in Lawrence</p> <p style="text-align: center;">University Daily Kansan Top Of The Hill 2011 2120 W. 9th St. • Lawrence • 785-842-0800</p>

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

KIPLINGER ON TRAVEL

When efforts to save money on vacation backfire

By Cameron Huddleston Kiplinger

I thought my careful planning would save my family money when we took a vacation this past week. But you know what they say about best-laid plans...

Our week-long trip involved flying to Salt Lake City, then driving to Yellowstone National Park and Grand Teton National Park. I booked our flights early enough to score the low fares on Southwest Airlines for the particular route we were taking. Plus, I had enough frequent-flyer points to offset the cost of some of the tickets (see How to Earn Airline Miles Without Flying). And by flying Southwest, we would be able to check up to two bags per person for free.

However, our flight was canceled the night before we were scheduled to depart because we were flying through Chicago, where a fire at an air traffic control center disrupted air travel across the U.S. When I saw the email notifying me of the cancellation, I called Southwest while my husband started searching online for flights on

other airlines. After staying on hold for more than an hour, I finally spoke to a customer service representative who gave me a full refund for our canceled flight. And my husband managed to find a flight to Salt Lake City on US Airways for about \$40 more per ticket than our original Southwest flight. Although we took a hit, it could've been much worse.

But then US Airways charged us \$25 per checked bag. So we were out \$75 for three checked bags. Carry-ons weren't an option since we needed several layers of clothing for the five of us to wear in the mountains, as well as a large hiking backpack to hold our toddler during treks along trails.

I packed snacks to take on the plane, but we ended up buying a meal at the airport because we had to arrive before lunch for the first leg of our flight, then wait three hours before the second leg, which departed right at dinner time.

Then our first day in Yellowstone, we had to buy hats for the kids. I didn't pack any (even though my husband said I should) because the forecast was calling for highs in the 60s. But there were high winds, and it didn't get much above 50 degrees.

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Fortunately, though, my planning did help offset some of the additional expenses we incurred.

Because our original flight was scheduled to arrive in Salt Lake City late in the afternoon, we had decided to stay the first night of our trip there before heading north the next day to Yellowstone. We also needed to book a room in Salt Lake City the night before our return home because we had an early flight. So I took advantage of points I had racked up with a hotel-branded rewards credit card to get two free stays at a hotel with free breakfast (see our picks for best hotel rewards cards).

My husband took advantage of a discount through his employer to get a deal on a rental car. And because we would be going to Yellowstone and Grand Teton, the only thing we had to pay for four days of sightseeing was a \$25 fee that covered the entrance to both national parks.

If we had gone in the summer, we would've camped to save money. But with temperatures forecasted to drop into the 30s at night, and the bears in the parks in the process of fattening up ahead of

winter hibernation, camping with three young kids wasn't a good option on this trip. We booked a room in one of Yellowstone's lodges for two nights, then took advantage of off-season rates at a lodge (with free breakfast) in Jackson, Wyoming, near Grand Teton.

We also packed reusable water bottles so we wouldn't have to pay for overpriced bottled water. We also brought a collapsible cooler that we filled with food purchased before entering the national parks so we wouldn't have to pay for high-priced meals within the parks (see more ways to cut the cost of travel with kids).

And we told our two daughters beforehand that they had to use their own money to buy souvenirs. Our two-year-old has no money of his own, so he didn't get a souvenir. But he did get to see Old Faithful, waterfalls, snow-covered mountains, elk, bison, moose, wolves and even a grizzly bear. That's better than any souvenir, right?

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

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Neither vulnerable. South deals.

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

North-South were using a style that is popular among modern tournament players - a two-over-one response to an opening bid creates a game force. The advantage lies in North's forcing re-bid of three diamonds. This bid would be non-forcing otherwise, and North would often have to waste valuable bidding space just to make a forcing raise, leading to missed slams on occasion. He might survive on this hand with a forcing two-spade bid, but that would not be descriptive and would run the risk of South re-bidding his hearts.

Dummy's six of trumps won the opening lead, tipping declarer to a possible bad trump split. South eyed dummy's seven of trumps carefully. If he could score a heart ruff with that card, he would have his slam.

South started by cashing the ace-king of clubs before playing on hearts. The

king of hearts was followed by a heart to the ace and a third heart. West discarded a spade, but it would not have helped him to ruff. Dummy's seven of trumps won this trick and declarer romped home with the ace of spades and five more ruffs. West had to under-ruff twice before discarding his king of spades. He scored the lone defensive trick by ruffing the queen of spades at trick 13.

Note the importance of cashing the

ace-king of clubs early—otherwise, West would have discarded a club on the third heart and likely defeated the slam.

- 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

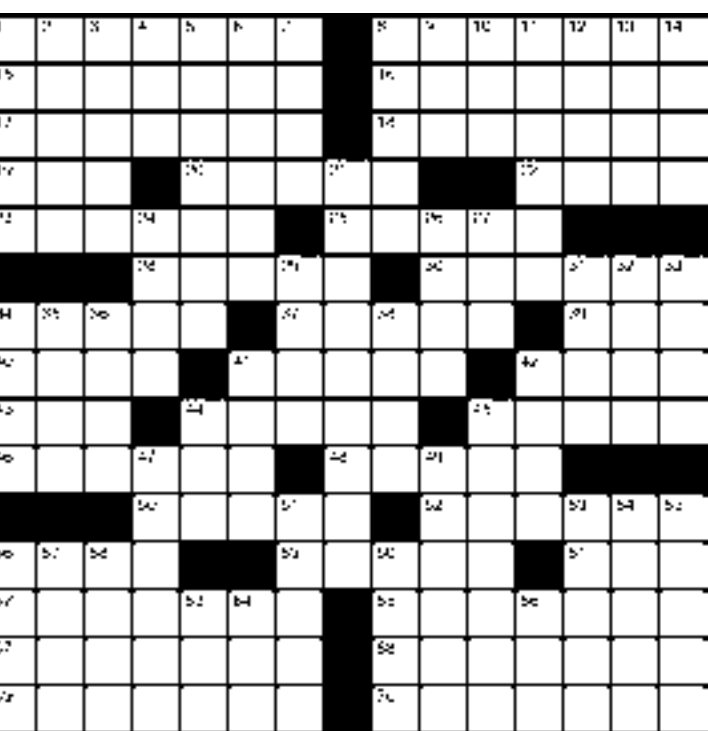
Across

- 1 Turn over
- 8 Copes
- 15 Banned
- 16 "To reiterate ..."
- 17 *Dive, surface, dive, surface, etc.?
- 18 *Lab growth below sea level?
- 19 Item in a tent
- 20 French spa town
- 22 Some amber orders
- 23 Zenith
- 25 Syria's Bashar al-__
- 28 Lorelei, notably
- 30 *Underwater speaker?
- 34 Invite to one's tree house
- 37 Wilde's "An __ Husband"
- 39 At least one
- 40 *Story line for "The Hunt for Red October"?
- 41 *Hatch?
- 42 *Underwater lateral surface?
- 43 Ages
- 44 Bob Barker's longtime

Down

- 45 Clearance events
- 46 *Position on naval warfare?
- 48 Lose it
- 50 Bivouac
- 52 Starting lineups
- 56 Toll rd.
- 59 Nintendo ancestor
- 61 Caviar, e.g.
- 62 *Sonar reading?
- 65 *Message from beneath the surface?
- 67 In real trouble
- 68 Flavored, like some vodka
- 69 Comebacks
- 70 Convertible couches

- 8 Annual parade sponsor
- 9 Sch. with a Mesa campus
- 10 3,280.8 ft.
- 11 Sonora, por ejemplo
- 12 King David's predecessor
- 13 Dreadful
- 14 Stanzas of tribute
- 21 How some singles play
- 24 Flood
- 26 Vacillate
- 27 IM provider
- 29 Fifth of fünf
- 31 Fall flat
- 32 German finale
- 33 Grains used by brewers and bakers
- 34 Copycats
- 35 One in a Vegas row
- 36 Hawaiian coffee-growing district
- 38 Cube maker Rubik
- 41 Where Zeno taught
- 42 Nigerian-born Grammy winner
- 44 Mo. for many Libras
- 45 Fulfill
- 47 Must
- 49 Berth place
- 51 Leaves
- 53 Leave one's seat
- 54 Left town, maybe



- 55 Feeder filler
 - 56 Schedule abbr.
 - 57 Skunk Le Pew
 - 58 '50s-'80s pitcher Jim "Kitty" __
 - 60 Hemmed in by
 - 63 Discount tag abbr.
 - 64 Entomologist's tool
 - 66 Prefix for the answers
- to starred clues, and word needed for those clues to make sense
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The bidding:
 SOUTH WEST NORTH EAST
 1♥ Pass 2♣* Pass
 2♦ Pass 3♦ Pass
 3NT Pass 4♦ Pass
 5♣ Pass 6♦ Pass
 Pass Pass
 *Game forcing

Opening lead: Two of ♦

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

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 Argiron and Jeff Kinook

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

MYMUG
 CUNEO
 TRYEAB
 BRUBUS

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

Answer here: [] [] [] [] [] [] [] [] []

SCRABBLE G R A M S

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10-letter rack: A, I, I, C, N, N, S, I, [] [] [] []

4th Letter Triple: A, O, L, N, D, S, T, [] [] []

10-letter rack: A, E, O, U, M, C, L, [] [] [] []

10-letter rack: E, I, Y, G, N, S, R, [] [] [] []

Double Word Score: E, I, O, H, T, T, R, [] [] [] []

HAR SCORE 255-265
 BEST SCORE 313
 DIRECTIONS: Make a 3- to 7-letter word from the letters in each rack. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Barks" 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 NASPA - North American SCRABBLE® Players Association info@scrabbplayers.org. Visit our website - www.scrabbplayers.org. For puzzle inquiries contact scrabpuzz@gmail.com.

SUDOKU SOLUTION

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

CROSSWORD SOLUTION

CAP	SIZE	MAKES	DO
ILLEGAL	AS	IS	SAID
ROUTINE	CULTURE		
COT	VICHY	ALES	
APOGEE	ASSAD		
LURER	WOOFER		
ASKUP	IDEAL	ANY	
PLOT	ENTRY	SIDE	
EON	OLSON	SALES	
STANCE	GOMAD		
ETAPE	ATEAMS		
TPKE	ATARI	ROE	
HEADING	MISSIVE		
UPATREE	INFUSED		
RETORTS	DAYBEDS		

SCRIBBLE BRAND GRAMS SOLUTION

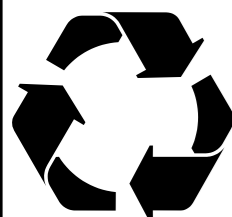
N	I	A	C	I	N	S	RACK 1 =	59	
S	A	N	D	L	O	T	RACK 2 =	62	
L	E	U	C	O	M	A	RACK 3 =	61	
S	Y	R	I	N	G	E	RACK 4 =	61	
T	H	O	R	I	T	E	RACK 5 =	70	
PAR SCORE 255-265								TOTAL	313

JUMBLE ANSWERS

Jumbles: GUMMY OUNCE
BETRAY SUBURB

Answer: When his wife shopped for a dishwasher, he had two choices -- BUY OR BE

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You can help as a representative payee

By Norm Franker

Social Security District Manager in Lawrence, Kansas

November is Family Caregiver's Month, a time to thank and acknowledge all of the people who take care of those in need. If you handle the finances of someone who receives benefits from Social Security, or you know someone who may need help managing his or her benefits, you may want to consider applying to be a representative payee.

A representative payee is someone who receives Social Security or Supplemental Security Income (SSI) payments on behalf of a person not capable of managing the funds on his or her own. A representative payee makes sure an individual's basic needs are met by using the money to provide food, clothing, and shelter for the person and saving any money left over in an interest-bearing account or

via savings bonds for the beneficiary's future needs.

As a representative payee, you must:

- know the person's needs so you can decide the best way to meet those needs with the benefits provided;
- be responsible for letting Social Security know about any changes that may affect the person's eligibility for benefits or the payment amount; and
- complete a yearly report of how the funds were spent. (You can do this online).

If you know somebody who receives Social Security or SSI benefits who is not able to manage his or her own finances, the best thing you can do is become familiar with the responsibilities of a representative payee and consider becoming one.

To learn more, read our publication, A Guide For Representative Payees, available at www.socialsecurity.gov/pubs and visit the webpage, "When

People Need Help Managing Their Money," at www.socialsecurity.gov/payee. Social Security will work with you to determine if a payee is needed and who would be best suited to act in

that capacity. Thank you to all of the caregivers out there. And, thank you for considering becoming a representative payee for someone in need.



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