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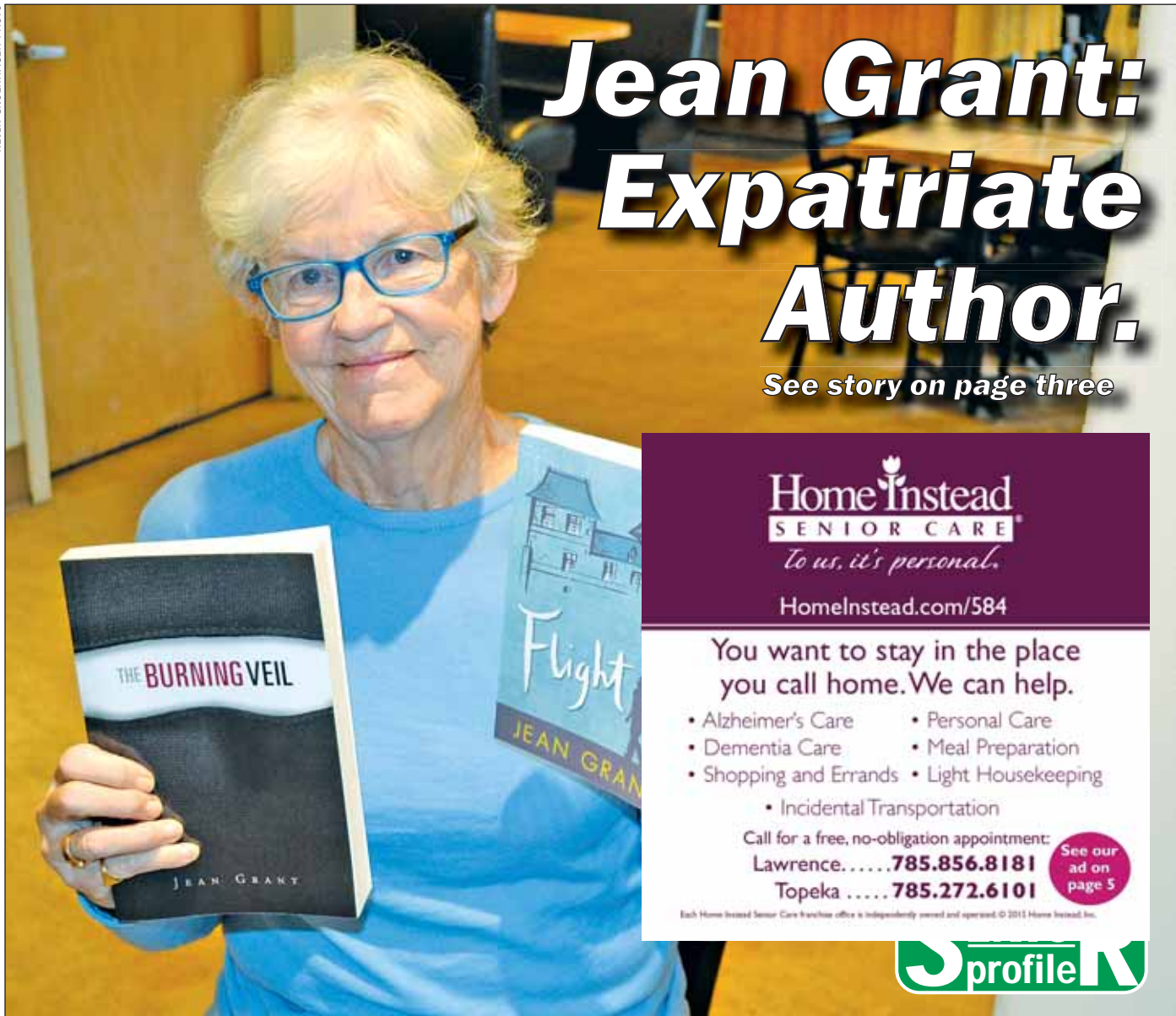
December 2017

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Vol. 17, No. 6

INSIDE

KEVIN GROENHAGEN PHOTO



Jean Grant: Expatriate Author.

See story on page three

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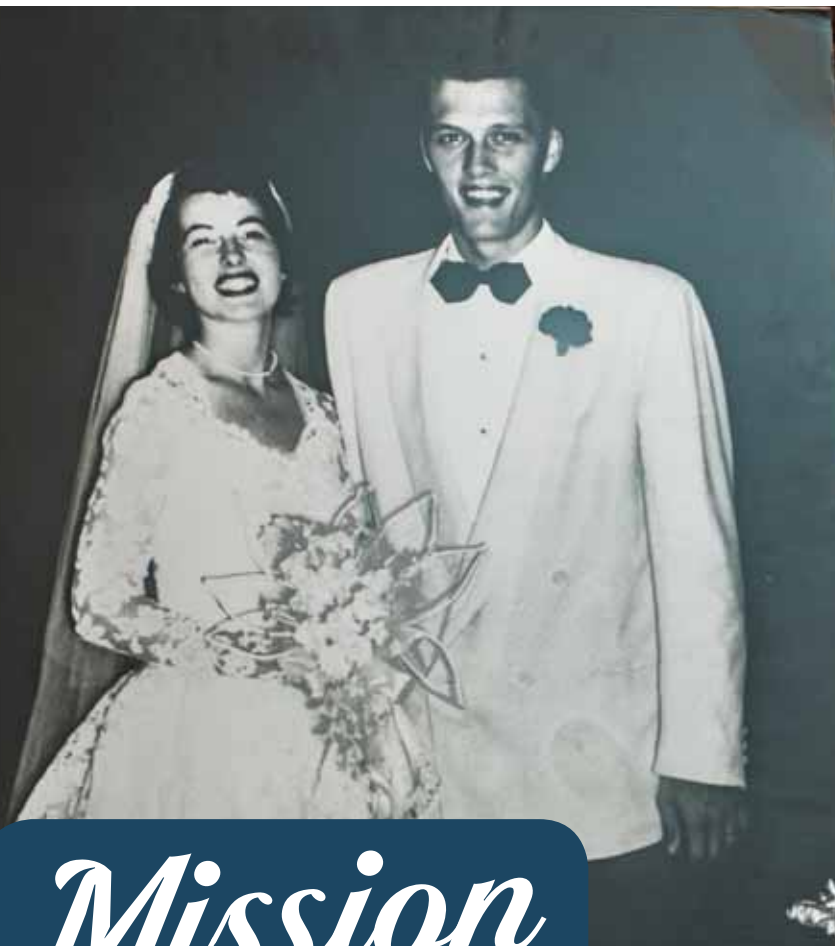
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Grant reflects on her many years of living abroad

By Kevin Groenhagen

Jean Grant has always loved to travel and she credits her father for cultivating that love while she was a young girl in Montreal, Canada.

“My dad believed in his seven children exceeding their reach,” Grant said. “He made me go to a French school when I didn’t know a word of French. He believed in both travel and education, but he believed in travel even more.”

After graduating from high school, the 17-year-old Grant combined education and travel when she traveled by train more than 3,500 miles from Montreal to Vancouver to attend the University of British Columbia.

“The train was a wonderful adventure,” she said. “A wonderful adventure!”

After graduating with her BA in English in 1963, Grant traveled to France and studied at the Université de Bordeaux for a year.

While in Vancouver, Grant met Bob Fraga, whom she married in 1965.

Fraga had earned a doctorate in mathematics from the University of British Columbia that same year.

“We wanted to have an adventure and do exotic and exciting travel for a year, and then go back and teach at a liberal arts college,” Grant said. “We went to Cairo, Egypt, first and then to Beirut, Lebanon. My husband taught math at the American University of Beirut, and after I got my MA from the American University in 1970, I taught English there. Beirut was cosmopolitan and culturally, very, very alive. The American University at that time was the premier institute of higher learning in the Middle East. And my students were highly motivated.”

Most of her students were Lebanese, but she also taught Palestinians, Iranians, Cypriots, Americans, and Egyptians.

But then came the Lebanese Civil War.

“It was a politically difficult time for Arabs after the Six-Day War of 1967 because they felt humiliated,” Grant said. “During the years after the war, there were strikes at the university, and it became polarized between the leftist students and the rightist students. Some said it was Christians versus Muslims, but it seems to me that it was more political. Full war broke out in April of 1975. It was an on again, off again war. I know that sounds crazy. There was fighting that spring, and then there was



Jean Grant at her home in France

nothing. Then in October, there was mad fighting, and then there was nothing. There was fighting again in January. I can remember the militiamen standing in the rain holding their big, black umbrellas and machine guns.”

“Beirut is a compact city of 1,500,000 and the war pitted fighters on the east side of town against those on the west side,” Grant continued. “We were in West Beirut, and the rockets would come over from the east. Fortunately, our apartment faced north, toward the Mediterranean Sea, so we were pretty safe.”

However, when their seven-year-old

son, Stephen, wandered into “Sniper Land,” Grant and Fraga decided it was time to leave Beirut.

“Stephen has been an adventurer all his life,” Grant said. “He wanted to have the biggest bullet collection of any of his friends. He would go to the parking lot and find hunks of shrapnel, red-colored shotgun shells, and the occasional bullet. He went all over campus looking for war-related items. Then one day a friend of ours brought him home and said, ‘I found your son where he shouldn’t have been.’ Stephen knew he wasn’t allowed to leave

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 160 locations throughout the Lawrence-Topoka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$8.50 for 12 monthly issues.

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Grant

■ CONTINUED FROM PAGE THREE

campus, but he wanted more bullets for his collection, and so he disobeyed us.”

“Luckily for us, my husband had bought a broken-down house in the countryside of southwest France,” Grant continued. “While he stayed on in Beirut, I took our two sons to France. There was no heat in the house, part of which was built in the 13th century, and even though it was early May, it was really cold. There were rats, too, but we got rid of them. A month after we arrived, Stephen exchanged his war souvenirs with a playmate for three huge firecrackers. My husband got a job in London, and the boys and I stayed in France until we couldn’t stand the cold anymore. It may seem curious, but we were so happy in that peaceful spot.”

Reunited in London, Grant and Fraga worked there for a year with the hope that Fraga could find a job teaching mathematics in Canada or the United

States. Instead, he received a lucrative job offer to teach in Dhahran, Saudi Arabia. Once there, Grant also got a job teaching at the American Community School. In addition, she became a staff reporter with *Arab News*, an English-language daily newspaper, in 1978.

“I didn’t have any journalism training,” Grant said. “I just got lucky. A good friend of mine, Mary Jo McConahay, their star journalist and the local bureau chief, was leaving the newspaper and recommended they take me on. I did one feature story a week. I loved choosing my own stories and practicing my Arabic. Once, at a camel market I interviewed tribesmen selling their camels and sheep. Another time, I went to a date plantation and interviewed the barefoot men who climbed the 100-foot-high palm trees to cut down the dates. Each story was an adventure.”

During her five years as a reporter, Grant also interviewed Senators Edmund Muskie, George McGovern and William Fulbright, and astronaut Jim Lovell.

As a female reporter in Saudi Arabia, Grant had an advantage over her male counterparts since, at that time, men couldn’t interview women. She could interview both men and women. However, there were times when she was reminded that women were not welcome in certain parts of Saudi society. Her encounter with Sheik Ahmed Zaki Yamani is an example.

“We lived in the university compound,” Grant said. “I had gone to cover a speech by Sheik Yamani, who, at that time, was the Minister of Petroleum and Mineral Resources. I sat in the women’s section. As I was walking home, the rector of the university saw me. He invited me in so I could meet Sheik Yamani. So, I went into this big room with all these men sitting in chairs. Sheik Yamani tapped the spot beside him on the sofa and said, ‘Sit right here, Jean.’ I sat next to him, and people would come by and pay their respects to him. I noticed this older man looking daggers at me. He clearly thought I should not be there and Sheik

Yamani had no business laughing with me. I asked Sheik Yamani, ‘Do you think I should stay or should I leave?’ He picked up his worry beads and said, ‘Jean, I think more men would say you should stay than you should leave, but it would be close.’ I think he was just being polite, so I excused myself.”


“It was sometimes tricky being a woman in Saudi Arabia then,” Grant continued. “But now things seem to be changing. Women are going to start driving, which will give them much more freedom.”

Grant is referring to a September 27 royal decree. According to the *Christian Science Monitor*, the man behind the decree, Crown Prince Mohammed bin Salman, “clearly wants a more open society in terms of the public sphere and women in the workforce, but he is no liberal in the political sense.”

While in the Middle East, Grant was able to travel to many countries.

“When we were in the Beirut, we had home leave every three years,” she

■ CONTINUED ON PAGE FIVE




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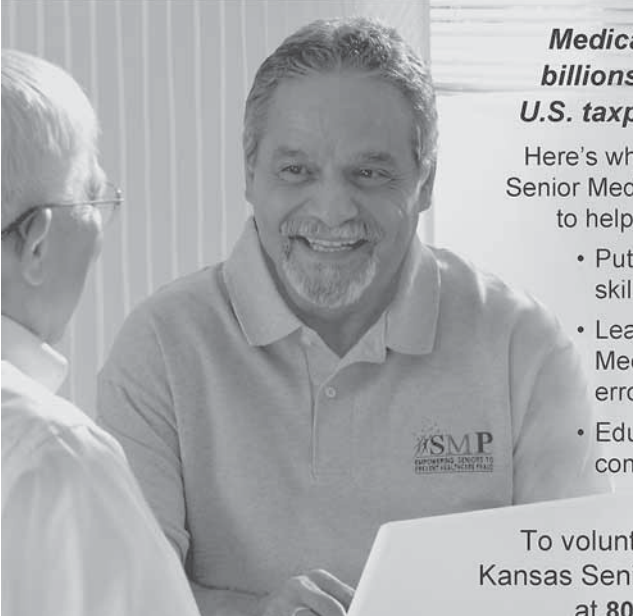


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Grant

■ CONTINUED FROM PAGE FOUR

said. “We had home leave every year when we were in Saudi Arabia. When you’re over there, you can fly home by way of Asia or by way of Europe. Whichever way we chose, I traveled to other countries. I would also travel while on vacations.”

Grant and Fraga came to the United States in 1987 after Fraga accepted a teaching position with Ripon College in Wisconsin. Grant became a feature writer and then managing editor of *Ripon Magazine*, the alumni quarterly.

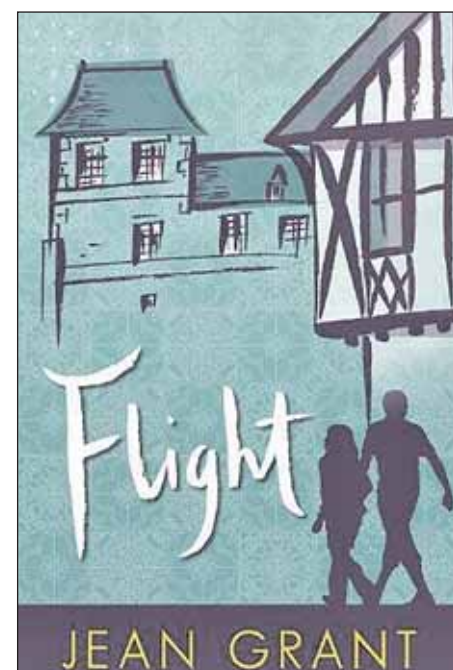
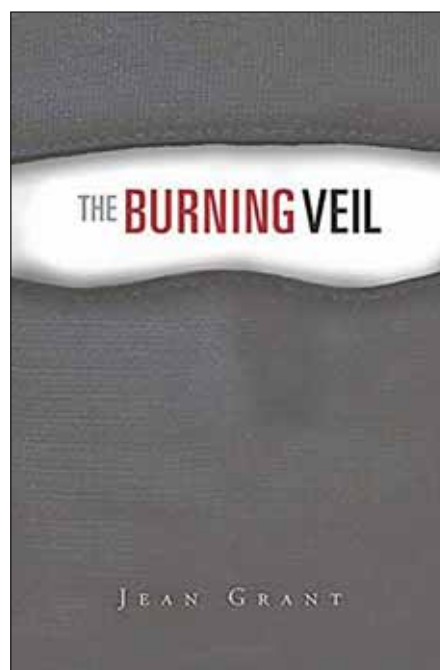
“We spent 10 years in Wisconsin and then my husband was offered a job at Baker University in Baldwin City as chair of its mathematics and computer science department,” Grant said. “We have now been in Lawrence for more than 20 years.”

In Lawrence, Grant, who now has dual U.S./Canadian citizenship, became an author. She first worked to help seniors craft their memoirs

and published them under her imprint, Mishmish Press. “Mishmish” is the Arabic word for “apricot.” After she finished helping the late Tensie Oldfather of Lawrence with her memoir, *Our Family*, Grant turned to fiction.

According to the Amazon.com description, her first novel, *The Burning Veil: A Novel of Arabia*, “is a story of love and colliding Cultures. Dr. Sarah Moss is in love with Ibrahim, a Saudi Arab. She wants to marry him, but she must first learn if she can live and work with integrity in the kingdom of Saudi Arabia where most women are kept secluded and veiled. Sarah finds work at a local hospital. As she is drawn into Ibrahim’s family—his fierce mother, his welcoming sister, and his brother who hates America—she embarks on a journey to reconcile her two worlds. This compelling portrait of a physician torn between her love for a good man and her craving for independence is also the story of a spiritual quest. A troubled agnostic, Sarah finds Islam to be a spiritual path that is both nurturing and aesthetic. In crisp, clear prose the

■ CONTINUED ON PAGE SIX



After she finished helping the late Tensie Oldfather of Lawrence with her memoir, *Our Family*, Jean Grant turned to fiction. Her novels include *The Burning Veil: A Novel of Arabia* and *Flight: A Novel of Beirut and the French Countryside*.



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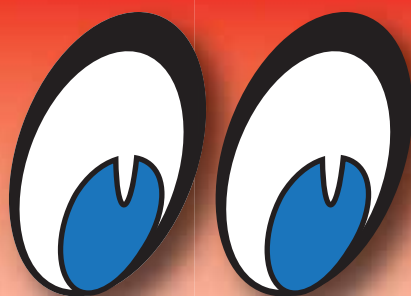
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Grant

■ CONTINUED FROM PAGE FIVE

novel reveals secrets of both the human heart and of the desert kingdom.”

Grant's second novel, published earlier this year, is *Flight: A Novel of Beirut and the French Countryside*. According to the Amazon.com description, “In the spring of 1976, the crackle of machine-gun fire resonates throughout Beirut, Lebanon. Finlay Fortin, a professor at the American University of Beirut, is anxious to leave the country with his family. But his wife Mo, an ambitious photojournalist, insists on staying, hoping to advance her career by documenting the battle-scarred city. And his fifteen-year-old daughter, Anouk, refuses to acknowledge the obvious danger and abandon the city she loves. When Anouk's friend Danny is kidnapped at gunpoint, and Anouk is later trapped in a battle's crossfire, Finlay is desperate to protect his daughter. He forcibly takes her and flees Beirut, leaving his wife Mo behind.”

“Mo is my Joan of Arc character,” Grant said. “Some people don't like Mo because they think she's such a bad mother. But Joan of Arc would have

made a bad mother, too.”

The June 1 issue of *Kirkus Reviews* included a positive review of *Flight*, describing it as “A sad tale told with an admirable lack of sentimentality.”

Grant has lived in or visited about 65 countries. She especially enjoyed visiting Bali, Indonesia. However, many might be surprised when they learn what she considers her favorite place.

“Out of all the places we have lived, I think Lawrence is the best,” Grant said. “Maybe it's because you can get anywhere in town in 15 minutes. How many places can you get anywhere in 15 minutes and yet there's the University of Kansas, the Lied Center, the Lawrence Arts Center, culture galore, plays, musicals, lectures, and a world-class library? This is a very cool place to live.”

However, as much as Grant loves Lawrence, she and her husband still spend their summers at their house in southwest France. During the past 40 years, the couple has put a lot of work and money into the house. In fact, they offered a stay at their French home as part of auctions to benefit Habitat for Humanity and the Lawrence Community Shelter.

For more information about Grant and her books, or to inquire about a book signing or a speaking engagement, please visit her website at jean-grant.net.



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Douglas County Monument Works offers individualized monuments

By Billie David

When Scott Strasburg found himself facing some health problems a little over a year ago, he decided to retire. Within about three months he became bored, however, and that's how Douglas County Monument Works came into being.

"I've done this for 25 or 30 years," Strasburg said, adding that he chose Lawrence as the location for the business because he has always felt like Lawrence was under served.

Douglas County Monument Works, located at 547 Indiana Street, opened nearly one year ago, on January 1, 2017.

"It's been doing well," Strasburg said. "We've gotten a good response."

Strasburg believes that this response is due to the fact that there are only two other places in Lawrence that do monuments, and both of them are funeral homes.

"We've got a lot more options, and customers like that," he explained.

Another draw just might be the enthusiasm Strasburg has for his work.

"I like what I do," he said, adding that he got into the monument business because years ago he needed a job and a friend suggested that Strasburg come and work for him.

He started in sales and through the years took on other aspects of the job.

"After 25 or 30 years, I can do it all," he said. "I like working with my hands, and I like working with families."

One of the things he enjoys doing most is making drawings for his customers, helping them explore the different options they have.

"People really don't know what's available," he explained. "I like to do drawings for them to give them ideas. We do drawings for every family, and we continue drawing until we get what they want."

Many of the mom-and-pop monument businesses have been bought up by bigger companies, Strasburg said. These companies keep the storefronts but instead of offering individualized monuments, the larger businesses offer what he describes as cookie-cutter

KEVIN GROENHAGEN PHOTO



Douglas County Monument Works, located at 547 Indiana Street, will celebrate its first anniversary next month.

designs.

Strasburg prefers the old-fashioned, personalized service.

We are a small, local shop," he said. "We take it from start to finish, from

the time the family walks in the door to the time we place it in the cemetery."

Douglas County Monument Works has a website at dmonument.com,

■ CONTINUED ON PAGE 10

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Monument Works

■ CONTINUED FROM PAGE EIGHT

which has a link to information concerning cemetery requirements for monuments.

Strasburg said that Lawrence cemeteries are pretty reasonable, but he warned that working with some other cemeteries can be confusing and cause problems in the way of obscure fees

and requirements.

Strasburg also cautioned readers about buying monuments online, saying that many people go online to shop around, get ideas and see what's available, but if the person actually orders the monument online, it can create unforeseen problems.

Mostly, though, Strasburg encourages consumers to do their homework before purchasing a monument.

"Buying a monument is harder than buying a used car," he said. "Do your homework. There are so many things out there, so you want to make sure you are comparing apples to apples. Mostly

you will run into honest businesses, but some aren't. Make sure you're getting what you pay for and what you want, and find a company that you're a good fit with."

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Hospital renamed The University of Kansas Health System St. Francis Campus

The University of Kansas Health System and Ardent Health Services ("Ardent") on November 1 announced they have completed the purchase of St. Francis Health in Topeka, Kansas. The two organizations formed a joint venture to acquire St. Francis Hospital and clinics. Terms were not disclosed.

The hospital will be renamed The University of Kansas Health System St. Francis Campus and the system's 15 medical clinics will be known as The University of Kansas Physicians Topeka.

The sale marks a new chapter for the 378-bed hospital and medical clinics, which were near closure prior to the formation of the partnership. Ardent and The University of Kansas Health System have committed to invest \$50 million in the system. Ardent will manage day-to-day operations while working closely with The University of Kansas Health System to provide clinical and financial resources to help the hospital and clinics succeed in today's changing health care environment.

"Today represents a new beginning for the associates, physicians, patients and community members who depend on St. Francis," said Bob Page, president and chief executive officer of The University of Kansas Health System. "With a shared focus on quality, the clinical resources of a major academic medical center and Ardent's strong track record of operating successful hospitals, the joint venture will provide the resources and support needed to sustain and grow the hospital and ambulatory sites to serve future generations."

The partnership brings together the state's only academic medical center and one of the nation's largest private, for-profit hospital operators. It is Ardent's seventh joint venture with a leading not-for-profit health system. The company, which operates 21 hospitals across seven states, also maintains partnerships with Seton Healthcare, Hackensack Meridian Health, Sacred Heart Health System and the University of New Mexico Health System

among others.

The University of Kansas Health System St. Francis Campus will be led by local management. The University of Kansas Health System and Ardent will share governance with equal representation on the joint venture board of directors and will establish a local board of trustees for the hospital and clinics.

"After spending the past few months

with the associates and physicians of the hospital and clinics, as well as our partners at The University of Kansas Health System, we are confident this partnership will provide the health system with a solid path forward," said David T. Vandewater, president and CEO of Ardent. "We are honored to be a part of this community and look forward to preserving the hospital's rich legacy while investing in its future."

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MAYO CLINIC

Proven remedies combined with a gentle touch, can ease hair loss

DEAR MAYO CLINIC: What are the best ways to prevent hair loss or to regrow hair? I want to try some hair-growth shampoos, but have heard that you must keep using them for life or your hair will fall out at an even faster rate. Is this true? Are there better ways to regrow hair?

ANSWER: Hair loss can occur for a number of reasons. Most often, it's caused by a combination of heredity and aging. Treatments are available that may slow that type of hair loss and help regrow hair, including over-the-counter therapies like shampoos.

Most people lose about 50 to 100 hairs every day. This hair loss usually doesn't cause noticeable thinning of scalp hair because new hair grows in at the same time. The cycle of hair growth, shedding and regrowth can be disrupted, however, due to several factors, such as family history, hormonal changes, medical conditions and medication. Physical and emotional stress may also lead to hair loss.

Family history typically has an impact on pattern balding. This kind of hair loss usually happens slowly and in predictable patterns—a receding hairline and bald spots in men and thinning hair along the crown of the scalp in women. If your hair loss follows these patterns, it's likely a result of heredity. In that case, trying over-the-counter remedies is a reasonable first step.

The most common hair loss treatment you can buy without a prescription is a medication called minoxidil (brand name Rogaine). It comes in liquid, foam and shampoo forms. To be most effective, you need to apply this medication to your scalp twice a day. For many people, it maintains the hair they still have, and it can regrow up to about 10 percent of lost hair.

I usually recommend the extra-strength liquid form of this medication for my patients with pattern baldness. Although it's typically marketed for men, both men and women can use it. The liquid is preferable because it's easier to apply directly to the scalp than the foam, which often gets absorbed by the hair. The shampoo isn't ideal because many people don't have time to shampoo their hair twice a day, and

the force of shampooing can stress the hair, causing additional hair loss.

You do need to keep using this medication to retain the benefits. If you stop using it, the hair you've regrown may fall out, and you're likely to return to the rate at which you were losing hair before you began treatment.

Another way to help reduce hair loss is to be very gentle with your hair. Decrease shampooing to two or three times a week. Use a light touch when brushing and combing, especially when your hair is wet. A wide-toothed comb may help prevent pulling out hair. Avoid tight hairstyles, such as braids, buns or ponytails. Try not to twist, pull or rub your hair. Avoid harsh treatments such as curling irons, straightening irons, hot rollers and hot-oil treatments.

Prescription treatments also are available for pattern balding hair loss. The medication finasteride has been

shown to be effective for hair loss and regrowth in men. For women, hormone therapies that help balance the levels of estrogen and testosterone can often help maintain hair and decrease loss.

If over-the-counter remedies and self-care steps aren't enough to decrease your hair loss, or if you're concerned that your hair loss may be the result of a different underlying problem, such as a medication you take, talk to your doctor or make an appointment to see a dermatologist. - Dawn Davis, M.D., Dermatologist, Mayo Clinic, Rochester, Minn.

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

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HEALTH & WELLNESS

Six major minerals

Every day it is important to get an adequate intake of vitamins and minerals in our daily diet to maintain proper health. There are six major minerals required by the body every day. These major minerals are Calcium, Magnesium, Potassium, Phosphorous, Sodium, and Chloride. The body needs



Dr.
Farhang
Khosh

these minerals on a regular daily basis and it cannot manufacture them by itself. In this column, we will examine Magnesium.

What is Magnesium and why is it important? Magnesium is often claimed as the most vital mineral in the body. It is essential for two of the most important cellular functions: energy production and cellular reproduction. Magnesium's effect on the body can be as intense as that of many prescription drugs because magnesium functions as a regulator of electrolyte balance, metabolism, and other biochemical reactions. The majority of magnesium is stored in our bones. The rest is found in cells of tissues and organs.

What are Magnesium's roles in the body? Magnesium is needed for more than 300 biochemical reactions in the body. Magnesium is the second most abundant element inside human cells and the fourth most abundant positively charged ion in the human body.

Like most vitamins and minerals, magnesium's role is primarily regulatory. It allows enzymes to function properly, which in turn enable a vast majority of the body's chemical reactions. Magnesium is needed to keep normal muscle and nerve functions and the heart beating rhythmically. It keeps bones strong. It is important in supporting the body's energy metabolism, and protein synthesis. Magnesium is important in the treatment of cardiovascular disease, hypertension, and diabetes. Current research has found that daily magnesium intake improved overall glucose metabolism. It is not surprising, then, the role that magnesium plays in the prevention of common diseases and conditions.

What are some of the signs and symptoms of a magnesium deficiency in the body? Some of the symptoms include pain and weakness in the muscles, constipation, anxiety, fatigue, headaches, insomnia, depression, pre-eclampsia, asthma, premenopausal and menopausal symptoms, muscle twitching and nausea and vomiting, osteoporosis, ADD, ADHD, tics, skin conditions and Autism.

One very common symptom of magnesium deficiency is craving chocolate. Chocolate is rich in magnesium. Besides chocolate, what are other sources of magnesium? Food rich in magnesium include leafy green vegetables, tomatoes, lima beans, artichokes, sweet potatoes, pumpkin seeds, peanuts, oats, and sea vegetables.

When we don't take in adequate magnesium daily, our bodies will either remove magnesium from our bones, where it is needed, or function in deficiency.

There are many different forms of Magnesium, for example, but not limited to:

- Magnesium Amino Acid Chelate.
- Magnesium Oxide.
- Magnesium Citrate.
- Magnesium Orotate.
- Magnesium Chloride.
- Magnesium Lactate.
- Magnesium Sulfate.
- Magnesium Carbonate.

- Magnesium Glycinate.
- Magnesium Malate.
- Magnesium Taurates.

It is important to know the appropriate dose of magnesium since it can cause loose bowel if taken in a large amount.

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



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HEALTH & WELLNESS

Tai Chi improves balance

By **Adrineh Mehdikhani, PT, MBA**

Falls are the leading cause of injury in those 65 years and older. One third of older adults fall each year, sometimes with serious injury. The consequences of falls are substantial; it can result in fractures, head injuries, loss of independence, and a decrease in active lifestyle. Let's talk about what your sense of balance and how Tai Chi can help you improve and keep your balance.

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LMH Therapy Services

What is the sense of balance?

Balance is combination of input from three different body systems to the brain:

1. Your vision
2. Somatosensory: Your muscles, joints, and sensation
3. Vestibular: Your inner ear

Some typical symptoms of imbalance: What's a Concern?

- Unsteady standing with eyes closed or walking in the dark
- Difficulty on uneven ground or changes in surface
- Slow walking speed, unsteady walking

- Veering side to side with walking
- Loss of balance with dual tasks: Like walking while talking or walking while carrying things

Treatments for imbalance: What Can You Do?

- Have your vision checked
- Safety check of your house: watch for edges of carpets
- Keep night light on
- Wear supportive shoes
- Use assistive device as necessary: cane, walker
- Talk to your doctor or pharmacist about your medications with side effect of dizziness

Most importantly: Exercise and Keep Moving

Importance of exercise:

- Exercise is one of the most important ways to improve your blood flow to your brain and nervous system.
- Exercise makes you stronger and helps move with control.
- Balance exercises improve walking ability.
- Exercises that improve balance and coordination, like Tai Chi, are the most helpful combination of exercise to reduce your fall risk.

Tai Chi: What are the Benefits?

Tai Chi is noncompetitive, self-paced system of gentle exercises; it is series of postures and movements that flow in a slow, graceful manner. It originated in China in the 17th century and is now popular worldwide. There are over

100 different movements or positions, many named for animals or nature. Some forms of Tai Chi are more fast-paced and exerting than others.

Tai Chi emphasizes technique over strength. The movements are coordinated with breathing to achieve a sense of inner calm. It is considered "mediation in motion."

Most forms are gentle and suitable for everyone, regardless of age or physical ability. Because Tai Chi is low impact, it may be especially suitable for older adults who otherwise may not exercise. It is inexpensive and does not require any equipment. It can be performed indoors or out, either alone or in a group.

Tai Chi programs show positive results in improving health, specially improving balance and reducing falls among the elderly.

The research has shown that individuals who did six months of Tai Chi, there were 52% fewer falls compared to those who did not do Tai Chi. Tai Chi is very cost efficient option for reducing and preventing falls. According to the Tai Chi for Health Institute, "Numerous studies have shown tai chi improves muscular strength, flexibility, fitness, improves immunity, relieves pain and improves quality of

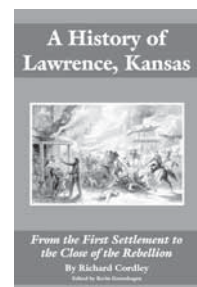
life. Muscle strength is important for supporting and protecting joints and is essential for normal physical function. Flexibility exercises enable people to move more easily and facilitate circulation of body fluid and blood, which enhances healing. Fitness is important for the overall functioning of the heart, lungs, and muscles. In addition to these components, tai chi movements emphasize weight transference to improve balance and prevent falls."

Tai Chi has positive effects in reducing joint pain, decreasing stiffness, improving fatigue, improving function, muscle strength and flexibility. It is safe for individuals with arthritis.

To achieve the greatest health benefits from Tai Chi, it needs to be practiced regularly. Benefits can be achieved from 12 weeks of Tai Chi classes; more benefits can be achieved if it is practiced for a long period and regularly as part of your everyday routine.

LMH Therapy Services now offers 16 week Tai Chi classes, held twice/week. For more detailed information, please call LMH Wellness and Performance Center at 785-505-5840.

- *Adrineh Mehdikhani, PT, MBA, physical therapist and Tai Chi Instructor, Lawrence Memorial Hospital.*



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by Richard Cordley

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GUEST COLUMN

Vitamin D: The misunderstood vitamin

By Irving A. Cohen, MD, MPH

Doctors are just beginning to acknowledge the true importance of vitamin D. Scientists used to recommend small doses Vitamin D because it is important for bone health. Today, we know that Vitamin D is also an important hormone needed at higher levels for our overall health. It is used by our bodies to control our immune system as well as stabilize our emotional health.



Dr.
Irving A.
Cohen

Vitamin D is a hormone our bodies can make without supplements. It is called the sunshine vitamin, because the energy of sunlight reaching our skin creates this vitamin. For over a century, vitamin D has been recognized as having a role in strengthening bones, because it regulates the use of calcium in building strong bones in growing children. Vitamin D deficiency has long been recognized as the cause of rickets in children. A century ago, many poor children developed rickets. Their bones were soft as they grew, leading to curved legs, a deformity they carried for life. Crowded

slum housing prevented adequate exposure to sunlight in summertime, preventing their bodies from building up a supply of vitamin D adequate to last the year. This epidemic was remedied by the addition of small amounts of vitamin D to commercially available milk, as well as by prescribing fresh air and sunshine through charitable summer camps open to slum dwellers.

Today, we realize there are many other reasons our bodies need vitamin D. We face a crisis of multiple diseases caused by low Vitamin D levels. When our immune system is out of balance, we develop autoimmune disorders, where our own immune system may attack our own tissues and organs. We also become susceptible to chronic infections that are body would otherwise be able to fight off. Some of the diseases that are worsened by low vitamin D, such as fibromyalgia, were not even recognized by doctors until recently. People with fibromyalgia may have widespread musculoskeletal pain as well and fatigue as well as sleep, memory and mood problems. In the past, many people suffering from fibromyalgia were thought to be hypochondriac, and referred to psychiatric care.

Why is this worse now? Although outdoor living and getting plenty of sunshine had been associated with good health for millennia, the connection to vitamin D was not made.

Recently, things became worse.

First, people are concerned about developing skin cancer, which is important, but may be contributing to adverse consequences. Avoiding overexposure to extreme sunlight or artificial tanning beds can save several thousand lives a year, but avoiding moderate sun exposure lowers Vitamin D. Moderate sun exposure that gradually builds a natural tan that actually may offer some protection from skin cancer, while at the same time building up vitamin D levels. Vitamin D, in temperate climates, is normally built up during the summer and stored as a fat in our bodies. It is then used as needed during the winter and periods of low sunlight.

Second, a more surprising cause of vitamin D deficiency is air conditioning. When first invented, this was a luxury. Today, many people consider it a necessity. As the world became more prosperous, air conditioning became common. Summertime without air-conditioning is best spent outdoors, as buildings become unbearably hot. This outdoor activity provides enough moderate sun exposure to build up a healthy vitamin D level. Today, with air conditioning, even people in sunny Saudi Arabia often suffer from low vitamin D levels.

Should you take vitamin D? The best way to see if your vitamin D is low is to have your doctor test your blood. A healthy level is probably between 60 and 80(ng/dl), although in the past, older standards accepted much lower levels as normal.

A healthy person in the summertime can create 10,000 International units a day, with adequate sun exposure. If

your vitamin D level is low, taking that much until you reach an adequate level is perfectly safe. Talk to your physician! Your doctor may provide you a prescription for vitamin D2 as 50,000 units once a week. Even better, she may recommend you take inexpensive over-the-counter vitamin D3 at 10,000 units daily for two months. D3 is the most natural and effective form and using this for two months should generally bring you to a desirable level. Your doctor should then recheck and adjust your dose. Needs differ, but many people may require from 2,000 to 5,000 units daily, as a maintenance dose.

Don't overdo it! Your body stores vitamin D for the winter but excessive levels can be dangerous. In the 1930s, "health tonics" containing massive doses, hundreds of thousands of units, proved toxic. Toxicity is unlikely if you don't exceed these suggestions, and obtain the appropriate blood test.

- Dr. Cohen, Fellow of the American College of Preventive Medicine, trained in Preventive Medicine at Johns Hopkins University, School of Public Health, where he was the Chief Resident of Preventive Medicine. He is the author of books on topics that include diabetes recovery, weight loss, and addiction. He practices in Topeka, Kansas and can be contacted at 888-933-9833. His website is www.PreventionDoctor.com Opinions discussed here are for general information. Always obtain specific medical advice from your personal physician.

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Why the Fed matters

Now that President Trump has named Jerome Powell as the next Federal Reserve chairman, to succeed Janet Yellen in February, you may be wondering whether you should care.

Perhaps more than any other institution, the Federal Reserve has direct impacts on our lives, from how much



Jill
Schlesinger

interest our savings accounts earn to the cost of borrowing money to finance a car, a home or a new business. It even affects the cost of our groceries.

Let's start with a little bit of history. Congress established the Federal Reserve more than a century ago to build a more stable and secure financial system. Prior to the creation of the central bank, the U.S. economy was plagued by frequent panics, bank runs and failures, which often led to a drying up of credit availability. One of the more severe episodes occurred in 1907 and nearly took down the whole economy, until one banker, J.P. Morgan, personally intervened and wrangled his rich friends to arrange emergency loans for financial institutions. This episode fueled a reform

movement, which prompted Congress to establish the Federal Reserve System in 1913.

However, it was not until after the Great Depression that the policy making arm of the Fed was created. Through the Banking Act of 1935, the Federal Open Market Committee (FOMC) was tasked with creating policies that influence the availability and cost of money and credit with a basic objective: to promote a healthy economy. In the late 1970s, Congress laid out two explicit policy goals that the Fed should pursue: price stability (meaning low and stable inflation) and adequate economic growth to foster maximum sustainable employment. Together, these goals are referred to as the Fed's "dual mandate."

The Fed has a number of tools that allow it to fulfill its dual mandate, though the one you hear about most frequently is the FOMC meeting, where voting members gather to determine the target for a key interest rate, called the federal funds rate. This is the interest rate that financial institutions charge each other for loans in the overnight borrowing market, which in turn becomes the rate on which many consumer loans and savings rates are determined. For investors, those interest rates can have a big impact on every asset class, depending on the speed and magnitude of rate movements, in either direction.

During the 2007-2008 financial crisis, and the Great Recession and tepid recovery that followed, the Fed dropped rates to zero and also used another tool to rescue a faltering economy: it purchased government and mortgage-backed bonds. The program, known as quantitative easing (QE), helped restore the functionality of markets, which had essentially locked up, and boosted the economy by lowering interest rates. Some economists worried that the Fed's policies would lead to inflation, but if anything, prices have remained low, something for which consumers have been grateful!

Powell has always voted with Yellen on interest rates and has never offered a dissenting opinion in speeches in the way that some other Fed officials have, leading investors to believe that he will

maintain the current slow and steady approach to rates.

There's one more way the Fed impacts everyone: Following the financial crisis, Congress passed the Wall Street Reform and Consumer Protection Act of 2010 ("Dodd-Frank"), which expands the Fed's regulatory responsibilities over the nation's systemically important financial institutions (SIFIs). Because President Trump has made rolling back regulation a priority in his administration, some believe that Powell might ease up on the banks, though that remains to be seen.

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

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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 ARTWORK

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

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

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

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

TOPEKA, 785-266-5532

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

LEGIONACRES

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

FIRST & THIRD SATURDAY OF THE MONTH

VETERANS OF FOREIGN WARS

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

DAY TRIPS/TOURS

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

SECOND SATURDAY OF THE MONTH

FREE SATE EAST SIDE BREWERY TOUR

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 the brewery reserves the right to cap the tour size at a manageable level, if necessary. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.
LAWRENCE, 785-550-9718
freestatebrewing.com

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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

FIRST MONDAY OF THE MONTH

MEDICARE MONDAYS

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

FRIDAYS

HEALTHWISE TV

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

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

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

DEC 15

HEALTHWISE SENIOR SUPPER

Enjoy food, fellowship and holiday cheer at the annual Stormont Vail HealthWise Holiday Brunch at Pozez Education Center in Stormont Vail Hospital, 1500 S.W. 10th. Two seatings available: 8:30 a.m. or 10 a.m. \$5 per person for the meal. Reservations required by Friday, Dec. 8. Please call.
TOPEKA, 785-354-5225

DEC 18

ADULT COLORING

Enjoy a relaxing afternoon coloring, being creative and socializing. We provide coloring pages. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 12:30-2 p.m.
TOPEKA, 785-580-4400

JAN 9

SENIOR SUPPER AND SEMINAR

This month's topic: Dr. Ashley Bloom, Cold, Flu & Pneumonia. On the 2nd Tuesday of each month, seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are required due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connectcare@lmh.org.
LAWRENCE, 785-505-5800, lmh.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, lawrencession.com

THURSDAYS

JUNKYARD JAZZ

Put on your dancing shoes and dance to the sounds of The Junkyard Jazz. American Legion, 3408 West 6th St., 7-8:30 p.m.
LAWRENCE, 785-842-3415

SATURDAYS

JOHN JERVIS, CLASSICAL GUITAR

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

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
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

NOV 30, DEC 1, DEC 2

THE BEST CHRISTMAS PAGEANT EVER

In this hilarious Christmas tale based on the best-selling book of the same name, the annual Christmas pageant is taken over by the Herdman kids—probably the most inventively awful kids in history. Lawrence Arts Center, 940 New Hampshire. November 30 and December 1, 7 p.m., December 2, 3 and 6 p.m. Fee.
LAWRENCE, 785-843-2787

DEC 1, 2, 3, 7, 8, 9, 10, 14, 15, 16, & 17

DISNEY'S BEAUTY AND THE BEAST

And step into an enchanted world with a "tale

■ CONTINUED FROM PAGE 18

as old as time" filled with spectacular costumes and settings for a classic story of loving and being loved. Songs include "Be Our Guest." Theatre Lawrence, 4660 Bauer Farm Drive, various times. Fee.

LAWRENCE, 785-843-7469
theatrelawrence.com

DEC 5

AN IRISH CHRISTMAS

Lawrence's own Ashley Davis will perform with Lúna, one of Ireland's most beloved traditional instrumental bands. The concert will include songs from Ashley's two holiday albums, Songs of the Celtic Winter and The Christmas Sessions, as she is accompanied by Lúna. And, the band will be performing some of its well-known favorites as well. Take some time during the hustle and bustle of a busy holiday season to enjoy An Irish Christmas! Lied Center of Kansas, Pavillion, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787
lied.ku.edu/calendar

DEC 7

DECADES REWIND - LAWRENCE

Decades Rewind is a National touring concert, dance party and theatrical performance all wrapped up in one blockbuster show! Celebrate the hits of the 60s, 70s and 80s from the most prominent decades in music history. Disco, Funk, Rock and Motown all take center stage in this brand new theatrical concert featuring over 60s songs, 100 costume changes and nostalgic video. From Aretha to Zeppelin, Decades Rewind will have you singing and dancing in the aisles. This IS the story of your life! Join us for a special edition show, which will have holiday music from each decade of music. Get in the holiday spirit and turn back time to the first time you hit play. Show your children your life at their age - Kids FREE with each adult ticket purchase, through box office. Lied Center Of Kansas, 1600 Stewart Dr., University of Kansas, 7:30-9:45 p.m. Fee.

LAWRENCE, 785-864-2787
lied.ku.edu/calendar

DEC 8-10

THE NUTCRACKER

Experience the magic of The Nutcracker when 200 local dancers take the TPAC stage for this classical ballet. Showtimes are Friday at 8 p.m., Saturday at 2 and 8 p.m. and Sunday at 2 p.m. Let their grace and spirit put you in the holiday mood, no matter what the weather is outside. We have new costumes, new backdrops, new choreography, and even new ballerinas. We are under the artistic direction of Lacey Ebert for our 41st season. A Family four pack of tickets is good for two adults and two students to the same performance for your best investment and fun for all ages. All tickets may be used to enter any of four performances, so in case your initial plans change, you can still join us at a different time. Topeka Performing Arts Center, 214 SE 8th Avenue. Fee.

TOPEKA, 785-272-5991

balletmidwest.net/index.php/performances/
the-nutcracker-ballet

DEC 12

DIANNE REEVES

The pre-eminent jazz vocalist in the world, Grammy Award-winning Dianne Reeves rings in the holiday season with music from her celebrated album, Christmas Time Is Here. Reeves melds her timeless grace, elegance and charisma into unforgettable jazz renditions of holiday favorites such as "Little Drummer Boy," "Carol of the Bells," "Christmas Waltz," "I'll Be Home For Christmas," "Let It Snow" and many more. McCain Auditorium, 1501 Goldstein Circle, 207 McCain Auditorium, Kansas State University, 7:30-9:30 p.m.

MANHATTAN, 785-532-6428
k-state.edu/mccain/events/2017-2018

DEC 21

MANNHEIM STEAMROLLER CHRISTMAS BY CHIP DAVIS

MANNHEIM STEAMROLLER CHRISTMAS by Chip Davis has been America's favorite holiday tradition for over 30 years! Grammy Award-winner Chip Davis has created a show that features Mannheim Steamroller Christmas classics along with a selection of compositions from his groundbreaking Fresh Aire series which introduced the distinctive Mannheim sound to all of America. The program celebrates the group's recent anniversary of 30 years since the first Christmas album and 40 years since the first Fresh Aire album and includes dazzling multimedia effects performed in an intimate setting. McCain Auditorium, 1501 Goldstein Circle, 207 McCain Auditorium, Kansas State University, 7:30-9:30 p.m.

MANHATTAN, 785-532-6425
k-state.edu/mccain/events/2017-2018

EXHIBITS/SHOWS

MAY 7-DEC 31

THE LEAGUE OF WIVES: VIETNAM'S POW/MIA ALLIES AND ADVOCATES

Open the Institute's new special exhibition with a discussion with 2017 Dole Archives Curatorial Fellow, historian Heath Hardage Lee, and POW/MIA wives on their leadership efforts during the Vietnam War, from breaking public silence to international diplomacy. The "Your Story, His Story, the Legacy" series focuses on stories of history and leadership from those with connections to Senator Dole's own life and career. Dole Institute Business Hours (9 a.m.-5 p.m. weekdays and Saturday, 12-5 p.m. Sundays). 2350 Petefish Dr. Free.

LAWRENCE, 785-864-4900
doleinstitute.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

■ CONTINUED ON PAGE 20

Cooper's Home Care

"An Alternative to Nursing Home Placement"

**Newly Remodeled and Renovated!
Ready for Admissions!**

Respite Care

Give yourself a break while assuring your loved one short- or long-term quality care.

Ask About

NEW ADMISSIONS DISCOUNT

Available for a limited time. Call for details.



Lillian Cooper



2139 PENNSYLVANIA IN LAWRENCE

We provide:

- Assisted Living
- Day care
- Respite Care
- Long-term care
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- Diabetic care
- Care for all types of dementia
- On-site eye examinations and follow-up care
- Glucose monitoring



A Holistic Approach to Nursing Care Providing Individualized, Specialized service and approaches, meeting the physical, social, spiritual, and medical needs of our residents in a home-away-from-home-like atmosphere.



Staff:

- Staff to resident ratio is 1:3
- Home physician and medical director
- Physical and occupational therapists
- LPN, CMAs, CNAs
- 24 Hour RN on duty

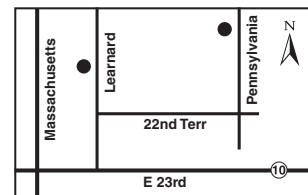
Staff functions include meal preparation and dietary planning, personal care, ADL's grooming, in-home beautician, and routine recreational, social and therapeutic activities.

Cooper's Home Care

"An Alternative to Nursing Home Placement"

785-865-2525

www.coopershomecareks.com



■ CONTINUED FROM PAGE 19

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

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 class different class schedules to meet your needs. For more information or to enroll, call the Community Building or search activity 127102 at www.lprd.org.

LAWRENCE, 785-832-7920

FIRST MONDAY OF 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 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

FLEXEXERCISE

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

VACCINE CLINICS

Zostavax (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

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

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

LAWRENCE, (785)748-8034

FRIDAYS

BLOOD PRESSURE CHECKS

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

LAWRENCE, 785-841-6845

SECOND THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

DEC 4-24

12 DAYS OF FITNESS EXERCISE CHALLENGE PROGRAM

Sign up for this fun and free, self-directed

program this December! The goal is for you to engage in at least twelve workouts of 30 minutes in length December 4-24. Give yourself a present for the holidays and stay fit! Participants will also receive "electronic" presents via email, including health and wellness tips and healthy recipes. To enroll, go to lmh.org, click on Wellness Resources and then Classes and Events; or email or call Aynsley Anderson Sosinski at aynsley.anderson@lmh.org, (785-505-3066). Enrollment deadline is Thursday November 30.

LAWRENCE

DEC 5

HEALTHY STEPS CELEBRATION

Regular mall walkers and those interested in getting fit are welcome to the monthly Healthy Steps Celebration at West Ridge Mall, 1801 S.W. Wanamaker, on the first Tuesday of every month. 9 to 10 a.m. in the food court on the upper level. Free blood pressure screenings, presentations about health and wellness, snacks and goodies, and a monthly prize drawing are included. HealthWise exercise instructor DeeAnn Boydston will lead a low-impact exercise class, featuring stretching, aerobics and strength moves at 9:30 a.m. All are welcome to join in.

TOPEKA

DEC 13

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Main Campus (West Lobby area outside the LMH Gift Shop), 325 Maine St., 8-9:30 a.m.

LAWRENCE, 785-505-5800, lmh.org

HOLIDAY EVENTS

NOV-JAN 1

CHRISTMAS IN LECOMPTON

Largest indoor Christmas tree exhibit in the Midwest with 120 Christmas trees decorated with antique and vintage ornaments. Includes a 15-foot live Christmas tree, 120 year old feather tree, World War II ornaments, German tinself 'scrap' ornaments from the late 1800's, barbed wire tree and more! Territorial Capital Museum, 640 East Woodson.

LECOMPTON, 785-887-6148

lecomptonkansas.com

DEC 2

WINTERFEST

Looking for the perfect holiday gift but want a special shopping experience, too? WinterFest is for you! Featuring live reindeer and a sleigh, horse-drawn carriage rides along the avenue (\$1 per person), carolers, and everyone from the Sugar Plum Fairy to Scrooge and Tiny Tim, WinterFest will be a holiday memory-maker for all. 6th and S. Kansas Ave., 10 a.m.-3 p.m. Free admission.

TOPEKA, 785-234-1030

visittopeka.com/events/festivals/winterfest

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DEC 2

DOWNTOWN LAWRENCE OLD-FASHIONED CHRISTMAS PARADE

The Lawrence Old-Fashioned Christmas Parade is one of the largest parades in the nation comprised exclusively of authentic horse-drawn carriages. Cozy up with hot cocoa and blankets and feel the true holiday spirit while watching dozens of beautiful horses and wagons adorned in garlands and bells to celebrate an American tradition this holiday season. Downtown Lawrence, 11 a.m. Free. LAWRENCE, 785-856-3040 or 785-979-9261 lawrencechristmasparade.org

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.

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD THURSDAY OF THE MONTH

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

THIRD FRIDAY OF THE MONTH

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

FOURTH THURSDAY OF THE MONTH

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

FOURTH FRIDAY OF THE MONTH

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

MEETINGS

SUNDAYS

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

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

MONDAYS

BREAST CANCER SUPPORT GROUP

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

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

LAWRENCE, 785-838-7885

OrthoKansasPA.com

MONDAYS

GRIEF SUPPORT GROUP

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

TOPEKA, 785-232-2044

FIRST MONDAY OF THE MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

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

FIRST & THIRD MONDAY OF THE MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

GRIEF SUPPORT GROUP

Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.

LAWRENCE, 785-505-3140

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF 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, 2920 Haskell Ave., 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

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 a.m. Westridge Mall (Food Court, Restroom Entrance). Free. TOPEKA, 785-354-6787

FIRST TUESDAY OF THE MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3 p.m. in Conference E of LMH. LAWRENCE, 785-830-8130

FIRST TUESDAY OF THE MONTH

MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE

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

LAWRENCE, 785-393-1256

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 SW 7th St. TOPEKA, 785-295-5555

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

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

LAWRENCE AREA PARTNERS IN AGING

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

FIRST THURSDAY OF THE MONTH

PARKINSON MEETING

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

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

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

■ CONTINUED ON PAGE 22

Kaw Valley Senior Monthly



Have *Kaw Valley Senior Monthly* delivered right to your home. Just **\$8.50** for 12 issues!

Name: _____

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Mail this completed form along with \$8.50* to:

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Lawrence, KS 66046

* Please make out check or money order to "Groenhagen Advertising."

■ CONTINUED FROM PAGE 21

**EVERY OTHER THURSDAY
GRIEF SUPPORT GROUP**

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

TOPEKA, 785-232-2044

**FIRST FRIDAY OF 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 SW 8th Ave.

TOPEKA, 785-235-6600

**SATURDAYS
LAWRENCE BRIDGE CLUB**

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

LAWRENCE, 785-760-4195

**ONE SATURDAY EACH MONTH
LAWRENCE DEATH CAFE**

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death.

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

LAWRENCE

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

Volunteer service club.

LAWRENCE, 785-331-4575

**SECOND MONDAY OF 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 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 www.facebook.com/lawrenceactioncivitan or call Jason.

LAWRENCE, 785-691-8520

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

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

LAWRENCE, 785-832-9900

**SECOND WEDNESDAY OF 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. Lawrence Memorial Hospital, Meeting Room A.

LAWRENCE, 785-505-3062

**SECOND WEDNESDAY OF THE MONTH
SOROPTIMIST INTERNATIONAL OF
TOPEKA**

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

TOPEKA, 785-221-0501

soroptimisttopeka.org

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

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.

LAWRENCE, 785-841-0030, 785-979-4692

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

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

LAWRENCE, 913-831-3888

**SECOND SATURDAY OF 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, LAWRENCE, 2 PM

**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
PARENTS OF ESTRANGED ADULT CHILDREN SUPPORT GROUP**

Meets at the Topeka & Shawnee County Public Library, Anton Room 202, 6:45 to 8:45 p.m. For more information. Please contact Jeff Landers.

TOPEKA, 785 224 5946.

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

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

LAWRENCE, 785-505-2712

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

Join representatives from Lawrence Memorial Hospital Oncology Center and the American Cancer Society for a general cancer support group. Open to anyone with any cancer diagnoses and/or family members or others affected by their cancer. For more information, contact Liv Frost at

785-505-2807 or email to liv.frost@lmh.org.
LAWRENCE

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

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE)

■ CONTINUED ON PAGE 23



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**Kaw Valley
Senior Monthly**

■ CONTINUED FROM PAGE 22

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, SW 10th & Gage. Dutch treat. Requires a reservation. Call Terry Frizzell at Heartland Hospice of Topeka for your reservation.
TOPEKA, 785-271-6500

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

THIRD SATURDAY OF 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 SW 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
tgstoepka.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@junio.com.
TOPEKA

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

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

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

SECOND SUNDAY OF THE MONTH MONTHLY GUIDED HIKE

Clinton State Park and AmeriCorps invite you to join us for monthly hikes through the park every Second Sunday through the coming year. Each journey will take you approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. We'll be exploring the understatedly hilly terrain and abundant wildlife of Eastern Kansas. Amateur arborists and bird watchers will be amazed at the numerous species present within

the park boundaries. Fee. Clinton Reservoir, State Park, and Wildlife Area, 798 N 1415 Rd., 1 p.m.
LAWRENCE, 785-842-8562
ksoutdoors.com/State-Parks/Locations/Clinton

DEC 2

KANSA PRAIRIE QUILT CLUB'S SHOW

Calling all quilters, crafters, and shoppers to the annual Kansa Prairie quilt club's show featuring our opportunity quilt called "No two alike." The quilt has dresdens plates and tating appliques on a whole cloth quilt in the form of snowflakes. It is indeed one of a kind, beautiful. You can purchase chances to win this quilt at the show, which will be given away to one lucky winner at 2 p.m. This show is free and you need not be present to win. Proceeds go toward non-profit organizations in Jefferson County. In addition, there is a boutique containing numerous homemade articles to purchase as Christmas gifts. There is a holiday open house happening as well in which there are many vendors present to assist with holiday shopping. Oskaloosa Middle School, 404 Park St., 9 a.m.-2 p.m.
OSKALOOSA

Five ways Social Security protects you and your family

By Norm Franker

Social Security District Manager in Lawrence, KS

Next payday, when you see a portion of your wages go toward FICA taxes, rest easier knowing that your investment in Social Security brings a lifetime of protections for you and your family.

From your first job and throughout your career, we track your earnings and give you credits for the contributions you've made through payroll taxes. Those credits can translate into important future benefits. As you prepare for a financially secure future, you should know about these five benefits that you, your spouse, and your children may become eligible for through Social Security:

Retirement benefits provide you with a continuous source of income later in life. If you've earned enough credits, you can start receiving your full retirement benefits at age 66 or 67—depending on when you were born.

You may choose to claim these benefits as early as age 62 at a permanently reduced rate, but waiting until after your full retirement age increases your benefit amount by up to 8 percent per year to age 70. Plan for your retirement at: www.socialsecurity.gov/planners/retire.

Disability benefits offer a financial lifeline if you're struck by a serious medical condition that makes it impossible for you to work and provide for yourself and your family and is expected to last at least one year or to result in death. Learn more at: www.socialsecurity.gov/disability.

Child benefits support your minor children while you're receiving Social Security retirement benefits or disability benefits. This financial support also is available to adult children who become disabled before age 22. Grandchildren and stepchildren may qualify in certain situations. Please see: www.socialsecurity.gov/people/kids.

Spousal benefits supplement a cou-

ple's income if one of the two never worked or had low lifetime earnings. In some cases, this benefit is also available to divorced spouses. Please see: www.socialsecurity.gov/planners/retire/applying6.html.

Survivor benefits ease the financial burden on your loved ones after you die by providing monthly payments to eligible widows, widowers, children, and dependent parents. It's likely the survivor benefits you have under Social Security carry greater value than your individual life-insurance policy. Read more about survivor benefits at: www.socialsecurity.gov/survivors.

You must meet specific eligibility requirements to receive any type of Social Security benefits.

Currently, Social Security provides benefits to more than 61 million American workers and their families. And we'll be there for you and your family through life's journey.

Learn more about all of our programs at www.socialsecurity.gov.

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Meals on Wheels of Eastern Kansas, Inc. joins Meals on Wheels America and Subaru in Sharing the Love this Holiday Season

Meals on Wheels of Eastern Kansas, Inc. is proud to announce that it will be participating in the 10th annual Subaru Share the Love Event as a member of Meals on Wheels America—one of four national Share the Love charitable partners supported through the promotion. From November 16, 2017 to January 2, 2018, Subaru of America will donate \$250 for every new Subaru vehicle sold or leased to the customer's choice of participating charity.

"Money raised will help us to continue to provide nutritionally balanced meals to the elderly and homebound individuals in our communities. Research shows a nutritious meal has been linked to remaining independent and avoiding unnecessary hospitalizations and premature nursing facility placements," said Heidi Pickerell, President & CEO of Meals on Wheels of Eastern Kansas, Inc. Participating Meals on Wheels

America members, like Meals on Wheels of Eastern Kansas, Inc., will receive a share of the donation raised by Subaru in their state.

"For the past 10 years, Subaru of America has partnered alongside the Meals on Wheels network to deliver nutrition, companionship and comfort to our nation's most vulnerable seniors," said Ellie Hollander, President and CEO, Meals on Wheels America. "Since 2008, Subaru's Share the Love Event has helped deliver more than 1.7 million meals to seniors served by Meals on Wheels. Funds raised through this year's event will come at a critical time for the Meals on Wheels network, allowing our boots on the ground to deliver even more of these critically needed services."

This year marks the automaker's 50th Anniversary in the U.S. and, for the second year in a row, there will be no cap on the total donation from Subaru

of America to its Share the Love charitable partners. At the culmination of this year, Subaru hopes to exceed a grand total of \$115 million donated since the creation of Share the Love to celebrate the 10th anniversary of the event.

By purchasing or leasing a new Subaru during the Event and select-

ing Meals on Wheels America as your charity of choice, you can help deliver nutritious meals and other important services to seniors right here in Shawnee and Jefferson Counties.

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LMH poised to buy 20-acre site for outpatient facility

Lawrence Memorial Hospital is taking steps to build a proposed outpatient facility in west Lawrence after the LMH Board of Trustees voted to direct staff to negotiate an agreement to purchase a 20-acre site directly south of Rock Chalk Park.

The plan is to construct a new state-of-the-art outpatient center with a strong focus on orthopedic and sports medicine, including surgical capabilities and a full outpatient therapy area for traditional and sports-oriented services. It also will emphasize convenience for patients and their families who need access to other outpatient services including an imaging center, as well as space for a large primary care clinic and specialty physician offices. The center potentially could accommodate other services, and planning already is underway to determine the best mix.

Since completion of the LMH strategic plan, Destination Health, the Board has been discussing acquisition of land in west Lawrence and creation of a facility plan. The concept of a regional orthopedic and sports medicine center of excellence is the outcome of the recently announced affiliation between LMH and OrthoKansas. A formal relationship will be in place January 1, and LMH CEO Russ Johnson said the work to make that happen has been smooth. "The alliance with OrthoKansas creates an opportunity to build a very strong regional presence with a partner who can provide the highest level of orthopedic and sports medicine expertise," Johnson said. "In addition we want to decentralize some of our services at our main campus and move what makes sense. We want to

make it easier for patients, more convenient, and more consumer friendly." Russ said criteria for the land selection included high visibility, convenient access, expansion potential and a fair price. The final price will be approved by the Board next month when they take formal action to approve the land purchase. A tentative timeline calls for groundbreaking in 2018 with the center

opening in late 2019.

Cindy Yulich, who chairs the Board, said the hospital's goal is to create a consumer-friendly and innovative center that serves LMH's growing outpatient programs.

"It's clear that healthcare is shifting to outpatient services that are convenient and cost less," she said. "We want to get out in front of that trend. The plan

is to create a facility that reflects the commitment LMH made in our strategic plan to collaborate with healthcare providers and to be a partner for life-long health.

"Our collaboration with OrthoKansas reflects this commitment," she said. "It will be good for the community because it will enable us to deliver accessible, convenient care."

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RICK STEVES' EUROPE

Seaside traditions in Portugal's Nazare

By Rick Steves

Tribune Content Agency

Tucked into a far corner of Europe, just two hours north of Lisbon, is one of my favorite beach towns: Nazare, a Portuguese fishing town turned tourist retreat. Visitors are greeted by the energetic applause of the surf, widows with rooms to rent, and fishermen mending nets. This is a place to relax in the sun among cork groves, eucalyptus trees, ladies in petticoats, and men who stow cigarettes and fishhooks in their stocking caps.

Nazare strikes the ideal balance between romantic old-world Portugal and bustling seaside resort. Though most locals seem older than many buildings here, the town feels like a Portuguese Coney Island—humming with young people who flock here for beach fun. Off-season, it's almost tourist-free—the perfect time to take in the wild surf and get a feel for the local way of life.

The town's layout is simple: Super-skinny streets with sun-bleached apartment blocks stretch away from an expansive beach. The beach sweeps between the new harbor in the south and the cliffs to the north, capped by the old-town neighborhood of Sitio.

It seems that most of Nazare's 15,000 inhabitants are in the tourist trade, but it's not hard to find pockets of vivid and authentic culture. Somehow traditions survive. I like to stroll through the market and wander the back streets for a fine look at Portuguese family life. Laundry flaps in the wind, kids play soccer, and fish sizzle over tiny curbside hibachis.

Nazare is famous for its traditionally clad women who—at least according to local lore—wear skirts with seven petticoats (one for each day, or for the seven colors of the rainbow, or ... make up your own legend). While the story is somewhat of an invention for the sake of tourism, there is an element

of truth to it. In the old days, women would wait on the beach for fishermen to sail home. To keep warm in the face of a cold sea wind, they would wear several petticoats so they could fold layers over their heads, backs, and legs. Even today, older and more traditional women wear skirts made bulky by several—but not seven—petticoats. The ensemble is completed with house slippers, an apron (hand-embroidered by the wearer), a woolen cape, head scarf, and flamboyant jewelry, including chunky gold earrings (often passed down from generation to generation).

Nazare doesn't have any blockbuster sights, but its people-watching could keep you busy for days. The beach, tasty seafood, and a funicular ride are the bright lights of my lazy Nazare memories. The funicular—which leads from the beach up to the Sitio neighborhood—was built in 1889, the same year as the Eiffel Tower (and was designed by a disciple of Eiffel).

With its own church, museum, and main square, Sitio feels like a separate village on a scenic bluff. Up here, a stone memorial honors the nobleman and explorer Vasco da Gama, who stopped here before leaving Europe for India. A tiny adjacent chapel sits on the spot where a statue of the Black Madonna hid in the rocks throughout the 400 years of this region's Muslim Moorish rule, before it was rediscovered during the 12th-century Christian Reconquista.

Down along the beach, local folk music groups play and dance for visitors. On my latest trip, I was treated to a show by the town's oldest group, which has been kicking up Nazare's sand since 1934. If they're not on the beach, you'll find them dancing on a sidewalk inlaid with fine Portuguese stonework.

When these dancers were younger, the vast beach at Nazare was littered with colorful fishing boats that were hauled in by oxen or teams of fisher-

men. But ever since a new harbor was built south of town (a 30-minute walk away), the working boats are kept out of sight—only a few historic examples still ornament the sand. On the boardwalk, squadrons of sun-dried and salted fish are crucified on nets left under the midday sun. Locals claim they're delicious, but I'd rather eat barnacles!

Barnacles (“percebes”), my sentimental favorite here, are sold on the street like munchies. Merchants are happy to demonstrate how to eat them—like boiled clams, washed down with local beer. Fresh barnacles are expensive, as they are difficult and dangerous to harvest from the rocks they cling to in turbulent waves along the coast. But rip off the tough outer skin of one of these guys and pop it in your mouth, knowing it was harvested just hours ago ... and it's worth the expense.

With its black-shawl tradition and beachy hospitality, Nazare is a great spot for a vacation from your vacation. Kick back and share a bottle of chilled “vinho verde” on the beach at sundown, and enjoy the endearing charms of tranquil Portugal.

IF YOU VISIT...

SLEEPING: Hotel Praia has 80 spacious, renovated rooms and is an easy walk to the beach (splurge, www.hotel-praia.com). Hotel Ribamar has a rare old-world atmosphere and 25 small rooms (moderate, <http://ribamar.pai.pt>).

EATING: Taberna d'Adelia is popular for fresh fish and unpretentious cheerful ambience (splurge, Rua das Traineiras 12, tel. 262-552-134). Restaurante A Tasquinha dishes authentic Portuguese cuisine (moderate, Rua Adriaio Batalha 54, tel. 262-551-945).

GETTING AROUND: Everything in Nazare is within walking distance of the main square, Praca Sousa Oliveira. To get to the old town (Sitio), take the funicular.

TOURIST INFORMATION: www.centerofportugal.com.

- 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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JAY'S MUSICAL MEMORIES

Jay Wachs presents the top 10 holiday songs of all time

By Jay Wachs

It's that time of the year again, friends, and for us it is truly the most wonderful time of the year. It's a time to reflect on family, friends and occasions past and present. It's a time for hope and peace and happiness.

And it's also time for holiday music. To kick off our very first *Kaw Valley Senior Monthly* column, we thought we would share our top 10 favorite holiday songs as chosen by the staff of www.santastation.net.

1. Bing Crosby "White Christmas"
2. The Carpenters "Merry Christmas Darling"
3. Jonny Mathis "It's The Most Wonderful Time of The Year"
4. Nat King Cole "The Christmas Song"
5. Paul McCartney "Wonderful Christmas Time"
6. Eartha Kitt "Santa Baby"
7. Gene Autry "Rudolph The Red Nosed Reindeer"
8. Donny Hathaway "This Christmas"
9. Ella Fitzgerald "Sleigh Ride"
10. Burl Ives "Frosty The Snowman"

"White Christmas" originally appeared in the 1942 movie "Holiday Inn," which featured Bing Crosby and Fred Astaire. It appeared again in the 1954 movie "White Christmas" which



featured Crosby and Danny Kaye.

The song was written by Irving Berlin and is widely considered to be one of the most popular holiday songs of all time.

- Jay Wachs is the owner and operator of LawrenceHits.com the online and APP based radio station serving all of NE Kansas. The station plays a wide variety of oldies from the 60s through the 90s from classic pop, rock, country and soul music genres.



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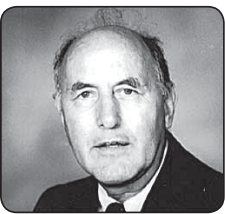
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HUMOR

The Letongaloosa Register-Journal-Challenger-Sun Chronicle Christmas Edition

Looking at the pages of the Tuesday edition of *The Letongaloosa Register-Journal-Challenger-Sun Chronicle*, Managing Editor Isabella Frost knew it was going to be a long shift. Ever since she was a young, bright-eyed copy editor, ignoring the clock on the wall had been a tradition. There was a lot to do and she had a “to-do” list a mile long.



Larry
Day

After nearly 40 years in the newsroom, that was one thing that never changed. Isabella was used to working late. To be honest, she enjoyed the time it took and the excitement of putting out a newspaper, especially during the holiday season. She liked seeing all of the photos and the heartwarming stories of the town coming together.

Even after all these years, working on the newspaper always filled her heart with joy. She had succeeded. Isabella had come into a business in which newspapers were produced with hot metal type spit out by huge Linotype machines. She had had the intelligence and spunk to master all the publishing innovations that followed. And the time seemed to have flown by.

Now Isabella remembered she needed to make room for the full-page ad that would accompany the feature spread for Dexter Dolby’s new movie, *Attack of the 50-Foot Reindeer*. She made a mental note that she needed to include milk to her list of things to pick up on her way home. Then she contin-

ued gazing at the words and pictures in tomorrow’s layout.

Isabella was content with the work she had done. Then something peculiar caught her attention—she couldn’t look away. Every story seemed to be in a “Top 10 List” format. As she clicked through the sections, there was list after list. There were lists on every page. Isabella knew that lists are a quick and effective way to tell a story. She keeps countless lists stored in her phone: “to-do” lists, lists for potential articles, and so forth.

Even the grocery list on her refrigerator is synced to her phone. If she forgets to write milk on her shopping list, Isabella can send the list that is on her refrigerator to her phone and move on.

There is a “Top 10” list for everything nowadays. It seems that every newspaper, magazine and media outlet in the world uses that format to convey information to the masses.

And Isabella saw that *The Letongaloosa Register-Journal-Challenger-Sun Chronicle* is definitely keeping up with current trends. The headlines staring back at her were: *Top 10 Best Christmas Gifts for Chefs*, *The 10 Best Christmas Yodeling Albums of 2017*, *Merry Duggins’ List of the 10 Best Christmas Movies*.

Thankfully, the piece on Dexter’s new movie premiere would return an element of tradition to this edition. Dexter was Isabella’s longtime friend. He was also a beloved movie legend in Letongaloosa. After making his premiere film, *Attack of the 50-Foot*

Turkey, Dexter got a good job at a big film production company on the Pacific Coast.

Now he was back in Letongaloosa for the holidays to showcase his follow-up film: *Attack of the 50-Foot Reindeer*. It was exciting that Dexter had come back here where his career began, and Isabella was excited to be doing Dexter’s homecoming interview.

Dexter had been a student at Letongaloosa Community Junior College when Isabella taught a writing course. She later supervised his internship at the newspaper. She had followed his career ever since. She saw that Dexter’s story was front and center—the highlight of the Lifestyle section.

After giving the Tuesday edition a final look-through, she checked some final things off of her own “to-do” list

and headed off to the grocery store. It had been a long day. She was happy to be going home to close her eyes and relax.

As soon as Isabella woke the next morning, she reached for her phone to check her schedule for what was going to be another long day. Then she made her way to the newspaper and into the newsroom.

She grabbed a copy of the paper and flipped to the Lifestyle section. There was Dexter Dolby’s big smile, his sparkling eyes and his “Top 10 Favorite Sci-fi Movies.” The sight filled Isabella with joy!

- 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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WOLFGANG PUCK'S KITCHEN

Finding fault with fennel isn't an option when you taste this delicious dish

I am often fascinated by the kinds of foods and flavors that some people may love while others refuse to eat them. We call such ingredients "acquired tastes," because those who love them optimistically believe that, prepared properly and served under the right circumstances, anyone can develop a craving for them.

Some acquired tastes can easily win over converts simply through the right



Wolfgang
Puck

kind of introduction. Take fennel bulb, for example, which is at its peak of season right now and can be found in farmers' market stalls and well-stock supermarkets alike.

Also known as Florence fennel or by the Italian finocchio, this vegetable is actually a member of the carrot family. But, rather than being slender and usually orange, white and pale-green fennel roots are bulbous, almost heart-shaped, and they're distinguished by a flavor most people consider very similar to licorice.

And that's where the challenge comes in. Most people think of licorice as a flavor for candy, and even that candy itself is an acquired taste. So why would you want to eat it as part of a savory preparation?

The answer is that, when properly cooked, fennel develops a satisfying, deeply savory sweetness as appealing as that of caramelized onions.

For proof of that fact, I'd like to share one of my longtime favorite recipes for an impressive yet simple main course: roast rock cod with fennel and beurre blanc. Though it starts with a whole fresh fish (which you should ask your seafood shop or supermarket department to clean and scale for you), it's surprisingly easy to prepare, and cooks

in just around half an hour. But that's enough time for the two fennel bulbs in the recipe to give the mild-tasting fish a wonderful aroma and flavor, while also forming a delicious vegetable side along with the potatoes, onions and tomatoes combined with it in the roasting pan.

The result is a dish that will have everyone you serve it to asking, "What is that beautiful, delicate flavor?" And you'll have succeeded in gaining new fans for the easily acquired taste of fennel.

ROAST ROCK COD WITH FENNEL AND BEURRE BLANC

Serves 4 to 6

1 whole rock cod, about 1 1/2 feet (46 cm) long, cleaned and scaled, or similarly sized whole fish such as snapper or black bass

Kosher salt

Freshly ground black pepper

5 medium fennel branches

2 fennel bulbs, trimmed and cut lengthwise into slices 1/2-inch (12-mm) thick, plus 1/2 fennel bulb, trimmed and finely chopped

4 fingerling potatoes, cut into slices 1/2-inch (12-mm) thick

2 medium yellow onions, cut into slices 1/2-inch (12-mm) thick

4 medium-sized tomatoes, cored and cut into wedges

Pinch crushed red pepper flakes

Extra-virgin olive oil

1 1/2 cups (375 mL) dry white wine or water

3 shallots, finely chopped

2 tablespoons Pernod or anisette

8 tablespoons unsalted butter, cut into pieces, at room temperature

1/2 lemon, juiced

2 lemons, cut into halves or wedges, for garnish

Fresh Italian parsley sprigs

Preheat the oven to 400 F (200 C).

With a sharp knife, cut an incision 1-inch (2.5-cm) deep all along the length of the fish on both sides of the

backbone. Perpendicular to those incisions, cut incisions 1/2-inch (12-mm) deep into the flesh at 1-inch (2.5-cm) intervals. Season the fish all over, including the incisions and cavity, with salt and pepper. Put 4 fennel branches in the body cavity.

Spread 2 of the sliced fennel bulbs, plus the potatoes, onions and tomatoes, on a rimmed metal baking sheet. Sprinkle with salt, pepper and red pepper flakes. Drizzle generously with olive oil. Place the fish on top, body cavity down and backbone up, and drizzle generously with more olive oil. Pour half of the wine or water over the fish and vegetables.

Place the baking sheet on top of the stove over two burners set to medium-high heat. As soon as the liquid in the baking sheet starts to steam, carefully transfer the baking sheet to the preheated oven. Roast the fish, basting it occasionally with the juices from the pan, until its flesh easily separates from the bone when an incision is probed with the side of the basting spoon, 20 to 25 minutes.

Meanwhile, in a saucepan over medium-high heat, heat about 3 tablespoons of olive oil. Add the shallots and chopped fennel bulb, and saute, stirring frequently, until translucent

but not browned, 3 to 5 minutes. Remove from the heat. Carefully add the Pernod, which may flare up as its alcohol burns, and then pour in the remaining white wine or water and stir. Scrape to deglaze the pan deposits. Simmer briskly until the liquid has reduced to about 1/4 cup (60 mL), about 10 minutes.

Whisking continuously, add the butter to the pan 1 or 2 pieces at a time until it melts, forming a thick, creamy sauce. Season to taste with salt and pepper and stir in the lemon juice. Pour the sauce through a fine strainer held over another saucepan, and press down on the solids with the back of a wooden spoon to extract all the liquid. Finely chop the fronds of the remaining fennel branch, stir all but 1 tablespoon into the sauce, and adjust the seasonings to taste. Keep warm over low heat.

Use a pair of large spatulas to transfer the fish to a serving platter. Arrange the roasted vegetables around the fish and drizzle with 1 or 2 spoonfuls of the sauce. Garnish with lemons and parsley, drizzle the fish with a little more olive oil, and serve, passing the sauce separately.

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MY PET WORLD

Reward tricks with treats to help dogs learn new behaviors

By **Cathy M. Rosenthal**
Tribune Content Agency

Dear Cathy: My neighbors moved away and could not take their dog with them. We took Buster in with us. He is a five- or six-year-old lab mix. Buster took to his new surroundings very well. He is housebroken, very gentle and obedient. All in all, he's a very nice dog and we are happy with him, except when it's supper time; he is at the table just waiting for table scraps. No matter where he is in the house, if we open the fridge door, he shows up. We assume he did this with his previous owners. Can we teach this old dog new tricks? - Dave, Lynbrook, NY

Dear Dave: You bet you can. No matter what age, dogs love to learn, and Buster sounds like a ready student. Even if you never hand him another table scrap, Buster's mental map won't let him forget someone once gave him a tasty treat from the table or fridge.

The trick is to replace the old behavior with an entirely new behavior and his love of treats will come in handy here. For example, when he shows up

at the table during meal time, stand up, point your right arm and finger over his body and in the direction that you want him to go, and say the word "out." You may have to take a few steps toward him to move him in the right direction.

Once he complies and is where you want him, ask Buster to "sit," "down," and "stay" where he can still see you. Then give him a dog treat for complying. Initially, you may have to do this several times during a meal for several weeks until he completely understands what you want. He should eventually take his position just outside the dining room when meal time occurs because he knows that is where he will get his treat. Give him a treat after dinner too when he learns to not beg anymore.

The same technique can be done to keep him out of the kitchen too. Just always remember to mark the behavior with a marker word, like "bingo," or a "click" from a clicker, and then give him a treat. Be consistent over the next few weeks and I promise he will learn what you expect from him.

Dear Cathy: Last year, I adopted

two male cats who were not previously paired. Fred is about 10 years old, is mellow and sleeps all day. Casanova is two years old, sweet and affectionate cat, but also a stinker toward Fred. When Fred is sleeping, Casanova suddenly pounces on him. Currently, Fred is missing some fur on his side. I don't know how to stop this behavior. There are separate areas for food as well as two litter boxes. Any help would be appreciated. - Leslie, Chicago, IL

Dear Leslie: It doesn't sound like the cats are fighting, only mildly not getting along. That usually works out in time, but since it has been a year, let's try a few other things.

First, play more with Casanova. He may have some youthful pent-up energy that needs an outlet. You will be doing Fred a big favor.

Second, the missing fur probably isn't from fighting, but stress licking by either one of them. Plug-in some feline pheromone diffusers in the rooms where they spend the most of their time or get each of them a pheromone collar. Pheromones can help reduce stress behaviors and may set a better tone for them to get along.

Dear Cathy: I read your response to the owner of a dog, Bella, who would become aggressive at times to other dogs in the dog park. I agree with your suggestions, but would offer another one. Our dog, Latte, was brutally attacked and became aggressive to other dogs on walks. I sought a trainer

who suggested a few hours at a time of socialization through doggie day care. It was wonderful. Dogs are evaluated first and exposed to only a few at a time. It's similar to a dog park, but supervised. Just my thoughts. - Karen, Nazareth, PA

Dear Karen: Doggie day cares might be willing to help, depending on the level and type of aggression expressed. Since Latte was the one attacked, he is a good candidate for a day care willing to build his trust in other dogs again. The dog who attacked Latte, however, would not likely be accepted. Doggie day cares evaluate dogs before letting them in their programs, so Bella's mom could certainly inquire about it.

- 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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You can also send it to me by email at tom.mach@yahoo.com. Go to www.memoriesareforever.com for more information. Don't worry about spelling or grammar as I would be happy to edit it and send it back to you for approval. This column will cease to exist if I don't receive memories from our Senior Monthly readers. Thanks. - Tom Mach



Tom
Mach

My Surprise Christmas 1952

By John Davis

The pungent smell of burning backyard trash drifted to the front porch. Strings of gray and navy smoke stretched out like fingers weaving a dark shroud through the neighborhood. My rubber boots crunched over week-old frozen snow. Brick walls on three sides, with street traffic on the other, surrounded our small yard. Summer beanstalks lay lifeless, dangling head-first over the retaining wall. Fall's mums held the frozen blooms until

their shriveled stems broke off at the neck.

The warmth of the trash barrel drew me closer. Other renters had filled it with discarded magazines, old puzzles, and a half-empty box of chocolates. I wondered why people threw away things I did not have. I longed for a Christmas filled with gifts like these.

Stella, a spinster neighbor with a noseey demeanor, called to me from across the alley.

"Hey, does your mother know what you're doing?"

"She's at work," I said.

"You'd better get away from that fire before you burn yourself up." She stood on her back porch, with both hands on her hips, tapping her foot, until I left.

Out front, a bell clanged as the streetcar stopped. I rushed to see mom step off into the snow. I recognized her maroon beret. She wore it everywhere, to church, to work, even to grandma's house. Dad said she looked like Santa's helper. Her cheeks were pink, her step unsure, but her smile never faded. She clutched two shopping bags.

"You should be inside. You'll catch your death out here," she said.

"I want to carry the bags."

"They're fine. Just open the door for me, please." Mom brushed against me as she hurried through the doorway. She held the bags high above my reach. I removed my boots and pushed the heavy door closed.

"You hungry?" she asked. I nodded.

"C'mon. I'll fix us some sandwiches."

We went to the kitchen where she snapped off the metal key to open a can of Spam. The meat gurgled as it slid out of its rectangle coffin.

"Wash your hands," she said.

I bit into the sandwich and my spirit ascended when I tasted the moist salty pork.

"Want some milk?" Mom unlatched the window where she kept the milk refrigerated between the screen and the window frame.

"Oops. You like the milk got too cold?" She shook the slushy bottle in front of me. The milk came out in lumps. "Let's pretend it's ice cream," she said.

Time alone with mom was time to treasure. She asked what I dreamed about, what I wanted to be, and where I wanted to live when I grew up.

"I want to marry you and we'll live here," I said.

Mom's eyebrow lifted as if thinking.

"Okay. But two conditions. First, we keep this from your father and second, if you find someone you like better, you marry her."

I agreed.

"Now, finish your sandwich. I got some things to wrap. Grandma and grandpa are coming for Christmas."

"Cool." I knew Grandma would bring ribbon candy and homemade divinity.

###

Dusk brought a rose-colored horizon to the west while an angry green sky formed to the east. Large snowflakes

quickly stacked on our window ledge.

Car tires spun on the hill as large men wearing dark jackets pushed on bumpers. The exhaust fumes seeped through the cracks around our door. Mom began to pace. She stroked dad's chair as she held back the starched curtains to see the street.

"Where can they be?" She sat and held her chin in her hands with her elbows balanced on her knees.

"Are you crying," I asked. She wiped her eyes and pulled me into her arms. I felt her trembling.

Dim headlights stopped in front of our window.

The front door blew open and snowflakes tin-

gled on my face.

"Merry Christmas," Dad dragged a pine tree through the doorway. "Look who I brought us." Grandma and Grandpa stepped in from the cold, and closed the door.

Mom released her grip and I ran to greet them, first, gentle Grandpa, who smelled like Prince Albert tobacco, rigid Dad, who smelled like Jim Beam, and soft Grandma, who smelled like springtime.

"Is Santa going to bring you something nice?" Grandma asked me. I hugged her tight.

"He already has."



John Davis

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LIZ SMITH

Mamma Mia! - At long last, Cher's back on screen!

By Liz Smith

Tribune Content Agency

“IN this business it takes time to be really good and by that time, you're obsolete,” said Cher.

Yeah, she said it, but it never happened to her!

If Cher is no longer on the cutting edge of music—despite the unprecedented fact that she scored number one hits in every decade of her fame, from 1965's “I Got You Babe” to 2011's “You Haven't Seen the Last of Me”—she has never looked or behaved in an obsolete manner.

Her good humor, essential humanity and reality in regard to her career and flamboyant image, have kept her affectionately beloved, beyond the strenu-

ous and often miscalculated efforts of others. (She gives great show; she knows what her fans want—the big hits, the elaborate costumes, the obvious enjoyment of being there.)

Now comes word that Cher will join old “Silkwood” pal Meryl Streep in the sequel to 2008's “Mamma Mia” movie, titled “Mamma Mia: Here We Go Again.” This will be Cher's first major screen appearance in seven years (“Burlesque” was her last star turn).

Personally, I adored the long-running stage show, with its obvious bow to the 1968 Gina Lollobrigida sex comedy, “Buona Sera, Mrs. Campbell” and all those fabulous ABBA songs. The movie was horrific, an assault, I thought. But it made \$600 million, so clearly I was

pretty much alone in my opinion.

Cher, who I hope has plenty to do—and sing—can only improve the sequel. She will be joined by others of the original cast, including Colin Firth, Christine Baranski and Amanda Seyfried.

Cher back on screen. There is reason to hope in these dark days.

•••

CHANNEL-surfing, I found myself once again coming across, and staying with, the 1960 John Wayne comedy/adventure “North to Alaska.” Wayne is always Wayne, but ... what's wrong with that? He had his etched-in-stone persona and it was iconic and enjoyable. He didn't pretend to be more (or less) than he was. But as usual, it is Capucine, as the saucy, naughty lady along for the bumpy ride, attracting the likes of James Stewart, Fabian, Ernie Kovacs and, of course, The Duke, who dominates the film. She is gorgeous, sexy, vulnerable and comically adept. It is probably the best of her three most famous American films—this, “Walk on the Wild Side” and “The Pink Panther.” (Some said she was miscast as the brothel-bound lady, dominated

by butch Barbara Stanwyck in “Walk on...,” but I found her perfect. Ditto young Jane Fonda in the same movie.)

Hard to believe, watching her romp through “North to Alaska,” that she didn't have a greater career in the U.S. or a happier life—she would die a suicide in 1990.

Ah, but that's the great wonder of film, and its availability, ever since the advent of videocassettes back in the day.

Capucine, aptly named “Angel,” will forever pull open a curtain, to reveal herself dressed in glittering red, all but knocking Mr. Wayne off his feet.

•••

SPEAKING of movies, I've recently been made aware of a new free streaming service called Moviezoot.com. You bring it up on your computer. They show films as varied as Bardot's “And God Created Woman,” “A Farewell to Arms” and “Another Man's Poison” (Bette Davis' wretched but entertaining follow-up to “All About Eve”), the vicious noir, “Detour” with the aptly named

■ CONTINUED ON PAGE 35

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Liz Smith

■ CONTINUED FROM PAGE 34

Ann Savage, “His Girl Friday,” “The Prince and the Showgirl” and even the disastrously fascinating Elizabeth Taylor/Richard Burton TV epic, “Divorce His/Divorce Hers,” filmed as their first marriage shuddered to its liquor-soaked end.

Now, I’m not sure if the service provides both films—one showed the divorce from Taylor’s angle, the other from Burton’s, but as long as they include Taylor’s loony confrontations with the late Carrie Nye, then married to Dick Cavett, it’s worth it.

At one point, Taylor, wearing a silk night gown and terrifyingly voluminous hair that evoked Louis XIV, snarls at Nye “How could anyone have an affair with you? You’re not even beautiful!” As Nye continues to tattle, Taylor shoves her violently and screams, “Stop talking! Stop telling!” Nye, who in real life was a fabulous wit—and even wrote a deliciously scathing piece on her experiences with the Burtons for Time magazine, replies: “You know, most of the time, I’m very fond of you. It just sometimes you annoy me very, very much.” As Nye exits the scene, she actually gives Miss Taylor’s mammoth coif, a little flick of her finger. It’s that kind of thing that makes the film well worth a peek. Have a cocktail.

Best thing about Moviezoot? Most of the prints are quite good.

•••

MAIL: Thank you to reader John Cucchiara, who reminded us that back in 1972, Julie Harris won the Tony Award for her performance in James Prideaux’s short-lived but much-praised play “The Last of Mrs. Lincoln.” Which, indeed, I actually saw! (It was also filmed by PBS.) However, the title says it all—it was the “last” of Mary, her final tragic years.

I still feel the time is nigh for a full-bodied feature film about the entirety of Mary’s life—from ambitious childhood and adolescence (“my husband will be president of the United States) to first lady and beyond. But again—thanks, Mr. Cucchiara!

Since writing about Mrs. Lincoln, several people have asked me who I envision in the role. I have to say, I keep thinking Reese Witherspoon. I know, I know—but Reese is a very youthful-looking 41 and brimming with the kind of upfront vitality that marked Mary; a vitality that is such an aspect of the best performances of Miss Witherspoon herself.

•••

ENDQUOTE: “The longer I live, the more I read, the more patiently I think, and more anxiously I inquire, the less I seem to know. Do justly. Love mercy. Walk humbly. This is enough.”

So wrote John Adams, the second president of the United States, to one of his grandsons, toward the end of a long and eventful life.

As our political fortunes sink into buffoonery, lack of humanity and a want of intelligence on the highest order, I have been delving back into our history.

The quote above is culled from David McCullough’s massive “John Adams,” which I re-read in one night. I was inexplicably—well maybe not so inexplicably—moved time and time again, by this life story, this tale of our young, and for a brief while, totally idealistic country.

I had also forgotten that both Adams and Thomas Jefferson died on July 4, 1826, the 50th anniversary of the Declaration of Independence. As McCullough details how these two men—friends, then foes, then great friends, and brilliant correspondents, in their final years—struggle to stay alive until that glorious anniversary, I had to put the book aside several times to compose myself.

Bette Davis’ Margo Channing declared she detested “cheap sentiment” and some might find my emotions on such long-gone events, cheap or overwrought. Whatever. We were—we are—a country of great ideas of equality and freedom. Ideals we have had to improve, amend, rethink. And we will have to fight to continue this. More than ever.

In this, an uncertain time, I still live in hope.

- E-mail Liz Smith at MES3838@aol.com.

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Both vulnerable, South deals

NORTH

♠-6 4

♥-J 5

♦-Q 10 8 6 4

♣-A K 5 2

WEST

♠-K J 8 7 3 2

♥-Q 10 9 8

♦-K

♣-10 4

EAST

♠-9 5

♥-A 7 4 3

♦-J 9 3 2

♣-J 8 6

SOUTH

♠-A Q 10

♥-K 6 2

♦-A 7 5

♣-Q 9 7 3

The bidding:

SOUTH WEST N O R T H

EAST

INT 2♦* Dbl 2♥

Pass Pass 3NT Pass

*Both majors

Opening lead: 10 of ♥

Pony Nehmert has been a mainstay on the German Ladies Team for 25 years. She was South in today's deal, from a team match some years ago. North didn't have a good bid at his second turn, so he bid three no trump hoping his partner had both majors

stopped. She did! That's why she plays for her country.

The opening heart lead went to the jack and ace. Declarer ducked the heart continuation and then won the third round of the suit. At the other table, the declarer at this point tried a low diamond, losing to West's king. West cashed a heart and exited with a club. When the diamonds split poorly, declarer had to concede a trick to the king of spades for down one.

When Nehmert played the hand, she started diamonds by playing the ace at trick four. There is little to choose between leading the ace or leading low, but when Nehmert's play dropped the king, she knew that the diamonds were misbehaving and the timing was completely different. Nehmert cashed four club tricks and the queen of diamonds before leading a spade to the queen. West won with his king and cashed the good heart, but he then had to lead a spade into declarer's ace-10. Making three!

It might seem that a better defense would be for East to shift to a spade at trick two. Declarer can still prevail, regardless of which spade she plays from her hand at trick two, as long as she doesn't duck another heart. A similar end-play will develop.

- 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 responses may be sent to tcaeditors@tribpub.com.

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PUZZLES & GAMES

CROSSWORD

Across

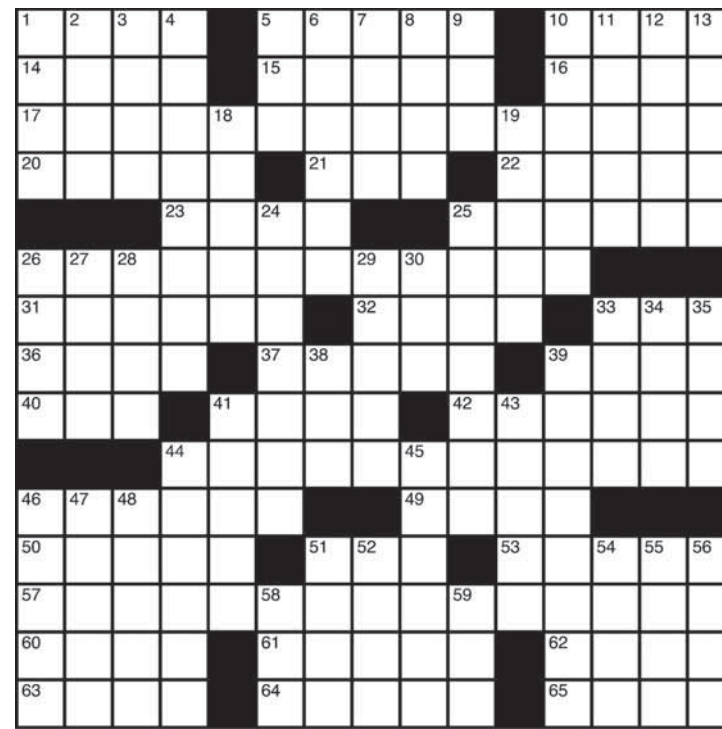
- 1 Alpine racing obstacle
- 5 Whisks
- 10 Thought-provoking
- 14 Arkin of "Argo"
- 15 Prenatal test, for short
- 16 Former "Fashion Emergency" host
- 17 Bug
- 20 Industrial Revolution power source
- 21 Kilt wearer's refusal
- 22 Destructive insect
- 23 Bering Sea port
- 25 Invigorates
- 26 Bug
- 31 Cocoon and Posturepedic
- 32 Parks in American history
- 33 Cuba libre ingredient
- 36 Confident
- 37 Flags down
- 39 Cuba libre ingredient
- 40 Decorates with Angel Soft, briefly

- 41 "Now that you mention it ..."
- 42 Places for French lessons
- 44 Bug
- 46 Backless furniture
- 49 Pallet piece
- 50 Put up with
- 51 One to hang with
- 53 Pro shop set
- 57 Bug
- 60 4-F's opposite
- 61 Intense
- 62 Cuba libre ingredient
- 63 Part of a wine list
- 64 Migratory birds
- 65 It's measured in inches

Down

- 1 Some square dancers
- 2 Settled on a branch
- 3 Zap
- 4 Involve in a complicated way
- 5 Negative decree
- 6 "8 Mile" rapper
- 7 "Breaking Bad" Emmy

- 8 Buster Brown's dog
- 9 Ground cover
- 10 Deeply religious
- 11 Dubai dignitaries
- 12 Link between speakers
- 13 Reviewers of academic essays
- 18 Atlanta university
- 19 Scary name in 2014 news
- 24 Kitchen gadgets
- 25 Five-time NBA MVP Bill
- 26 Wordless summons
- 27 Do another stint
- 28 Couple in a dinghy
- 29 Superfluity
- 30 Moviefone parent co.
- 33 Othello or Iago
- 34 Hula strings
- 35 Difficult spot
- 38 ___ carte
- 39 Instrument panel array
- 41 Cunning
- 43 Adjuster's concern
- 44 Beverages sometimes made from potatoes
- 45 Archipelago parts
- 46 Relish
- 47 Chophouse choice



- 48 Quieted, in a way
- 51 Rate
- 52 Reason for cold compresses and extra blankets
- 54 Chief god of Asgard
- 55 Literary sea captain
- 56 Large quantity
- 58 Sign of a canine excitement
- 59 Bridal bio word

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

JUMBLE

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

TRIYD [] [] [] []
DUMIH [] [] [] [] [] []
NILDAN [] [] [] [] [] []
FUBTEF [] [] [] [] [] []

How about kicking the ball, Cam? I wish he'd pull the weeds in our yard. Ha! Mine's chasing butterflies.

WHILE WATCHING THEIR KIDS PLAY SOCCER, THE PARENTS HAD A _____

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

Print your answer here: [] [] [] [] [] [] [] [] []

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SCRABBLE GRAMS

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[] [] [] [] [] [] []	[]	RACK 1
A ₁ I ₁ C ₃ S ₁ T ₁ P ₃ S ₁	[]	RACK 2
[] [] [] [] [] [] []	[]	RACK 3
A ₁ U ₁ U ₁ G ₂ J ₈ R ₁ L ₁	[]	RACK 4
[] [] [] [] [] [] []	[]	RACK 5
O ₁ O ₁ W ₄ N ₁ C ₃ R ₁ R ₁	[]	RACK 6
[] [] [] [] [] [] []	[]	RACK 7
E ₁ O ₁ U ₁ D ₂ L ₁ B ₃ D ₂	[]	RACK 8
[] [] [] [] [] [] []	[]	RACK 9
I ₁ O ₁ M ₃ R ₁ C ₃ H ₄ B ₃	[]	RACK 10

PAR SCORE 270-280
BEST SCORE 334
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.

FIVE RACK TOTAL _____
TIME LIMIT: 25 MIN

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

Answers to all puzzles on page 38

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

SUDOKU SOLUTION

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

SCRABBLE GRAMS SOLUTION												
S ₁	P ₃	A ₁	S ₁	T ₁	I ₁	C ₃	RACK 1 =	<u>61</u>				
J ₈	U ₁	G ₂	U ₁	L ₁	A ₁	R ₁	RACK 2 =	<u>65</u>				
C ₃	O ₁	R ₁	N ₁	R ₁	O ₁	W ₄	RACK 3 =	<u>62</u>				
D ₂	O ₁	U ₁	B ₃	L ₁	E ₁	D ₂	RACK 4 =	<u>72</u>				
R ₁	H ₄	O ₁	M ₃	B ₃	I ₁	C ₃	RACK 5 =	<u>74</u>				
PAR SCORE 270-280							TOTAL	<u>334</u>				

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JUMBLE ANSWERS

Jumbles: DIRTY, HUMID, INLAND, BUFFET

Answer: While watching their kids play soccer, the parents had a -- FIELD DAY

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MY ANSWER

Read the Bible slowly, and in segments

By Billy Graham

Tribune Content Agency

Q: I've tried several times to read the Bible, but I've finally given up. It's just too big and too confusing. Maybe it's just for preachers and Bible teachers and people like that. I know I sure haven't gotten anything out of it. - J. McF.

A: Let me assure you that the Bible isn't just for preachers or Bible teachers; it's for everyone! God gave the Bible to us and He wants every one of us to be able to read it and learn from it. The Psalmist said, "It gives understanding to the simple" (Psalm 119:130).

How can you begin to discover the Bible's treasures for yourself? Let me make several brief suggestions. First, read the Bible intelligently. Get a Bible you can understand—a reliable modern translation with print you can easily

read. (My wife used to say that the devil liked nothing better than Bibles with print so small you couldn't read them!) Your local Christian bookstore can help you with this.

Then read the Bible systematically. Don't skip around; begin reading a portion of a book every day. I suggest beginning with Psalms, or with the Gospel of John, which tells us who Jesus is and what He has done for us. Don't try to read too much; you might read only a paragraph or so at first. Before you start, ask God to help you understand it, and then read it thoughtfully and carefully. What does it tell us about God, or Jesus, or how God wants us to live?

Finally, read the Bible obediently. What does God want to teach you through this passage? What difference should it make in your life? Make the Bible part of your life every day, and

God will use it to change you into the person He wants you to be.

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

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