

Kaw Valley **Senior Monthly**

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November 2015 Serving Active Seniors in the Lawrence-Topeka Area since 2001 Vol. 15, No. 5

INSIDE

Amazing Aging!
For Seniors and Those Who Love Them

A free publication of the Jayhawk Area Agency on Aging, Inc.
Advocacy, Advice and Assistance on Aging for Shawnee, Jefferson and Douglas Counties

Fall 2015

JAAA's Team Combats Fraud

KEVIN GROENHAGEN PHOTO



*Byron Edmondson:
Running the race
set before him.*

See story on page three

The Fall 2015 issue of *Amazing Aging* is included in this month's *Senior Monthly*. See inside.

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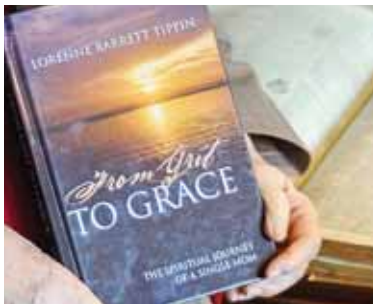
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Edmondson participates in Marine Corps Marathon

(Editor's note: We went to press with the November issue of Senior Monthly two days before Byron Edmondson was set to participate in the 40th Marine Corps Marathon in Washington, D.C. We will publish an update in the December issue.)

By Kevin Groenhagen

Byron Edmondson, Lawrence, ran in the 40th Marine Corps Marathon in Washington, D.C., on October 25. While preparing for the marathon, he followed Jeff Galloway's six-month program in *Marathon: You Can Do It!*

"Galloway emphasizes just completing the marathon as opposed to setting some time goal," Edmondson said.

In some respects, Galloway's advice concerning a 26.2-mile run has been appropriate for other aspects of Edmondson's life.

Edmondson, 69, spent the first months of his life in the central Kansas.

"My father was overseas at the time I was born, so my mother was living with my grandmother in Holyrood," Edmondson said. "He was active duty during World War II and then stayed in the reserves. He had a lifelong com-

mitment to the military."

After the war, Edmondson's father earned a bachelor's degree from the University of Arkansas, a master's degree from Oklahoma State University, and a doctorate from University of California at Davis. Then he went to work for the Department of Agriculture in Washington, D.C. Edmondson lived in the D.C. area from the middle of his elementary school years until he graduated from high school. He then returned to Kansas in 1963 to attend the University of Kansas (KU), where he was on the track team as a long-distance runner. While at KU, he also worked for Cooper-Warren Mortuary and, later, for a privately operated ambulance service.

"I ended up dropping out of school," Edmondson said. "If you weren't married and you weren't going to school, you were drafted. So I decided to volunteer and went into the Navy."

In the Navy, Edmondson became a hospital corpsman. Corpsmen work in a wide variety of capacities and locations, including shore establishments such as naval hospitals and clinics, aboard ships, and as the primary medical caregivers for sailors while underway. In addition, corpsmen are often the only medical caregivers for Marine units in the field. The Navy assigned Edmondson to a Marine unit when he arrived in Viet-

COURTESY PHOTO



Byron Edmondson running in the Marine Corps Marathon in 2010.

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Kaw Valley
Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Byron Edmondson

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nam in 1968.

“My father was in the Navy during World War II, and I was officially in the Navy, too,” he said. “However, we both served Marines. I was a hospital corpsman. I was in Marine uniform, under Marine command, so I identify more with Marines. My father was a landing craft captain who delivered troops to various locations in the Pacific Ocean. He went to Iwo Jima. Someone took a picture of him standing on the boat there with Mt. Suribachi right behind him.”

“They sent me to what they called the 1st Shore Party Battalion,” Edmondson continued. “I then went with a minesweeping team with the Marines south of Da Nang. They would walk along on the route, and I would follow in a jeep. We would sweep the roads every day before making use of them. We had a Vietnamese family—a father, mother, and two children—that would

wait for us to finish, and then they would come in where they operated a laundry service for the Marines. One day we swept the road, opened it up, and that family started down the road with their jeep. They got a couple of hundred feet down the road, and somehow our minesweepers missed a mine. The family hit it. The father was killed immediately. The mother was badly injured. The children, who were in the back seat, were injured, but not quite as bad.”

“A similar thing happened with a truck that was full of Marines,” Edmondson continued. “We opened the road, they came down the road, and the truck hit a mine. It fell over on its side. We were at the end of the road, so we turned around and ran back to the truck. I was the first one there. The fuel line had broken and there was a really bad fire. One Marine was under the truck. I yelled at him to come out, but he said he couldn’t. I grabbed a rifle and stretched it out to him. He grabbed it, and I tried pulling him out, but he just wasn’t coming. A sergeant was

able to grab his hand, but he couldn’t pull him out. The fire was getting worse and worse.”

Unfortunately, one of the truck’s tires had trapped the Marine’s foot underneath it. He burned to death in the fire as Edmondson and the others helplessly watched.

And then there was the time when the corpsman himself needed medical caregivers.

“One night we were attacked,” Edmondson said. “We had bunkers in front of all our sleeping facilities, which were cabin-like structures. Mortar shells were flying in. We ran out to get in our bunker.”

While in the bunker, Edmondson started feeling some pain. When he got out of the bunker, a Marine friend shone a flashlight on Edmondson and saw blood. “Oh no! Doc’s wounded!” the friend shouted.

“Doc” is the colloquial form of address for a corpsman. In the Marine Corps, this term is generally used as a sign of respect.

It turned out that Edmondson had

been hit by three pieces of shrapnel while he was running to get into the bunker.

“I didn’t even know I had been hit,” he said. “I was in such a panic that I really didn’t know what was going on. They collected all the wounded people and put us in one little clinic area until morning. Then they brought helicopters in and medivacked us to hospitals.”

After being wounded, the battalion assigned Edmondson to a medical civic action program.

“Our crew took a jeep out two days a week to provide medical care to Vietnamese civilians, mainly children, including at a nearby Catholic orphanage,” he said. “I also worked at our battalion rear area medical clinic the rest of the week. I did this until my year of duty was finished.”

After leaving Vietnam and getting out of the Navy, Edmondson returned to KU in 1970 to resume his studies.

“On campus, there was a lot of stuff going on during the 1970s,” he said. “I

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Byron Edmondson

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came back opposed to the war. I joined Vietnam Veterans Against the War. Not only did I get involved with that, I also got involved with other stuff that was, I'll say, immoral."

During this period, Edmondson got married and dropped out of KU for a second time.

"I knew I had to do something to make money, so I started doing auto repair work," he said.

Edmondson and his wife also had a daughter, Andrea. However, the marriage ended in a divorce shortly after Andrea was born.

"My parents set a good example, and I wanted to follow their example," Edmondson said. "When my marriage fell apart, it was very disturbing."

Edmondson fell into a deep depression. Fortunately, lending a tool to a friend ultimately led to an end of that depression and a new purpose in his life.

"Since I worked on cars, I had some

tools," he said. "A couple of months before my divorce, an old friend of mine had borrowed a tool from me. When he brought the tool back, he said to me, 'If you ever want to stop by for some conversation, feel free to come by.' I knew where he lived, but I wasn't that close to him, so I didn't think I would stop by. But when this divorce came, I was in bad shape. I couldn't sleep at night. I couldn't eat. One Sunday afternoon, I was driving by his house and remembered his invitation. I decided to stop. I walked up and knocked on their door. I didn't know what I was going to say to this guy and his wife. When they opened the door, I just started crying. They didn't know what was going on. They didn't know what to say. The wife asked me in and asked if they could pray for me."

After consoling Edmondson, the couple invited him to live with their family temporarily.

"They brought me in almost as if I were another one of their children," he said. "They took me a couple of times to this one church. I just sat in back and cried while everyone else

danced and sang. At another meeting, this guy asked, 'Who wants to give your life to Christ?' My thinking was that no one else wanted me because my wife had rejected me. That was my interpretation, although it really wasn't true. My parents cared about me and I had friends who cared about me. I thought if Jesus wanted me, I'd give my life to him. So I raised my hand. That's when I became a Christian."

Edmondson eventually became the head deacon of his church.

Edmondson also started his own auto repair business, Byron's Autohaus, and remarried.

"The church I belonged to had recommended that I'd wait two years before remarrying," he said. "I thought, 'I'm not waiting that long.' I ended up waiting nine years."

Edmondson and his new wife eventually had six children together. Although his family life and business were both doing well, he strongly felt he had to

complete something he started nearly four decades earlier.

"I felt like I had disappointed my parents by dropping out of school," Edmondson explained. "I decided to sell my business after running it for 18 years and went back to school. I spent another two years at KU, got straight A's this time, and earned a degree in Communication Studies in 2003 along with minor degrees in African American Studies and Leadership Studies. My father died just a month and a half before I graduated, but I had sent my report card to him every semester. Earlier that semester before I graduated, he wrote me a letter congratulating me."

"I actually graduated with honors," Edmondson continued. "But when I walked down the hill, I had no idea what I would be doing two weeks after that. But then I heard that the City Union Mission in Kansas City was hiring a shelter manager. As part of my

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Byron Edmondson

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schooling, I had to do some volunteer work at the mission. I applied for the job and got it. I worked there for a year and a half. During that time, there was a group of churches in Lawrence getting an organization running called the Leo Center. The center was centered around medical assistance, but they were also developing a food pantry and a financial benevolence ministry. Because I worked at City Union Mission, had been a deacon at my church, and knew of number of pastors in town, I got the job of being in charge of the food pantry and the financial benevolence ministry.”

Edmondson worked at the Leo Center for five years. Then he did something he said was a bit unusual for someone his age.

“I got a one-year, temporary job with the National Park Service as a park guide on the National Mall in Washington, D.C.,” Edmondson said. “I had to make presentations at the various memorials, so I had to learn a lot about history in really short order. To me, one of the most meaningful memorials is the Lincoln Memorial,” he continued. “The statue of Lincoln is sitting, and there are speeches that he gave on the walls, and those speeches are very meaningful. As I worked there, people would often ask about a rumor that Robert E. Lee’s face is engraved on the back of Abraham Lincoln’s head. I don’t think they would have done that. However, I’d take them outside the memorial, stay on the top level, and walk around to the back of the building, where we were standing right behind Lincoln. When we looked across Arlington Memorial Bridge over the Potomac River, we would see Arlington Cemetery. Right up the hill in Arlington Cemetery is the Custis-Lee Mansion, which is where Robert E. Lee lived before the Civil War. So, in that sense, Robert E. Lee is symbolically right behind Abraham Lincoln. I would take people out there to show them that view and say, ‘If the Civil War had turned out differently, there might not be a bridge there connecting all

the memorials in the Arlington Cemetery area with all the memorials on the Mall. We might be looking across the river at another country.’”

According to Edmondson, park guides had certain guidelines about what they said during tours, but they were given a little freedom to be creative. The walk behind the Lincoln Memorial was something he developed. He would also talk about the symbolism he saw in the Lincoln Memorial.

“Lincoln is looking straight down the Reflecting Pool at the Washington Monument,” Edmondson said. “In the Reflecting Pool, you can see the reflection of the Washington Monument. In that sense, Lincoln is looking to his past. I would tell people, ‘That’s what we need to do. That’s why we’re here. We need to put ourselves in the position of Abraham Lincoln and look to our past and learn from our history. The Washington Monument stands on a hill, and at the bottom of that hill is the World War II Memorial. It’s not quite as visible, but I would point out that, therefore, Abraham Lincoln is also symbolically looking toward his future. We need to do that, too. We have to consider what part we will play in our nation’s future. That was very meaningful to me, and I tried to pass that on.’”

The Vietnam Veterans Memorial also has special significance to Edmondson.

“All the names of United States military personnel killed in Vietnam are listed on the wall,” he said. “It’s a pretty long wall with more than 58,000 names on it, but if you put up a wall with the names of all the people killed during the war, that wall, instead of being almost 500 feet long, would extend the full two miles of the Mall all the way to the Capitol Building.”

Edmondson and his family continued to own their home in Lawrence while he worked in Washington, but he bought an RV trailer to live in while he was out east.

“I was able to bring my family out to see the area,” he said. “We home school, so we have flexibility in what we do and when. A big portion of my family spent at least six weeks in the

■ CONTINUED ON PAGE SEVEN



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Byron Edmondson

■ CONTINUED FROM PAGE SIX

area. We also took some time to go to Gettysburg, Philadelphia, and New York.”

While working as a park guide, Edmondson, who has also run in the Bataan Memorial Death March Marathon in New Mexico, ran in his first Marine Corps Marathon.

“I badly injured my leg at the 20-mile point,” he said. “I had to walk the last six miles, but I did complete it. My main purpose this time was to just complete the marathon since it—as well as sharing it with my family—has a lot of meaning to me. It starts by Arlington National Cemetery, loops around the National Mall and all the memorials and museums, goes back by the Pentagon, and finishes by going uphill to the Iwo Jima Memorial.”

This time, Edmondson ran as a member of the 2015 Semper Fi Fund Marine Corps Marathon Team. The

marathon was limited to 30,000 participants, so a lottery system was used to determine who would get to run. As part of the Semper Fi Fund Marine Corps Marathon Team, Edmondson bypassed the lottery system, but was required to raise a minimum amount of contributions to the Semper Fi Fund. The fund provides immediate financial assistance and lifetime support to post-9/11 wounded, critically ill, and injured members of all branches of the U.S. Armed Forces and their families.

During several points in his life, Edmondson wandered off the road, got injured, and just felt like giving up. However, he believes his faith has given him the strength to complete literal and figurative marathons. He cites Hebrews 12:1 as a source of inspiration: “Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us.”

survey asking the Seniors themselves. The question is do the facts line up with the assumptions?

The results were telling and really had very little to do with health issues; 88% of the families surveyed said the number one reason for moving was safety and security. Second to that, at 84%, was a social life, then the ability to age in place and lastly convenience. Families are witness to the fact that their parents were lonely and more isolated. They are thrilled to see their parents back in the swing of things! When the residents themselves were asked: 73% said staying fit which tied with lifelong learning, 69% said choices and options in life and 67% said eating well! What a different picture that paints. It clearly delineates the advantages of living in a community. It has to do with a lifestyle that allows real independence and freedom to live an active lifestyle that is right at your fingertips and eliminates the burdens of home ownership. This isn't about being old and sick, it is about making the rest of your life the best of your life. When you have questions about Great Living call the experts at McCrite Plaza 785 267 2960.



Just the Facts

By Connie Michaelis, Marketing Director
pr@mccriteretirement.com

One might assume that Seniors move to retirement communities when they have health issues that make staying at home impossible. Much is being published today that indicates that the majority of elders prefer to stay in their homes as long as possible. Only 2.8% of people between the ages 70-74 moved between 2010 and 2011. Reluctance to move was especially high with those that owned their home with no mortgage. The assumption is that everyone wants to stay in their home because there is no advantage to moving. Interestingly the same study included a survey asking the children of Seniors why they believed their parents moved and then another

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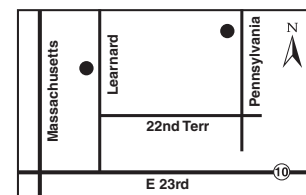
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Orchard Lane Leisure Living holds dedication



Riley Winkler, Baldwin Retirement Apartment Complex Inc. board president, and Chris Waters, property manager of Orchard Lane Leisure Living, cut the ribbon at the senior living community's dedication and open house on September 29. The ribbon is actually the last of the yellow caution tape used during the community's renovation. The renovation, which cost \$500,000, began almost a year ago and was financed by grant funds and other donations. The entire building's interior was renovated, including 31 apartments, community room and laundry, as well as the parking lot, sidewalks, and courtyard patio. In addition, there were many other safety, ADA, mechanical, and building upgrades.

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RSVP honors volunteers at Red Carpet Event



Left photo: The Retired & Senior Volunteer Program (RSVP) of Shawnee and Douglas Counties recognized more than 100 volunteers at a Red Carpet Event at the Big Gage Shelter House in Topeka on September 29. **Center photo:** RSVP introduced a new award, the "Above and Beyond" award, which is dedicated to Jim Snyder and his cat, Jackson. Snyder, who passed away on August 18, served as president, speaker pro tem, and secretary for the Silver Haired Legislature for many years. He also served on the Jayhawk Area Council on Aging, and volunteered for Grace Hospice and at RSVP. Jim and Jackson Snyder were named the inaugural recipients of the award. **Right photo:** Those attending the awards ceremony donated items for the VA. Items included postage stamps, personal hygiene items, and paperback books.

RSVP volunteer opportunities include: food delivery, companionship, transportation, food distribution (packaging and distributing), food pantry, training for emergency preparedness, financial mentoring, tax filing assistance, building homes (habitat), mentoring pre-school kids (head start), mentoring school-age students and tutoring K-12 students. For more information, call (785) 228-5124 or email rsvp@unit-edwaytopeka.org.


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Medicare 2015 open enrollment runs through December 7

Kansas Department for Aging and Disability Services Secretary Kari Bruffett is reminding older Kansas adults that the Medicare open enrollment period for 2016 plans began October 15 and runs through December 7. About a half million Kansans are currently enrolled in Medicare.

"Older adults should receive a letter from Medicare with notice of the open enrollment period. Coming changes in premiums, cost sharing, benefits and the availability of plans might require some beneficiaries to find alternative coverage and lead others to pay more if they continue with their existing coverage," Secretary Bruffett said. "I urge all Kansans on Medicare to contact KDADS' SHICK program or their

local Area Agency on Aging to get the information they need to make an informed decision on their continued coverage."

KDADS' Senior Health Insurance Counseling for Kansas (SHICK) is a free program offering older Kansans an opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues. SHICK provides you with many resources that will help you with your struggle through the Medicare maze.

"Last year our SHICK volunteers had over 38,000 contacts with older Kansans," Secretary Bruffett said. "They have received training on Medicare, Medicare Supplement Insurance and other health insurance subjects that

concern older Kansans."

SHICK volunteer counselors do not work for any insurance company. Their goal is to educate and assist the public to make informed decisions on what's best for them. Information on how to contact your local SHICK volunteers is available at this link, www.kdads.ks.gov/commissions/commission-on-aging/medicare-programs/shick/locating-help, or individuals may call KDADS' SHICK office for help in finding to a SHICK volunteer at 785 296-4986.

Older Kansans may also contact their


Area Agencies on Aging for more free information about the open enrollment process. Contact information for those agencies is available at the link above. Help and advice are also available through Sedgwick County and Douglas County senior services listed at the same link.

A listing of Open Enrollment public events across the state is available at www.kdads.ks.gov/commissions/commission-on-aging/medicare-programs/shick/medicare-part-d---prescription-drug-coverage. Call the contact phone

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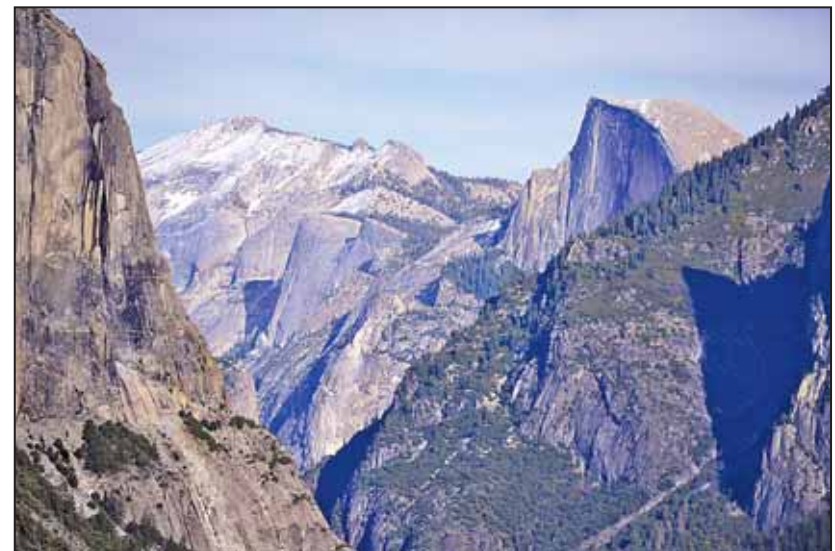
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Medicare

■ CONTINUED FROM PAGE 10

number listed for more information about the event.

In 2015, 30 percent of the nearly 54 million Medicare subscribers are enrolled in a Medicare Advantage. Most of the older adults who have chosen the traditional A and B plans won't have to pay a Part A premium; for Part B most will pay a monthly premium.

Part C, also known as Medicare Advantage, offers plans from private insurers that cover Part A and Part B costs and some prescription drug coverage plus vision and dental coverage. Medicare Part D is the 10-year-old benefit that covers prescription drugs, an optional plan that has its own monthly premium.

Medicare Advantage subscribers who are happy with their premiums would be wise to check for hidden cost

increases and other plan changes during the upcoming open enrollment period. The biggest hidden cost increase this year may come in the form of the plans' out-of-pocket maximums, which is the cap subscribers pay toward non-copay, non-pharmacy expenses. Prices and cost-sharing with Medicare Advantage Plans may also rise on items such as outpatient surgery, chemotherapy, complex procedures or durable medical equipment.

Another change this year is that the cost of non-generic prescriptions may be going up under some plans. For Medicare beneficiaries using several prescribed medications, it's a good idea to review a plan's 2016 drug formulary to make sure medications are still covered and affordable, particularly if a physician prescribes brand-name or "non-preferred" medications.

"Relatively few Medicare beneficiaries re-examine their plan options each year even though doing so, in some cases, can help individuals save money on premiums or gain access to additional benefits," Secretary Bruffett

said. "I urge Kansans who are on Medicare to review their plans to make sure

they are getting the best coverage they can for their individual situation."

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National Blog Posting Month

By Norm Franker

Social Security District Manager in Lawrence, KS

November is National Blog Posting Month, which means there's never been a better time to join the conversation with Social Security. We recently launched our new blog, *Social Security Matters*. The blog is our interactive center for engaging with you by answering questions and concerns in a way that benefits all readers and contributors. *Social Security Matters* also lets you provide meaningful feedback that can help us serve you more effectively.

The blog's comment section allows you to voice your thoughts and ask questions. The conversation is growing every day. We're doing our best to serve you, and a big part of that is listening to what you have to say.

Think of *Social Security Matters* as a dashboard for the latest news and updates that affect our beneficiaries. These beneficiaries include those of

our retirement, survivors, and disability programs. Veterans, the chronically ill, and anyone entitled to our broad range of services can also benefit from the news and updates. *Social Security Matters* is easy-to-navigate and user-friendly — tags categorize the topics you care about into organized sections. Our blog joins our presence on Facebook and Twitter to ensure that you'll always find the information and online resources you're looking for.

Blog posts aren't a one-way conversation. We'd like you to share the items that interest you. Using your preferred social media, *Social Security Matters* lets you share our posts with a click of a button. In addition, you can subscribe to our blog and get Social Security news as it happens. Simply select the blue button titled "Get blog updates."

We're updating our blog every week, and not just during National Blog Posting Month. Come see what we, and our satisfied customers, have to say. Visit *Social Security Matters* today at blog.socialsecurity.gov.



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ESTATE PLANNING

Master Class

Trusts, Wills, and Powers of Attorney are essential documents, but their functions occur when you are dead or incapacitated. Most of us would like to delay that whole “dead or incapacitated” thing for as long as possible—living healthy, active lives for as long as we can.



Bob
Ramsdell

Master Class: Living Longer, Stronger, and Happier, by Peter Spiers, describes activities that can help you accomplish this and a program to integrate them into your life.

Peter is Senior Vice President of Road Scholar, a lifelong learning organization, with responsibility for research and strategic planning. He led a research project that first surveyed a representative sample of all Americans 55+, then zeroed in on what those leading vigorous, fulfilling lives (the “Masters”) had in common.

The research identified 31 diverse activities, each of which incorporated two or more “behaviors” from among socializing, moving, creating, and thinking. These activities included walking or bicycling with friends, volunteering in a variety of roles, educational travel, playing bridge, participating in a book club, gardening, singing in a choir, researching family genealogy, pursuing digital photography, etc.

Based upon detailed interviews and input from the Masters, Peter determined how much an hour of each activity contributed to socializing, moving, creating, and thinking. Assigning credit values to these, over the course of a week the Masters accrued 90-110 credits with at least 15 credits in each of the categories of socializing, creating, and thinking, and 20 credits in the category of moving.

No one did every activity, but engaged in those matching their personal interests. If there is an activ-

ity you enjoy that is not among the 31 identified in the research, Peter describes how to evaluate it and assign appropriate credit values.

Why more required credits in the moving category? A healthy body providing your brain with ample blood, oxygen, and other nutrients is a foundation for cognitive health. And “eventually you won’t be able to do any other activities if you’re not physically healthy.”

Socializing is also essential, and can be a challenge for those whose working years were consumed by a demand-

ing job that provided the bulk of their social contact. A 1999 study published in the *Annals of Internal Medicine* found that “the odds of experiencing cognitive decline were approximately twice as great in the most disengaged respondents (those reporting no social ties) than in the most engaged respondents (those with five or more ties.)”

As a practical matter, Peter introduces the various activities in the context of progressing from Master Class 101 to Master Class 401—sort of like high school or college—with exercises designed to help you assess your current activities and what they provide in terms of socializing,

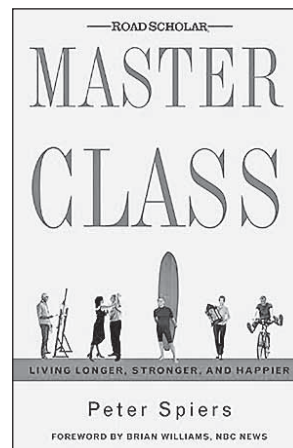
moving, creating, and thinking, along with “Dreams interviews” to spur thinking about what you would like to do and accomplish. For each activity, Peter quotes Masters describing what they do and how it adds to their lives. Practical suggestions on how to get started and directed assignments help get you from the reading-the-book-stage to the part-of-your-life stage.

Full disclosure: Peter and I were classmates at Dartmouth’s Tuck School of Business Administration back in the 1980’s. But don’t hold that against him. He has written an insightful book that can help each of us identify and pursue those activities helpful to living healthy, active lives for as long as we can.

•••

Free Seminar in November: I will be presenting “Fundamentals of Estate Planning” on November 10th at the Douglas County Senior Center beginning at 6:00 p.m. See the Calendar Section of this issue for details.

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



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JILL ON MONEY

What the financial crisis taught us

Last month we marked the seventh anniversary of the financial crisis. Sometimes people forget just how close to the brink the U.S. and global financial system was. To appreciate the stability that has been restored, it might be helpful to remember just how intense it was in that first week.



Jill
Schlesinger

September 15, 2008: Lehman Brothers Holdings filed for Chapter 11 bankruptcy protection; Bank of America announced its intent to purchase Merrill Lynch.

September 16: The Federal Reserve Bank of New York lent \$85 billion to AIG. The net asset value of shares in the Reserve Primary Money Fund fell below \$1. When the fund "broke the buck," it caused panic among investors, who considered money market accounts nearly the equivalent of bank savings accounts.

September 19: The Treasury Department announced that it would insure up to \$50 billion in money market fund investments. The yearlong initiative guaranteed that the funds' value would not fall below the \$1 a share.

September 21: The Federal Reserve

Board approved the applications of investment banking companies Goldman Sachs and Morgan Stanley to become bank holding companies so that they could access money from the Federal Reserve to fund their daily operations.

Many people thought that the government's intervention was over the top. "Let them fail" was the rallying cry, but I always believed that saving the system was paramount, even if I did not necessarily agree with the terms of the various bailout deals (I thought that taxpayers should have gotten more of the upside of the financial service companies' recovery, rather than simply receiving a repayment of the dollars, with interest) and the government's more than \$800 billion stimulus plan ("The American Recovery and Reinvestment Act of 2009"). Still, while both of the shotgun measures could have been more effective, they likely helped the country avert what could have been a depression rather than the horrible recession that we endured. The so-called Great Recession, which started in December 2007 and concluded in June 2009, was the worst contraction since the Great Depression.

Seven years later, what have we learned? Because the financial crisis stemmed from too much easy borrowing and lending in the housing market, one of the best lessons was the concept that borrowing can be dangerous.

Even if some bank is willing to lend you a lot of money to buy a house or to extend a giant credit card limit, that does not mean that you should take it. For most people, making a 20 percent down payment for a house is prudent. Even if FHA allows borrowers to put down less than 10 percent to qualify for a mortgage, there is a good reason why the 20 percent down rule of thumb exists: If the housing market collapses, you have more equity in the house. Similarly, even if you have the ability to buy a lot of fun stuff on your credit card, you should only be charging what you can pay off on a monthly basis.

A corollary of the loan warning is to read the fine print on all documents. There were too many instances when borrowers really did not understand the terms of the loans that they were

assuming. Although many regulations now require more transparency and disclosure on everything from mortgages to credit card statements, after the financial crisis we still must be vigilant in reviewing documents to protect ourselves.

Finally, the crisis taught us that an adequate emergency reserve fund (six to 12 months of expenses for those who are employed and 12 to 24 months for those who are retired) could prevent us from selling assets at the wrong time and/or from raiding retirement accounts.

Nobody wants to test these lessons any time soon, but let's heed them.

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

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MAYO CLINIC

Parkinson's a common cause of parkinsonism, but not the only one

DEAR MAYO CLINIC: My husband was originally diagnosed with Parkinson's disease, but later it was determined he has atypical parkinsonism. What's the difference? What treatments work best for his condition?

ANSWER: Your husband's situation is not uncommon for people with atypical parkinsonism. When symptoms of parkinsonism begin, the condition may at first be diagnosed as Parkinson's disease. But over time, it becomes clear that a different disorder is really the underlying cause of the symptoms. Treatment for atypical parkinsonism depends on several factors, including the specific diagnosis, symptoms and how quickly the disease progresses.

To understand atypical parkinsonism, it's helpful to know a bit about parkinsonism in general. First, parkinsonism is not a disease itself. It's a name used to describe a group of symptoms, which include: tremor when a limb is at rest, slowed movement, rigid muscles and impaired balance and posture. When someone has at least two out of these four symptoms, they are said to have parkinsonism.

Parkinsonism has many causes. Parkinson's disease is the most common cause, but it's not the only one. Parkinsonism can be a result of certain medications. A type of progressive dementia, called Lewy body dementia, which includes a decline in both mental and physical abilities, may lead to parkinsonism.

Parkinsonism also can be caused by three other rare movement disorders: multiple system atrophy, progressive supranuclear palsy and corticobasal degeneration. When a neurologist suspects one of these three disorders as the source of parkinsonism, but an exact diagnosis has not yet been made, it's often labeled atypical parkinsonism.

Another term for this group of disorders is "Parkinson's-plus." That's because people who have one of these disorders show symptoms of parkinsonism along with additional features. For example, multiple system atrophy affects the autonomic nervous system, which controls unconscious activity in the body, such as blood pressure and bowel and bladder function. People with this disorder often have low blood pressure and incontinence in addition

to their other parkinsonism symptoms.

Those with progressive supranuclear palsy typically have eye movement abnormalities. They also have gait instability, with falls early in the disease. People with Parkinson's disease usually don't have that problem until much later in the course of their illness.

Corticobasal degeneration generally affects only one side of a person's body. Symptoms tend to become severe and are difficult to treat. Parkinson's disease usually starts on one side and then moves to both sides, with symptoms that typically respond to treatment.

The challenge in accurately identifying the diseases that make up atypical parkinsonism is that no one test or exam can be used to diagnose them. Although certain tests, such as brain MRI, can be helpful, diagnosis is largely based on symptoms and physical and neurological examinations.

With these three disorders, symptoms develop slowly, sometimes over the course of five years or more. So, as in your husband's case, what first looks like Parkinson's disease may change as more features of the underlying disease appear.

Another clue that a movement disorder may be one of the group of atypical parkinsonism diseases is that symptoms do not improve with standard Parkinson's disease medications. This is especially true of the drug levodopa, which is the most commonly used and most effective medication prescribed

for Parkinson's disease. People with an atypical parkinsonism disorder generally see little or no difference in their symptoms with levodopa.

Treatment for atypical parkinsonism usually cannot be determined until the exact disorder causing the symptoms has been identified. Once that happens, your husband can work with his neurologist to create an effective treatment plan. Because atypical parkinsonism disorders are uncommon, your husband may want to consider working with a neurologist who specializes in movement disorders. Such specialists are familiar with these diseases and often have considerable experience managing them. - James Bower, M.D., Neurology, 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 & WELLNESS

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.
5. Carry your cell phone.

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.

Watch Your Step

If you have a cane or a walker, use it once you get out of the car to reduce your chance of taking a misstep. If you can find a grocery cart nearby, put your cane in the cart and walk in hold-

ing the grocery cart. If you find walking behind a grocery cart a secure and faster way of walking, then you may benefit from using a walking stick, cane or walker everyday. Walking aides can make you more independent and more likely to feel comfortable walking in winter weather.

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 and enjoy the fresh air.

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

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HEALTH & WELLNESS

A fall treasure: Pumpkin

Fall is here!! After a long, hot summer of over 100-degree temperatures, most people welcome the mildly warm days and cool nights. In addition, fall offers some of the most beautiful changes, including the color of the leaves on trees. The brilliant colors of red, yellow, and brown touch the landscape and make us realize that winter is approaching soon. During the fall we also see the migration of the birds as

they head south for the winter. Another feature of fall is the pumpkin. In the fall, a person can see pumpkins everywhere. Pumpkins are being used for decoration, being carved for Halloween or the Fall Harvest, or being sliced and eaten.

References to pumpkins date back many centuries. Literature has mentioned the pumpkin in such classics as *The Legend of Sleepy Hollow*, *Peter, Peter, Pumpkin Eater*, and *Cinderella*. Many cultures have used the pumpkin, including the Native Americans, who roasted long strips of pumpkin on the open fire and ate them. Colonial Americans did not celebrate Halloween or have craved jack-o'-lanterns. They had varieties of pumpkins such as orange, yellow, and green, far more than we see today, all which were consumed as food. The origin of pumpkin pie occurred when the colonists sliced off the pumpkin top, removed the seeds, and filled the pumpkin with milk, honey, and many spices, thus the pumpkin pie was born. Many other countries enjoy eating pumpkin, including in Iran, where the pumpkin seeds are eaten roasted and the pumpkin is used for sweet dishes such as halawa yaqtin.

There are other types of food being made from the pumpkin, including pumpkin cheesecake, pumpkin muffins, pumpkin breads, pumpkins seeds, pumpkin seed oil, pumpkin soup, and also pumpkin tea. However, pumpkins also have medicinal properties. Pumpkins are from the genus *Cucurbita*, and is often thought of as a vegetable, but is actually a fruit. Throughout history there is notation of what the pumpkin can be used for medicinally. To start with, canned pumpkin has been recommended by veterinarians as a dietary supplement for dogs and cats that might be experiencing digestive ailments, including constipation, diarrhea, and hairballs. Human consumption of pumpkin has a variety of uses of the pumpkin, including it being used for intestinal parasites, bladder irritation, and kidney infections. The most heavily researched area of pumpkin and its medicinal benefits has been its seeds being used along with Saw Palmetto for benign prostatic hyperplasia. Another notations in literature has pumpkin being used for antibiotics, a hypoglycemic agent, an anti-inflammatory agent, to lower blood pressure, cholesterol, and as an anxiety agent.

As you enjoy fall and the many celebrations that come with this time of the year, enjoy the pleasure of eating pumpkin as well.

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



Dr.
Farhang
Khosh

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Toll Free: 800-396-7778

– LAWRENCE –

1420 Wakarusa, Ste. 202 • Lawrence, KS 66049

(785) 841-5300

Fax (785) 841-5310

– KANSAS CITY –

9233 Ward Parkway, Ste. 201 • Kansas City, MO 64114

(816) 444-4611

Fax (816) 444-9480

Toll Free: 866-878-4611

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Fax (913) 948-9477

Peterson Acres II

*Affordable Housing
Based on Income.*

Applications being accepted.

Senior Community at 2930 Peterson Road in Lawrence. 2 bedroom duplexes with handicap accessibility, W/D hookups, emergency maintenance and resident service program. Applicants must be 50 years of age or older. One pet allowed.
842-8358 or www.ldcha.org.



YES, THERE IS A DIFFERENCE IN HOSPICE SERVICE PROVIDERS.

SENIOR CALENDAR

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

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

ARTS/CRAFTS

SECOND SATURDAY OF THE MONTH MONTHLY MOOSE MARKET

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

LAST FRIDAY OF EACH MONTH FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of every month. See website for participating locations.
LAWRENCE, 785-842-3883
finalfridayslawrence.wordpress.com

MAY 1-DEC 4

FIRST FRIDAYS ART WALK

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

BINGO

SUNDAYS & TUESDAYS AMERICAN LEGION POST NO. 1

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

SUNDAYS, WEDNESDAYS & FRIDAYS CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS AMERICAN LEGION POST NO. 400

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

WEDNESDAYS PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS LEGIONACRES

3408 W. 6th St., 6:45 p.m.
LAWRENCE, 785-842-3415

FRIDAYS EAGLES LODGE

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

FRIDAYS ARAB SHRINE

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

SUNDAYS & TUESDAYS MOOSE CLUB

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

DAY TRIPS/TOURS

NOV 3

KANSAS STATE CAPITOL

By request, we will return to the Kansas State Capitol this fall. This impressive public monument serves as the working offices for the governor and legislators. Over a century after it was originally completed, a significant preservation and restoration project was honored with the Medallion Award for Rehabilitation from the Kansas Preservation Alliance. Join us for a guided tour of the building, famous murals and visitor center. Registration deadline: October 27. Register at www.lprd.org or any Lawrence Recreation Center. 9 a.m.-12 p.m. Fee.
LAWRENCE

NOV 14

FREE SATE EAST SIDE BREWERY TOUR

Hardly a week goes by that we don't get questions about tours of our East Side Brewery (ESB) at 1923 Moodie Road. In response, we're now offering tours on the 2nd Saturday of every month at 2 p.m. Tours are free, and open to the public, but we reserve the right to cap the tour size at a manageable level, if necessary. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.
LAWRENCE, 785-550-9718

DEC 2

CENTER FOR REMOTE SENSING OF ICE SHEETS

Are you aware that technology breakthroughs and new discoveries related to climate change, sea level, and polar ice sheets come from here in Lawrence at the Center for Remote Sensing of Ice Sheets? Join us as we learn about internationally respected field research in the Arctic and Antarctic, education and outreach activities

based here at the University of Kansas. Register at www.lprd.org or any Lawrence Recreation Center. Wednesday, December 2, 12:45-2:30 p.m. Location: Trip leaves from Holcom Recreation Center
LAWRENCE, 785-832-7920

EDUCATION

ONGOING

COOKING CLASSES

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

ONGOING

FREE INSURANCE COUNSELING

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

FIRST MONDAY OF EACH MONTH

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.
TOPEKA, 785-580-4400

FRIDAYS

HEALTHWISE TV

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

FIRST & THIRD FRIDAYS OF EACH MONTH HEALTHWISE AFTER 55

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

SECOND TUESDAY OF EACH MONTH COMPUTER CAFÉ

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

SECOND & FOURTH FRIDAYS OF EACH MONTH FOR FAMILY CAREGIVERS

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

NOV 5

SKILLBUILDERS: WHO AM I NOW?

Presented by Karen Roberts, LPN, PA. Skillbuilders is a series of programs for anyone experiencing significant life changes. Sponsored by the Lawrence Public Library, Brandon Woods at Alvamar, Senior Services of Douglas County, and Visiting Nurses, Skillbuilders is located in the Smith Center at Brandon Woods, 4730 Brandon Woods Terrace. All programs are held from 10-11:30 a.m. Registration is not required. All programs are free. Transportation may be arranged through Douglas County Senior Services.
LAWRENCE, 785-843-3833

NOV 7

MEDICARE EDUCATIONAL SEMINAR

Medicare Health Solutions, a division of Stormont-Vail Healthcare, will hold a Medicare educational seminar Saturday, November 7th at 6:00 p.m. Learn the basics of Medicare and all of its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr., Topeka. Information: 233-1816 or info@century-health.com. Light snacks and beverages will be provided.

NOV 9

HEALTHWISE SENIOR SUPPER

"Foot Care for an Active Lifestyle" is the topic of the monthly Stormont-Vail HealthCare HealthWise Senior Supper from 5:15 to 6:30 p.m. Dr. Christopher Brodine, D.P.M., CWS, of the Stormont-Vail WoundCare Center, will share ways to keep our feet healthy as we age. Cost: \$5 per person for the meal. Reservations requested. Please call.
TOPEKA, 785-354-5225

NOV 10 & 11

AARP SMART DRIVER COURSE

Stormont-Vail is pleased to offer the AARP Smart Driver Course from 10 a.m. to 3 p.m. at the Pozez Education Center. This course reviews many helpful tips and could net you a discount on your auto insurance. Registration required. Please call. Cost: \$15 for AARP members; \$20 per person for non-AARP members. Please bring your AARP card to class.
TOPEKA, 785-354-5225

NOV 10

FUNDAMENTALS OF ESTATE PLANNING

Death is a certainty. Incapacity a possibility. You need a plan for both. Fundamentals of Estate Planning outlines what happens if you die without a plan, then describes the options for using a Will or Living Trust. More importantly, who do you want handling your affairs if you are alive but incapacitated? The seminar covers the uses of a General POA, Healthcare POA, and Living Will & Healthcare Directive for this purpose. It also discusses probate administration and estate taxes. Fundamentals of Estate Planning is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Douglas County Senior Center, 745 Vermont Street, 6-7:30 p.m.
LAWRENCE, (785) 842-0543 or (785) 841-4554

■ CONTINUED FROM PAGE 18

NOV 11

UNDERSTANDING AND MANAGING DIABETES

November is Diabetes Awareness month. Come and enjoy a complimentary meal while exploring the latest information and trends in diabetes care. Speakers are: Marc Scarborough, MD.; Nancy Donahey, RD LD CDE; and Pat Hohman, APRN, CDE. Several diabetic supply companies will also be on hand to answer questions. Exhibits and light supper: 5:30 p.m.; educational program: 6:00 p.m. This program is free. Advance registration is required due to limited space. Please enroll early at lmh.org or call LMH Connect Care.

LAWRENCE, 785-505-5800

NOV 12

SKILLBUILDERS: COOKING FOR ONE & TWO

Presented by Susan Johnson, Douglas County Extension Office. See November 5 description for more information on Skillbuilders, including the location and time of programs.

NOV 17

SENIOR SUPPER AND SEMINAR

"Recognizing a Stroke." Presented by Paul Loney, MD, of Lawrence Emergency Medicine Associates. 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. At 6 p.m., there will be a short educational program on a health or wellness topic presented by LMH affiliated physicians or associates. Advance reservations are required for the supper portion only, and must be made at least 24 hours in advance by calling LMH Connect Care at (785) 749-5800. Supper seating is limited so please enroll early. Seminar presentation is open to adults of all ages.

LAWRENCE, 785-749-5800

NOV 19

SKILLBUILDERS: ADJUSTING TO CHANGE #2 (HOLIDAYS AND SPECIAL OCCASIONS)

Presented by Paul Reed, Visiting Nurses, and Pattie Johnston, Lawrence Public Library. See November 5 description for more information on Skillbuilders, including the location and time of programs.

NOV 21

WINTER BIRD FEEDING

Are you interested in knowing a bit more about birds? Take this class and learn which birds will likely visit your feeders and which kinds of seed are preferred by many of the common species found in your backyard. By choosing the best selection of feeder and seeds, you'll be able to bring birds close enough for easy identification. Instructors: Ron and Joyce Wolf. Fee: \$5, register at www.lprd.org or any Lawrence Recreation Center. Saturday, November 21, 10-11:30 a.m. Douglas County Senior Services.

LAWRENCE, 785-832-7920

ENTERTAINMENT

SUNDAYS

LAWRENCE IRISH TRADITIONAL SESSION

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

LAWRENCE, www.lawrencecession.com

THURSDAYS

JUNKYARD JAZZ

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

LAWRENCE, 785-842-3415

SATURDAYS

JOHN JERVIS, CLASSICAL GUITAR

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

LAWRENCE

OCT 23, 24, 30, 31, NOV 6 & 7

MURDERMIND

Gloom overhangs Mayhew Manor, touching all who dare enter. This twisted murder mystery follows the Mayhew family as Clifford Brownell arrives at the manor to help. Is Brownell an actor in this drama of the macabre, or is he the principal player? Where does sanity end and illusion begin? This gothic tale of horror, love and death is sure to brighten a gray day and make restless a still night. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 8 p.m. Fee.

TOPEKA, 785-357-5211

www.topekacivictheatre.com

NOV 5

THE RODNEY MARSALIS PHILADELPHIA BIG BRASS

The Rodney Marsalis Philadelphia Big Brass is a cornucopia of sound. Led by Curtis Institute of Music alum Rodney Marsalis, cousin of Wynton Marsalis, the ensemble's work ranges from solo trumpet to brass quintet, and more. Composed of some of America's top male and female brass musicians, this group is dedicated to engaging audiences and bringing the joyous experience of great music to the stage. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/event

NOV 7

THODOS DANCE CHICAGO WITH UNIVERSITY DANCE COMPANY

"Breathtakingly athletic" and "powerfully beautiful" are among the ways audiences and the press describe Thodos Dance Chicago (TDC). The company's mission of inspiring expression through dance education, creation and performance has established TDC as an original force in modern dance. TDC will perform A Light in the Dark, a work about Helen Keller, and a variety of other pieces. Members of KU's Univer-

sity Dance Company (UDC) will perform Subtle Passages, which will be set during an intensive residency. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/event

NOV 7

WORLDS AWAY

Ricardo Gallardo, Percussion. MUSIC OF LATIN AMERICA Revueltas, Ocho por Radio. Infanzon, Marimba Concerto. Lorenz, Pataruco. Ginastera, Variaciones Concertantes. The Topeka Symphony Society, Washburn University, 7:30 p.m. Fee.

TOPEKA, 785-232-2032

www.topekasympphony.org

NOV 7

TOPEKA ACAPPELLA UNLIMITED 40TH ANNIVERSARY SHOW

The chorus (formerly known as Sunflower Harmony Chorus) will be celebrating their 40th anniversary with a show, "Seasons of Love." International Queens of Harmony, Classic Edition and Zing will be featured guests. Colmery O'Neil VA Medical Center Auditorium, 2200 S.W. Gage, 7 p.m. Fee.

TOPEKA, www.acappellaunlimited.com

NOV 11

KU JAZZ ENSEMBLE I WITH SPECIAL GUEST SEAN JONES, TRUMPET

For the remarkable composer, trumpeter, educator and activist Sean Jones, the pursuit of jazz is a most serious endeavor. He discovered jazz and the trumpet at ten years old upon hearing Miles Davis. After receiving his master's degree from Rutgers University, Jones toured and performed with his own ensembles and held the position as lead trumpeter with the Jazz at Lincoln Center Orchestra. He continues to perform, record and teach while serving as chair of the Brass Department at the famed Berklee School of Music. At the Lied Center, he will perform with the University of Kansas Jazz Ensemble I led by Dan Gailey, director of Jazz Studies. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/event

NOV 13 & 14

LAUGH LINES - THANKSGIVING SHOW

Prepare to be happy a you watch performers act out improv comedy sketches and games based on what the audience suggests. Make it a date

and order a pizza from Glory Days Pizza right to your table during the show. Topeka Civic Theatre & Academy, 3028 SW 8th Ave., 8 p.m. Fee.

TOPEKA, 785-357-5211

www.topekacivictheatre.com

NOV 15

KUOK-WAI LIO & ZOLTÁN FEJÉRVÁRI, SOLO AND DUO PIANO RECITAL

These two rising young stars showcase their solo skills and also partner in music for two pianos. Repertoire will include works by Beethoven, Schumann and Mozart. The very first winner of the Lawrence-based International Institute for Young Musicians Competition, Lio has recently been selected by Andras Schiff to participate in many international festivals. Fejervari has been acclaimed as an "outstanding pianist," and his playing as "nothing short of amazing." Lied Center of Kansas, 1600 Stewart Dr., 2 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/event

NOV 20

CASTING CROWNS

Casting Crowns have consistently delivered songs that spur listeners to evaluate their relationship with God and with each other. Topeka Performing Arts Center, 214 SE 8th St., 7 p.m. Fee.

TOPEKA, 785-234-2787

www.tpactix.org/casting-crowns

NOV 21

A CLASSIC ROCK CHRISTMAS

A Classic Rock Christmas (performed by the December People), is where "White Wedding" meets "White Christmas" for the holidays. Classic carols in the style of your favorite classic rock bands performed by some of the top classic rock musicians of all time. Fun for the entire family whether you are 8 or 80. Sponsored by United Way of Greater Topeka. Food donations go to Harvesters Food Bank. Topeka Performing Arts Center, 214 SE 8th St., 7 p.m. Fee.

TOPEKA, 785-234-2787

www.tpactix.org/a-classic-rock-christmas

NOV 21

MAMMA MIA!

A mother, a daughter, three possible dads and

■ CONTINUED ON PAGE 20

Luther Place

APARTMENT ♦ HOMES

Topeka's Premier Retirement Community

We are so excited, we wanted to tell you about our completely modernized affordable 1 & 2 bedroom Apartment Homes!

Beauty Shop • All Utilities Included • 24 Hour On-Site Staff • On City Bus Route
Ample Laundry Facilities • Weekly Grocery Transportation

Stop by or call today to schedule an appointment to reserve your new apartment home!

5000 & 4900 SW Huntoon • 785-273-2944

Some restrictions apply. Age 62 & older. Mobility Impaired.




■ CONTINUED FROM PAGE 19

a trip down the aisle you'll never forget. Over 50 million people all around the world have fallen in love with the characters, the story and the music that make MAMMA MIA! the ultimate feel-good show. Writer Catherine Johnson's sunny, funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/event

**DEC 1
CYRUS CHESTNUT, PIANO**

This event is part of the Just Friends Jazz Series. Complimentary wine, beer and non-alcoholic beverages will be available at the performance. "What makes Chestnut the best jazz pianist of his generation is a willingness to abandon notes and play space," said Time Magazine. Chestnut reached for the piano before he could walk and by age nine was the church pianist at Mt. Calvary Star Baptist Church in Baltimore, Maryland. Chestnut's improvisational skills and unique jazz-gospel and bop style is credited to his early years playing in church. Chestnut continually tours, playing live at jazz festivals around the world as well as clubs and concert halls. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/event

**NOV 27-DEC 19
A CHRISTMAS CAROL**

The immortal classic tale of redemption and forgiveness that has thrilled audiences for generations returns to TCT's stage with roving carolers and lively action. The new script is dramatized with flair and wit in a version first performed by the Royal Shakespeare Company. This adaptation of the ageless story captures Dickens' ironic point of view while it creates a panoramic view of Victorian London. All of the loved characters are in place. Topeka Civic Theatre and Academy, 3028 SW 8th Ave. Fee. See website for show times. TOPEKA, 785-357-5211 www.topekacivictheatre.com

**DEC 4, 5, 11, 12, 18 & 19
THE GREAT AMERICAN TRAILER PARK CHRISTMAS MUSICAL**

It's holiday time down in Armadillo Acres (North Florida's premier mobile-living community), and everyone's filled with warmth and beer. But when a freak bout of amnesia strikes the trailer park, neighborly love is put to the test. A cat-fightin', sun-worshippin', chair-throwin' good time—but with tinsel and Keg Nog. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 8 p.m. Fee. TOPEKA, 785-357-5211 www.topekacivictheatre.com

**DEC 4
JEFF DUNHAM**

A regular on Forbes' Celebrity 100 list of most powerful entertainers, Dunham has built a

comedy empire over years of constant touring and innovation. Using colorful characters like Walter the Grumpy Retiree, Achmed the Dead Terrorist, redneck Bubba J, Peanut, and Jose Jalapeno, Dunham has carved a unique corner in the comedy world that's as funny as it is popular. He has set the record for viewership on Comedy Central, sold more than 7 million DVDs worldwide and nearly a billion views on YouTube. Kansas Expocentre, 1 Expocentre Dr., 8:30 p.m. Fee. TOPEKA, 785-235-EXPO ksexpo.com

EXHIBITS/SHOWS

**NOV 3-JAN 2
THE GREAT SOLDIER STATE: KANSAS AND THE CIVIL WAR**

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

**NOV 14
16TH ANNUAL HOMEMADE HOLIDAYS CRAFT SHOW**

Sponsored by the Ottawa Middle School AAA Program with over 125 booths. Join us for your holiday shopping. Ottawa & Franklin County Visitor Information Center, 1230 S. Ash, 9 a.m.-4 p.m. Free. OTTAWA, 785-229-8030 www.visitottawakansas.com

**NOV 28
ANNUAL BIZARRE BAZAAR**

It's Bizarre Bazaar time again. This popular grassroots Lawrence tradition features original and unusual hand-crafted specialty items for all occasions. Some of these unique gift items include: Ceramics Glass Fiber Art Jewelry Candles Soap Paper mache Mixed media Paintings Photography Much, much more. 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. Lawrence Arts Center, 940 New Hampshire St., 9 a.m.-5 p.m. LAWRENCE, 785-843-2787 sites.google.com/site/bizbazart

FAIRS/FESTIVALS

**NOV 7 & 8
SPIRIT, MIND, BODY FAIR**

Sacred Geometry, Reiki, Melchizedek Method, Angel Healing, Plant Medicine, Meditation, Aura Photography, Gem and Crystal Shamanic Healing and many others. Kansas Expocentre, Agriculture Hall, One Expocentre Dr. Saturday, 10 a.m.-7 p.m., Sunday, 11 a.m.-5 p.m. Fee. TOPEKA, 785-235-EXPO www.ksexpo.com

FARMERS MARKETS

**EVERY SATURDAY APR-NOV
TOPEKA FARMERS MARKET**

Since the 1930s, the Topeka Farmers Market has come alive every Saturday morning from April through November. Vibrant with color, lively chatter and friendly faces, the Topeka Farmers Market attracts hundreds of Topeka residents and out of town visitors. 12th and Harrison, South of the Judicial Building, 7:30 a.m.-12 p.m. LAWRENCE, 785-249-4704 downtowntopekafarmersmarket.com

**APR 11-NOV 21
LAWRENCE FARMERS MARKET - SATURDAY**

The mission of the Lawrence Farmers Market is to provide children and adults in the Lawrence area, with locally grown foods and farm products. 824 New Hampshire. 7-11 a.m., April 11 to August 29. 8 a.m.-12 p.m., September 5-November 21. LAWRENCE, 785-505-0117 www.lawrencefarmersmarket.com

HEALTH & FITNESS

**ONGOING
PERSONAL TRAINING**

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

**ONGOING
FIT FOR LIFE**

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

**ONGOING
ZUMBA GOLD**

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

**FIRST MONDAY OF EACH MONTH
HEALTHWISE BLOOD PRESSURE CLINIC**

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

**MONDAYS THROUGH FRIDAYS
A.M. WALKING CLUB**

Need exercise? Come to the East Lawrence Recreation Center from 7-10 a.m. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE.

Lawrence Parks and Recreation. For more information, contact Stephen Mason. LAWRENCE, 785-832-7950

**MONDAYS THROUGH FRIDAYS
PICKLEBALL - OPEN PLAY**

Monday-Friday at the East Lawrence Center. For competitive, recreational and beginning players. Call the East Lawrence Center for specific days and times. There is no charge for open play. LAWRENCE, 785-832-7950

**FIRST TUESDAY OF EACH MONTH
HEALTHWISE BLOOD PRESSURE CLINIC**

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

**TUESDAYS
FREE BLOOD PRESSURE CLINIC**

Drop in 10 a.m.-noon every Tuesday. Stormont-Vail HealthCare's HealthWise Clinic, 2252 S.W. 10th Ave. No appointment necessary. TOPEKA, 785-354-6787

**TUESDAYS, WEDNESDAYS & THURSDAYS
JAZZERCISE LITE**

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

**TUESDAYS AND THURSDAYS
HEALTHWISE EXERCISE CLASS**

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

**TUESDAYS AND THURSDAYS
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

■ CONTINUED FROM PAGE 20

WEDNESDAYS

FREE NUTRITION CLINIC

Meet with a Stormont-Vail HealthCare registered dietitian to discuss your nutrition needs and questions. Appointments are available between 8 a.m. and noon every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment.
TOPEKA, 785-354-6787

WEDNESDAYS

FREE MEDICATION CLINIC

Bring questions to Stormont-Vail HealthCare's trained pharmacy staff regarding your medications (prescriptions or over-the-counter). Appointments are available between 12:30 and 4:30 p.m. every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment.
TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

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

FRIDAYS

BLOOD PRESSURE CHECKS

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

SECOND THURSDAY OF EACH MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

FOURTH THURSDAY OF EACH MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

NOV 4

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$8/test. East Information Desk. Sponsored by Lawrence Memorial Hospital, 3-4 30 p.m.
LAWRENCE, 785-749-5800

NOV 10-DEC 17

ARTHRITIS FOUNDATION EXERCISE PROGRAM

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

NOV 10-DEC 17

SENIOR STRENGTH TRAINING

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

NOV 10-DEC 17

SILVER N' FIT

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

NOV 11-DEC 16

SILVER STEPPERS

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

NOV 13-DEC 18

PEDAL PUSHERS- CYCLING CLASS

Indoor cycling increases endurance and strength in your lower body, core and upper

body. This is a beginning class for older adults. Bikers can modify their cycling resistance and pace according to their own fitness level. Instructor: Melanie Johnson. Register at www.lprd.org or any Lawrence Recreation Center. Fridays, 11 a.m.-noon Fee. Location: Community Building.
LAWRENCE, 785-832-7920

DEC 2

CHOLESTEROL SCREENING

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

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

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

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD THURSDAY OF EACH MONTH

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

THIRD FRIDAY OF EACH MONTH

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

FOURTH THURSDAY OF EACH MONTH

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

FOURTH FRIDAY OF EACH MONTH

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

MEETINGS

SUNDAYS

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

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

MONDAYS

BREAST CANCER SUPPORT GROUP

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

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

MONDAYS

GRIEF SUPPORT GROUP

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

FIRST MONDAY OF EACH MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

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

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THE FIRST APARTMENTS

"Home without the hassles"

Independent Community Living for 62 and older, 55-62 non-elderly disabled.

- Affordable Studio and 1 Bedroom Apartments
- Rent assistance available
- All electricity, water, trash, lawn care paid
- 24 hour On-Call staff
- Restricted entrance
- Lighted parking lot
- On city bus route
- Beauty salon
- First Floor Laundry Room
- Exercise equipment & seated exercise class
- Meals on Wheels Congregate meal site
- Maintenance Director on site
- Library Red Carpet Services
- Health Department Nail Clinics
- Walking distance of several churches and Ray's Apple Market

Call 272-6700 to schedule a tour and pick up an application.
3805 SW 18th St. • Topeka • www.thefirstapartments.org



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

LAWRENCE SENIOR CENTER

2:15-3:45 PM, 785-842-0543

FIRST & THIRD MONDAY OF EACH MONTH**GRIEF SUPPORT GROUP**

Facilitated by LMH Chaplain Angela Lowe.

Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.

LAWRENCE, 785-505-3140

FIRST & THIRD MONDAY OF EACH MONTH**CAREGIVER SUPPORT GROUP**

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.

LAWRENCE MEMORIAL HOSPITAL

4-5 PM, 785-840-3140

FIRST & THIRD MONDAY OF EACH MONTH**CAREGIVER SUPPORT GROUP**

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

LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY**MEN'S COFFEE**

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

LAWRENCE, 785-749-2000

FIRST TUESDAY OF EACH MONTH**BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 8:30-9:30 a.m. Westridge Mall (Food Court, Restroom Entrance). Free.

TOPEKA, 785-354-6787

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

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in health-care, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3 p.m. in Conference E of LMH.

LAWRENCE, 785-830-8130

FIRST TUESDAY OF THE MONTH**MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - LAWRENCE**

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

LAWRENCE, 785-393-1256

FIRST TUESDAY OF EACH MONTH**TOPEKA AREA OSTOMY SUPPORT GROUP**

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

TOPEKA, 785-295-5555

FIRST & THIRD TUESDAY OF EACH MONTH**SCRAPBOOK MEMORIES**

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

FIRST & THIRD TUESDAY OF EACH MONTH**GRIEF SUPPORT GROUP**

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

TUESDAYS & THURSDAYS**WATER AEROBICS CLASSES**OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class time is 5:30 p.m. 1112 W. 6th St., Ste. 124. LAWRENCE, 785-838-7885
www.OrthoKansasPA.com**FIRST & THIRD TUESDAY OF EACH MONTH****HEALING AFTER LOSS BY SUICIDE (HEALS)**

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

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

Meetings are held at the United Way building, 2518 Ridge Ct. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson. LAWRENCE, 785-691-7314

FIRST & THIRD WEDNESDAY OF EACH MONTH**CANCER SUPPORT GROUP**

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

FIRST THURSDAY OF THE MONTH**MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - TOPEKA**

Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m.

TOPEKA, 785-230-4422

FIRST THURSDAY OF EACH MONTH**LAWRENCE AREA PARTNERS IN AGING**

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

FIRST THURSDAY OF EACH MONTH**PARKINSON MEETING**

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

EVERY OTHER THURSDAY**GRIEF SUPPORT GROUP**

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

EVERY OTHER THURSDAY**GRIEF SUPPORT GROUP**

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

FIRST FRIDAY OF EACH MONTH**STROKE SUPPORT GROUP**

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

SATURDAYS**LAWRENCE BRIDGE CLUB**

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

ONE SATURDAY EACH MONTH**LAWRENCE DEATH CAFE**

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

SECOND MONDAY, SEP-MAY**LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS**

Volunteer service club. LAWRENCE, 785-331-4575

SECOND MONDAY OF EACH MONTH**CAREGIVER SUPPORT GROUP**Meets at the Topeka Shawnee County Public Library, 1515 SW 10th Ave., 3:30-4:30 p.m. TOPEKA, 785-235-1367
www.jhawkaaa.org**SECOND TUESDAY OF EACH MONTH****NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES**

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

SECOND TUESDAY OF EACH MONTH**KAW VALLEY HERBS STUDY GROUP**

An informal group meeting monthly to study herbs. We will learn about the aspects of each herb: culinary uses, aromatherapy applications, medicinal properties, historical lore, growing and crafting. This group is open to anyone wanting to learn more about the herbs grown in the garden and in the wild. Meets at 7 p.m. at the Unitarian Fellowship of Lawrence, 1263 N. 1100 Rd. To sign up to receive updates,

email HerbStudyGroup@gmail.com or join our Facebook page at www.facebook.com/HerbGroup. LAWRENCE

SECOND WEDNESDAY OF EACH MONTH**MEMORY SUPPORT GROUP**

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

SECOND WEDNESDAY OF EACH MONTH**DIABETES EDUCATION GROUP**

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

SECOND WEDNESDAY OF EACH MONTH**SOROPTIMIST INTERNATIONAL OF TOPEKA**Soroptimist International's mission is to improve the lives of women and girls in local communities and throughout the world. Meets at 6:30 p.m. at the Topeka-Shawnee County Public Library. Guests welcome. Please email info@soroptimisttopeka.org for more information. TOPEKA, 785-221-0501
www.soroptimisttopeka.org**SECOND THURSDAY OF EACH MONTH****NAACP MEETING-LAWRENCE CHAPTER**

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

SECOND & FOURTH FRIDAY OF EACH MONTH**ALZHEIMER'S/CAREGIVER SUPPORT GROUP**

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

SECOND SATURDAY OF EACH MONTH**HAPPY TIME SQUARES SQUARE DANCE CLUB**Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8 p.m., Mainstream 8-10 p.m. Contact Frank & Betty Alexander. LAWRENCE, 785-843-2584
www.happytimesquares.com**THIRD TUESDAY OF EACH MONTH****LAWRENCE PARKINSON'S SUPPORT GROUP**

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

THIRD TUESDAY OF EACH MONTH**GRANDPARENT AND CAREGIVER SUPPORT GROUP**

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

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THIRD TUESDAY OF EACH MONTH STROKE SUPPORT GROUP

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

THIRD TUESDAY OF EVERY MONTH ALZHEIMER'S SUPPORT GROUP

Alzheimer's support group for families and caregivers. Blessingame Home Care, 1835 N Topeka Blvd., Suite 205, 6-7 p.m. RSVP by calling. TOPEKA, 785-286-2273

THIRD WEDNESDAY OF EACH MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

THIRD THURSDAY OF EACH MONTH LUNCH AFTER LOSS

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

THIRD FRIDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

THIRD SATURDAY OF EACH MONTH TOPEKA WIDOWED PERSONS BRUNCH

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

FOURTH MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

FOURTH WEDNESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

FOURTH THURSDAY OF EACH MONTH TOPEKA GENEALOGICAL SOCIETY

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

FOURTH THURSDAY OF EACH MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF EACH MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller. TOPEKA, 785-478-0651

MISCELLANEOUS

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

After the big kids are off to school, bring your lil' ones to the Discovery Center for special activities just for them. Preschoolers can explore their senses, create crafts and learn about the different animals at the Discovery Center.

Parents, guardians, and child care providers can meet other parents and talk with early childhood professionals. Free coffee is available. 4400 SW 10th Ave., 10:30 a.m.-12 p.m. TOPEKA, 785-783-8300
www.kansasdiscovery.org

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 7

BLOOMFIELD CHILI & VEGETABLE SOUP SUPPER & BAZAAR

Get a jumpstart on your Christmas Shopping. There will be good food and great fun at our Annual Chili and Soup Supper and Craft Bazaar in the Bloomfield Church on the Threshing grounds. We will start serving food at 5:30 p.m. with the auction starting around 7 p.m. Come anytime for yummy soup or chili and don't forget a piece of homemade pie. There will be craft items and baked goods for sale and door prizes. Many items have been made on-site

during one of the shows. We are also selling raffle tickets for the quilt. The drawing for the quilt will take place during the Bazaar. You need not be present to win. Meriden Antique Engine and Threshers Association, 8275 K-4 Hwy. MERIDEN, 785-484-3713
www.meridenthreshers.org

NOV 15

GIVING THANKS & FINDING HOPE: REMEMBERING OUR LOVED ONES

Sponsored by Grace Hospice. A service remembering and honoring loved ones who have passed from this life. Featured speaker, Doug Morphis, co-founder of the Counseling and Mediation Center and Diplomat in the American Association of Pastoral Counselors, will provide practical help on coping with the holidays. Photographic display honoring loved ones who have passed in our "Room of Memories." Music by Shawnee Heights High School Choir and bagpiper, Richard Gannon. Refreshments provided. Great Overland Station, 701 N. Kansas Ave., 3 p.m. Free. TOPEKA

NOV 20

4TH ANNUAL CANDLELIGHT CHRISTMAS IN THE NOTO ARTS DISTRICT

Grab your Christmas shopping list, family and holiday spirit and join us in NOTO. Pictures with Santa, Free photo booth in front of the Christmas Tree, carolers, shopping by luminaries, carriage rides and so much more. 5-9 p.m. Free. TOPEKA, 785-861-7165
www.visittopeka.com/events/ddlm

NOV 20

WHEELING WONDERLAND AT TARC'S WINTER WONDERLAND

Join us for our two-wheeled tour of Winter Wonderland! Bring your bike and helmets to ride through the lights at Lake Shawnee's Campground! Don't have a bike? You can rent a bike from the Topeka Metro Station outside the campgrounds. Lake Shawnee Camp Ground, 8 p.m. Fee. TOPEKA, 785-232-0597
tarcinc.org/project/tarc-winter-wonderland

NOV 25-DEC 31

TARC'S WINTER WONDERLAND

Don't miss our 2.5 mile light display at the campgrounds at Lake Shawnee. We have a new BIG display you will flock to see. Advanced Tickets are available at your Topeka Hy-vee and Educational Credit Union. Lake Shawnee Camp Ground, 6-10 p.m. TOPEKA, 785-232-0597
tarcinc.org/project/tarc-winter-wonderland

NOV 27

DOWNTOWN LAWRENCE HOLIDAY LIGHTING CEREMONY

Join us in Downtown Lawrence where the holiday comes alive with our Annual Holiday Lighting Ceremony. The evening begins with singing by local choral groups as we anxiously await the arrival of Santa on the rooftop of Weaver's Department Store. Once rescued from the roof by the Lawrence Fire Department, Santa will visit with children. The holiday season officially begins with the "rescue" of Santa off the rooftop of Weaver's Department Store. 9th & Massachusetts, 5:30 p.m. Free. LAWRENCE, www.downtownlawrence.com

DEC 3

COMMUNITY HARVEY HOUSE LUNCHEON

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

DEC 3-6

FESTIVAL OF TREES

The morning begins when guests of all ages enter Ag Hall, which features trees and wreaths beautifully decorated by talented designers, transforming the scenery into a magical blend of the holidays and trends in decor. As guests travel through the wonderland, they enjoy viewing trees and wreaths adorned with delightful images from around the world; it is a wonderful way to start the holiday season with the whole family. Ag Hall - Kansas Expo Centre (17th & Topeka Blvd), 9 a.m.-4 p.m. Fee. TOPEKA, 785-235-1986
tscl.org

DEC 5

WING FLING

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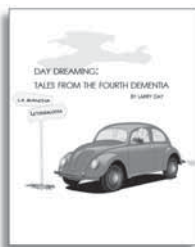
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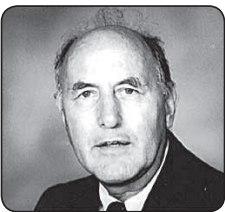
HUMOR

Kaybe's Trick or Treat

Early one Halloween night I was nursing a soft drink in a back booth at The Enchantment. That's a dingy roadhouse north of here.

I was on my second bottle of pop when Kaybe rolled up.

KB 11.2 (Kaybe for short) is my alien friend from outer space. He looks like a giant tuna fish can. Erector Set



Larry
Day

arms sprout from the curved sides of his body. Three spindly legs drop from the flat underside of his stainless steel torso. He has ball bearing wheels for feet, and three sensor-eyes wave at you from the ends of floppy antennae on the top of his lid. Kaybe eats, drinks, and communicates telepathically.

No one at the Enchantment even looks up when Kaybe rolls in. In fact, some of the patrons, including Harry the Hulk and his diminutive pal Miniature Mike, are also aliens from outer space. So is the waitress, Four Finger Fanny.

Kaybe gave me a telepathic "hi," and joined me.

"Kaybe, where've you been?" I asked.

"Doing some business in a galaxy far away."

"Well I'm glad you're back. Let me buy you a drink. Fanny, please bring Kaybe a Sarsaparilla."

Just then four costumed customers walked in and sat down at a booth near us. There was a green-faced witch wearing a pointy black hat; a short,

potbellied Frankenstein monster with a realistic looking bolt in his neck; a realistic looking Chewbacca; and an aging Princess Leia.

With all three eyes, Kaybe stared at the newcomers.

"What galaxy are *they* from?" he asked.

"Those are earthlings," I said. "It's Halloween. Those folks are just wearing costumes."

"Is it some kind of holiday?" Kaybe asked.

"Yes. It used to be called 'All Hallows Eve,' and was started to honor the dead. Nowadays children dress up in costumes and go door to door saying 'Trick or Treat' and hold out sacks. People give them candy. After people put candy in their sacks, the kids run to the next house. They go all over the neighborhood gathering sacks full of candy."

"The folks in that booth over there look pretty old to do trick or treat," said Kaybe.

"Halloween has evolved, and now adults celebrate Halloween, too. They put on costumes and go to parties, or out to bars and restaurants.

"WOW!" said Kaybe. The words appeared telepathically in capital letters in my head. "That sounds like fun. I've always wanted to go around town and see the sights, but the way I look I'd cause a fuss. Tonight I can roll around and no one will think anything about it."

"Hey guys," Kaybe communicated telepathically with Harry the Hulk and Miniature Mike and three strange-looking aliens in the bar. "Let's go trick or treating."

"Will you be our guide?" Kaybe asked.

"Of course. Parents take their kids trick or treating. The parents stand out on the sidewalk while the kids go up to the doors."

"You want to go trick or treating, Fanny?" called Miniature Mike.

"No," she called back. "I'm still on duty. Beside my feet hurt. But you can

take my truck." Fanny tossed me the keys. "It's the old blue pickup in the back corner of the parking lot."

I boosted Kaybe into the passenger seat, and the others jumped in the back of the truck. I drove by a supermarket and picked up trick or treat sacks for everyone. When we got there, my neighborhood was awash with goblins, ghosts and phantoms.

My alien friends were shy at first, but Kaybe encouraged them.

"Come on guys. This will be fun."

At the first house, I stood out on the sidewalk. Harry the Hulk put Miniature Mike on his shoulders and marched up and rang the bell. Kaybe and the other aliens crowded on the steps behind him.

A woman came to the door.

"Trick or treat," said Harry the Hulk.

"Wait just a minute," said the woman. "George," she yelled, "You've got to see this. These are the best costumes I've seen all night."

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

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PET WORLD

Training can curb pooch's passion for jumping on guests

Q: My 6-year-old Coonhound is too friendly. I can't have company without him jumping on guests. Is it too late to train him? His behavior is embarrassing. It's one thing for him to jump

when guests arrive, and then instantly he receives something very good to chew on, or low fat peanut butter stuffed inside a Kong toy. If he's occu-

pled touching your hand, sitting, or chewing, he's not jumping on people," Reisner says.

If your dog gets bored with a chewy, have a stuffed Kong or a food puzzle ready for him. Meanwhile, train your guests not to pay any attention to the dog until he settles down.

Finally, old dogs can, in fact, learn new tricks. And your pup isn't old—just middle aged.

- 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. Send e-mail to PET-WORLD@STEVEDALE.TV. Include your name, city and state. Steve's website is www.stevedalepetworld.com; he also hosts the nationally syndicated "Steve Dale's Pet World" and "The Pet Minute." He's also a contributing editor to USA Weekend.

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Steve Dale

when people first arrive, but he won't leave them alone. Any advice? - S.R., Buffalo, NY

A: Some simple training would be helpful, says veterinary behaviorist Dr. Ilana Reisner, of Media, PA. "Teach your dog to touch your hand or to sit

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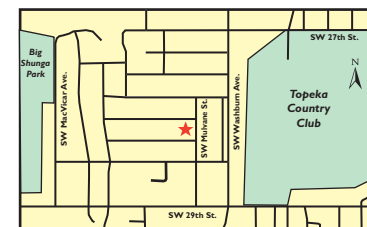
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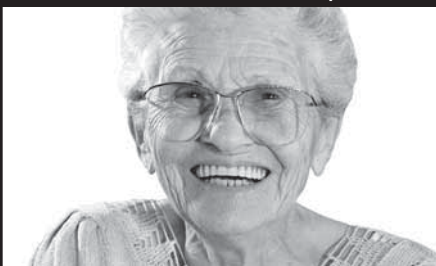
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WOLFGANG PUCK'S KITCHEN

Homemade granola adds crunch to healthy breakfast

By Wolfgang Puck

Tribune Content Agency

Morning is one of my favorite parts of each weekday. Even though I may have worked late in my restaurants the night before, I love to get up to fix breakfast for my two young sons, Oliver and Alexander, before driving them to school.

Breakfast, as everyone knows, is important for starting the day right. A good morning meal gives you energy and helps you focus on what lies ahead. It can also help set the tone for the way you eat the rest of the day. Have a healthy breakfast, and you're more likely to follow up with a nutritious lunch and dinner. Eat the wrong morning foods, with too much sugar or fat and not enough protein and complex carbohydrates to sustain and satisfy you, and you'll probably eat equally unhealthy foods throughout the day.

One of the breakfast foods I like the most is granola, a crunchy mix of toasted grains, nuts and dried fruit. But the granola you buy in stores can often be too high in fat, sugar and salt.

That's why I like to make my own from scratch, with chewy dried fruit and crunchy nuts. Not only can you serve it as a breakfast cereal with low-fat or nonfat milk, but it also makes an excellent midafternoon snack; and, if you like, you can turn it into beautiful and delicious granola and yogurt parfaits to serve for a midweek breakfast or weekend brunch.

You'll find that this easy granola recipe takes about an hour and a half to prepare, including all the measuring and mixing; so, it's a good weekend project. But the yield is very generous—two dozen servings—and it stores well in an airtight container at room temperature. (You can also prepare just half or a quarter of the recipe.) Feel free to substitute other nuts you like, making sure you start with raw, unsalted ones so you don't add any

unnecessary fat or salt to the mixture.

With plenty of the granola on hand, you'll be able to prepare refreshing parfaits at moment's notice. My version of that recipe calls for berries, but you could also use other juicy seasonal fruits. If you prefer the granola to be a little softer, cover each filled glass with plastic wrap and refrigerate for at least one hour or even overnight before serving.

OAT AND NUT GRANOLA WITH DRIED FRUIT

Makes about 24 cups (6 L); 24 servings

- 1 1/2 ounces (45 g) shredded unsweetened coconut
- 1 pound (500 g) rolled oats, about 5 cups (1.75 L)
- 1/4 pound (125 g) sliced blanched almonds
- 1/4 pound (125 g) raw shelled cashews
- 1/4 cup (60 mL) packed dark brown sugar
- 1 tablespoon grated orange zest
- 1 1/2 teaspoons kosher salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 1 cup (250 mL) pure maple syrup
- Nonstick butter-flavored cooking spray
- 1 cup (250 mL) seedless raisins
- 1 cup (250 mL) dried cherries or dried cranberries

Preheat the oven to 325 F (160 C).

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Spread the coconut evenly in a thin layer on a rimmed baking sheet or in a baking pan. Toast in the oven until golden brown, 5 to 7 minutes, keeping careful watch that it doesn't burn. Immediately transfer to a bowl to cool. Raise the oven temperature to 350 F (175 C).

In a very large bowl, combine the oats, almonds, and cashews. Add the brown sugar, orange zest, salt, cinnamon and nutmeg; stir well to combine.

In a small saucepan, heat the syrup over low heat until hot but not yet boiling. Pour it evenly over the dry ingredients and stir well with a large, sturdy metal spoon to coat the dry ingredients evenly with the syrup.

Spray one or two large rimmed baking sheets or baking pans with nonstick cooking spray. Empty the mixture from the bowl onto the sheet (or sheets) and spread it with a large spatula or spoon, pressing it down to an even thickness of about 1/2 inch (12 mm). Bake for about 30 minutes, then very carefully invert onto another nonstick-sprayed sheet or pan and bake until it reaches a deep golden-brown color, about 30 minutes longer.

Remove from the oven and transfer the sheet or sheets to wire racks, leaving them to cool completely. By

hand, break the granola into bite-sized chunks, transferring them to a clean bowl. Add the raisins, dried cherries or cranberries and the toasted coconut and toss well to combine.

Transfer to airtight containers or sealable heavy-duty food-storage bags and store at cool room temperature. The granola will keep for up to several weeks.

GRANOLA AND YOGURT PARFAITS WITH FRESH BERRIES

Serves 4

- 2 cups (500 mL) plain nonfat yogurt
- 2 cups (500 mL) fresh raspberries and blueberries
- 4 cups (1 L) Oat and Nut Granola with Dried Fruit (see previous recipe) or good-quality store-bought granola
- 4 sprigs fresh mint, for garnish

Divide half of the yogurt among four large wine glasses, parfait glasses or other decorative serving glasses. Add the granola into each glass, and then half of the berries. Add another layer of yogurt and berries, and serve immediately with a garnish of fresh mint sprigs.

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



Tom
Mach

Memories of my Uncle Jean

By Mark Scheel

"The little Kansas farm with the creek / beside the corn rows and a pasture hill / above the red barn was for me / both womb and cradle." So begins a poem of mine titled "August Night" that pays homage to the Kansas farm home where I was born and raised. It was the same towering oaks, wind-swept grass and rocky hills that my father's younger brother, my uncle Jean Scheel, also knew in his boyhood. Those rural roots ran deep and we shared that common heritage. The love and respect for nature, bred into Jean as a boy, would hold captive his heart throughout his lifetime.

Jean was the youngest of the three brothers and named for his mother's sister Jean. The spelling of the name at times created some interesting dilemmas—having his hall locker in high school located in the girls' area, being initially assigned to a WAC detachment in the Army.

In 1946 he accepted a position with the extension service in Oregon and departed the Kansas area for good, enthusiastically

writing a short time later to my father that he and his wife, Ada, had once and for all "found God's country."

Those occasions when he returned for visits were always special ones for me. He never failed to enter our door bearing a gift with my name, invariably something unique and challenging like the construction set none of us could figure out how to assemble. The most memorable by far, however, was the huge box containing his military uniforms and paraphernalia, pure joy to a youth whose imagination at that point overflowed with soldiers and soldiering. Later on, after I'd learned—much to my mother's dismay—the game of poker at 4-H camp, he indulged me by playing some penny ante and giving me a few lessons. We broke even on the pennies.

During the onset of my adolescence, my parents and I vacationed once in the Northwest and stayed at Jean and Ada's home. I remember how scenic the area seemed and how appropriate Ada's devotion to flowers. And I'll never forget Jean's pronouncement upon greeting us and scrutinizing my face: "Well, well, young man, it's about time you commenced shaving." I wasn't sure whether it was meant as a reprimand or a compliment, but I couldn't help but feel a certain pride.

Years later, Jean picked me up where I was attending college at Kansas University. We debated about the Vietnam War all the way to the farm—he with his trademark deliberate speech and precise word choice, I spouting textbook quotes.

After his retirement, Jean and I began working on novels and poetry. Now and again we'd mail each other tear sheets of our publications, inviting comments or suggestions. I began to appreciate the depth of kinship I held with this man. We both loved language and the written word and cherished their beauty and power.

After my mother's and Ada's deaths and Jean's marriage to Bea, Jean brought Bea to see the home of his youth. She impressed me as a sophisticated lady who also willingly did housework.

That evening at their motel as Bea related to me about the death in childhood of a sibling, she couldn't hold

back the tears. I watched how gently Jean put his arm around her and comforted her, and I saw a tender loving side of him I'd never witnessed before.

After my father's death Jean and his third wife, Margaret, took a trip to see relatives and swung by Kansas City. What a day we spent, taking a trolley tour of Kansas City, driving out to Lake Gardner, ending up with a steak dinner at the Hereford House. There Jean and I had the opportunity to talk at some length about our writing projects. Jean was, I began to see, cut in the mold of a visionary and futurist. His interest lay in how might humanity become elevated. I, on the other hand, was more the realist, asking questions of what is and why. What an

intellectually stimulating time we had.

Jean's passing ended a family era. He was a man of accomplishment and vision, a man who could bring dreams to fruition. A man who loved nature, literature, and friendship. A man to not only admire but to emulate. A man who learned from living and in learning discovered the secret of a good life. I, being a man of faith, believe Jean is now once again with family on a timeless plane of togetherness. I can visualize him now embraced by loved ones who awaited him with open arms, as I hope

one day, when my time arrives, and the last Scheel leaves this tumultuous earth, I will find him with the others waiting for me, arms open to welcome me home.



Mark Scheel

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1♦	Pass	1♠	Pass
2♠	Pass	4♦	Pass
5♣	Pass	6♦	Pass
Pass	Pass		

Opening lead: Five of ♣

North-South were using the Weak No Trump (12-14 points), hence the one diamond opening. South could have re-bid one no trump to show 15-17 points, but chose to raise partner instead. North was off to the races and they ended up in a terrible slam. Change

the king of clubs to the king of spades and the slam would be ice cold. These flaws can be hard to diagnose in the auction, but they become appallingly clear when the dummy comes down.

South saw that his only real chance was to find an opponent with a doubleton king of spades. Should that opponent be put on lead with no safe exit card, he would have to yield a ruff-sluff for the 12th trick. South cashed the ace of spades early, before a clever opponent could see the need to unblock, then drew trumps and eliminated the clubs and hearts from both his hand and the dummy.

Knowing the end position he wanted, South was able to play the hand rapid-fire. After stripping the side suits, he exited with a low spade from hand toward the dummy, hoping for the best, but West was on full alert. The defender rose with his king of spades, like the jaws of a crocodile, and swallowed his partner's queen. He was then able to cash the jack of spades to defeat the slam. Nice play. Had West carelessly played low, East would have won with the queen and the slam would have come home on the forced ruff-sluff.

- 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

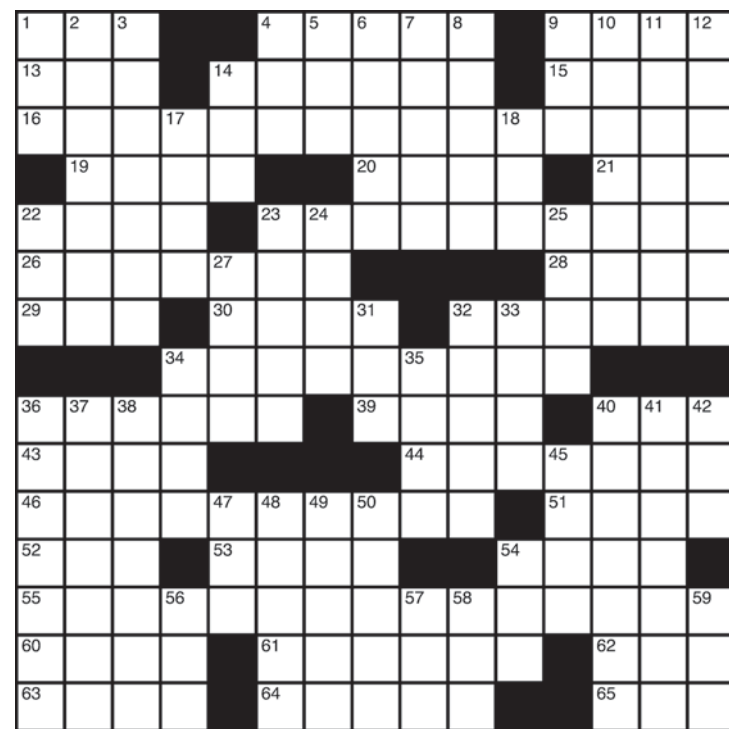
- 1 "Mad Men" productions
- 4 Bark elicitor
- 9 Lax
- 13 Force (open)
- 14 Close-fitting dress
- 15 Powerful dept.?
- 16 Striking painting of paddles, net and ball?
- 19 Uber
- 20 Facebook button
- 21 Truncation abbr.
- 22 Austin of "Knot's Landing"
- 23 Extraordinary northern bird?
- 26 Statistician's challenge
- 28 Plot component
- 29 "__ thoughts?"
- 30 Reasonable
- 32 Purim heroine
- 34 Mythological figure who touched 16-, 23-, 46- and 55-Across?
- 36 Available
- 39 Anthony Hopkins' "Thor" role

- 40 Channel for old films
- 43 Noodle
- 44 "I'm not kidding."
- 46 Alaskan insects?
- 51 Chief Justice Warren
- 52 Subjects of some conspiracy theories
- 53 Specks on cartes
- 54 Enthralled
- 55 Overdevelop a high plain?
- 60 It may be cautionary
- 61 "I shall be late." speaker of fiction
- 62 Letter director
- 63 Narrow opening
- 64 Indo-__ languages
- 65 Nixon has two

Down

- 1 Angry Birds, e.g.
- 2 "Happy Days" setting
- 3 Cooperative action
- 4 "Dexter" ainer, for short
- 5 Write
- 6 Scout rank
- 7 Top story

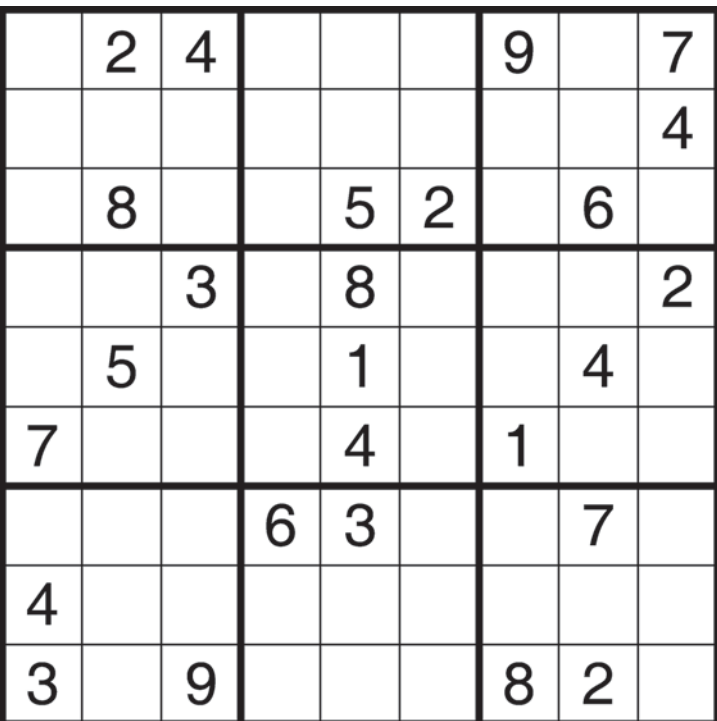
- 8 Uniform material
- 9 Sprinkling on French fries?
- 10 Free sample limitation
- 11 Top story
- 12 Cab driver?
- 14 One of a pair of Mad adversaries
- 17 Off the __
- 18 Arthur of "The Golden Girls"
- 22 Sched. uncertainty
- 23 Witness __
- 24 Sharp feeling
- 25 Rowing beneficiaries, for short
- 27 Z-zebra link
- 31 Dashboard
- Confessional's genre
- 32 Changes, in a way
- 33 Without
- 34 Rosebud's owner
- 35 "Cool, man."
- 36 Things
- 37 __ color
- 38 Fictional pilot with the iconic line, "Laugh it up, fuzball"
- 40 Circus staple
- 41 Sun block
- 42 "The Producers" screenwriter Brooks



- 45 Milk dispenser
- 47 Help
- 48 Uber
- 49 "The View" alum Joy
- 50 Milk carton words
- 54 Snitch
- 56 18th Amendment opposer

- 57 Cops' org.
- 58 Harvard grad Jeremy who's now a Laker
- 59 Rises

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

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

NAIRY
TURSY
SLINUM
HELEKS

THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek

NEW BIBLE Jumble Books Go to: <http://www.nyrdale.com/jumble/>

7/10
WHAT SHE MAY HAVE BEEN AFTER WHEN SHE CALLED HIM BY HIS FIRST NAME.

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

Print answer here:

SCRABBLE BRAND

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PAR SCORE 255-265
BEST SCORE 313

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com.

06-28

Answers to all puzzles on page 34

CROSSWORD SOLUTION



JUMBLE ANSWERS

Jumbles: RAINY RUSTY MUSLIN SHEKEL

Answer: What she may have been after when she called him by his first name -- HIS LAST

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SUDOKU SOLUTION

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

SCRABBLE BRAND GRAMS SOLUTION

B ₃	L ₁	A ₁	N ₁	D ₂	E ₁	R ₁	RACK 1 =	60
S ₁	E ₁	R ₁	I ₁	O ₁	U ₁	S ₁	RACK 2 =	57
M ₃	A ₁	S ₁	O ₁	N ₁	R ₁	Y ₄	RACK 3 =	68
R ₁	E ₁	G ₂	U ₁	L ₁	A ₁	R ₁	RACK 4 =	58
C ₃	A ₁	T ₁	A ₁	L ₁	O ₁	G ₂	RACK 5 =	70
PAR SCORE 255-265							TOTAL	313

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■ CONTINUED FROM PAGE 23

Nov. 7. It begins at Fifth and Main streets and ends at Forest Park. The event also includes Civil War firing demonstration and displays, Civil War bivouacs, World War I display and demonstrations, World War II re-enacting, firing demonstrations and displays. Free.

OTTAWA, 785-242-3220
www.visitottawakansas.com

NOV 7

VETERANS THANKSGIVING POW WOW

Awia Akta District Northern Cherokee Nation of the Old Louisiana Territory. 15th Annual Inter-Tribal Veterans Thanksgiving Pow Wow. Gage Park Zoo Shelter House, 3-9 p.m. Free.

TOPEKA, 785-266-8248
www.awiakta.org

NOV 7

3RD ANNUAL TOPEKA VETERAN'S PARADE

The Parade will begin at 8th & Harrison going towards 10th street taking a left to go by the grand stand towards Jackson Street taking a left on Jackson and then a left on 8th street exiting

on Vanburen. Dispersement area will be at 6th & VanBuren. 9 a.m.-12 p.m. Free.

TOPEKA

NOV 11

LEAVENWORTH COUNTY VETERAN'S DAY DOWNTOWN PARADE

Honor, remember and never forget those who protected us by joining us for the oldest Veterans Day observance in the nation and the largest parade west of the Mississippi. The Parade starts at 10:30 a.m. Please visit the website for route map and more information. Historic Downtown Leavenworth, 416 Cherokee St. Free.

LEAVENWORTH, 913-682-4113
www.lvvetsparade.com

NOV 11

VETERANS DAY CELEBRATION

The ceremonies will take place outside on the All Veterans Memorial and Corridor of Flags. The program will be moved in doors for inclement weather. Great Overland Station, 701 N Kansas Avenue, 2-3 p.m.

TOPEKA, 785-232-5533
www.greatoverlandstation.com

www.seniormonthly.net

Reserve Your Space Today!

For the "2016 Senior Resources Directory," a special pull-out section that will be available in the January 2016 issue of Kaw Valley Senior Monthly.

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

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

Business/Organization Category: _____

Business/Organization Name: _____

Address: _____

Phone: _____ E-mail: _____

URL: _____

Contact Names (up to 3): _____

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

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Logo runs in black and white.

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

The 2015 Senior Resources Directory is available online at www.seniormonthly.net/2015resourceguide.pdf



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page 5

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