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INSIDE



The Fall 2019 issue of JAAA's *Amazing Aging* is included in *Senior Monthly* copies distributed in Douglas, Jefferson, and Shawnee Counties.

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**After 45 years,
Jerry Taylor
retires from
wrecking
business.**

See story on page three



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Retired wrecker business owner ready to take new path

By Kevin Groenhagen

Jerry Taylor, Lawrence, spent many years working on vehicles in service garages. Some may say he was born to work in garages. In fact, he was literally born in a garage about five miles from Palmer in Washington County, Kansas.

“My family’s house burned down three years before I was born,” Taylor said. “When the house burned down, Mom and Dad already had four kids. The garage was separate from the house, so they closed up the garage door, put in a walk-in door, put in some windows, and added two bedrooms at the back of the garage.”

Taylor was born in that garage, which had no electricity, on June 26, 1939, a day on which the temperature reached 105 degrees.

When Taylor was ready to attend high school, he had the option of either going to Linn or Clifton. He chose Clifton. During his freshman year, he played football and scored a touchdown against Linn High School. That

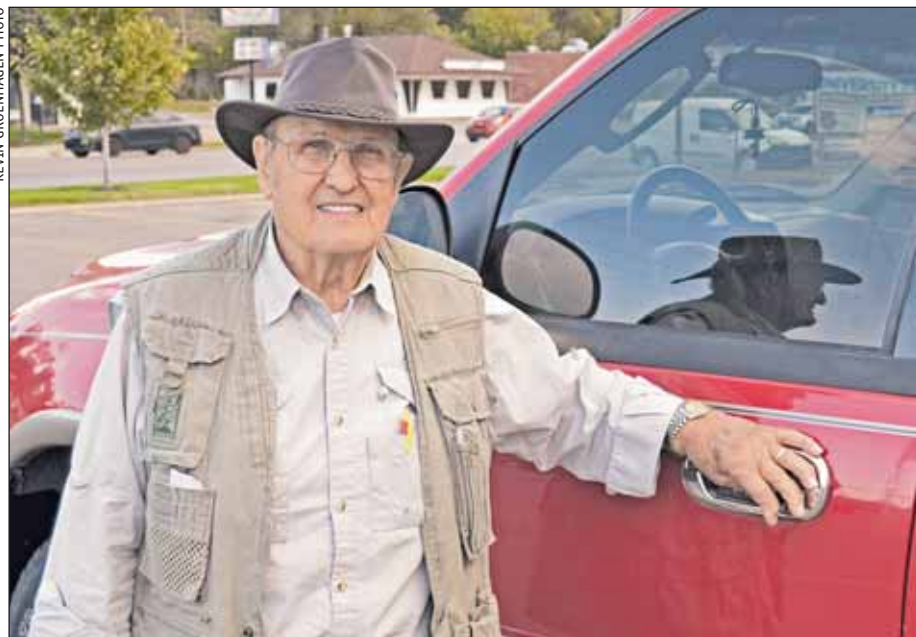
touchdown was one of just two touchdowns scored against Linn during the entire season. At the end of Taylor’s freshman year, boundaries were changed, which meant he would have to go to Linn High School.

“Clifton was going to give me a car to pick up kids on the way to school since one bus wasn’t enough,” Taylor said. “But Linn High School got word of that and said that would be like paying me to go to Clifton to play football. So, I moved in with my uncle in Clifton and washed dishes at a restaurant for my meals. But, by the middle of the semester I got tired of that and ended up finishing high school at Linn.”

Shortly after graduating from high school, Taylor enlisted in the Army. In February 1958, Taylor’s parents joined him at the bus station, where he would catch a bus that would take him to boot camp at Fort Leonard Wood, Missouri.

“My mom asked me if I had any money,” Taylor said. “I reached in my pocket and came up with two nickels and a dime. My mom asked my dad to give me a dollar. He refused and said, ‘The Army will give him everything he needs.’”

After boot camp, Taylor went to sig-



KEVIN GROENHAGEN PHOTO

Jerry Taylor

nals school at Fort Gordon, Georgia.

“They put me in radio teletype after all the tests,” he said. “I learned Morse code. I spent four months in Georgia

and then they flew us to New York City. Then I went on a ship to Germany. We had a really rough storm and

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Taylor

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about 90 percent of the ship got sick. I went down for chow and there was nobody in the mess hall. Everyone was sick. The cook told me to fill my pockets with oranges. He said if I ate as many as I could, I wouldn't get sick. I don't know if that's true or not, but I never got sick."

In Germany, Taylor was part of a mobile communications unit in Babenhausen, which is located about 30 kilometers from Frankfurt. During his two years in Babenhausen, Taylor served as the colonel's orderly 13 times in a row and earned the soldier of the month award. He also got to see another GI, Elvis Presley, perform.

"He was just a regular GI, other than having a \$300 dress uniform," Taylor said with a laugh.

Taylor returned to New York City in 1960.

"I didn't want to spend the rest of my time in the Army close to home at Fort

Riley," he said. "I wanted to go somewhere that I had never been before. So, my friends and I put in for Fort Lewis in Washington State. The Army gave us each \$180 for travel pay and an extra 14 days in addition to 30 days of leave. So, we had 44 days and \$180 each to get to Washington. We spent two days in New York City, where the family of a buddy of ours showed us around. Then we took a bus to Virginia, where my friend had a sister. We bought an old \$200 car in Virginia and drove to Florida, where my friend had another sister. I told my friend I would go with him to see his sisters and then he could go with me to Kansas. He would then catch flights to California, where he was from. I traded off the car for a 1956 Ford in Lawrence. My mother drove with me to visit relatives in California."

After receiving an honorable discharge from the Army in February 1961, Taylor returned to Lawrence, where he got a job at the service station at 11th and New Hampshire Streets. After working at that service station for a year, Taylor and his new wife moved to Fresno, California, where he worked

for a paint crew with the Santa Fe Railroad. The couple returned to Lawrence a year later and divorced in 1963. Taylor went to work for the Sinclair Station at 23rd and Louisiana Streets.

"They had a wrecker," he said. "That's where I learned the wrecker business. During that time, I learned bookkeeping, how to treat equipment, and how to hire and fire. The owner, Claude Elms, and I became partners, only to split up later. I then went to work for Jack Ellena Buick, which was then on 23rd Street. I first worked on the lube racks, but then they realized I could do mechanical work, so I went to work as a mechanic."

Taylor met Deanna on a blind date and they married in 1966. Deanna already had four children and the couple later had a fifth child.

After working at Jack Ellena Buick for a year, Taylor and Elms tried another partnership, this time at the Elms and Taylor Texaco Station located on 23rd Street. Elms and Taylor parted ways for a second time, with Elms taking the wreckers and Taylor the service station.

While at the service station in March

1968, Taylor had chance encounter with a presidential candidate.

"I was doing garage work," he said. "I had the door open and saw Robert F. Kennedy's motorcade go by. They were headed east from KU towards what was then called Haskell Indian Institute. The rain was pouring down that day. When they got to Massachusetts Street, the wipers weren't working. They made a U-turn and came back to our shop. I knew the highway patrolman who was leading the motorcade. He drove up and said, 'Jerry, these wipers aren't working. See what you can do.' They pulled the limousine halfway into the shop and popped the hood. I later realized that I was surrounded by Secret Service agents. I got the wipers to work and off they went."

In 1972, Jack Ellena visited Taylor at his service station and asked if he would consider working for him as the service manager at Ellen's new location in the Lawrence Auto Plaza on Iowa Street.

"Forty hours a week sounded better than the 70 to 80 hours I week I was

■ CONTINUED ON PAGE FIVE



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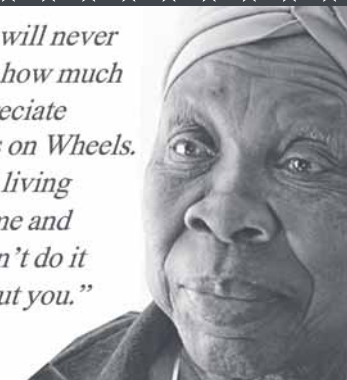
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Taylor

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working at the station,” Taylor said. “I said, ‘Jack, I don’t really know if I know how to run a service department.’ He said he would teach me.”

So, Taylor started working for Jack Ellena again. However, after just three days, Ellena had a heart attack.

“It was eight months before he came back to work,” Taylor said. “So, I had to learn how to run the service department on my own.”

And then came the oil embargo. During the 1973 Arab-Israeli War, Arab members of the Organization of Petroleum Exporting Countries imposed an embargo against the United States in retaliation for the U.S. decision to resupply the Israeli military. The crisis reduced the demand for large, American-made cars.

“New car sales were down and they were talking about putting luxury taxes on Buicks and Cadillacs,” Taylor said. “Jack called me in one day and said he

would have to lay me off. Ron Horton at Hillcrest Amoco at 9th and Iowa had driven into my station when I was closing it. He said I was going to a great job with Jack Ellena, so he wouldn’t try to steer me away from that. But he told me if I was ever looking for a job again to come see him first. So, two years after he told me that, I did. I walked in at five o’clock on a Friday night and he told me I had a job pumping gas, doing mechanical work, and running the wreckers that he had bought from my former partner. So, I went home with bad news and good news. Deanna told me to give her the bad news first. I told her I lost my job. When she asked for the good news, I told her I got another job 30 minutes later.”

However, Taylor had a proposal of his own for Horton.

“I knew how to run the wreckers and run a business, so I proposed a partnership,” he said. “We started a corporation, Hillcrest Wrecker and Garage, Inc. I didn’t have any money, but was able to borrow \$1,000 from the bank for operating capital.”

Taylor eventually became the sole

owner of Hillcrest Wrecker and Garage, Inc., which relocated to a block building where Panera Bread is now located on 23rd Street. The business later moved to 1120 E. 23rd Street and then again to 1226 E. 23rd Street, where Taylor began focusing on the wrecker side of the business.

Just before getting fired from Jack Ellena in 1973, Taylor became a Christian. He believes God has guided him many times during his life, including two business-related events. The first concerned the bridge on I-70 that crosses the Kaw River.

“When I drove over that bridge with a wrecker for the first time during the late 1960s, I wondered what would happen if someone went over the railing of the bridge,” he said. “That actually happened in the 1980s. A small-axle trailer came loose from someone’s pickup. The trailer hit the front of a semi and locked up a wheel. The driver lost his steering and went straight off the bridge on the west side of the river. The truck, which was loaded with Pepperidge Farm bread, turned in mid-air and, when it landed, the nose was headed back towards the bridge. It landed flat and the sides of the

trailer just exploded. The driver wasn’t seriously hurt.”

Taylor was tasked with getting the truck out. They couldn’t use a crane to lift the truck out since that would require the traffic to be shut down and it was 1,000 feet from the end of the bridge to where the truck had landed.

“I had two guys who spent four hours just cutting brush so we could get a wrecker to the truck,” Taylor said. “My men thought it would be impossible to get the truck out. It took us all day Saturday, all night, and then all day Sunday, but we did it. We used part of the bridge as a deadman.”

A deadman is an object buried in or secured to the ground for the purpose of providing anchorage or leverage.

While they got the truck out, they used a backhoe to bury tons of bread near the river.

The second business-related event in which Taylor believes God played a role involved a murder.

“I saw the *The French Connection* in 1971,” he said. “There was a chase scene in New York City under this ele-

■ CONTINUED ON PAGE SIX



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Taylor

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vated railway. I always thought it would be fun to drive under that as fast as you could and, of course, not have all the wrecks that they had. In 1991, Sheriff Loren Anderson called me. There was a guy who picked up his girlfriend at the bus stop by the telephone office. They got out on the turnpike and, somewhere between the east gate and the west gate, he killed her. He put her in the passenger seat and took her back to New York. His folks there asked if his girlfriend was with him. He said she was in the car. She had been dead for a couple of days. He got arrested.”

“The sheriff decided he needed to get the car back to Lawrence because it was a crime scene,” Taylor contin-

ued. “However, he wasn’t sure how to get there or how to bring the car back. I told him that I had been to New York City just the previous year when I towed a skyhook truck from Ottawa, Kansas, to Queens. I knew the route to take. Loren and I drove to New York. The police department in the Bronx arranged to take us to the Hilton on Seventh Avenue to spend the night. They told me I could just park my tow truck across from the police station. We went back to the police station the next morning and someone had broken one of the truck’s windows and stole my cellphone. The lieutenant said not to worry since they would take care of having a new window put in.”

Taylor would have to drive his truck to the shop to get the window replaced. The police department had a detective go with him.

“She brought along this card that

said, ‘Official Vehicle of the New York Police Department,’” Taylor said. “She hung it on it on my rearview mirror and told me to turn on my flashing lights. We went down this one-way street and we were right under the elevated railway. She said, ‘We don’t stop at stop signs or stoplights. Police don’t stop. Go as fast as you can, but be careful.’ I got up to about 55 miles per hour.”

In April 2000, Hillcrest Wrecker & Garage Inc. moved to its current location at 3700 Franklin Park Circle in Lawrence. During the decades he owned the business, Taylor was a member of the Kansas Motor Carriers Association. He served as president of this association from 1986 to 1987. Taylor was also named the Lawrence Chamber of Commerce’s “Small Business Person of the Month” in November 1996.

On April 16 of this year, Taylor sold his business to two of his employees.

“I especially want to thank my wife, Deanna, and our daughter, Lynn, for keeping the accounting books and managing the office all these years,” Taylor said. “Without them I could not have operated for 45 years. I also want to thank my whole family for their support and physical help over the years.”

Now retired, Taylor continues to maintain a busy schedule.

“I’ve carried on my usual morning routine since retiring,” he said. “I’ve always gotten up early. I meet some guys at 6 a.m. for coffee. I’m part of a group that does Bible study at Perkins on Tuesday mornings and do Bible study at the Cornerstone Southern Baptist Church. I meet another man at Panera Bread and we go over the life of Oswald Chambers and what he had to say about the Bible. I’m also involved with the Sons of the American Revolution.”

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McCrite Plaza residents form women's basketball team

By Billie David

Keeping a secret can be difficult, but it can also be fun. Just ask the ladies of McCrite Plaza's retirement community, who were recruited by Coach (Pat) McCrite to form their own women's basketball team, complete with brand-new uniforms so they could film a new commercial. Filming was the easy part. The hard part was keeping it quiet for so long.

"The hardest thing with the basketball team was keeping it under wraps until November 5," said teammate and McCrite Plaza resident Shirley Davis, referring to the day the commercial is scheduled to debut.

Judging by the reaction from some of the athletes at Washburn University's fitness center upon seeing the women file into the gym to make the commercial, the secret was well kept.

"You should have seen the look on the faces of the men in the weight room when the ladies walked by," Shirley said.

The commercial was produced by

Topeka's MotoVike Films.

"They were laughing as much as we were," Shirley said. "They had to whittle it down to 30 seconds, but I wish it could be longer. It gives the players an instant bond. It gives you a new person to go to lunch with, another new person to learn about"

Ignoring the rumor that the only reason that all of the teams at McCrite Plaza, including the men's baseball and football teams, are undefeated is because nobody will play them, the women were eager to get on the court. As soon as they hit the gym, they were out on the floor shooting baskets.

"Some of the Washburn staff that helped with the shoot were saying there are some good prospects out here," said McCrite Plaza's marketing manager, Cindee Williams.

Creating sports teams made up of senior residents came naturally for the McCrites. Pat McCrite, who co-owns McCrite Plaza with wife Judy, and three of his children—Cassidy, Kelsi and Connor—attended college on sports scholarships, and both Pat and Cassidy have served as coaches.

COURTESY PHOTO



Venice Facklam, Nogie Ritchie, Margaret Williams, and Gerry King are four of the nine members of the new McCrite Plaza Ladies Basketball Team. To see the team in action, visit www.McCritePlaza.com on November 5.

"We always talk about family," Pat said of family-owned and operated McCrite Plaza. "Judy and I are here, we eat lunch here, we are here in the evenings, and it

feels like family. But it always felt like something was missing."

As Pat thought about it, he realized

■ CONTINUED ON PAGE NINE



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McCrite Plaza

■ CONTINUED FROM PAGE EIGHT

that in his own family, everybody had been involved in athletics, and those discussions came out at the dinner table. However, athletics was missing from the McCrite Plaza family.

So in 2017, the McCrite football team was introduced to the public when eight residents put on their brand-new football uniforms and, with Pat as coach, made their first sports commercial.

Although the McCrite teams were organized in part to make commercials, the players do go to local events and sign autographs.

“Some people have actually asked me about trying out for the team,” Pat said.

The football team was followed by the seven-member McCrite Plaza baseball team that, also in uniform, debuted in a commercial that capitalized on the World Series playoffs.

In addition to being just plain fun, the baseball commercial capitalizes on the theme of getting back into the game through rehabilitation services, which are part of the continuum of care that McCrite Plaza offers.

So when the public began clamoring for more McCrite Plaza sports teams and asking when the next ad was coming out, the ladies made it clear that it was their turn.

They decided on basketball because they wanted a serious sport that showed women as being empowered and celebrated their independence and determination.

Cindee said the teams were made

possible because of the fact that McCrite Plaza is family-owned and operated.

“We don’t have to go through corporate hoops,” Cindee said. “When we have a concern, or a question, Pat and Judy are here. That’s our strength, and that’s the thing that sets us apart. A lot of places are family-owned, but we are also family-operated. The five McCrite kids were raised in the business and are also involved in the day-to-day activities.”

And because they aren’t corporate owned, McCrite residents can bring their ideas directly to the McCrites and see them materialize.

For example, when two residents told Pat that they ought to have golf on the property, a putting green was soon added.

In keeping with the idea that sports bring family closer together, McCrite Plaza offers other activities, such as shuffleboard, men’s and women’s putting tournaments, pool, pinball, and even Rock Steady Boxing.

The emphasis on sports encourages residents to be active and socialize.

“We feel like this is our family,” Shirley said. “We are very close. If someone has a problem, it affects all of us, and we can encourage them. It’s a wonderful family atmosphere. When there are new people, we greet them and make them feel welcome, because that’s what family does.”

Cindee agreed.

“It takes a village,” she said. “It takes all of us. We have an amazing staff, and we believe in the goals that Pat and Judy have laid out.”

Pat grew up among seniors. His mother ran a senior boarding home,

and the residents there became like grandparents and extended family.

Pat’s wife and co-founder, Judy, has a degree in elementary education and a master’s degree in special education.

“She is a very compassionate person,” Cindee said.

As for their five children, “It is only natural that they would go into social work and gerontology,” Cindee said. “They were raised with those values.”

The McCrite family broke ground for McCrite Plaza in Topeka in 1975. They started with skilled nursing, then added apartments for independent living and, after that, they added assisted living, providing a continuum of care that allows residents to age in place. McCrite Plaza at Briarcliff in Kansas City was added in 2014.

Residents at McCrite Plaza in Topeka enjoy a movie theater, an Irish pub, a beauty salon and barber shop, a coffee cafe, wellness center, library and chapel. Outdoors, they enjoy gazebos, waterfalls, paved walkways, raised garden beds, a stocked fishing pond, and a putting green.

Are there any more teams in McCrite’s future? “There is a rumor that there’s a sky-diving team coming up,” Pat said.

The sports commercials can be accessed at www.mccriteplaza.com, where the women’s basketball ad will also be available after November 5. Just select “Meet Our Sports Teams” from the drop-down menu under the heading “This is Us” at the top of the page.



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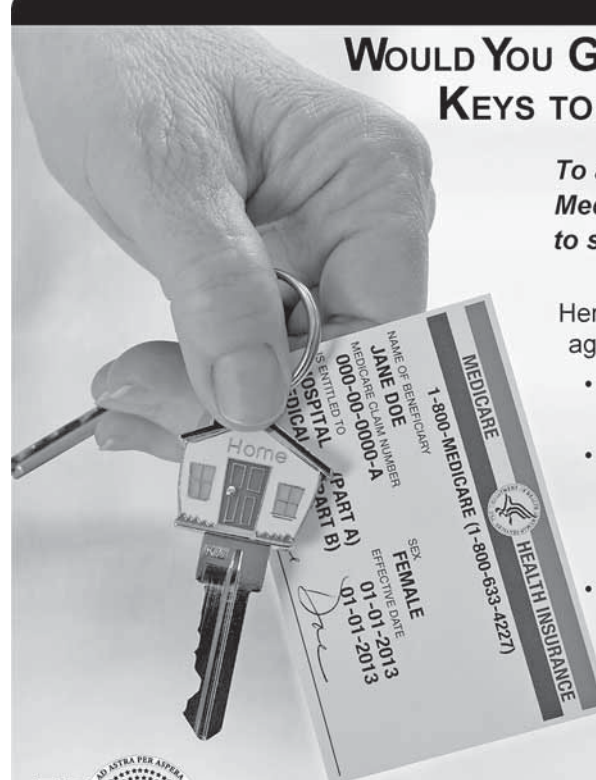
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Social Security District Manager in Lawrence, KS

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For military members who return home with injuries, Social Security is a resource they can turn to. If you know any wounded veterans, please let them know about Social Security's Wounded Warriors website. You can find it at www.socialsecurity.gov/woundedwarriors.

The Wounded Warriors website answers many commonly asked questions, and shares other useful information about disability benefits, including how veterans can receive expedited processing of disability claims. Benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

The expedited process is used for military service members who become disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

Even active duty military who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they're unable to work due to a disabling con-

dition. Active duty status and receipt of military pay doesn't necessarily prevent payment of Social Security disability benefits. Although a person can't receive Social Security disability benefits while engaging in substantial work for pay or profit, receipt of military payments should never stop someone from applying for disability benefits from

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Social Security honors veterans and active duty members of the military every day by giving them the respect they deserve. Let these heroes know they can count on us when they need to take advantage of their earned benefits. Our webpages are easy to share on social media and by email with your friends and family.

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- 1 can (12 fl. oz) evaporated milk
- 1 unbaked 9-inch deep-dish pie shell
- Whipped cream (optional)

1. Mix sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.
2. Pour into pie shell.
3. Bake in preheated 425 degree oven for 15 minutes. Reduce temperature to 350 degrees; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.
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FINANCIAL FOCUS

What can investors learn from veterans?

Each year, Veterans Day allows us to show our respect for the sacrifices that military veterans have made for our country. But have you ever stopped to think about what lessons our veterans can teach us about how we conduct various aspects of our lives? For example, consider the following traits and how they might apply to your actions as an investor:



Derek Osborn

- **Perseverance** – Even veterans who have not served in armed combat have had to persevere in challenging situations. The military life is not an easy one, as it often involves frequent moves, living in foreign countries, time away from loved ones, and so on. As an investor, in what ways do you need to show perseverance? For one thing, you'll need to stick it out even in the face of volatile markets and short-term losses. And you'll need the discipline to make investing a top priority throughout your life, even with all the other financial demands you face.

- **Willingness to learn and adapt**

– During the course of their service, military veterans frequently need to learn new skills for their deployments. Furthermore, living as they often do in foreign countries, they must adapt to new cultures and customs. When you invest, you're learning new things, not only about changes in the economic environment and new investment opportunities, but also about yourself—your risk tolerance, your investment preferences, and your views about your ideal retirement lifestyle. Your ability to learn new investment behaviors and to adapt to changing circumstances can help determine your long-term success.

- **Awareness of the "big picture"** – All members of the military know that their individual duties, while perhaps highly specific, are nonetheless part of a much bigger picture—the security of their country. When you make an investment decision, it might seem relatively minor, but each move you make should contribute to your larger goals—college for your children (or grandchildren), a comfortable retirement, a legacy for your family or any other objective. And if you can keep in mind that your actions are all designed to help you meet these types of goals, you will find it easier to stay focused on your long-term investment strategy and not overreact to negative events, such as market downturns.

- **Sense of duty** – It goes without saying that veterans and military personnel have felt, and still feel, a sense of duty. As an investor, you are trying to meet some personal goals, such as an enjoyable retirement lifestyle, but you, too, are acting with a sense of duty in some ways, because you're also investing to help your family. There are the obvious goals, like sending children to college or helping them start a business, but you're also making their lives easier by maintaining your financial independence throughout your life, freeing them of potential financial burdens. This can be seen quite clearly when you take steps, such as pur-

chasing long-term care insurance, to protect yourself from the potentially catastrophic costs of an extended nursing home stay.

Military veterans have a lot to teach us in many activities of life—and investing is one of them. So, on Veterans Day, do what you can to honor our veterans and follow their behaviors as you chart your own financial future.

- Derek Osborn is with Edward Jones, 1311 Wakarusa Drive, Suite 2200, Lawrence. He can be reached at 785-371-1301 or Derek.Osborn@edward-jones.com. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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JILL ON MONEY

Life insurance isn't sexy, but it's important

I know that it's pretty hard to get jazzed about insurance, because it is essentially the vegetable portion of your financial diet.

When I told my publisher that I wanted to include a chapter in my book, "The Dumb Things Smart People Do With Their Money," on insurance, she



Jill Schlesinger

sighed and said, "I guess if you have to..." That statement sums up our relationship with insurance: we know we need it, but hate the idea of spending any time researching or buying it.

Yet ignoring an uncomfortable subject does not make it go away. According to a 2019 study conducted by the life insurance industry's non-profit Life Happens and the research organization LIMRA, families can suffer grave consequences from not having proper coverage. Four in 10 households without any life insurance would have immediate trouble paying living expenses if their primary wage earner died.

The LIMRA survey also found a gap between those who believe they need insurance and those who actually own it. What explains the disconnect between knowing you need something and not addressing that need?

The study's analysis notes: "Affordability and value are two obstacles that deter consumers from purchasing life insurance. If more consumers understood life coverage affordability, more consumers would shop for coverage."

While that may be true, the industry itself can often be its own worst enemy. Consumers are flummoxed by complex and heavy-handed insurance sales

itches, not to mention dense policy agreements and disclosure statements. And of course, insurance fee structures often require a special decoder ring to unravel.

There is one product that is easy to understand and affordable: term life insurance. The good news is that term is the best and most appropriate coverage for the vast majority of Americans, who have a specific insurance need for a defined period of time, like a couple with kids who have not yet saved a sufficient nest egg to support their survivors in the event of premature death. You can find online competing quotes for term in minutes. Just remember that the death benefit should cover living expenses for survivors; the lump sum amount necessary to fund future educational expenses; and/or money to provide for the future retirement needs of the surviving spouse.

According to LIMRA, 71% of purchasers bought term policies, but 44% bought permanent policies, which are far more expensive, because they combine the death benefit with a savings or investment component and it remains in force until you die. If a salesperson is making a hard pitch for permanent coverage, consult a fee-only financial adviser, who does not sell insurance, but can evaluate your needs, determine the right type of coverage and refer you to a reputable life insurance agent.

Finally, your insurance needs change over time, so if you have a major life event (marriage, divorce, children or a death), revisit your coverage.

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

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PAINTING WITH WORDS

Let Your Soul Drink It In

Poem Title: Let our Soul Drink It In

Poet: Tom Mach

In your busy life do you ever take the time to look at all of creation? The



Tom
Mach

famous poet Walt Whitman saw beauty in even the most mundane things, such as grass. In my poem, imagine two individuals admiring the same surroundings. It's nighttime and grandpa and grandson are rather awed by the silence, and the poem is being told from the grandson's perspective.

I consider silence itself as part of our surroundings because it's God's signature for peace. When we are away from man-made sounds, such as the TV, an iPad, iPhone, cellphone, music, the rush of semis speeding down the interstate, automobile horns, and people chattering, we are alone with our souls. It is then that we are aware of God's presence and His immense creation, and it is then that we should let our souls drink it in.

Let Your Soul Drink It In

By Tom Mach

The lake is smooth, like a glass shroud
And the awesome sound of silence that
blankets it is interrupted only by an
occasional cricket.

My skin prickles not at the cold, but at
the *stillness* of it all.

"Grandpa," I say, searching for his face
in the moonlight,
but he turns and shushes me.
"Let your soul drink it in."

His whispered words trail into the night
air.

I follow his gaze toward the evening
sky,
all pierced with white dots.

Yonder, a white moon touches the

darkness.

"God is here," he finally says.

"Where?" I ask, searching.

But he looks at me and I see his smile,
and I understand.

If you have any questions on this or
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MAYO CLINIC

Discomfort in temporomandibular joint often can be relieved with self-care

DEAR MAYO CLINIC: Does temporomandibular joint pain that's caused by grinding teeth ever go away on its own, or is treatment always required?

ANSWER: Teeth grinding or clenching can lead to discomfort around the temporomandibular joint, or TMJ. The causes of these behaviors are complex and likely triggered by multiple factors. In most cases, the pain is a result of muscle soreness—not damage to the joint itself. This pain often can be relieved with self-care. If pain continues, however, consider having the condition evaluated. You may need to take steps to reduce teeth grinding. You also may benefit from exploring other treatment options for the pain, such as prescription medication or physical therapy. If the joint becomes damaged, surgery could be necessary, but that's rare.

Your temporomandibular joints connect your jawbone to your skull. They act like sliding hinges that enable you to move your jaw up and down, and side to side, so you can talk, chew and yawn. These joints and the powerful muscles that surround them can become sore or damaged due to a number of disorders, including teeth grinding—a condition also known as bruxism.

People often unconsciously clench their teeth when they are awake, or

they clench or grind their teeth together when they're asleep. Over time, teeth grinding can lead to pain in the muscles of the jaw. If teeth grinding is severe, or if it lasts for a long time, teeth grinding can cause ongoing joint pain, inflammation and degenerative changes in the joint itself.

For some people, teeth grinding fades away over time, or it may lessen to the point that it no longer causes pain or discomfort. In the meantime, you can often ease temporomandibular joint muscle pain with over-the-counter pain relievers, such as acetaminophen or ibuprofen. Applying ice or warm, moist heat to the side of your face may reduce pain too.

If these steps aren't enough to relieve the pain, or if teeth grinding or clenching gets worse, make an appointment to see your health care provider. He or she can evaluate your condition and recommend treatment.

For example, in some cases, changes in behavior, such as relaxing or repositioning your mouth and jaw, may ease teeth grinding. Life stressors often are associated with daytime grinding or clenching, but it is important to separate the habit from stress. Habit reversal techniques, such as setting regular reminders or alarms to remind you to relax your jaw and separate your teeth, can be effective. Another means of habit reversal involves setting up visual

cues around your home or workplace to help you remember to relax your jaw and separate your teeth. During normal function, the only time your teeth should be in contact is when you swallow.

If your health care provider suspects that nighttime teeth grinding could be associated with a sleep disorder, it may be helpful for you to consult with a sleep medicine specialist. A splint or mouth guard may help prevent damage to teeth caused by nighttime teeth grinding.

For temporomandibular joint pain that persists despite using over-the-counter pain relievers, stronger prescription pain medications and anti-inflammatories may help. Your health care provider also may recommend a muscle relaxant to ease the discomfort. In some cases, physical therapy can be useful for reducing pain by strengthening and stretching jaw muscles.

If temporomandibular joint pain still won't go away, your health care provider may recommend other approaches, such as a corticosteroid injection into the joint. If damage to the bones or disc within the joint develops due to teeth grinding, a surgical procedure may be needed to treat that damage. Surgery is uncommon, though, and typically isn't necessary since temporomandibular joint pain often can be relieved with less-invasive treatment options. - Jonathan Fillmore, D.M.D., M.D., Oral and Maxillofacial Surgery, Mayo Clinic, Rochester, Minn.

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

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HEALTH & WELLNESS

Colds and flu

It is that time of year when the days become shorter and the nights become longer. The average temperatures in northeast Kansas are in the 90s one day and in the 40s another day. Due to the changes of weather, we start to see a resurgence of germs causing all kinds of chaos, including colds and flu.



Dr.
Deena
Beneda

The cold and flu season seems to come on fast and lasts forever. How do we deal with this season? Prevention is the best policy. But what happens when we do get symptoms? Some of the common signs of the cold and flu include runny nose, coughing, sore throat, headaches, body aches and pains, fever or chills, and sinus congestion. The wonderful news is with natural medicine there is an arsenal of things we can do to alleviate the symptoms and shorten the duration of colds and flu.

Some of the medicinal plants that are effective against colds and flu include, Echinacea (*Echinacea purpurea*), Thyme (*Thymus vulgaris*), and Elderberry (*Sambucus nigra*).

Echinacea has been well researched for its immune-stimulating properties. It is considered an immunostimulant, antimicrobial, antiviral, anti-inflammatory, and a decongestant. Echinacea is a common ingredient in many over-the-counter supplements that help ward off the bugs related to the flu or an upper respiratory infection. Its immune-enhancing properties help to clear congestion, sinusitis, and bronchitis. Studies show Echinacea is safe and effective against the common cold and is protective against lowered immunity due to physical and mental stress.

Thyme is a powerful potential killer

of bacteria, virus, and fungal infections. It is well-known for its ability to get rid of phlegm and eases spasmodic coughs. This medicinal plant has been used to treat the cold, flu, bronchitis, and whooping cough.

Elderberry is effective in building up an immune resistance to colds, sinusitis, and the flu. Elderberry helps to dry up congestion and shorten the duration of an upper respiratory tract infection or the flu.

In addition to taking medicinal plants, other ways to treat the symptoms of colds and flu include drinking clear fluids, using a humidifier with essential oils, such as eucalyptus or mint oil, staying warm, and lots of sleep. Consider supplements such as zinc or vitamin C, which are powerful in getting rid of the cold or flu. Herbal teas are a great way to treat cold/flu symptoms due to their soothing benefits.

A cold or flu virus can last up to two weeks. However, the symptoms are usually at their worst for two to three days. The Centers for Disease Control and Prevention recommend that people should see a doctor if their symptoms last longer than 10 days without any signs of improvement. People who have higher risk of complications from the flu should contact their doctor when they begin to have flu symptoms. These people include young children, pregnant women, and the geriatric population.

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

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HEALTH & WELLNESS

Community support helps LMH Health Oncology & Hematology remain strong

By Courtney Bernard

Patients do not have to travel far from home to receive exceptional cancer treatment. LMH Health Oncology & Hematology offers a multidisciplinary approach with the ability to treat all forms of cancer, and serves as a beacon of hope for all community members, regardless of their ability to afford care.



LMH Health Oncology & Hematology offers clinical trials and high-risk and genetic screening. According to Dr. Jodie Barr, a physician at LMH Health Oncology & Hematology Center, the personal care and connection is what also sets the clinic apart from the rest.

“We have a very personal touch with our patients here,” said Dr. Barr. “With our great nursing staff, I’d rank it as one of the top in the country. Our patients have a sense of comfort when they come in for treatment and that’s because of our team.”

Generous community support over the years through LMH Health Foundation has helped strengthen LMH Health Oncology & Hematology. Recently, this support has made possible a new cancer survivorship program and bolstered funding to charitable care.

“The community stands behind LMH Health,” said Dr. Barr. “We are who we are because the community supports this hospital, and we are able to take care of everyone.”

LMH Health Oncology & Hematology survivorship program

With the national population of cancer survivors growing, an increasing need exists to provide comprehensive cancer

survivorship care to people living with and through their diagnosis. The vision of LMH Health Oncology & Hematology’s new survivorship program is to develop a comprehensive, whole-person model of survivorship care across the continuum of cancer care.

A full-time nurse navigator position was needed for the program to launch. A generous gift from the late Frank Becker and his wife, Barbara, helped fund this position. Frank was treated at the LMH Health Oncology & Hematology Center for a little more than four years, and he said supporting the survivorship program and funding the position was a natural choice.

“LMH Health has grown into an outstanding cancer treatment center,” Becker said in a 2018 interview. “Anytime I’ve visited, I’ve never heard anyone say a discouraging word. I’ve grown to see how good LMH Health is, and it needs a little extra help from all of us.”

Amy Shealy, RN, started working as the survivorship program’s nurse navigator in January. The daughter of two nurses, Shealy enjoys developing relationships with LMH Health Oncology & Hematology patients through their survivorship journey.

“I love our patients and knowing that I’m part of someone’s story,” Shealy said. “I’m glad to provide them with comfort and be the person they turn to in a very scary moment in their life.”

Shealy collaborated with Lori Winfrey, an oncology nurse practitioner, to create a comprehensive survivorship care plan given to patients at their first appointment after treatment has ended. The plan outlines the important details about the patient’s journey, from their first diagnosis to their last treatment, including medications, dosages and surgery dates.

The survivorship team also includes

thing a survivor needs to do moving forward. Shealy and Winfrey continue to meet with survivors through the weeks, months and years after treatment to help make sure the survivors stay on track in all aspects of their health, from keeping up with medications and regular preventative exams to checking in on their mental health.

“We are the bridge between the final cancer treatment and life afterward,” Shealy said. “The survivorship team brings it all together and looks at each person holistically to make sure they stay healthy.”

Shealy wants people to know that LMH Health Oncology & Hematology has great resources and that community members do not have to drive an hour away for treatment.

“I’ve seen the ‘big guns’, but I know a community hospital can do a great job at cancer treatment,” Shealy said. “We have five wonderful physicians who treat all of the cancers and everyone works as a team. You always feel like you’re welcome here. It has been such a great experience coming to LMH Health.” **Charitable care at LMH Health**

Healthcare in the United States can come at a staggering cost to patients, and oncology care is no exception. As a community-owned, not-for-profit hospital, LMH Health serves the health care needs of the community regardless of an individual’s ability to pay. Each year, LMH Health provides \$25 million in charitable care.

“This is a community hospital that has a charitable mission worth millions of dollars,” said Rebecca Smith, executive director of the LMH Health Foundation. “That’s why LMH Health is different. That’s why it matters, and that’s why people care about it.”

LMH Health receives no tax support from the city of Lawrence or Douglas County and invests all excess revenues in services, equipment and facilities. The Help and Healing Fund and Catch a Break Fund are two options available to support oncology patients at LMH Health.

Help and Healing Fund

In 2005, the LMH Health Foundation established the Help and Healing Fund to help any patient in need with expenses for medications, medical equipment or other necessities for heal-

ing and recovery after a hospital stay.

The Help and Healing Fund provides up to \$300 or a 30-day supply of medication that LMH Health physicians have prescribed. This assistance, which is critical to ensure patients stay on the path to healthy living and safe healing, is funded through gifts to the LMH Health Foundation and the LMH Health Employee Campaign.

Catch a Break Fund

The Catch a Break Fund at LMH Health helps cancer survivors in the community pay for day-to-day needs like medications, car repairs, utilities and food during one of the most difficult times in their lives.

In the last few weeks, the Catch a Break Fund has helped a patient purchase new clothing after significant weight loss from treatment, and helped a patient afford gas for trips to the hospital.

Catch a Break is funded by gifts to the LMH Health Foundation and event proceeds from the foundation’s annual Rock the Block – Kick Cancer Event.

- Courtney Bernard is a development coordinator for LMH Health Foundation.



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SENIOR CALENDAR

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

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

ARTS & CRAFTS

TUESDAYS THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH FIRST FRIDAY ARTWALK

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

LAST FRIDAY OF THE MONTH FINAL FRIDAYS

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

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1
Sunday Bingo is 1:45 p.m., Tuesday Bingo is 6:30 p.m. Snack bar available (optional but appreciated). 3800 S.E. Michigan Ave.
TOPEKA, 785-267-1923

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MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400
3029 NW US Highway 24, 6:30 p.m.
TOPEKA, 785-296-9400

WEDNESDAYS

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

WEDNESDAYS

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS
3110 S.W. Huntoon, 6:30 p.m.
TOPEKA, 785-235-9073

WEDNESDAYS & SATURDAYS

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

FRIDAYS

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

FRIDAYS

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

FIRST & THIRD SATURDAY OF THE MONTH VETERANS OF FOREIGN WARS

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

EDUCATION

ONGOING

COOKING CLASSES
The Merc offers many healthy cooking classes every month. To learn more about classes and to register, see The Merc's website.
LAWRENCE, 785-843-8544, 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 Health HealthWise Clinic, 2252 S.W. 10th Ave. Call for times and appointments.
TOPEKA, (785) 354-6787

MONDAYS BEGINNING OCT 7

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

FIRST, THIRD & FIFTH TUESDAY OF EACH MONTH

EUDORA SQUARE DANCE WORKSHOP
A great opportunity to practice the calls you are having trouble with. Callers: Lynn Nelson (fall/spring), Beth Neidecker (winter). Suggested donation: \$3/person. Please bring your own water. Contact Nancy Wickersheim. Eudora Parks & Recreation Center, 1630 Elm St., 1-2:30 p.m. Mainstream, 2:30-2:45 p.m. Plus (if enough dancers).
EUDORA, 785-393-4036

SECOND AND FOURTH MONDAYS

LEXINGTON LUNCHEES
Lecture and lunch. Lexington Park, 1011 S.W. Cottonwood Ct.
TOPEKA, 785-273-4545

THIRD WEDNESDAY OF THE MONTH

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

NOV 4

MEDICARE MONDAYS
Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

NOV 5, 12, 19, 26

COMPUTER & GADGET HELP
Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

NOV 6

DISCUSSION GROUPS | CREATE CHANGE: WOMEN, DEMOCRACY AND GLOBAL POLITICS
Are you ready to become a more effective advocate, activist or even an elected official? This fall, Dole fellow Nancy Boeskor will give you a roadmap to turn your knowledge and passion into a plan. By utilizing the tools that women activists use worldwide, you will be both inspired and ready to take action. Boeskor, tagged a "democracy coach" by a German newspaper, teaches citizens around the world how to communicate with passion to effect change in their communities. She is the director of the Center for Women in Politics & Public Policy at Texas Woman's University. This program is free and open to the public. No ticket is required. Dole Institute of Politics, 2350 Petefish Dr., 4 p.m.
LAWRENCE, 785-864-4900
doleinstitute.org/event

NOV 6

INTERNET INTRODUCTION
Learn basic internet functions and visit a variety of sites for information and entertainment. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 9:30-10:30 a.m.
TOPEKA, 785-580-4400

NOV 6, DEC 4

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

NOV 7, DEC 5

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

NOV 12

SENIOR SUPPER AND SEMINAR
"Vein Health," Dr. Denning. Each month LMH Health brings you a healthy three-course supper and health seminar. Reservations required. \$5.50 for the meal. Supper: 5 p.m., Seminar: 6 p.m.
LAWRENCE, 785-505-5800, lmh.org

NOV 13

DIABETES INFORMATION FAIR
Join us for information, screenings, and educational booths. LMH Health, 330 Arkansas, 5:30 p.m. No registration needed. For more information.
LAWRENCE, 785-505-3062, lmh.org

NOV 13

JOURNALISM AND POLITICS LECTURE | THE EVOLUTION OF TV NEWS
A 2018 Pew Research Center survey reminds us that television continues to outpace online, radio and print outlets as the preferred news source for American adults. Once dominated by three networks, the rise of cable news has dramatically altered the landscape of TV journalism and political coverage. Join consultants and lecturers Michael Cascio and Ed Hersh for a discussion of how television news has evolved, challenges facing today's outlets and what role TV journalists play in our political arena. This program is free and open to the public. No ticket is required. Dole Institute of Politics, 2350 Petefish Dr., 4 p.m.
LAWRENCE, 785-864-4900
doleinstitute.org/event

NOV 13

WHO WAS WYATT EARP?
Author Mark Warren discusses 63 years of research on Wyatt Earp. His trilogy, "Wyatt Earp, An American Odyssey" incorporates all the known facts about the famous peace officer's life. Join us for a study of all things Earp and the photographs that chronicle his life. Book signing to follow. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 7-8 p.m.
TOPEKA, 785-580-4400

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NOV 13

ALZHEIMER'S ASSOCIATION REMOTE LEARNING

Learn about memory disorders and the challenges associated with managing them at sessions held the 2nd Wednesday of each month. Call 800-272-3900 to register for any session. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m. TOPEKA, 785-580-4400

NOV 14

FT. LEAVENWORTH SERIES | GEN. SIR JOHN MONASH

John Monash was a reserve colonel in the Australian army before World War I, but once the conflict began, he would become a full-time army officer. Promoted to brigadier general, major general and eventually lieutenant general, he commanded the Australian Corps on the Western Front. Monash was one of the first true advocates of combined arms warfare and had a deserved reputation for taking care of his men, going as far as to have hot meals delivered to the front lines in the midst of battle. David Mills examines Monash here, described by British historian A.J.P. Taylor as "the only general of creative originality produced by the First World War." Robert Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free and open to the public. LAWRENCE, doleinstitute.org

NOV 15

AARP DRIVER SAFETY

Lawrence Public Library, 707 Vermont St., 10 a.m.-3 p.m. Fee. Russ Hutchins, Instructor. Class requires reservation. LAWRENCE, 785-843-3833

NOV 16

ADVANCED DNA & MATCHING TOOLS

Best for people with test results from one or more DNA tests (autosomal, mtDNA or yDNA), this class will go to the next level and demonstrate how to use some of the newest and best tools we can find. Two of our group members, Kevin Groenhagen and Steve Tesdahl, will help Richard teach this class with time for discussion afterwards. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-12 p.m. Fee. Register at watkinsmuseum.org/events/gen19. LAWRENCE

NOV 18, 25, DEC 2

BEGINNING COMPUTER CLASS

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

NOV 18, 25

UNDERSTANDING AND RESPONDING TO DEMENTIA RELATED BEHAVIOR

The Alzheimer's Association will provide information to help you understand behaviors people with dementia use to communicate their needs and feelings as language ability is lost. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 5:30-7 p.m. TOPEKA, 785-580-4400

NOV 19

BATTLE FOR THE MARBLE PALACE: THE FORGING OF THE MODERN SUPREME COURT

Author Michael Bobelian returns to the Dole Institute to explore a forgotten battle of 1968. Against a backdrop of the Vietnam War, riots during the Democratic National Convention and the assassinations of Martin Luther King Jr. and Robert Kennedy, Abe Fortas was nominated to be chief justice of the U.S. Supreme Court. The ultimately failed nomination would launch an all-out cultural war between the two major political parties — one that would determine the course of major cases for years to come. This program includes a book sale and signing with the author. This program is free and open to the public. No ticket is required. Robert Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free and open to the public. LAWRENCE, doleinstitute.org

NOV 20

DISCUSSION GROUPS | CREATE CHANGE: WOMEN, DEMOCRACY AND GLOBAL POLITICS

Do you dream of creating change in your community, state or country? Are you ready to become a more effective advocate, activist or even an elected official? This fall, Dole fellow Nancy Bocskor will give you a roadmap to turn your knowledge and passion into a plan. By utilizing the tools that women activists use worldwide, you will be both inspired and ready to take action. Bocskor, tagged a "democracy coach" by a German newspaper, teaches citizens around the world how to communicate with passion to effect change in their communities. She is the director of the Center for Women in Politics & Public Policy at Texas Woman's University. This program is free and open to the public. No ticket is required. Robert Dole Institute of Politics, 2350 Petefish Dr., 4 p.m. Free and open to the public. LAWRENCE, doleinstitute.org

DEC 2

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m. TOPEKA, 785-580-4400

DEC 5

FT. LEAVENWORTH SERIES | BRIG. GEN. FRANK "PINKIE" DORN

Fall sports are back in swing, so join the Dole Institute to discover our favorite athletic archival items and activities! Discover with Dole is the Dole Institute's monthly interactive, kid-friendly event at the museum. Families can discover uniquely-themed items in the museum and archives, make crafts, solve puzzles and take part in museum gallery activities. All programs and events at the Dole Institute are free and open to the public. Robert Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free and open to the public. LAWRENCE, doleinstitute.org

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, lawrenceession.com

THURSDAYS

JUNKYARD JAZZ

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

LAWRENCE, 785-842-3415

SATURDAYS

COMMUNITY JAM

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

LAWRENCE, 785-830-9640

americanamusicacademy.com

NOV 1

STORY SLAM

Listen to or be one of 10 people who each tell a 5-minute story on the theme of Family. The audience will award a cash prize to the best story based on quality and presentation. Sign up to be a storyteller begins at 6:30 p.m. Cohosted with NOTO Arts Place, emcee Kay Duganator. NOTO Arts Place, 905 N. Kansas, 7-9 p.m. TOPEKA

NOV 2

JERSEY BOYS

They had a sound nobody had ever heard... and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story—a story that has made them an international sensation all over again. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

NOV 2, 9, 16, 23, 30

SATURDAY AFTERNOONS WITH JOHN JERVIS

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

LAWRENCE

facebook.com/events/1388963061256452

NOV 8

STORY SLAM: UNDERDOG

Stories told live, MOTH-style, September to May (except December). Never the same story, or evening, twice. Adults, 18+ only. Live music

and social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. Lawrence Arts Center, 940 New Hampshire. Admission: Suggested Donation \$5.

LAWRENCE, lawrenceartscenter.org
lied.ku.edu/calendar

NOV 8

THE BRIDGES AT TOKO-RI

During the Korean War a Navy fighter pilot must come to terms with his own ambivalence toward the war and the fear of having to bomb a set of highly defended bridges. 1954 | color | 102 min. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 2-5 p.m.

TOPEKA, 785-580-4400

NOV 25

AN EVENING WITH ALAN ALDA

Alan Alda is an actor, writer, director, and science advocate. Throughout his career, Alda has won 7 Emmys, 6 Golden Globes, 3 DGA awards for directing, and the SAG Life Achievement Award for career achievement and humanitarian accomplishment. One of TV Guide's 50 Greatest Television Stars of All Time, Alda is best known for portraying Hawkeye Pierce on *M*A*S*H*. A recipient of the National Science Board's Public Service Award, Alda is a visiting professor at Stony Brook University and a founding member of the Alan Alda Center for Communicative Science, which develops innovative programs that help scientists communicate with the public. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Free tickets will be available starting October 7 at 11 a.m.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

NOV 29-DEC 22

A CHRISTMAS STORY, THE MUSICAL

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

TOPEKA, 785-357-5213 (ADMIN)

topekacivictheatre.com/a-christmas-story

EXHIBITS & SHOWS

NOV 9

CRAFT SHOW - HOMEMADE HOLIDAYS

A very exciting one day shopping event of hand-crafted, homemade, home baked, one of a kind treasures made by artists. Ottawa Middle School 13th & Ash, 9 a.m.-4 p.m.

OTTAWA, 785-229-8030

DEC 7

KANSA PRAIRIE QUILT CLUB ANNUAL QUILT SHOW

There are two opportunity quilts at this show for

■ CONTINUED FROM PAGE 19

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

FARMERS' MARKETS

SATURDAYS, APR 13-NOV 23

LAWRENCE FARMERS' MARKET

The oldest producer-only farmers' market in Kansas. 824 New Hampshire St., 7:30-11:30 a.m.

LAWRENCE, 785-505-0117

lawrencefarmersmarket.org

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

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

LAWRENCE, 785-832-7920

ONGOING

HEALTHY STEPS MALL WALKING

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

TOPEKA

ONGOING

FREE MEMORY SCREENING CLINIC

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

TOPEKA, 785-368-0744

ONGOING

WELLNESS COACHING

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

LAWRENCE

ONGOING

FIT FOR LIFE

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

LAWRENCE, 785-505-2712

ONGOING

ZUMBA GOLD

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

LAWRENCE, 785-832-7920

DAILY

EXERCISE CLASS

Lexington Park, 1011 SW Cottonwood Ct., 10 a.m.

TOPEKA, 785-273-4545

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

Need exercise? Come to the East Lawrence Recreation Center (7-9 a.m.) or Holcom Park Recreation Center (7-11 a.m.), Monday through Friday. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE. Lawrence Parks and Recreation. For more information, contact Stephen Mason.

LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

LAWRENCE, 785-832-7950

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

Seaman Community Church, 2036 NW Taylor. 9:30-10:15 a.m.

TOPEKA, 785-357-8777 or 785-213-6016

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

TUESDAYS

FREE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZEXERCISE LITE

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

LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

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

TOPEKA, 785-354-5225

TUESDAYS AND THURSDAYS

FLEXERCISE

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

VACCINE CLINICS

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

TOPEKA, 785-354-6787

WEDNESDAYS

OPEN BOCCIE BALL

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

LAWRENCE

WEDNESDAYS

FREE NUTRITION CLINIC

Meet with a Stormont Vail Health registered dietitian to discuss your nutrition needs and questions. Appointments available at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment.

TOPEKA, 785-354-6787

WEDNESDAYS

FREE MEDICATION CLINIC

Bring questions to Stormont Vail Health's trained pharmacy staff regarding your medications (prescriptions or over-the-counter). Appointments available by phone or at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment.

TOPEKA, 785-354-6787

THURSDAYS

WELLNESS CLINIC

Blood pressure checks, weights. Lexington Park, 1011 S.W. Cottonwood Ct., 12:30 p.m.

TOPEKA, 785-273-4545

FRIDAYS

BLOOD PRESSURE CHECKS

Arbor Court, 1510 St. Andrews, 8:30 a.m. Open to the public.

LAWRENCE, 785-841-6845

SECOND THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

NOV 6

KNOW YOUR NUMBERS - CHOLESTEROL AND GLUCOSE SCREENING

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

LAWRENCE, 785-505-3066, lmh.org

HISTORY & HERITAGE

NOV 9

CHINESE HERITAGE CELEBRATION

Immerse yourself in Chinese heritage and culture through music, performance, and genealogy and history displays. Leave with tools to help you connect with your own family roots. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 5:30-7:30 p.m.

TOPEKA, 785-580-4400

DEC 2

KANSAS AFRO-AMERICAN HISTORICAL AND GENEALOGY SOCIETY MEETING

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

TOPEKA, 785-580-4400

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LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

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

MEETINGS

MONTHLY

SHAWNEE SWINGERS

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

SUNDAYS

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

O.U.R.S. dances are held every Sunday evening from 6-9 p.m. at the East Lawrence Rec Center located at 1245 East 15th Street. Dances are open to everyone. Admission is \$10 per person. LAWRENCE, 785-842-8034

MONDAYS

BREAST CANCER SUPPORT GROUP

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

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

FIRST MONDAY OF THE MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

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

FIRST & THIRD MONDAY OF THE MONTH

SPOUSE/PARTNER LOSS

The Midland Care Center for Hope and Healing, 1112 S.W. 6th St., 4-5 p.m.
 TOPEKA, 785-430-2194

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

EVERY TUESDAY THROUGH FRIDAY

MEN'S COFFEE

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

FIRST TUESDAY OF THE MONTH

TOPEKA AREA OSTOMY SUPPORT GROUP

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

TUESDAYS

BREW HA HA!

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

TUESDAYS

GENERAL GRIEF SUPPORT GROUP

The Midland Care Center for Hope and Healing, 1112 S.W. 6th St., 5:30-6:30 p.m.
 TOPEKA, 785-430-2194

TUESDAYS

INTERGENERATIONAL CHOIR

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

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

FIRST & THIRD TUESDAY OF THE MONTH

HEALING AFTER LOSS BY SUICIDE (HEALS)

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

WEDNESDAYS

GRIEF SUPPORT GROUP

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

FIRST & THIRD WEDNESDAY OF THE

MONTH

DEPRESSION BIPOLAR SUPPORT ALLIANCE

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

FIRST THURSDAY OF THE MONTH

MAN TO MAN PROSTATE CANCER SUPPORT GROUP - TOPEKA

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

FIRST THURSDAY OF THE MONTH

GRIEF SUPPORT GROUP

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

FIRST THURSDAY OF THE MONTH

LAWRENCE AREA PARTNERS IN AGING

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

FIRST FRIDAY OF THE MONTH

STROKE SUPPORT GROUP

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

SATURDAYS

LAWRENCE BRIDGE CLUB

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

SECOND MONDAY, SEP-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club. LAWRENCE, 785-331-4575

SECOND MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

Library, Anton Room 202, 3:30-4:30 p.m. Free. TOPEKA, 785-580-4662

SECOND MONDAY OF THE MONTH

LMH HEART BEATS

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

SECOND & FOURTH MONDAY OF THE

MONTH

DEPRESSION BIPOLAR SUPPORT ALLIANCE

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

SECOND & FOURTH MONDAY OF THE MONTH

CHRONIC PAIN SUPPORT GROUP

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

SECOND TUESDAY OF THE MONTH

BETTER BREATHERS CLUB

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

SECOND TUESDAY OF THE MONTH

LAWRENCE ACTION CIVITAN CLUB

Civitan's have been helping people since the organization's founding in 1917 by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. To find out current meeting information or other Civitan project updates, please visit the Lawrence ACTION Civitan Club's Facebook page at facebook.com/lawrenceactioncivitan or call Jason. LAWRENCE, 785-691-8520

SECOND WEDNESDAY OF THE MONTH

DIABETES EDUCATION GROUP

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

SECOND THURSDAY OF THE MONTH

LMH HEALTH OSTOMY SUPPORT GROUP

An affiliate of the United Ostomy Associations of America, the LMH Health Ostomy Support Group meets on the second Thursday of each month at 5:30 p.m. in Conference Room D North. No registration required. Free. LAWRENCE, 785-505-6265
<https://bit.ly/32g2fEK>

■ CONTINUED FROM PAGE 21

**SECOND THURSDAY OF THE MONTH
MEADE FLOWER AND GARDEN CLUB**

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

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

Support group specifically for spouses of those with dementia. Meets at the Senior Resource Center for Douglas County, 745 Vermont St., 11 a.m.-noon. Call for questions or to RSVP. LAWRENCE, 785-218-4083

**SECOND THURSDAY OF THE MONTH
NAACP MEETING-LAWRENCE CHAPTER**

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

**SECOND SATURDAY OF THE MONTH
HAPPY TIME SQUARES SQUARE DANCE CLUB**

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

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

First Presbyterian Church, 2415 Clinton Parkway, 2 p.m. LAWRENCE

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

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

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

For those recovering from a stroke, and/or their family and friends. For more information, call LMH Health Therapy Services. LAWRENCE, 785-505-2850

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

BBC Support group is to improve the quality of life and functional status for members. It will provide disease specific education and emotional connection. Angels Care Home Health Lower Conference Room, 5375 S.W. 7th St., 11:30 a.m. TOPEKA, 785-273-3560

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

Join representatives from LMH Health Oncology Center and the American Cancer Society for a general cancer support group. Open to

anyone with any cancer diagnoses and/or family members or others affected by their cancer. For more information, contact Liv Frost at 785-505-2807 or email to liv.frost@lmh.org. LAWRENCE

**THIRD WEDNESDAY OF THE MONTH
NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES**

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

**THIRD THURSDAY OF THE MONTH
LUNCH AFTER LOSS**

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

**THIRD FRIDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**

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

**THIRD SATURDAY OF THE MONTH
JAYHAWK MODEL MASTERS**

The purpose of Jayhawk Model Masters is to promote the building and safe operation of radio controlled (RC) model aircraft. In addition, we strive to fulfill our civic responsibility to the community, and support worthwhile projects. Our club meetings are open to the public and are held on the third Saturday of each month. Breakfast starts at 8 a.m. and the meeting at 9 a.m. We meet in the Smith Center at Brandon Woods, 4730 Brandon Woods Terrace. Fee for breakfast. LAWRENCE, 785-312-4840
jayhawkmodelmasters.com

**FOURTH WEDNESDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**

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

**FOURTH THURSDAY OF THE MONTH
TOPEKA GENEALOGICAL SOCIETY**

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

**FOURTH THURSDAY OF THE MONTH
CHRISTIAN WIDOW/WIDOWERS ORGANIZATION**

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

**FOURTH FRIDAY OF THE MONTH
NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES**

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

■ CONTINUED ON PAGE 23



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

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

Kaw Valley
Senior Monthly

■ CONTINUED FROM PAGE 22

Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, contact Sharon Rose now at 785-640-7317. Luncheon reservations needed one week in advance of meeting.
TOPEKA

LAST WEDNESDAY OF THE MONTH WARM UP WEDNESDAYS GROUP

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

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

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

THURSDAYS

SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. J&S

Coffee, 4821 W. 6th St., 3-6:30 p.m. For more information call or text 785-505-0893.

LAWRENCE

NOV 8

HARVEST DINNER & BAZAAR

Chicken fried steak, mashed potatoes and gravy, green beans or corn, salad, roll, homemade pie or cake, and drink. \$8.00 Adults, \$3.50, children under 10. Fellowship Hall at Kansas Avenue United Methodist Church, 1029 N. Kansas Ave. in NOTO, 4:30-6:30 p.m.
TOPEKA, 785-234-0507

NOV 30

24TH ANNUAL MIRACLE ON KANSAS AVENUE PARADE

This Topeka holiday favorite is the perfect conclusion to Shop Small Saturday. The festivities begin with the City of Topeka tree lighting in front of Westar at 5:30 p.m. and the parade at 6 p.m. The route begins near 1st and Kansas and will loop south down Kansas Avenue to 10th Street and then up to Jackson and back. Free.
TOPEKA

TOURS/TRIPS

THURSDAYS

BEHIND THE BRICKS: WATKINS MUSEUM TOURS

Every Thursday, Watkins volunteer Michele

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

LAWRENCE, 785-841-4109
watkinsmuseum.org

FIRST SATURDAY OF THE MONTH DISCOVER WITH DOLE

Drop by the Dole Institute on the first Saturday of each month for an interactive, kid-friendly visit to discover uniquely themed items in the museum and archives. Activities include crafts, puzzles, coloring, and museum gallery activities. Families with young children encouraged! All programs and events at the Dole Institute are free and open to the public. Dole Institute of Politics, 2350 Petefish Dr., 10 a.m.-12 p.m.
LAWRENCE, 785-864-4900, doleinstitute.org

SECOND SATURDAY OF THE MONTH FREE STATE EAST SIDE BREWERY TOUR

Free State Brewing Co.'s East Side Brewery offers tours on the second Saturday of the month at 2 p.m. Tours are free, and open to the public, but you will need to reserve your place by registering online. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drink-

ing age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.

LAWRENCE, 785-550-9718
shop.freestatebrewing.com/collections/frontpage/products/brewery-tour

VETERANS DAY EVENTS

NOV 9

TOPEKA VETERANS PARADE

The Topeka Veterans Parade is organized by a volunteer committee who are committed to the City of Topeka and supporting our local veterans. The parade is produced in part by Buzz Events. Kansas Avenue. Starts at 11 a.m. Free.
TOPEKA
zachevents.com/topekaveteransparade

NOV 9

LAWRENCE VETERANS DAY PARADE

The general parade route is from 7th to 11th and Massachusetts Street. Starts at 11 a.m. Free.
LAWRENCE, lawrenceveteransday.org

NOV 9

OTTAWA VETERANS DAY PARADE

Enjoy the Veterans Day parade on Main Street. Parade starts at Park Street and move towards Forest Park. Starts at 10:45 a.m. Free.
OTTAWA,

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For the "2020 Senior Resources Directory," a special pull-out section that will be available in the January 2020 issue of Kaw Valley Senior Monthly.

Please mail completed form to Groenhagen Advertising, 9703 Hayes St. Overland Park, KS 66212

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Contact Names (up to 3): _____

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RICK STEVES' EUROPE

Taking steps to see Europe from a fresh perspective

By Rick Steves

Tribune Content Agency

From church domes to bell towers, fanciful rooftops to sky-piercing monuments, Europe is full of climbable structures. While most lead to impressive views, the best also offer insights into the historical, artistic, and religious thinking of their times.

In Milan, a highlight is strolling the rooftop of the Duomo—the city's cathedral and the third-largest church in Europe. After taking the stairs or elevator to the top, visitors can climb up and down the roof's multiple terraces, wandering among gargoyles, statues, and frilly spires.

Each of the church's 135 spires is similar, yet different. Climbing through the forest of these lovingly decorated

spires, it's inspiring to think that every detail—each flower, saint's face, and so on—is an individual work of art carved out of pink marble centuries ago by artists who believed that few would ever see it. Their art was a gift for God to enjoy from the heavens.

Another worthwhile climb is to the top of the dome at Florence's Duomo. Though it was built when Gothic dominated Europe, the Florentines decided not to cap their cathedral with a spire, leaving it with a gaping hole while waiting for technology to catch up with the city's vision for a dome instead. In 1420, Filippo Brunelleschi won the job and built the dome that kicked off the architectural Renaissance.

Brunelleschi's dome, which inspired the US Capitol and St. Peter's Basilica in the Vatican, showed how art and

DOMINIC ARIZONA BONIJUCELLI, RICK STEVES



The top of Florence's famous dome is encircled by a tiny terrace that rewards climbers with fine views over the city.

science could be combined to make beauty. Today, it rewards those who climb the 463 steep, narrow steps with glorious views. Along the way climbers are treated to a close-up of the dome's Last Judgment ceiling painting, a grand view of the cathedral's interior, and a

look at Brunelleschi's "dome-within-a-dome" construction. Because the dome climb is so popular, reservations are required.

A thoroughly different and modern—but equally spectacular—dome climb

■ CONTINUED ON PAGE 27



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Rick Steves

■ CONTINUED FROM PAGE 26

is the hike to the top of the Reichstag in Berlin. Completed in the late 19th century, the German parliament building was gutted by a mysterious fire and World War II bombs, then stood like a ghost, barely repaired, through the Cold War. But after German reunification, this historic ruin was rebuilt with a modern element: a striking glass dome.

A walkway winds all the way to the top, providing 360-degree views. Climbers see forests of skyscrapers interspersed with historic sites, such as the nearby Brandenburg Gate and the Berlin Cathedral's massive dome.

But for Germans, mindful of their dark 20th-century history, the view that matters most is inside, looking down through a skylight to see over the shoulders of their legislators. The architecture comes with a poignant message: The people are determined keep a wary eye on their government. And the dome is so popular that reservations are required to climb it.

Ascending the Eiffel Tower is one of Europe's great travel thrills. Built for the 1889 World's Fair, the project celebrated the 100th anniversary of the French Revolution and demonstrated that France had the wealth, knowledge, and can-do spirit to erect a structure taller than anything the world had ever seen.

Smart travelers book their visit months in advance. Even with a reservation, many stand in long lines to take the elevators up and down. For hardy visitors, it's cheaper and less crowded to climb the stairs. It's quite a hike - 720 steps up to the second level (the top level is only accessible via elevator), so I prefer to take the stairs down. It takes minutes, and it gives you an up-close look at Gustave Eiffel's amazing engineering.

Perhaps the most memorable climb I've done in Europe was just 28 steps—on my knees—up Rome's Scala Santa (Holy Stairs) next to the Church of San Giovanni in Laterano. In AD 326, Emperor Constantine's mother brought home what was reputed to

be the marble steps of Pontius Pilate's residence in Jerusalem. Jesus is said to have climbed these steps on the day he was sentenced to death. Today the steps are covered with wooden slats to protect the marble, but they're spotted with glass-covered holes to show stains from Jesus' blood on the original stairs.

For centuries, pilgrims have ascended the Scala Santa on their knees while reciting a litany of prayers. And for decades, I watched them from a staircase on the side. But finally, a voice inside me said "Do it!" and I tried the climb myself. With my knees screaming, weathered faithful struggling up the staircase beside me, and a fresco of a crucified Christ high above, I climbed each step, learning about both the bone

structure of my knees and the value of pain when praying.

From hiking to the top of the first Renaissance dome to climbing steps on your knees, a little exertion can mean a big payoff in your travels.

- Rick Steves (www.ricksteves.com)

writes European travel guidebooks and hosts travel shows on public television and public radio. Email him at rick@ricksteves.com and follow his blog on Facebook.

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WOLFGANG PUCK'S KITCHEN

Mashed sweet potatoes with a little spice and zest

Who wants mashed potatoes? I can imagine hands and voices happily raised in response to that question, whether it's asked around a family table, at a casual diner, or in the finest restaurant.

My sons and I love mashed potatoes (or potato puree, as I was trained to call it during my early years as a chef). Whenever we put them on the menu



Wolfgang
Puck

in Spago or my other restaurants, the number of people who order a dish just because mashed potatoes are part of it may surprise you—or maybe not, if you're among their legions of fans.

Mashed potatoes are one of the world's all-time great comfort foods: earthy, creamy, soothing, satisfying. They also become a sort of blank canvas for culinary artistry, welcoming all sorts of seasonings and embellishments, from garlic to chilies, broth to butter and cream, cheeses to bacon or ham - not to mention other root vegetables to make a literal mash-up.

It's when you get into those rich addi-

tions, though, that mashed potatoes also become a guilty pleasure. Many people these days are limiting their intake of carbohydrates and others don't want to pile on fat-rich ingredients.

That's why I'd like to offer you an alternative mashed potato recipe—my Roasted Spiced Sweet Potato Puree with Orange Zest. Not only can sweet potatoes provide big flavor without added richness, but they also offer a little more dietary fiber than regular white potatoes. And they have a lower glycemic index, meaning that the body metabolizes them more slowly, helping to keep blood glucose levels lower.

The mellow sweetness of sweet potatoes also makes them ideal for your menus with autumn approaching. Not only do they bring a touch of fall color to your table, but they also go so well with all sorts of seasonal main dishes, from roast turkey or ham to pork chops or lamb. They're wonderful with beef, chicken, and fish, too. Not to mention the pleasures of including them as part of a vegetarian or vegan meal.

So, how do you maximize their flavor without adding lots of butter or cream? It's simple. I love to roast them, a process that concentrates their flavor, instead of boiling or steaming them. Doing the cooking with a little broth in a covered roasting pan helps keep them moist, providing all the liquid you'll need to bring the puree to a perfect

consistency.

Of course, if you're not watching your fat intake that much, you can also stir in some butter at the last minute, suggested here as option. It's a small indulgence for a side dish that still feels wonderfully healthy.

ROASTED SPICED SWEET POTATO PUREE WITH ORANGE ZEST

Serves 4 to 6

3 medium-sized sweet potatoes, peeled and cut crosswise into rounds 1/2 inch (12 mm) thick

2 tablespoons extra-virgin olive oil

1-inch (2.5-cm) piece fresh ginger root, peeled and cut into 4 pieces

1 whole cinnamon stick

1 cup (250-ml) good-quality low-sodium chicken stock or vegetable stock

Kosher salt

Freshly ground black pepper

Finely grated zest of 1 orange

1 to 2 tablespoons unsalted butter (optional)

1 tablespoon chopped fresh chives

Preheat the oven to 450°F (230°C). Set the rack in the middle of the oven.

Put the sweet potatoes in a mixing bowl. Drizzle with the olive oil and

toss them until evenly coated. Spread the sweet potatoes in a roasting pan. Evenly scatter the ginger and cinnamon pieces among the potatoes. Pour in the stock. Season with salt and pepper. Cover the pan with aluminum foil.

Place the covered roasting pan in the oven. Roast the sweet potatoes until they are tender enough to be pierced easily with a fork, about 45 minutes, very carefully opening a corner of the foil away from you to avoid the steam.

When the sweet potatoes are done, remove the pan from the oven and set it aside on the stovetop for about five minutes.

Carefully remove the foil. Pick out and discard the pieces of ginger and cinnamon stick. While the potatoes are still hot, use a potato masher to mash the potatoes until they are as chunky or smooth as you like. Sprinkle in the orange zest and stir well. If you'd prefer a richer flavor, add butter to taste, stirring to incorporate it as it melts. Taste and adjust the seasonings as needed with a little more salt and pepper.

Transfer the mashed sweet potatoes to a heated serving bowl or individual serving plates. Garnish with chives and serve immediately.

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HUMOR

Plain Television

Longtime readers of this column will recognize that Eloise Simplekins, Sir Jeremiah Teancrumpets and Blair Timert have something in common: they are all very wealthy.

What readers may not remember is another shared characteristic: they are all plain-looking. The three of them got together at a charitable fundraiser



Larry
Day

recently, and while they were waiting to be called upon, they watched television on a set in the foyer. An episode of the popular syndicated series, “Cops and Robbers,” was playing.

“Something that bothers me about network television,” said Blair, “is that all the actors and actresses are handsome or beautiful. Where are all the plain-looking people that we see every day on the street and at the mall?”

Readers will remember how this column first described Blair Timert:

“Blair Timert was tall. His ears, long face, and loopy smile were acts of nature.”

“What television-viewers need,” he said, “is a network that features people who look like them, not a bunch of beautiful, perfect-looking characters.

“That’s right,” said Eliose and Sir Jeremiah together.

“We should start our own network. We could call it ‘Plain Television.’”

The three of them did research, formed a partnership, and began figuring out how to start and maintain a cable network. It was a bit complicated, but mostly involved having a pile of money—which wasn’t a problem. They contacted the Federal Communication Commission and, having money and friends in high places, got their applications expedited. They were assigned a decent cable chan-

nel—in the middle, not on the upper or lower fringes, of the spectrum.

The top-rated cable offering, they found, was a variety show. The others in the top 10 included general entertainment and news shows.

The team watched the shows, and noted the kind of characters and plots that were most popular. The programming was predictable: a family series, a weekend live comedy hour, and a cynical satire on Washington politics topped the list.

Next came a key step—casting the shows. The team found that casting was tightly controlled in the entertainment industry. They were obliged to go through central casting agencies to get the actors and actresses they needed to play characters. The team made the calls.

The agencies sent beautiful and handsome actors and actresses. That was precisely the problem the team was working to solve. Blair Timert—who is most articulate—made some phone calls.

“Hi there,” he said to the first casting agent. “I’m Blair Timert from the Plain Television Network. We requested a group of actresses and actors.”

“Yes. I remember. How did that go?” asked the agency personnel director.

“Not so well. You sent beautiful people and we are the PLAIN Televi-

sion Network.

“I don’t understand.”

“I’ll be blunt. We want you to send us ugly actresses and actors.”

“Say what?!” said the casting director.

“We want you to send us, plain, unattractive actors and actresses.

“You want us to send you unattractive people?”

“Precisely.”

“Hold on a minute.”

Blair heard the casting director shout at someone, a muffled conversation, and then fast typing on the director’s keyboard.

“Mr. Timert, you and your group have very substantial holdings.”

“We’re millionaires. Actually one of us is a billionaire. And we’re plain-looking. That’s why we started our own network. We called it the PLAIN Television Network for that very reason.”

“Sir, this is baffling to me.” Pause. “But don’t get me wrong. We WANT

your business. We’d love to work with you. It just might take some time, ah, locate the actresses and actors you require.

“The entertainment capital has a shortage of short, fat, plain-looking actresses and actors? How very odd,” said Blair.

“How many people are we talking about?”

“Oh, a modest number to start out,” said Blair. “We need production staff and maybe a dozen plain-looking actors and actresses for the pilot.

“Sir, I’ll get back to you in two days. I’ll personally scour the town for the people you require. I guarantee you’ll be pleased.”

“Thanks so much,” said Blair. “Please call me when our order is ready.”

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

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MY PET WORLD

Take dog to vet to find out source of itching

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: We have a very smart 8-year-old old pit. She is healthy and has always been playful and well-trained. She was trained to do her business in one area of the back yard.

But suddenly she is skittish when we take her out and she seems to fight doing a bowel movement. Sometimes, she waits so long she can't hold it and goes before going out. Other times she will do it outside, but not where she was trained to go. At these times, she whimpers like she is hurting. She also has been scooting on the rugs like she has an itch. Her backside is red, and she won't let us put anything on it. She has been itching a lot.

We have given her Benadryl, but it doesn't help. What can we do to relieve her of this discomfort? -Dorothy, Long Island, New York

Dear Dorothy: The first sign a dog doesn't feel well (or is stressed) is a change in habits or behaviors. If she is whimpering, she is hurting. If she is scooting across the carpet, her backside hurts or itches. Most likely, she just needs her anal glands expressed, which can be done quickly and easily in your veterinarian's office, providing her with almost instant relief.

If her defecating problems, though, are related to diet, she may need a

little more fiber. You can add a few teaspoons of canned pumpkin (not pumpkin filling; that has sugar) to her food. If it's an allergy that is causing itching and skin discomfort, your veterinarian can give her a shot that stops the itching for several months.

Take her to your veterinarian to find out for sure what's going on.

Dear Cathy: In your column in the *Sun Sentinel*, you suggested "relocating" an unwanted community cat instead of saying find it a new home. What did you mean? In Florida it is against the law to abandon a cat. As an advocate for animals, I'm sure you know it's not the cat's fault.

If the person is feeding the other cats but chases away this cat, no wonder the cat is aggressively trying to get food and scares the other cats away. She could leave food further away for that cat and then try to trap to see if neutered or even sickness is causing aggression.

Will you please clarify your answer so people don't think relocating means capturing the cat and dumping it somewhere else where the same thing may occur? And please remind your readers to spay and neuter their cats and keep them inside. People don't realize the dangers their cats face out there. -Debbie, Orlando

Dear Debbie: I was surprised at the flurry of letters I received regarding my response because I would never suggest

dumping or abandoning a cat. When I looked into your concern, I discovered my entire response did not run in some markets. Here is the original paragraph with the crucial missing sentences.

"When you trap the cat for his/her spay-neuter surgery, have the vet's office scan for a microchip. If the cat belongs to someone else, your problem is solved. If not, another option is to relocate the cat. Do not dump or abandon the cat. Instead, look for someone who may want a barn cat or a business who may want a shop cat to handle rodents in exchange for feeding and sheltering the feline. This re-homing may be the best way to go."

As you can see, my suggestion was related to re-homing the cat with someone. I would never suggest anyone trap a cat and dump the cat some place else. It's just as cruel as the original dumping because the feline is yet again left not knowing where to find shelter, food or water. I also suggested that she get the cat fixed because it would likely reduce aggressive behaviors and give the cat a few weeks to adjust to the other cats in the colony.

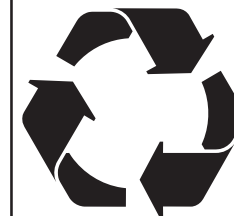
I like your suggestion of trying to

feed the cat in a separate location, but that can be challenging and draw the other cats there too. I suggested scanning for a microchip (during the neuter surgery), and one reader suggested putting up fliers and checking with animal control to see if a lost cat was reported.

Thanks for bringing this edited response to my attention. It's never acceptable to abandon a dog or cat.

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

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JAY'S MUSICAL MEMORIES

So thankful this November

By Jay Wachs

The leaves have changed color and more and more of them are on the sidewalks and streets than on the trees as the days go on. Thanksgiving is around the corner and that means it is time to remember and share the things for which we are grateful.

First, I am grateful for my family. I am the proud father of two daughters and one son who are all doing well and living independently. My oldest daughter, Melanie, is the midday host at LawrenceHits.com weekdays from 9 a.m. to noon and also manages the creative services department for our company. I am also grateful for my health and my business alliances with Checkers Foods, *Kaw Valley Senior Monthly*, and TV25. My gratitude extends to my colleagues, clients, acquaintances and friends. I wish them all well as the holidays approach.

If you like the holidays, boy have we got something for you. The minute Halloween ended on October 31, our seasonal holiday station launched for its 7th year in operation. Visit www.santastation.net or download our free APP to hear 24/7 holiday music. Between November 1 and Thanksgiving, we will include some Thanksgiving favorites including:

- "Over The River and Through The Woods"
- "We Gather Together"
- "Count Your Blessings"

After Thanksgiving, we'll remove those titles and focus solely on Christmas.

There is still time to submit Christmas music for the Santa Station. If your church choir, youth choir, orchestra, or ensemble has songs in an mp3 format, please send them to: briarcliffgroup@gmail.com and we will include them

in our music mix. If you would like to wish a family member, friend, or co-worker a happy holiday, you can also submit that for free. If you want to advertise your business, please also email: briarcliffgroup@gmail.com

So now we shift our focus to housecleaning, decor, recipes, and family. It truly is the most wonderful time of the year and the embodiment of the spirit of giving. Speaking of which, we hope you will all support the sponsors of this publication and LawrenceHits.com,

and remember to keep your purchases as local as possible this holiday season.

Happy Thanksgiving!

- Jay Wachs is the owner and operator of LawrenceHits.com, an APP and website based Classic Hits radio station that plays a variety of music from the 60s, 70s, 80s and 90s and covers the genres pop, rock, country and soul. The station is in its 7th year in operation and can be also be found on Roku and Tune In Radio. For more information, email briarcliffgroup@gmail.com.

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ROBOTS AT PLAY

East-West vulnerable, South deals

NORTH

♠ A K 7 6 5
♥ J 4 3
♦ K 8
♣ K 9 6

EAST

♠ Q J 10 8
♥ 9 7
♦ 7 6 5 4 3
♣ 7 5

WEST

♠ 9 4 2
♥ K 8 6 5
♦ J 9 2
♣ Q J 3

SOUTH

♠ 3
♥ A Q 10 2
♦ A Q 10
♣ A 10 8 4 2

The bidding:

SOUTH	WEST	NORTH	EAST
1♣	Pass	1♠	Pass
2♥	Pass	2♠	Pass
3NT	Pass	4NT	Pass
5♣	Pass	6♣	All pass

Opening lead: Two of ♦

The World Robot Championship was held last year in Orlando. The ability of robots to play bridge has improved steadily over the years and is quite good now. You might quibble with some of the bidding, but

the play is usually first rate. Today's deal is from the finals of that event.

A human player might have hoped for a miracle in the trump suit and fallen back on the heart finesse when there was no miracle. The robots had a different idea. South won the opening diamond lead with its 10, led a spade to the ace, and ruffed a spade. The queen of diamonds was overtaken by the king and another spade was ruffed. Now the ace of diamonds, discarding a heart, followed by the ace of clubs and a club to the king.

West was down to just hearts and clubs. The lead of the king of spades gave West a Hobson's choice. It could ruff and lead a heart into the ace-queen, or discard and be end-played with its trump one trick later. West chose to ruff and lead a heart.

The play was card-for-card the same at both tables! So, should you run into a stranger who won't shake your hand and has a steely look about him, don't play him for money!

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



By David L. Hoyt and Jeff Knurek



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

BOGGLE POINT SCALE

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

YOUR BOGGLE RATING

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

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_____	_____
_____	_____
_____	_____

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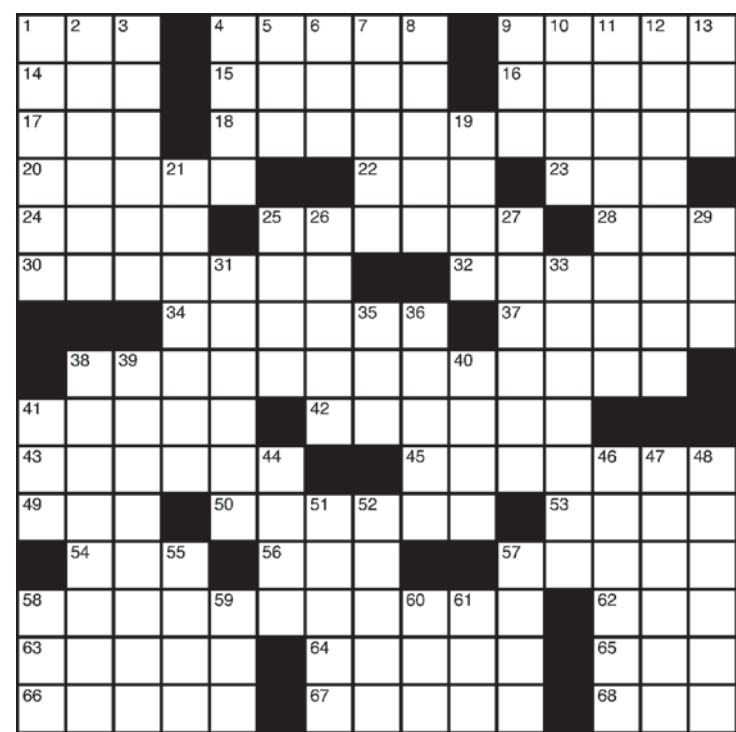
- 1 Wander (about)
- 4 Fragrant bloom
- 9 Utter disorder
- 14 Second person in Eden
- 15 Kitchen sponge brand
- 16 Full of moxie
- 17 Like many a gray day
- 18 Peanuts
- 20 Sales meeting aid
- 22 Feel crummy
- 23 Coal ___
- 24 Most populous continent
- 25 Date night destination
- 28 One of a gallon's 16
- 30 Like a successful business, presumably
- 32 Stand against
- 34 Northern California city
- 37 Birch family tree
- 38 Peanuts
- 41 Hardly fresh
- 42 Bit of photography

- equipment
- 43 Southern California team
- 45 Inside information
- 49 Copper source
- 50 Hits the road
- 53 Albany-to-Buffalo canal
- 54 Former Air France jet
- 56 Geologist's division
- 57 Tops by a slight margin
- 58 Peanuts
- 62 Picnic invader
- 63 Ready to hit the hay
- 64 Invalidate
- 65 Maiden name preceder
- 66 Used up
- 67 Pond critters
- 68 Mexican Mrs.

Down

- 1 Gaudy trinket
- 2 Opposed
- 3 Enlargement advantage
- 4 Scot's swimming spot
- 5 German "I"
- 6 Welcoming wreath

- 7 Highway through the Yukon
- 8 Newswoman Roberts
- 9 "Erin Burnett OutFront" channel
- 10 Pick up with effort
- 11 Geographically based trio
- 12 Makes trite, in a way
- 13 Hoff who wrote the "Henrietta" children's books
- 19 Red "Sesame Street" puppet
- 21 Light beer?
- 25 Biceps exercise
- 26 Not at all handy
- 27 "Trainwreck" director Judd
- 29 Pay-___-view
- 31 Kings, e.g.
- 33 Lumbered
- 35 "MASH" setting: Abbr.
- 36 Lopsided
- 38 Sci-fi fleet vessel
- 39 Leave no doubt
- 40 GI addresses
- 41 ___-mo
- 44 What a freelancer may work on
- 46 Hearts, but not minds
- 47 Ballpark snack



- 48 Lipton rival
- 51 Lindsay of "Mean Girls"
- 52 Foolish
- 55 Anti-counterfeiting agts.
- 57 Slim swimmers
- 58 Euro divs.
- 59 West Coast hrs.
- 60 Houston-to-Dallas dir.
- 61 Belly

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	2			4		9		7
	9						8	
	6		1					2

JUMBLE

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

CINME

□ ○ □ □ □ □

UKAQC

□ □ □ □ □ □

KOIREO

○ □ □ □ □ □

ARUBUE

○ □ □ □ □ □

Print your answer here: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

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

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SCRABBLE G R A M S

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□ □ □ □ □ □ □ □

A₁ E₁ O₁ F₄ D₂ F₄ L₁

□ □ □ □ □ □ □ □

A₁ E₁ O₁ U₁ T₁ N₁ M₃

□ □ □ □ □ □ □ □

A₁ E₁ N₁ N₁ D₂ M₃ L₁

□ □ □ □ □ □ □ □

A₁ I₁ I₁ D₂ D₂ N₁ S₁

□ □ □ □ □ □ □ □

A₁ O₁ U₁ D₂ H₄ T₁ N₁

□

□

□

□

□

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

1st Letter Double

Triple Word Score

PAR SCORE 255-265 FIVE RACK TOTAL

BEST SCORE 326 TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 34

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

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

BOOGLE ANSWERS

EMU, DUCK, HAWK, DOVE, CROW, ROOK, EAGLE, STORK, GOOSE

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JUMBLE ANSWERS

Jumbles: MINCE, QUACK, ROOKIE, BUREAU

Answer: The baby delivered at 30,000 feet was -- AIRBORNE

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SCRABBLE GRAMS SOLUTION

L ₁	E ₁	A ₁	D ₂	O ₁	F ₄	F ₄	RACK 1 =	<u>64</u>	
A ₁	U ₁	T ₁	O ₁	M ₃	E ₁	N ₁	RACK 2 =	<u>59</u>	
L ₁	A ₁	N ₁	D ₂	M ₃	E ₁	N ₁	RACK 3 =	<u>61</u>	
D ₂	I ₁	S ₁	D ₂	A ₁	I ₁	N ₁	RACK 4 =	<u>59</u>	
H ₄	A ₁	N ₁	D ₂	O ₁	U ₁	T ₁	RACK 5 =	<u>83</u>	
PAR SCORE 255-265								TOTAL	<u>326</u>

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MY ANSWER

The flood brought God’s judgment, but also the promise of salvation

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: It seems our society is more corrupt than ever. Does anyone ever ask the question, “If you were God, wouldn’t you be tempted to wipe out the human race and blot them from memory?” - A.G.

A: We cannot put ourselves in God’s place, of course. He is far greater than we are. Apart from Almighty God the human race is depraved and corrupt. When Adam and Eve rebelled against God, for instance, He punished them by sending death on the human race. But He showed His love for them by making a way for salvation.

Jesus spoke of the corruption of mankind and said, “As it was in the days of Noah, so it will be also in the days of

the Son of Man: they ate, they drank, they married ... until the day that Noah entered the ark, and the flood came and destroyed them” (Luke 17:26-27). “But Noah found grace in the eyes of the Lord” (Genesis 6:8).

With God there is always hope for salvation because He is a God of love. But He is also a God of judgment, and He gives us warnings for our good. “The entirety of Your word is truth, and every one of Your righteous judgments endures forever” (Psalm 119:160).

The great flood brought God’s judgment, but it also brought His promise of salvation. He saved Noah and his family because of Noah’s obedience to the Lord.

This is God’s way for mankind and the proof is Jesus Christ. Jesus, indeed, is “the way, the truth, and the life” (John 14:6). Those who will obey and follow Him will know life eternal because of the

sacrifice Jesus made for mankind. How wonderful it is to serve a risen Savior!

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

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

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