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January 2017

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Vol. 16, No. 7

INSIDE

KEVIN GROENHAGEN PHOTO

Steve Lopes: Listening to those in crisis.

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SENIOR
profile **R**



2017

SENIOR RESOURCES DIRECTORY

A special pull-out section in the JANUARY 2017 issue of Kaw Valley Senior Monthly.

This month's issue features a 12-page "Senior Resources Directory." See inside.

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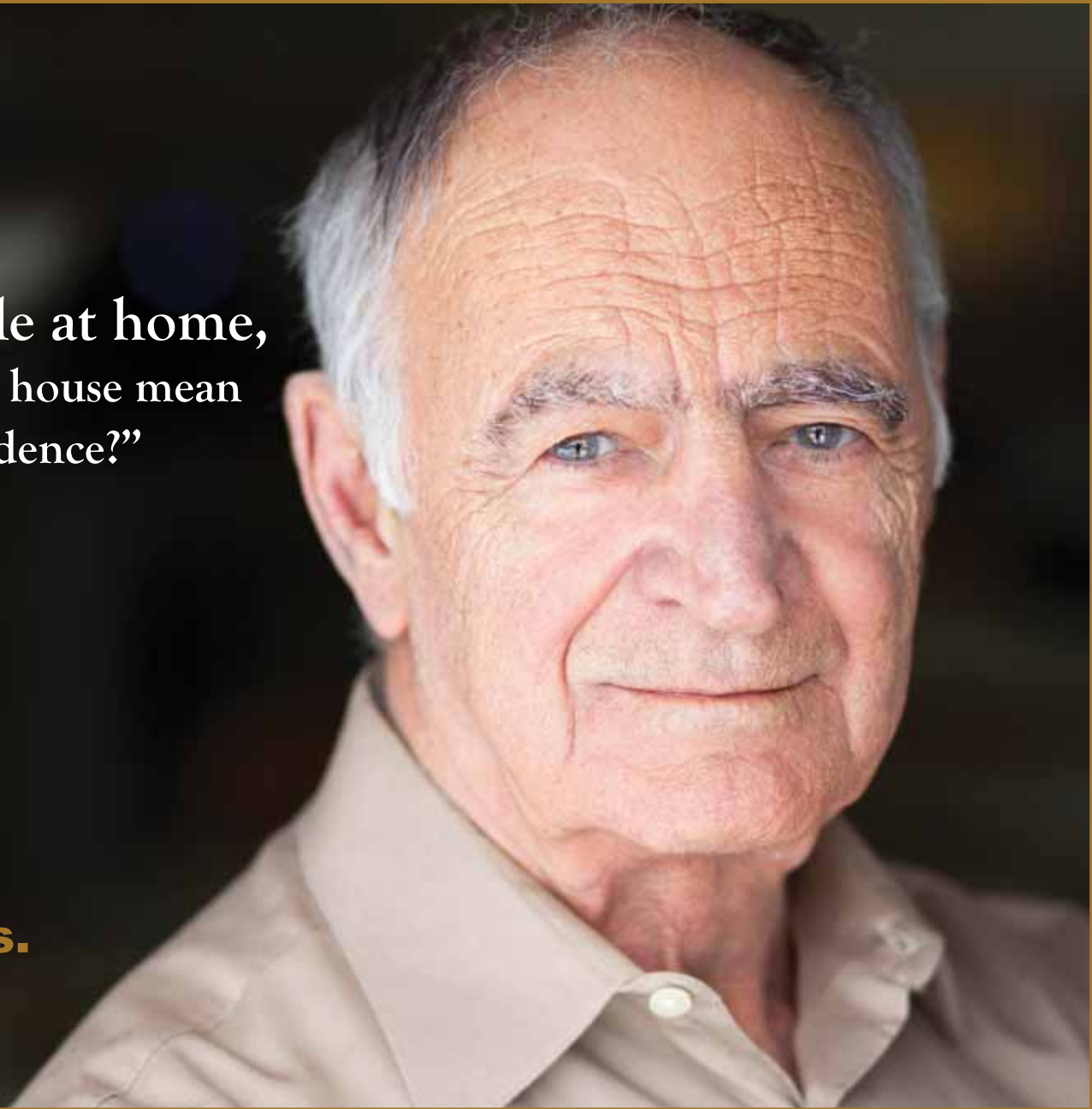


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SENIOR LIVING

Lopes finds volunteering at Headquarters rewarding

By Kevin Groenhagen

Steve Lopes, Lawrence, retired from the Kansas National Education Association in 2011 after working as an organizer for the teachers union for three decades. He was looking for something else to do, so he considered becoming a volunteer at the Headquarters Counseling Center in Lawrence.

Headquarters, whose trained volunteer counselors have answered calls from all phones with a Kansas area code since 2001, is the only crisis center in Kansas that is part of the National Suicide Prevention Lifeline. Each year, the center's volunteers answer about 25,000 calls for help.

"I went to a recruiting informational meeting, which Headquarters runs three times a year, and decided to apply," Lopes said. "The application process is very vigorous. At that time, it was about a six-page application, and they asked a lot of things, such as 'Have you ever been arrested?' and 'Do you have drug problems?' It's very personal stuff because we have to vet

our trainees to make sure they're qualified. And then there's at least an hour-long interview."

"After the interviews, a committee of the interviewers meets to consider the applicants," Lopes continued. "A majority are accepted, but there are always a few who maybe aren't currently in the right state of mind, or might be better qualified for the training in a year or so. We look for volunteers who are nonjudgmental and empathetic as those are two things we can't train. So, when we screen people for the training, we ask a lot of questions about empathy. When I went through the training, I had my own little glitch. I have a hard time counseling child abusers, but I have to talk to them, and work hard to listen to and empathize with them. Trainees commit to nine weeks of training. We do a lot of role playing. The training also includes an observation shift in which they come in during the week for three hours and kind of shadow a counselor through



Steve Lopes with Andy Brown, Headquarters' executive director

their work. The trainee and counselor will have conversations about calls during the shift. At the end of training, Kristin Vernon, the director of counsel-

ing services, decides when volunteers are ready to go on the phones. For six weeks after the training, new volun-

■ CONTINUED ON PAGE FOUR

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Kevin L. Groenhagen
Editor and Publisher

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Steve Lopes

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teers can only be paired with experienced counselors. They can't be on the phones alone. After those six weeks, they're considered fully-qualified counselors."

Lopes has been a volunteer at Headquarters for five years now and, at 73, is the counseling center's oldest volunteer.

"There's probably about a dozen of us who have been here for more than a couple of years," Lopes said. "Most of the volunteers are college students. Many are psychology majors. KU professors actually recommend that they take our training because it provides an excellent hands-on counseling experience. We ask for a commitment of 300 hours after they finish the training. If they're students, they graduate and move on. But we have a guy in Denver who still volunteers for us. He does our chat from his home computer."

In addition to being a volunteer, Lopes served as the interim executive

director of Headquarters from November 2013 until Andy Brown became the executive director in May 2014. He is also a certified master trainer in Applied Suicide Intervention Skills Training, and has done training for Bert Nash, Lawrence Memorial Hospital, the Lawrence school district, and, of course, Headquarters.

"The training is really intense," Lopes said. "It's 100 hours and much like Marine boot camp. We tear them down and then build them up again. The volunteers are stronger after they've gone through the training. They have to be."

"We really get into some personal stuff," Lopes continued. "I've had people crying in my training sessions because it set off unpleasant past memories. They may have lost someone to suicide, or had suicide attempts themselves."

In "The Listeners," a documentary that followed a cadre of new volunteer trainees at Headquarters during the fall of 2013, Lopes noted that those personal experiences are in fact positives when selecting candidates for the training: "The perfect candidate has had a

lot of [expletive] in their lives."

Unfortunately, suicide touches more people than many of us realize.

"I have a PowerPoint presentation with a slide that shows an iceberg," he said. "At the tip of the iceberg are the suicides that are reported. There are roughly 500 reported in Kansas each year. Then under the water line you've got the ones that were made to look like accidents but weren't recorded as suicides. Then you have the suicide attempts. Then you have the suicidal thoughts. When I get through with the iceberg, it shows that it is a rare person who is untouched in some way by suicide."

Lopes is one of those rare persons. However, he believes being older is also a positive when it comes to counseling others.

"Being older, I don't burn out," he explained. "I don't get shocked too easily. I've had calls that didn't go well, but I recover very quickly. I'm very fortunate. I usually do overnight shifts. Some of the young folks can't

do overnights because it usually takes them two or three days to recover. I believe seniors make great volunteers because they have a lifetime of experience, and that can be a real resource for us."

Since taking calls from those who are suicidal can be very stressful, Lopes said the volunteers are trained in self-care.

"We're constantly monitoring our volunteers to make sure that they don't burn out," he said. "We've had burn outs. It happens. The analogy I use is the briefing you get when you get on an airplane. You put the oxygen mask on your face first before you help someone else put on theirs. We're very sensitive to that. We monitor each other. Sometimes someone has had a call that didn't go well and they need to talk about it. I'll counsel them. Sometimes they'll need a hug. I'll hug them. It's very much a family kind of thing at Headquarters. I totally respect anyone who's going to put themselves

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Regular Session: 2 PM

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Steve Lopes

■ CONTINUED FROM PAGE FOUR

in a position of becoming a volunteer counselor. There's a lot of respect among the volunteers. We take care of each other."

According to Lopes, he didn't really learn to listen to others in need until he became a Headquarters volunteer. "When I worked for the teachers union, no one ever called to say they were having a good day," he said. "They'd say, 'Hey, Steve, I'm in trouble. I need your help.' I thought I knew how to listen then. I'd meet with them and ask them if they wanted to file a grievance, or file a lawsuit. I'd cut to the chase. Well, the skill that I had for all those years actually worked against me when I went through the

training at Headquarters because one of the things you can't do is cut to the chase. One of the things we teach our volunteers is to let the people at risk tell their stories. The worst thing you can say is 'No, no, you can't kill yourself!' The most important thing we can say to them is 'Why do you want to kill yourself? What drove you to this point? Tell me your story.' One of the rewards of

this work is when someone opens up and I can help them get it out and feel better. It's very important to make that connection because you can't help anyone until you've connected with them. This is a very important skill that I wish I had

learned 40 years ago." "Our goal is to keep people safe for now," Lopes continued. "Not safe forever. A lot of times I'll get a call in the middle of the night from someone who



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is suicidal. I'll calm them down, but they say they're going to do something in the morning. We almost always ask them if we can do a callback. A lot of times when we call back, things are better. These callbacks are very valuable and very much appreciated by people at risk."

Given the valuable services Headquarters provides, you might expect it to be a well-funded counseling center. Unfortunately, that is not the case.

"One of the problems we have is many people think Headquarters is funded by the government," Lopes said. "We aren't. We're almost exclusively funded by donations. We've been pretty shaky financially for a long time. Hopefully, we'll get a steady

stream of funding." Headquarters' volunteers provide about \$300,000 in free labor every year. However, it still needs to raise about \$240,000 every year to operate. Less than half of that is for the salaries of the center's employees. The rest is needed for rent, utilities, and \$18,000 per year needed to recruit, train, and retain approximately 60 volunteers.

Headquarters' funding issues led to the temporary suspension of volunteers being available from midnight to 8 a.m. for several months three years ago. Headquarters resumed 24/7 counseling in part because Drew Harger, then an assistant treasurer for KU's student government and one of the

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Steve Lopes

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Headquarters trainees featured in “The Listeners,” in January 2014 convinced the student senate to open a line of funding for Headquarters.

On November 10, Brown announced Headquarters had started a Save Headquarters campaign, which had the goal of raising \$90,000 by December 5 so the center could keep operating beyond December 31. That fundraising effort was a success, with \$60,000 raised by December 5 and a matching grant from the Kansas Department of Aging and Disability Services of up to \$25,000 for any donations received through December 31.

Headquarters opened in 1969 as a drug crisis center for teens and young adults in the Lawrence community. In “The Listeners,” Marcia Epstein, who served as the executive director of Headquarters from 1979 to 2013, noted that the center’s name originated from the word “heads,” which was associated with members of drug subculture during the late 1960s. The life-line for drug users quickly evolved into a center for any concern and for people of any age. Since 1985, Headquarters has been very involved with suicide prevention, although Epstein noted that suicide counseling was always a part of the center’s mission from the beginning because suicide would often come up while talking to callers.

“Calls aren’t only from those who are suicidal,” Lopes said. “We also take calls from those who need help with other issues, including depression and anxiety.”

If you need help right now, you can reach Headquarters 24/7 every day at 785-841-2345. Headquarters also offers online emotional chat support Tuesday through Saturday from 11 p.m. to 2 a.m.

Headquarters will hold informational meetings for prospective volunteer counselors on January 25 at 6 p.m., January 26 at 6:30 p.m., January 30 at 7 p.m., and January 31 at 7:30 p.m. Training begins Sunday, February 12. If you are interested in joining Lopes and becoming a volunteer counselor with Headquarters, please visit

www.headquarterscounselingcenter.org/volunteer or call 785-841-9900.

“I’ve never been so satisfied with work in my life,” Lopes said. “It’s very meaningful. I’ve talked people out of suicide. I’ve also had people who can’t sleep at

night and just need someone to talk to. It’s very rewarding to know that I talked to that person for an hour and now they’re relaxed. They can then go to sleep.”

Lastly, while Headquarters met its fundraising goal last month, the center

will continue to rely heavily on contributions from individuals. You can contribute online at www.headquarterscounselingcenter.org, or mail checks made out to Headquarters, Inc. to PO BOX 999 Lawrence, KS 66044.



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Pioneer Ridge Independent Living set to open in February

By Billie David

Pioneer Ridge is preparing to celebrate the opening of its Independent Living facility, the third component of the Pioneer Ridge campus' "continuum of care" or "aging in place" concept, which it can now offer to seniors looking to retire in the Lawrence community.

In fact, the Pioneer Ridge Independent Living building itself could be called a little community within a larger one.

"This meets the needs of a lot of individuals," said executive director Steve Cardwell. "Three meals a day, a pub, restaurant-style dining, a 36-seat theater, game rooms, a beauty and barber shop—it has everything a small community would have."

Pioneer Ridge Independent Living is located on the same campus as the Pioneer Ridge Health & Rehab facility that offers 24-hour nursing care for both long-term and rapid-recovery patients,

and Pioneer Ridge Assisted Living, a senior living community for residents who can no longer live on their own but who don't require 24-hour nursing care. Independent Living residents, under the concept of continuum of care, will have first priority to admission to either of the other two facilities on the Pioneer Ridge campus, should the need arise.

The newly constructed Pioneer Ridge Independent Living facility offers 77 apartments, including studio apartments, three sizes of one-bedroom apartments, and two sizes of two-bedroom apartments. Each of the apartments has a washer and dryer and a complete kitchen with wood cabinets and granite counter tops.

Perhaps the most important aspect of the facility, however, is the concept behind how the apartments are arranged.

"The big thing we're really focusing on in a number of areas is socialization," Cardwell said.



Artist rendering of Pioneer Ridge Independent Living's main dining room

The building, which is approximately 140,000 square feet, is designed so that the apartments surround an inner living area.

"There's a very fine dining hall, or

you can dine in the pub area in the evenings," Cardwell said. "In the mornings you can either go to the dining hall or go to our coffee shop and dine

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Pioneer Ridge

■ CONTINUED FROM PAGE EIGHT

on pastries.”

Another aspect of the building's design is the convenience it offers to those who choose to bring a small pet to live with them, because of the easy access that pet owners have to the outdoors through the patios, rather than going through the inner living area.

“Small pets are fine,” Cardwell said. “Several people have already reserved rooms that have pets.”

Also encouraging socialization are the game room, library, chapel, activities room, pub, theater, community room, convenience store, and fitness center.

The fitness center uses the Welcamp fitness club concept, designed for seniors who are in independent living situations. All Pioneer Ridge Independent Living residents are automatically members.

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“It is a franchise that we are using here,” Cardwell said. “There is a personal trainer to make sure each person is getting what they need. We set up a program for each person. We have state-of-the-art equipment to improve balance, strength and range of motion, and the machines keep track of their progress.

“Research shows that if a person exercises three times a week using our program, they can increase their strength by 50 percent in three months,” he added.

In addition to the fitness instructor, Pioneer Ridge Independent Living will have a chef, an activities director, housekeeping, and a van for doctor appointments and scheduled activities.

Pioneer Ridge Independent Living is targeting an opening for February.

“Hopefully in early February,” Cardwell said, adding that the building is coming along well and that they have been interviewing for a chef and other positions.



Artist rendering of Pioneer Ridge Independent Living's exterior.

Pioneer Ridge plans to hold a large open house with a Chamber of Commerce ribbon cutting.

“We are expecting a large number of people to come to the open house, probably in early March or maybe late February,” Cardwell said.

The Pioneer Ridge campus is located at 4851 Harvard Road, at the intersection of Harvard Road and Wakarusa Drive. More information can be found at the website www.midwest-health.com/pioneer-ridge or by calling 785-749-4200.

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Answers to your Medicare questions

Q: Are Medicare Part B premiums increasing in 2017?

A: Yes, but for most beneficiaries, not by very much. If your Part B premium is withheld from Social Security benefits, by law it can only increase by the same amount as the benefits increase in 2017. That's typically going to be about \$4 per month. Since 70% of Medicare beneficiaries are in this situation, they will only go up to about \$109 per month compared to \$104.90 for the past four years for those on Medicare before 2016. Many 2016 newly eligible beneficiaries will see an average \$4-\$5 premium increase from their 2016 premium of \$121.80, and pay about \$125-\$127 per month for those who joined this group in 2016. The exact amount will depend on the size of your Social Security benefit increase.

Q: What about people who don't qualify for the lower premium increases based on their Medicare Part B premiums not deducted from their Social Security check and for other reasons? How much will they pay?

A: Some beneficiaries will not qualify for the rule that limits the size of the Part B premium increase. These include: people who do not yet collect Social Security benefits; people who will become new beneficiaries in 2017; people who have their Part B premiums paid through a different process, such as Federal retirees; and people who pay an additional premium already, because of their income. People on both Medicare and Medicaid, whose premiums are paid by their States, are also ineligible for limits on premium increases. All beneficiaries in those categories will see an increase in their Part B premiums to \$134.00 per month

(higher for those with income-related surcharges). These groups together account for about 30% of Medicare's 58 million beneficiaries.

Q: Are Medicare Parts A and B deductibles going up, too? Will some people be exempt from those increases?

A: The Part A deductible for an

inpatient hospital admission is going up from \$1,288 in 2016 to \$1,316 in 2017. Co-insurance for stays beyond 60 days, and for stays in a skilled nursing facility following an inpatient admission will also modestly increase, by just over 2% in 2017.

The Part B deductible is increasing from \$166 in 2016 to \$183 in 2017.

These increases will apply to all beneficiaries; so all beneficiaries will still be subject to the new deductible and co-pay amounts in 2017.

For more information about 2017 premiums and deductibles, you can go to www.medicare.gov, or call Medicare any time of day or night, at 1-800-MEDICARE [1-800-633-4227].

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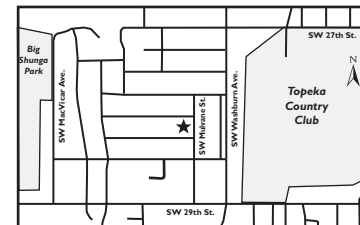
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Don't let winter weather catch you by surprise

(BPT) - When severe weather hits this winter, the difference between being safe and stranded can often come down to how prepared you are. A recent survey by AccuWeather found that the number one weather-related concern Americans have this winter is being caught by surprise by inclement weather. People also worry about being stranded while traveling or experiencing heat or power outages at home. What's more, weather damage statistics show they have valid cause for concern.

According to the United Nations, extreme weather and natural disasters have killed more than 600,000 people and left behind trillions of dollars in damage over the last two decades.

While you can't control the weather, predictive tools can help people better prepare for weather. Knowing when inclement weather is going to arrive, and what to expect, can help people avoid weather-related damage to their homes and vehicles, and stay safer

and healthier throughout the winter season.

Types of winter weather damage

Snow, ice, wind and extreme cold are common causes of winter weather damage. Accumulated snow and ice can cause roof collapses, and bring down trees or power lines. Heavy snowfall can force road closures, leaving people in rural areas isolated for long periods of time. Even a small amount of ice can cause roads and walkways to be slick and dangerous for vehicles and pedestrians.

Extreme cold can also cause pipes to burst and make furnaces worker harder to warm homes. It can cause car batteries to fail and even create cracks and fissures on paved roads and walkways.

Preparedness tips

The top thing you can do to prepare yourself for inclement weather is to be informed and ready, monitoring local weather information and updates.

AccuWeather's new preparedness program, AccuWeather Ready, takes its commitment to keep people prepared

and safe even further with the addition of weather preparedness tips and tools including in-app push notifications when bad weather is coming, personalized weather preparedness plans, and tailored emergency kits with detailed shopping lists, adding to the most accurate forecasts all available on the 24/7 AccuWeather Network, AccuWeather.com/Ready and the AccuWeather app.

In addition to monitoring the weather, take these steps to ensure inclement weather never catches you by surprise:

- Create emergency kits for your home and car. Your home kit should include water for drinking and cleaning, at least a three-day supply of non-perishable food, a flashlight with extra batteries, first aid kit, basic tools like a wrench or pliers, a manual can opener, and a solar charger for your cell phone. Your vehicle kit should include a warm blanket, ice scraper and/or liquid deicer, a shovel, bottled water, non-perishable food, LED flashlights, flares, spare clothes, a first aid kit, basic

tools, jumper cables, and an additional source of traction such as sand you can pour under the tires.

- Have a family emergency communication plan. Inclement weather that moves in quickly can leave loved ones separated. Discuss how everyone will contact each other if you're separated, and where family members caught away from home will go for shelter.

- Winterize your home and vehicle to ensure both are in top condition to weather the winter.

- Keep backup materials on hand, such as extra clothing and blankets, non-perishable food, bottled water and a backup generator with plenty of fuel in case the power goes out.

Winter weather is nothing to overlook—taking easy, proactive steps to prepare before bad weather arrives, in addition to monitoring AccuWeather for trusted information, is critical to keep you, your home and your loved ones safe throughout the season.

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Michelle Cuevas-Stubblefield joins DTI

Michelle Cuevas-Stubblefield has joined Downtown Topeka, Inc. (DTI) as Director of Marketing and Membership. Previously with Jones Huyett Partners, Michelle brings with her a wealth of marketing and strategic planning experience. Mrs. Cuevas-Stubblefield has been involved in a variety of community service organizations and leadership initiatives. As director, Michelle is tasked with cultivating relationships with membership, creating marketing initiatives, and planning DTI hosted events for the benefit of member businesses.

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A senior-friendly workout to improve movement and prevent injury

(BPT) - Exercise is good for everyone, but seniors with mobility or balance issues may wonder what kind of exercise they can do that will be safe, easy and effective. Jogging outdoors, running on a treadmill or lifting weights at the gym aren't always practical—or enjoyable—activities for everyone. However, one type of exercise works for everyone, no matter your age or ability, because it relies on improving practical movements often involved in everyday activities.

“Natural movement is universal, and it's about bringing movement back to the basics,” says Bradly Prigge, wellness exercise specialist with the Mayo Clinic's Healthy Living Program. “It's not about following the latest fitness craze or learning the newest secret to weight loss. Natural movement is about connecting with your body and cultivating an awareness of your full abilities.”

Rather than engaging in strenuous activity for its own sake alone, natural movement training emphasizes improv-

ing the efficiency of practical movements which can include rising from a seated to a standing position, getting up off the floor, crawling, stepping under or over objects, and more. The objective, Prigge explains, is not just to improve health but also enhance how well you can perform each movement.

Efficient movement can help with balance, inspire more healthful activity, and provide practical benefits in everyday life—all of which are especially valuable to seniors facing mobility or health challenges.

“The practice and training of movement shouldn't feel like a chore or something you have to do,” Prigge says. “Rather, it should empower and liberate you, and, as a result, enhance your life. Natural movement training can help improve your strength, mobility and conditioning, but they're not the direct goal. Those improvements are the result of practicing and developing movement skills that are directly transferable to real world situations,

like rising from a seated to a standing position, walking with balance and confidence, and lifting a bag of groceries without injury.”

Natural movement is for everyone because at its most basic level it incorporates movements that are instinctual to all humans. For example, a natural movement workout might include crawling on your hands and knees for 30 seconds to a few minutes, sitting on the floor and swiveling hips and knees to facilitate standing up, or balancing while walking across a beam.

“I realized just how organic this type of exercise is after attending a natural movement training class,” Prigge says. “I came home and saw my 2-year-old daughter doing the same kind of moves I'd just learned in training, without anyone teaching her to do them.”

Prigge offers some advice for making the most of your natural movement workout:

- Pay attention to your movement and strive to develop awareness of your

body's sensations, and how different movements feel. For example, where do you feel pressure and/or tension in your body when making a particular move? How does shifting your body weight or changing position alter those sensations?

- Only perform movements and positions that your body allows without producing pain. Just as walking, sitting, standing and other everyday movements shouldn't cause pain, your natural movement workout should also be pain-free.

- It's all right—and even advisable—to use your hands for support or raise your hips with bolsters or pillows until you develop greater mobility and strength.

- Be kind to yourself and realize it is important to meet yourself where you currently are, rather than where you used to be or feel you should be.

To learn more about natural living and the Mayo Clinic Healthy Living Program, visit healthyliving.mayo-clinic.org.

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MAYO CLINIC

Symptoms from herniated disk often effectively treated without surgery

DEAR MAYO CLINIC: What is the typical treatment and recovery time for a herniated disk? At what point should surgery be considered?

ANSWER: In many cases, pain and other symptoms caused by a herniated disk resolve with time and self-care measures. When medical treatment is required, therapy that doesn't involve surgery often is all that's needed to effectively treat herniated disk symptoms. However, if your symptoms significantly limit your day-to-day activities, if you have nerve damage due to a herniated disk, or if your symptoms can't be controlled with other treatment, then spine surgery may be necessary.

Your spinal disks are the cushions between the individual bones, called vertebrae, that make up your spine. The disks have a soft center within a tougher exterior. A herniated disk happens when some of the center pushes out through a crack in the outer portion of the disk. A herniated disk may irritate or compress a nearby spinal nerve root. The result can be back pain, along with pain, numbness or weakness in an arm or leg.

For most people who develop back pain—whether because of a herniated disk or due to another problem—symptoms often go away within six to eight weeks. During that time, you can take steps to ease discomfort. Rest, apply heat or ice to the painful area, and take over-the-counter pain medication, such as ibuprofen or

acetaminophen, if you need it. If you have muscle spasms, taking a muscle relaxant also can be useful. If pain is strong, ask your doctor about getting a short-term prescription pain medication.

There are some red flags to watch for when you have back pain. Symptoms that should prompt a call to your doctor right away include developing a fever, chills, flu-like symptoms or a rash when your back symptoms start. You should also contact your doctor if you have significant or progressive weakness. If you develop significant bowel or bladder function changes, which are often associated with pain or numbness in the area around your rectum or genitals, have those symptoms evaluated as soon as possible.

If you notice back pain and your

immune system is suppressed for any reason, you have a history of cancer, you have unexplained weight loss associated with your back pain, or the beginning of the back pain was related to trauma, contact your doctor.

When symptoms lasts longer than eight weeks—or if you have any of the red flags mentioned earlier—see your doctor for an evaluation to investigate the underlying cause. Such an evaluation typically includes a magnetic resonance imaging, or MRI, exam of the spine and sometimes an electromyogram, or EMG. An EMG can show if any nerve roots have been damaged.

If tests reveal a herniated disk but no nerves are damaged and you don't have significant weakness or bladder or bowel problems, then medication, physical therapy and, in some cases, steroid injections typically are recommended. If pain and other symptoms can be adequately managed with those measures, they can be continued for as long as necessary.

Surgery for a herniated disk would be considered if there is nerve damage, if pain and other symptoms are so

severe that they interfere with daily activities, or if non-surgical treatment is not effective. Surgery often can resolve herniated disk symptoms more quickly than other treatments. In general, though, when there is no nerve damage, the long-term outcome for surgical and non-surgical treatment is the same when measured two years after symptoms begin.

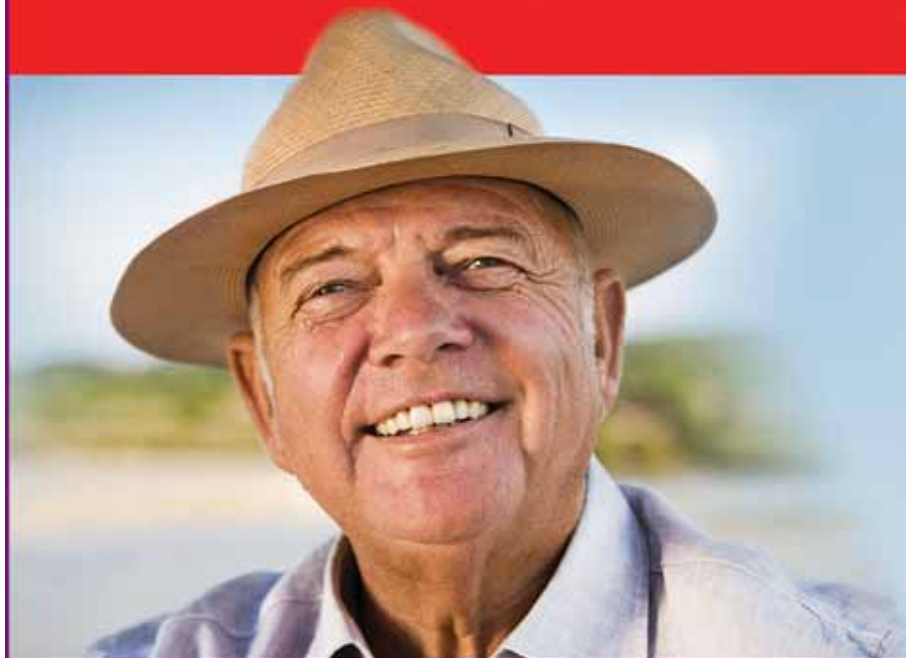
Fortunately, most people with a herniated disk never get to the point that they need to see a specialist or have advanced testing. Back symptoms usually go away on their own. Even for those who do need treatment, only a small minority has lingering chronic pain that does not resolve over time.

- James Watson, M.D., Neurology, 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

Urinary incontinence: Treatment for a common problem

By Heather Shire, PT

Urinary incontinence, or the accidental leakage of urine, is a common problem that affects roughly 25 million American adults and 200 million people worldwide. Approximately 75-80% of those affected are women. Along with the emotional burden, embarrassment and physical discomfort involved, there is a large financial impact. In the US, the cost of

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urinary incontinence among adults, in a 2000 study, was \$19.5 billion dollars. Of that total cost, 50-75% was attributed to necessities associated with incontinence such as protective pads/briefs and laundry costs.

Affects People of All Ages

Incontinence is generally more common in the senior population, but it can and does affect people of all ages—for example children with bed-wetting issues, athletes, pregnant and postpartum women and post-menopausal women. Though less common, it can be present in men with certain health conditions such as stroke, diabetes, or multiple sclerosis and is fairly frequent following surgical removal of the prostate gland. Other factors that may contribute to incontinence can include nerve problems, obesity, chronic constipation and infection. In addition, caffeine, alcohol and certain medications, especially diuretics (“water pills”) can make incontinence worse.

Several Types of Incontinence

Stress incontinence occurs when a pressure is placed down on the bladder and urine leaks. Common activities associated with stress incontinence

include coughing, sneezing and laughing which cause an internal force down on the bladder. Also, external forces such as bending, lifting, exercising or simply moving from sitting to standing can cause leakage. This is the most typical form of incontinence.

Urge incontinence is urine loss that occurs closely following a strong urge to urinate. This could also include feeling the urge to urinate and not having adequate ability to hold it back while proceeding to the restroom. This is also frequently referred to as **Overactive Bladder**.

Overflow incontinence occurs when there is poor ability to empty the bladder, causing the full bladder to spill urine out in the form of dribbling. This may also occur from holding urine for longer than normal periods.

Functional incontinence is defined by urine loss due to mental or physical inability to get to the toilet. Examples of this may include dementia, physical impairments affecting mobility or arthritis in the hands that makes it hard to unbutton and lower pants.

Mixed incontinence is typically a combination of stress and urge incontinence.

Transient incontinence is temporary bouts of incontinence due to health conditions such as a urinary tract infection or pregnancy.

Talk to Your Doctor

Many people live with incontinence and shrug it off as a normal part of aging. Though it may be common, it is by no means considered normal and can be treated. It's not unusual to feel embarrassed to talk about incontinence, but if staying dry is a problem, it is a conversation that could make a big difference in overall quality of life. Typically, family practice physicians and nurse practitioners as well as internists can treat bladder problems. They can test for urinary tract infections or any other medical cause for the incontinence. If for some reason, your doctor does not treat incontinence issues, ask for help finding a doctor who does.

Examples of doctors that commonly treat incontinence are urologists, OB/GYNs, or urogynecologists.

Making a Difference: Treatment Options

Treatment for incontinence can include things as simple as making some lifestyle changes, such as decreasing or eliminating caffeine or having a bladder voiding schedule to make sure it's not too long between toileting sessions. Losing weight can also decrease incidence of incontinence, so considering an appropriate weight loss plan might be a good step. There are certain medications that a doctor may prescribe that can be helpful, particularly for the urge incontinence/overactive bladder. In more severe cases of stress incontinence, surgery to lift and support the bladder may be indicated. Physical therapy is another good treatment option.

Physical Therapy: What to Expect

The pelvic floor muscles are a group of muscles that sit within the bony pelvis and aid in supporting our internal organs and helping us maintain continence and bladder control. As with any other muscle in our bodies, weakness or changes in tone can negatively affect function. Having weakness in the pelvic floor muscles is one factor that can lead to incontinence.

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A specially trained physical thera-

pist will sit down with you at the evaluation and take a thorough history as well as establish goals for your plan of care. The initial examination will involve an exam to assess the muscle strength and function of the pelvic floor muscles. The therapist will provide education and teach each exercise to appropriately strengthen the muscles. In addition, on subsequent visits, biofeedback may be used to aid in understanding how to use the muscles in a functional way. Other modalities such as electric stimulation are sometimes used to help with initiating a muscle contraction for very weak muscles.

Success with Home Program

Though it may only take 3-6 sessions to learn what is needed to improve, it is important to be consistent even after formal therapy has ended. You will be given a home exercise program to continue helping you strengthen your muscles and improve bladder control. Therapy will give you the knowledge and tools to help with bladder control so you can have more confidence and be more active.

- Heather Shire, PT works at Lawrence Memorial Hospital as an outpatient clinician who specializes in Pelvic Health issues and incontinence problems. She has been a physical therapist for over 20 years and has been at LMH for the past 12 years. For more information: LMH Therapy Services (785) 505-5712.



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HEALTH & WELLNESS

A look at Dong Quai

Last month's column introduced the herbal species Angelica. That column was a broad overview of the history and medicinal uses of this plant. This month we are taking a more in-depth look at one of the species of Angelica: *Angelica sinensis*, which is commonly called Dong Quai



Dr.
Farhang
Khosh

Dong Quai is a traditional Chinese herbal remedy that is growing in popularity in the Western world. This popularity can be attributed to the many medicinal benefits of this herb for both men and women.

A historical overview of Dong Quai begins thousands of years ago as a spice, tonic, and medicine in Asia. Today this medicinal plant is still used in Traditional Chinese Medicine. This species of plant belongs to the same family as parsley, celery, and carrots. Dong Quai grows at high altitudes in the cold, damp mountains of Asia. The thick roots of Dong Quai are used as medicine in the forms of tablets, tinctures, dried herb and powders. It takes approximately three years for the plant to reach maturity and then it is harvested.

How does Dong Quai work? Research indicates that the root may have estrogen effects and may influence other hormones in animal studies. Due to its estrogen affects, Dong Quai has sometimes been called the "female ginseng." However, this root also has the reputation as the "ultimate herb" for both men and women. It is a great balancer of body systems, especially for women's gynecological hormonal systems. It has been commonly used for many health conditions in women. These health conditions include treating premenstrual syndrome (PMS), lack of sexual desire, pelvic pain,

infertility, menstrual cramps, amenorrhea (lack of menstruation), recovery from childbirth, and postmenopausal systems including hot flashes. Some research indicates that Dong Quai contains compounds that may help reduce pain, open blood vessels, and stimulate and relax the muscles of the uterus.

Men have used Dong Quai to treat premature ejaculation and sexual dysfunctions. Dong Quai is used in both men and women for heart conditions, high blood pressure, inflammation, headache, infections, and nerve pain. Dong Quai is often used in combination with other herbs for the heart, spleen, liver, lung, and kidney meridians in Traditional Chinese Medicine. It is thought to work best in people who have a calm, reserved profile, and is thought to be a warming herb. Dong Quai is believed to help nourish the blood and balance energy.

Other conditions that Dong Quai have been used for include arthritis, migraine headaches, ulcers, joint aches and pains, sciatica, immune system problems, anemia, shingles, alopecia, constipation, allergies, psoriasis, and rosacea and other skin conditions. Dong Quai is effective in reducing anxiety and useful in combatting stress. It has been used to reduce the severity of mood swings.

- 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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ESTATE PLANNING

Give your estate a check-up

Just as your doctor runs tests to assess your physical health, you need to give your estate plan a periodic check-up. This column highlights some of the items to review.

You should have an incapacity / if-I-die file with the documents and information your designated representative will need to take care of your affairs.



**Bob
Ramsdell**

Now is the time to ensure these are up-to-date. For example, I make copies of all end-of-year financial statements and place them in my safe deposit box (removing those from the prior year). If I am incapacitated or die later in the year, the balances may be different but my Successor Trustee will be able to determine each institution at which I

have accounts, along with the type and number of each account.

Do you own any property in joint tenancy where another joint tenant died in 2016? If so, have you taken steps to have that person removed from the ownership records? For a joint financial account, you can accomplish this by providing the financial institution with the certified Death Certificate. For real estate, documentation must be recorded with the Register of Deeds. This can be a Death Certificate, but I recommend recording an Affidavit of Death & Survivorship to lessen the risk of post-mortem identity theft (as property records are open to the public and a Death Certificate includes the deceased's full SSN, place of birth, names of parents, etc.)

For a married couple, has one spouse experienced a decline in health such that nursing home care may become necessary? If so, do you have the wealth to pay for care out-of-pocket or a long-term care insurance policy with sufficient benefits to cover the cost? Few do. If qualifying a spouse for

Medicaid coverage of nursing care is a possibility, you need to consult with an attorney experienced in Medicaid planning sooner rather than later. Medicaid has complex rules that may result in significant penalties if you run afoul of them. This can even occur years before you apply, such as for transferring assets to other persons without full consideration or purchasing an annuity that is not Medicaid compliant.

If you don't have a plan for what happens upon your death or incapacity, then get one done. If you have a plan, then review the provisions in your existing documents to see if they are still what you want. If your Will nominates guardians and your children are now adults, it's no big deal—that portion of your Will is simply ignored. However, if your children are still minors but you've decided you would want someone different to serve as guardian, then getting that provision updated is very important.

Are you still comfortable with the persons named as your primary and back-up healthcare agents, attorneys-in-fact, trustees, executors, etc.? If anything causes you to question the integrity or capability of anyone named as a fiduciary, then execute updated documents naming someone else. Also look for "holes" in your plan caused by the death, incapacity, or move to Timbuktu of your fiduciaries.

Are your beneficiary designations up-to-date and coordinated with the rest of your plan? Who gets your life

insurance and retirement accounts is determined by the beneficiary designations on file, not your Will or Trust. The same is true if you've made any pay- or transfer-on-death designations.

Do you know for certain how your property is titled? And that the titling matches your plan? On several occasions I've assisted surviving widows who were surprised that all or a portion of the ownership of their home was held in the name of the deceased spouse who died intestate—leaving them half of that interest with the other half split among the deceased spouse's children. These widows were not amused.

Does your existing plan include a credit shelter trust funded by a formula? If so, this might leave nothing outright to your surviving spouse given the significant increases in the federal estate tax exclusion since 2001. If that's not what you want, you need to change it.

Should you decide upon any changes, ensure they are done via legally valid documents. Marking up documents and initialing the changes will not pass muster, and might even invalidate your existing documents.

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



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JILL ON MONEY

Making a charitable gift? Use this checklist

The U.S. is the world's second most generous nation in the world (after Myanmar), according to the Charities Aid Foundation (CAF). Americans gave \$373.25 billion in 2015—and with changes to the tax code likely to occur next year, there could be a surge in giving in 2016.



Jill
Schlesinger

Financial planners and tax preparers are urging clients to step up their charitable giving this year because deductions are likely to be less valuable or potentially go away in the coming years. As you rush to complete your donations, you should be aware that earlier this year, IRS Commissioner John Koskinen warned, "Fake charities set up by scam artists to steal your money or personal information are a recurring problem."

To help avoid a costly mistake, here is a four-step checklist for your charitable giving.

• **Step 1:** Confirm that the charity is legitimate. One of the simplest scams

perpetuated by fraudsters involves using a name that seems familiar to a nationally known organization. To help taxpayers conduct research on organizations, the IRS has established an online search tool, Exempt Organizations Select Check, which allows users to search for and select an exempt organization and check certain information about its federal tax status and filings.

Remember, there's a big difference between "tax exempt" and "tax deductible." Tax exempt means the organization doesn't have to pay taxes. Tax deductible means you can deduct your contribution on your federal income tax return. Select Check allows you to find legitimate, qualified charities to which donations may be tax deductible. Legitimate charities will provide their employer identification numbers (EIN), if requested, which can be used to verify their legitimacy through EO Select Check. The IRS notes that it "is advisable to double check using a charity's EIN."

• **Step 2:** Research charity's financial health. Once you have confirmed that the group is legitimate, you can also see what others say about the organization by going to the Better Business Bureau's Wise Giving Alliance, Charity Watch and GuideStar. You will also want to know that its finances are

healthy and that it is efficient, ethical and effective. Charity Navigator provides zero- to 4-star rating system, which includes a review of each charity's fiscal performance. The site also helps you understand what portion of your donation goes to support overhead, versus goes to the cause itself.

• **Step 3:** Determine how you will donate to the charity. You should never send cash donations or wire money to someone claiming to be a charity. And do not provide any personal or financial information until you've thoroughly researched the charity. If you are making a gift of appreciated securities from a taxable investment account, you will need to get information about how to send the assets; be sure to confirm all receiving account numbers.

If you are planning to send a check, your payments must be postmarked by midnight December 31—just writing that date on the check does not automatically qualify you for a deduction on this year's tax return; and pledges aren't deductible until paid. Donations made with a credit card are deductible

as of the date the account is charged, so if you are a little late in the process, you probably should stick to credit cards.

• **Step 4:** Keep good records. For donations of cash or property valued at \$250 or more, you must have a receipt (bank record, payroll deduction or written communication) identifying the organization, the date and amount of the contribution and a description of the property. For text message donations, flag the telephone bill with the name of the receiving organization, the date of the contribution and the amount given.

- 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

FEB 4 SOUPER BOWL SATURDAY

What began in 1996 as a way to showcase ceramics has become an annual tradition for the community. More than 500 handmade ceramic bowls produced by area artists, community members and students at the Arts Center will be on sale. Bowls range in price from \$10, and all money raised supports Arts Center visual arts education. Every bowl purchased comes with one complementary fill up of soup. Lawrence Arts Center, 940 New Hampshire St., 11 a.m.-4 p.m.
LAWRENCE, 785-843-2787

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

DAY TRIPS/TOURS

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
www.freestatebrewing.com

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Bridge Haven

www.mybridgehaven.com

Assisted Living and Memory Care

**For more information and tours, please contact Sarah Randolph,
Executive Director @ 785-218-4083 or 785-371-1106**

■ CONTINUED FROM PAGE 20

every month. To learn more about classes and to register, see The Merc's website.

LAWRENCE, 785-843-8544

themerc.coop/classes

ONGOING

FREE INSURANCE COUNSELING

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

TOPEKA, (785) 354-6787

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

FIRST TUESDAY OF THE MONTH

COFFEE TALK

With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your tax and financial future. To register call or visit us online.

TOPEKA, 785-232-6923

midwesttf.com

FIRST WEDNESDAY OF THE MONTH

COFFEE TALK

With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your financial future. HyVee Clubroom, 3504 Clinton Pkwy, 9 a.m. To register, call or visit us online.

LAWRENCE, 785-838-4380

midwesttf.com

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. Aired from 9 to 9:30 a.m. On WIBW-TV, Channel 13.

SECOND FRIDAY OF EACH MONTH

WELLNESS FRIDAY DROP-IN

DISCUSSION

On the second Friday of each month, join us for a drop-in discussion on a health or wellness topic of interest. This month's topic: "Remaking Holiday Recipe Favorites So They Are Healthier and Still Tasty." LMH Performance and Wellness Center at Sports Pavilion Lawrence, 9:30 a.m.

LAWRENCE, 785-505-5800

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

JAN 17

SENIOR SUPPER AND SEMINAR

This month's topic: "Dizziness in the Older Adult." On the third Tuesday of each month (except December), 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** for the meal 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 connect-care@lmh.org. Supper: 5:00 p.m., Educational presentation: 6:00 p.m.

LAWRENCE, 785-505-5800

JAN 18

PRE-DIABETES CLASS

A free class for those at risk for developing diabetes or have already been told that they have prediabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications and avoiding potential complications. Taught by LMH Diabetes Education Center Staff. Enroll on-line at LMH.org or for those without computer access, please call LMH Connect Care at (785) 505-5800 between 10 a.m. and 4 p.m., Monday-Friday. Lawrence Memorial Hospital, Conference Room D North.

LAWRENCE, 785-505-5800

JAN 24 & 26

HOW TO AVOID FINANCIAL INSECURITY AND UNWANTED TAX IN RETIREMENT

Presented by Nathaniel Miller, Miller Retirement Group. In addition to this free educational workshop, dinner will be served both nights. Maceli's 1031 New Hampshire St., 6:30 p.m. both nights. Call to RSVP.

LAWRENCE, 785-760-1165

www.millerretirementgroup.com

JAN 30

AGING AT HOME

With more options for how and where we age, and more people looking for alternatives to nursing homes and care centers, Paige Conlin from Jayhawk Pharmacy Services discusses items you may not know you need if you choose to stay at home as you age. Part of the Senior Life series of programs. Topeka & Shawnee County Public Library, 1515 SW 10th Ave, 12:30-1:30 p.m.

TOPEKA, 785-580-4400

JAN 31

ZENTANGLE

The Zentangle Method is a new art form that creates beautiful images and also explores meditative techniques to increase focus, develop creativity, and heighten a sense of mindfulness. Registration required. Fee: 7-9 p.m. Carnegie Building, 200 W. 9th Street. Call for more information.

LAWRENCE, 785-832-7920

FEB 6-MAR 13

BELLY DANCE

Come learn the ancient art of belly dance. The only dance form developed by women, for women and a great way to improve fitness, increase flexibility, and mental acuity. Registration required. Mondays, 7-8:15 p.m., Community Building, 115 W. 11th Street. Call for more information.

LAWRENCE, 785-832-7920

FEB 7-MAR 7

INTRO TO IPADS

Learn about basic operation of the device and apps for recreation, health, education, finance and socializing. This class will be a demonstration and learning session, so please bring your iPad with you. iPads will also be available during class. Registration required. Fee. Tuesdays, 10-11:30 a.m., Community Building, 115 W. 11th Street. Call for more information.

LAWRENCE, 785-832-7920

FEB 16-MAR 9

BEGINNING UKE

This beginning uke course will cover tuning, basic chords and beginning strum patterns. Share the fun while learning to play commonly known songs. Ukuleles and tuners are not provided. Registration required. Fee. Thursdays, 6-7 p.m., Carnegie Building, 200 W. 9th Street. Call for more information.

LAWRENCE, 785-832-7920

ENTERTAINMENT

SUNDAYS

LAWRENCE IRISH TRADITIONAL SESSION

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

LAWRENCE, www.lawrenceession.com

THURSDAYS

JUNKYARD JAZZ

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

LAWRENCE, 785-842-3415

SATURDAYS

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

JAN 7

FREE STATE FAMILY FILM SERIES PRESENTS PEE WEE'S ADVENTURE

When eccentric man-child Pee-Wee Herman gets his beloved bike stolen in broad daylight, he sets out across the U.S. Lawrence Arts Center, 940 New Hampshire, 3 p.m. Fee.

LAWRENCE, 785-843-2787

lawrenceartscenter.org

JAN 7

FREE STATE FESTIVAL DOCUMENTARY SERIES PRESENTS DYING TO KNOW: RAM DASS & TIMOTHY LEARY

In the early 1960s Harvard psychology professors Timothy Leary and Richard Alpert began probing the edges of consciousness through their experiments with psychedelics. Leary became the LSD guru, asking us to think for ourselves, igniting a global counter-cultural movement and landing in prison after Nixon called him "the most dangerous man in America." Alpert journeyed to the East becoming Ram Dass, a spiritual teacher for an entire generation who continues in his 80s teaching service through compassion. With interviews spanning 50 years the film invites us into the future encouraging us to ponder questions about life, drugs and the biggest mystery of all: death. Lawrence Arts Center, 940 New Hampshire, 7 p.m. Fee.

LAWRENCE, 785-843-2787

lawrenceartscenter.org

JAN 13

FREE STATE STORY SLAM

This is a don't-miss occasion to hear and share whoppers, MOTH-style, the second Friday of each month (excluding December). Raconteurs step up to the mic to bring laughs, tears, surprise, amazement, and the occasional awkward moment. All are welcome, bring a tale to tell on the theme for the evening, or just come to listen. Never the same story, or evening, twice. Adults, 18+ only. Live music starts at 7 p.m., Slam at 7:30 p.m. Cocktails throughout. Dona-

■ CONTINUED ON PAGE 23

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




■ CONTINUED FROM PAGE 22

tions encouraged. Lawrence Arts Center, 940 New Hampshire.

LAWRENCE, 785-843-2787

JAN 14

TODD OLIVER & FRIENDS

Comedian-ventriloquist Todd Oliver and his K-9 companions, Irving and Lucy, are traveling the country and making audiences howl for more with their outrageous comedy act. Joining them will be a cast of characters like Pops, Miss Lilly, Joey, and the outstanding Smiling Eyes Band. Join us for a hilarious evening of comedy as they take the stage at the C.L. Hoover Opera House. C.L. Hoover Opera House, 135 W. 7th St., 7:30 p.m. Fee.

JUNCTION CITY, 785-238-3906

www.jcoperahouse.org

JAN 20

CELEBRATING THE MUSIC OF ELVIS PRESLEY, CARL PERKINS, JERRY LEE LEWIS & JOHNNY CASH

Presley, Perkins, Lewis & Cash pays tribute to and celebrates the legendary Sun Records recording artists Elvis Presley, Carl Perkins, Jerry Lee Lewis & Johnny Cash. The audience will get the feeling they're a witness to a rock and roll royalty jam session with the music and talent that has stood the test of time. From Blue Suede Shoes and Hound Dog to Great Balls of Fire and Walk the Line the show energizes and exudes pure 1950s rock and roll. Prairie Band Casino & Resort, Great Lakes Ballroom, 12305 150th Road, 8 p.m. Fee.

MAYETTA, 785-966-7777

www.prairieband.com/shows/epic-entertainment

JAN 20-FEB 11

FLAMING IDIOTS

Carl and Phil decide that the ladder to success at the post office is missing a few rungs. They know that big money is waiting for people with entrepreneurial spirit and sound business judgement. They have lots of the spirit but little of the judgement and their new gourmet health food restaurant flounders. Zippy's, a popular cross town spot, has been crowded ever since Cy Manamalancia, a notorious mobster, was shot there and that was over 20 years ago. What if someone could get murdered in their restaurant? Topeka Civic Theatre and Academy, 3028 SW 8th Avenue. Showtimes vary. Fee.

TOPEKA, 785-357-5211

www.topekacivictheatre.com/productions/item/flaming-idiots

JAN 27

HARLEM GLOBETROTTERS

Throughout their history, the Original Harlem Globetrotters have showcased their iconic talents in 120 countries and territories on six continents, often breaking down cultural and societal barriers while providing fans with their first-ever basketball experience. Proud inductees of the Naismith Memorial Basketball Hall of Fame, the Globetrotters have entertained hundreds of millions of fans—among them popes, kings, queens and presidents. Kansas Expocentre, One Expocentre Drive, 7 p.m. Fee.

TOPEKA, 785-235-1986

JAN 27

THE PALUDAN SISTERS

What is the music of your mind? How does it sound to you? Where does the spark of creativity begin? Join Lawrence's own acclaimed singing sisters and KU graduates Kari and Kirsten Paludan. These KU grads will take the audience on an interactive journey of joyous musical exploration, from the birth of inspiration to its musical zenith. With disparate styles, and unique instruments that blend and soar, harmonizing as only siblings can, the Paludan Sisters bridge the genre gap. They perform music for everyone, from a cappella to aria, opera to Americana and indie rock, to beloved classics and beyond. At the core, all humans are musical creatures. Join with the Paludan Sisters to celebrate, and sing, the music of your mind and discover the artist inside us all. Lied Center of Kansas, 1600 Steward Dr., University Of Kansas, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

JAN 27-FEB 5

THE OTHER PLACE

Just as Juliana Smithton's research leads to a potential breakthrough, her life takes a disorienting turn. During a lecture to colleagues at an exclusive beach resort, she glimpses an enigmatic young woman in a yellow bikini amidst the crowd of business suits. One step at a time, a mystery unravels as contradictory evidence, blurred truth, and fragmented memories collide in a cottage on the windswept shores of Cape Cod. (Warning: Contains strong adult language and content.) Helen Hocker Center for the Performing Arts, 700 SW Zoo Parkway. Showtimes vary. Fee.

TOPEKA, 785-251-5990

helenhockertheatre.com

JAN 28

CINDERELLA: RUSSIAN NATIONAL BALLET THEATRE

The Russian National Ballet Theatre returns with its production of Prokofiev's "Cinderella." One of his most popular and melodious compositions, "Cinderella" is the iconic tale of the virtuous servant girl who, with the help of her fairy godmother, is magically transformed, attends the royal ball, and captures the heart of the prince. This ballet masterpiece, filled with sumptuous costumes, lush scenery, comical stepsisters and a malevolent stepmother, will delight audiences of all ages. McCain Auditorium, 207 McCain Auditorium, 7:30 p.m. Fee.

MANHATTAN, 785-532-6425

www.k-state.edu/mccain/events

JAN 29

SWAN LAKE: RUSSIAN NATIONAL BALLET THEATRE

Presenting the 50-member Russian National Ballet Theatre in the full-length ballet Swan Lake. This classic production debuted in 1877 and is often called the "national ballet of Russia." It tells the story of Odette, a princess turned into a swan by an evil sorcerer's curse. The Russian National Ballet Theatre was founded in Moscow in the late 1980s, when

many of the great dancers and choreographers of the Soviet Union's ballet institutions were exercising their new-found creative freedom. The principal dancers of the company came from the upper ranks of the great ballet companies and academies of Russia. Lied Center of Kansas, 1600 Steward Dr., University Of Kansas, 2 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

FEB 2

PIPPIN

A YOUNG MAN'S JOURNEY TO BE EXTRAORDINARY PIPPIN is a high-flying, death-defying hit Broadway musical! Full of extraordinary acrobatics, wondrous magical feats and soaring songs from the composer of Wicked, PIPPIN will lift you up and leave you smiling. This unforgettable new production is the winner of four 2013 Tony Awards, including Best Musical Revival. Come experience PIPPIN, one young man's journey to be extraordinary. Following its acclaimed run at Boston's American Repertory Theater, this captivating new production comes straight from Broadway, directed by Tony winner Diane Paulus (Hair and The Gershwins' Porgy & Bess). It features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics by Les 7 Doigts de la Main, the creative force behind the nationwide sensation Traces. PIPPIN is noted for many Broadway standards including Corner of the Sky, Magic To Do, Glory, No Time at All, Morning Glow and Love Song. Join us... for a magical, unforgettable new PIPPIN. Lied Center of Kansas, 1600 Steward Dr., University Of Kansas, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

EXHIBITS/SHOWS

OCT 28-JAN 7

YURI ZUPANCIC: SCREEN DEEP

Yuri's most successful, most prolific medium is miniature oil paintings on microchips. His microchip paintings have been featured in the Huffington Post, WIRED and Juxtapoz magazines. Smaller and faster is the new bigger and better. He attempts to make these little talismans that have individual meanings and significances that the viewer can imagine continuing far

beyond the small space of the canvas. Zupancic recently has been exploring digital media and video projection. For this exhibition, Zupancic will showcase his most recent explorations in both video and microchip paintings. Lawrence Arts Center, 940 New Hampshire. Free.

LAWRENCE, 785-843-2787

lawrenceartscenter.org

JAN 10-12

TOPEKA FARM SHOW

Tradexpos's Topeka Farm Show will celebrate its 28th anniversary January 10, 11, and 12, 2017. Since 1989, we have made a committed effort to draw attendees that have a full time stake in agriculture to the Topeka Farm Show to meet and visit with our exhibiting companies. The show has grown to include over three hundred exhibiting companies, and 550 booths. The Topeka Farm Show boasts daily horsemanship clinics, events for your entire family, free parking, free admission, and free health care programs. Kansas Expocentre, One Expocentre Drive.

TOPEKA, 785-235-1986

THROUGH JAN 13

FROM STATE TO NATION: DOLE FOR VP, 1976

This Fall 2016 special exhibit outlines Sen. Bob Dole's campaign for the vice presidency in 1976. Audio description for this exhibit made possible by Kansas Audio-Reader Network – Made possible by the Enid and Crosby Kemper Foundation. Dole Institute, 2350 Petefish Drive.

LAWRENCE, 785-864-4900

JAN 13-FEB 25

INSIGHT ART TALK: RICHARD GWIN AND MIKE YODER

Richard Gwin and Mike Yoder are well regarded photographers, both of whom live in Lawrence and spent many years taking photographs with the Lawrence Journal World. Their combined years of work, documenting the history and people of Lawrence, serve as a rich resource for contemplating the community's future. This exhibition provides insight into each photographer's approach to capturing the essence of their individual subjects. Lawrence Arts Center, 940 New Hampshire. Free.

LAWRENCE, 785-843-2787

lawrenceartscenter.org

■ CONTINUED ON PAGE 24

THE FIRST APARTMENTS

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- Walking distance to multiple churches, grocery store and pharmacy

Call 272-6700 to schedule a tour and pick up an application.
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■ CONTINUED FROM PAGE 23

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

Need help reaching your fitness goals?

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

LAWRENCE, 785-832-7920

ONGOING

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 Law-

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

LAWRENCE, 785-832-7950

TUESDAYS

BADMINTON

Players of all skill levels are welcome to join in this friendly game that challenges agility, pace and coordination. Games are played on a drop-in basis so join us when you can. Basic equipment is provided; players are welcome to bring their own racquets. For more information, contact Gayle Sigurdson at 785-832-7920. (Lawrence Parks and Recreation). Location: Sports Pavilion Lawrence, 6-8 p.m. No fee.

LAWRENCE, 785-832-7950

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

JAZZERISE LITE

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

LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

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

TOPEKA, 785-354-5225

TUESDAYS AND THURSDAYS

FLEXERCISE

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

ZOSTAVAX (SHINGLES) CLINIC

The Zostavax (shingles) vaccine can be administered from 8 a.m.-noon. at the Stormont Vail HealthWise Clinic, 2252 S.W. 10th Ave. A doctor's prescription is required, and costs may apply.

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

SECOND FRIDAY OF THE MONTH

WELLNESS FRIDAY

Join representatives from LMH the second Friday of each month for discussion on a health or wellness topic of interest. No registration needed; just drop in. Each program lasts about one hour. LMH Performance and Wellness Center, Suite 100, Lawrence Parks and Recreation Sports Pavilion, 100 Rock Chalk Lane, 9:30 a.m.

LAWRENCE, 785-749-5800

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

JAN 2-MAR 6

LIFELONG MEDITATE AND BREATHE

Find peace and stillness within yourself. We will explore restorative yoga postures, yogic breathing techniques, sutra meditation, mantra meditation, guided meditation and yogic and Buddhist philosophy as tools for disciplining the mind, reducing stress and anxiety, and feeling great. Register at www.lprd.org or any Lawrence Recreation Center. Mondays, 9:30-10:45 a.m. Fee. Location: Carnegie Building, 200 W. 9th Street.

LAWRENCE, 785-832-7920

JAN 3-MAR 9

SENIOR STRENGTH TRAINING

Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights, and resistance bands. Class includes a warm-up period and a post-workout stretch. Instructor: Deb Geraghty. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays/Thursdays, January 3-March 9, 9:30-10:30 a.m. Fee. Location: East Lawrence Center.

LAWRENCE, 785-832-7920

JAN 3-MAR 9

ARTHRITIS FOUNDATION

This community-based exercise program is designed specifically for people with arthritis and related diseases, but open to anyone. The programs multiple components help reduce pain and stiffness and help maintain or improve mobility, muscle strength and functional ability. The variety of exercises is designed for people of all levels of ability. Instructor is certified by the Arthritis Foundation. Class offered in partnership with Senior Resource Center for Douglas County, Lawrence Parks and Recreation. Sports Pavilion, Tuesdays/Thursdays, 5:40-6:30 p.m. Fee.

LAWRENCE, 785-832-7920

JAN 4-MAR 8

SILVER STEPPERS

Get ready to mix it up! This class is perfect for the stepper looking for something new. Fun

■ CONTINUED FROM PAGE 24

step combinations will torch calories and get your heart pumping. Instructor: Susan Pomeroy. Register at www.lprd.org or any Lawrence Recreation Center. Wednesdays, 10:30-11:30 a.m. Fee. Location: East Lawrence Center. LAWRENCE, 785-832-7920

JAN 6-MAR 10

PEDAL PUSHERS - CYCLING CLASS

Indoor cycling increases endurance and strength in your lower body, core and upper body. This is a beginning class for older adults. Bikers can modify their cycling resistance and pace according to their own fitness level. Instructor: Melanie Johnson. Register at www.lprd.org or any Lawrence Recreation Center. Fridays, 11:15 a.m.-12 noon. Fee. Location: Community Building. LAWRENCE, 785-832-7920

JAN 11

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), 325 Maine St., 8-9:30 a.m. LAWRENCE, 785-505-5800

JAN 11

HEEL BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick, easy heel screening can indicate if further testing for this potentially debilitating disease is needed. Education provided. Appointment required. To arrange, please call (785) 505-5840 or (785) 505-33066. \$15/person. Note: if this time is inconvenient, please call to arrange an alternate day and time. LMH Performance and Wellness Center, 3-5 p.m. (by appointment) at the LMH Performance and Wellness Center. LAWRENCE

JAN 19-MAR 16

FENCING: MODERN OLYMPIC SPORT

This fencing class is for both beginners who have no experience as well as more experienced fencers in foil, epee and saber emphasizing technique, tactics, strategy and psychology. Beginners learn the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. Basic equipment provided. Register at www.lprd.org or any Lawrence Recreation Center. Thursdays, 7-9 p.m. Fee. Location: Sports Pavilion Lawrence. LAWRENCE, 785-832-7920

JAN 23

PHYSICAL FITNESS FOR OLDER ADULTS

Lorraine Mugler, certified personal trainer, leads you through her Neurobics program that uses props and classical music to help older adults of all abilities improve their core strength, cognitive and physical fitness, and avoid fall prevention. Register at <http://tsopl.org/register>. Topeka & Shawnee County Public Library, 1515 SW 10th Ave, 12:30-2 p.m. TOPEKA, 785-580-4400

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
www.OrthoKansasPA.com

MONDAYS

GRIEF SUPPORT GROUP

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

FIRST MONDAY OF 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 Friz-zell.

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 Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m. LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY

MEN'S COFFEE

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

FIRST TUESDAY OF 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

■ CONTINUED ON PAGE 26

Kaw Valley Senior Monthly



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

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**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**FIRST & THIRD TUESDAY OF THE MONTH
GRIEF SUPPORT GROUP**Grace Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Grace Hospice at 785-228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 1 p.m.
TOPEKA**TUESDAYS & THURSDAYS
WATER AEROBICS CLASSES**OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class time is 5:30 p.m. 1112 W. 6th St., Ste. 124.
LAWRENCE, 785-838-7885
www.OrthoKansasPA.com**FIRST & THIRD TUESDAY OF 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 & 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**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**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
NATIONAL ASSOCIATION OF RAILROAD
AND VETERAN RAILROAD EMPLOYEES**Meets at 9:30-11 a.m. at Coyote Canyon Buffet.
TOPEKA, www.narvre.com**SECOND TUESDAY OF THE MONTH
LAWRENCE ACTION CIVITAN CLUB**Civitan's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. at Just Food, which is located at 1000 E. 11th St. For more information, please visit the Civitan International website at civitan.org, the Lawrence ACTION Civitan Club's Facebook page at www.facebook.com/lawrenceactioncivitan, or call Frank Kelley.
LAWRENCE, 727-631-9354**SECOND TUESDAY OF THE MONTH
KAW VALLEY HERBS STUDY GROUP**An informal group meeting monthly to study herbs. We will learn about the aspects of each herb: culinary uses, aromatherapy applications, medicinal properties, historical lore, growing and crafting. This group is open to anyone wanting to learn more about the herbs grown in the garden and in the wild. Meets at 7 p.m. at the Unitarian Fellowship of Lawrence, 1263 N. 1100 Rd. To sign up to receive updates, email HerbStudyGroup@gmail.com or join our Facebook page at www.facebook.com/HerbGroup.
LAWRENCE**SECOND WEDNESDAY OF 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
www.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
www.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
STROKE SUPPORT GROUP**For those recovering from a stroke, and/or their family and friends. Meets at 4-5:30 p.m. For more information call LMH Kreider Rehab Center.
LAWRENCE, 785-505-2712**THIRD TUESDAY OF THE MONTH
ALZHEIMER'S SUPPORT GROUP**Alzheimer's support group for families and caregivers. Blessingame Home Care, 1835 N Topeka Blvd., Suite 205, 6-7 p.m. RSVP by calling.
TOPEKA, 785-286-2273**THIRD WEDNESDAY OF THE MONTH
ACTIVE AND RETIRED FEDERAL
EMPLOYEES**The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday OF THE MONTH at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free. NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.
LAWRENCE, 785-843-7481**THIRD THURSDAY OF THE MONTH
LUNCH AFTER LOSS**A social support group to re-engage life after the death of a loved one. Meets at 11 a.m. at Paisano's Ristorante, Fleming Place, 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**FOURTH MONDAY OF THE MONTH
GRIEF SUPPORT GROUP**Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice.
LAWRENCE, 785-841-5300

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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
www.tgstopeka.org

FOURTH THURSDAY OF THE MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF THE MONTH 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

MISCELLANEOUS

EVERY MONDAY AND THURSDAY

SCRABBLE: OPEN PLAY

Anyone interested is welcome-beginner or long timer-just walk in or give a call. Douglas County Senior Service, 745 Vermont St., 1-4 p.m. LAWRENCE, 785-842-0543

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

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

SECOND 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

Too cold outside? Already broke your New Year's resolutions? ESCAPE!

KVSM Golden Oldies, a companion Internet radio station to Kaw Valley Senior Monthly, is now available online.

Currently, KVSM's programming includes old-time radio shows such as *Dragnet*, *Father Knows Best*, and *Gunsmoke*. (The daily schedule is shared at right.) However, Kevin Groenhagen, editor and publisher of Kaw Valley Senior Monthly, is inviting readers and advertisers to share ideas concerning what content they would like to listen to on KVSM.

If you would like to share your suggestions, Groenhagen can be reached at 785-841-9417 or kevin@seniormonthly.net.

To listen to KVSM Golden Oldies, please visit Tunein.com and do a search for "KVSM," or visit www.seniormonthly.net and click the TuneIn player. You can listen to KVSM on your computer, smartphone, or tablet at home, work, or on the go.

KVSM

GOLDEN OLDIES

Daily Schedule*

12-3 a.m.

OUR MISS BROOKS

3-7 a.m.

THE LONE RANGER

7-10 a.m.

FATHER KNOWS BEST

10 a.m.-1 p.m.

GUNSMOKE

1-5 p.m.

HAVE GUN - WILL TRAVEL

5-7 p.m.

TALES OF THE TEXAS RANGERS

7-10 p.m.

DRAGNET

10 p.m.-12 a.m.

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MY ANSWER

Many Christians follow Christ's example of compassion

By **Billy Graham**

Tribune Content Agency

Q: I've had good health all my life (I'm 78 now), but now the doctor says I have something that's going to make me weaker and weaker, and eventually it will kill me. I just can't face being weak and having to depend on others to take care of me. I admit I'm angry with God, but why shouldn't I be? - P.D.

A: One reason you shouldn't be angry with God is because of all the years of good health He's given you.

Countless millions endure sickness or disability most of their lives, but you haven't. Have you ever taken even one minute to thank God for your good health?

Another reason you shouldn't be angry with God is because you need His help - and He wants to give it to you as you face the future. So far, I suspect, you've always depended on yourself to see you through life's hard places. But soon you won't be able to do that, so where will you turn? My prayer is that you'll turn to Christ and learn to depend on Him. He'll not only

give you inner strength to face tough times, but He'll also give you patience and peace in the midst of life's changes. Turn to Him today.

You need God for another reason, however. Someday, your life will be over, and then you will face Him. Are you prepared for that day? The Bible warns, "People are destined to die once, and after that to face judgment" (Hebrews 9:27).

Don't depend on yourself or your accomplishments for your salvation, for they won't save you. Instead, humbly turn to Jesus Christ and put your faith and trust in Him. Then thank Him for the help you'll get from others as you grow weaker, and receive it gratefully.

- *Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham Parkway, Charlotte, N.C., 28201; call*

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RICK STEVES' EUROPE

Best sunsets on the road

By Rick Steves

Tribune Content Agency

Sunsets decorate my travel memories. They can be a vivid, romantic capper for a beautiful day on the road. I've seen a lot of sunsets in my travels, and these spots are some of my most memorable.

AERO ISLAND, DENMARK. Four hours from Copenhagen, time-passed Aero Island is the perfect place to wind down. At a lazy day's end, stroll out to Urehoved, a spit of land lined with cozy beach houses. As children splash in the mild, shallow bay waters, their parents sit peacefully on the porches of their tiny cabins. While waiting for the sun to set, find a spot in the sand, warm yourself by a beach fire, and appreciate the beauty of this perfectly Danish scene.

PARIS, FRANCE. Paris has its share of blockbuster sights and beautiful viewpoints, but at sunset, my favorite spot is on the steps of the Sacre-Coeur Basilica atop Montmartre, the former haunt of struggling artists like Renoir, Picasso and Edith Piaf. You'll be surrounded by backpackers, buskers, and local lovers as Paris spreads out before you, the sky slowly grows dark, and—neighborhood by neighborhood—street lamps pop on in the City of Light.

GRANADA, SPAIN. My favorite viewpoint in Granada is the hill-topping San Nicolas terrace in the Albayzin, the old Moorish quarter facing the Alhambra fortress. The golden hour before sunset is just right

for a picnic dinner. The setting sun makes the Alhambra glow red, evoking the tumult of this city's violent history. At the nearby bar, with the same million-euro views, order a cheap drink, pop a few euros into the musicians' hats, and enjoy an impromptu concert as good as many you might book long in advance.

GREEK ISLANDS. Despite how touristy they are, the Greek islands are a great-to-be-alive place—especially at sunset. Scout for an appealing bar with a view and nurse an ouzo while waiting for the sun to make its curtain call. On Santorini, sit on the lip of the crater high above the glittering Aegean Sea. On Mykonos, join the crowds in the cafes that line the colorful stretch of houses called Little Venice, and watch the sun set to the rhythm of the sloppy, slamming waves. Just as unforgettable is riding a ferry charging across the Greek sea, with dolphins—who seem to come out for the sunset—playfully loping ahead of the ship's bow.

CUMBRIAN LAKE DISTRICT, ENGLAND. Just outside the cute town of Keswick, Castlerigg is one of the best and oldest stone circles in Britain. Be here before sunset, find a stony seat, and savor this 5,000-year-old place, with 38 stones mysteriously laid out on a plateau between two tall peaks. The fragrance of wild grass stirred up by grazing sheep comes with a whiff of mystical druids, who once used these stones for their worship, dancing in the long shadows. It's a moment that inspires plumbers to poetry.

ASSISI, ITALY. In the hometown

of St. Francis, leave the tourists behind and hike to Rocca Minore, the ruins of a small castle. Sitting on the rampart, with olive groves at your feet leading to a vast and lush Umbrian vista, imagine the age when each town was its own little state, and enjoy sundown with the same views and birdsong that inspired St. Francis.

NORWAY'S FJORDS. Unlike many tourists, who blitz the fjords in a day, I prefer to spend at least a night. One of my favorite home bases is idyllic Solvorn, a sleepy Victorian town with colorfully painted wooden sheds lining its waterfront. At sunset, take your dessert to go and sit at the end of the pier. Listening to the steady call of gulls and the lazy gulping of small boats against little waves, take in this uniquely Norwegian view. The water is glassy and frightfully deep, the black rock cliffs rocket into the sky above, and the sun dips too early behind the peaks.

LUXOR, EGYPT. One of the great experiences in Egypt is a romantic felucca ride on the Nile at sunset. For \$50, you can hire a private boat with a

captain and mate for an hour's sail on the Nile. The sinking sun turns palms into silhouettes, the temperature drops, and villages awaken—children frolic, long-legged birds strike a pose, and throughout the valley minarets come to life with their calls to prayer as you glide like a silent voyeur through the reeds.

EDMONDS, WASHINGTON. My favorite sunset is from my deck back home, on the Puget Sound just north of Seattle. As the sun goes down, a golden path of sparkles leads across the bay to the snowcapped Olympic Mountains. As the sun sets behind its peak of the day, the ferries—lit from within—ply silently across the water and begin to glow like floating lanterns.

- Edmonds'-based Rick Steves (www.ricksteves.com) writes European travel guidebooks and hosts travel shows on public television and public radio. His column appears weekly at seattletimes.com/travel. Email him at rick@ricksteves.com and follow his blog on Facebook.

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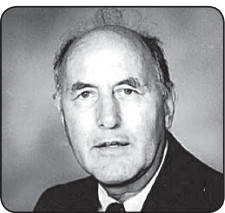


HUMOR

Emmaline Speaks Up

My wife Emmaline loves watching sports on television. People who watch sports with us call Emmaline an “energetic” fan. She involves herself in all aspects of the games. She expresses her opinion forcefully about the fans, the players, the coaches, and especially about the referees.

Emmaline was never a typical “sports widow.” On the contrary, I have always watched TV sports so I



Larry
Day

could be with her.

When she was a girl living in a small town in Utah, all of Emmaline’s friends were New York Yankee fans. Emmaline always supported the Brooklyn Dodgers. Emmaline and her friends used to listen to the World Series every year on the radio—often skipping school to do so.

As they listened, Emmaline’s friends ridiculed the “Bums” from Brooklyn and tried hard to get Emmaline to forsake them. But even during the years in which the Yankees built its World Series dynasty, Emmaline remained loyal to the Dodgers.

Her loyalty was rewarded in 1955 when the Brooklyn Dodgers were matched against the Yankees in the World Series. The Dodgers won that epic Series in the seventh game. The win gave Brooklyn its first and only championship in the franchise’s history. After the 1957 season, the Dodgers moved to Los Angeles.

Emmaline continues to be vocal sports fan. Every time the Letongaloosa Community Junior College team plays Emmaline can be found in front of the television set watching the game. She cheers enthusiastically for the players. She bemoans their errors. But more than anything else, Emma-

line vehemently denounces bad calls made by the striped-shirted referees.

The phrases Emmaline uses to denounce the refs are the kind of made-up phrases spoken by 1950s cartoon characters like Pogo Possum. She yells things like “Blagstag the blag-stagging blag staggers.” Emmaline avoids the kind of expletives and curses that one often hears at a bar when a game is showing on TV. Emmaline is often vehement, but she is never calumnious.

She is also a full-service television sports fan. She gets physically, as well as vocally, into the competition. When games are close and badly officiated, our dog abandons her place on the couch between us and lies down on the carpet across the room. I remain on the couch, beside Emmaline, but I often place a thick winter cap on my thigh.

One day recently, when a game was in the early minutes of the first quarter, the doorbell rang. Our new pastor had come to call. He was making a “meet and greet” visit. I answered the door, and Pastor Mark, who is a large, ebullient individual, grabbed my hand, strode through the door and was in the living room before I could get the words, “Perhaps another time, Pastor,” out of my mouth.

Emmaline’s jaw dropped, but she was true to her mother’s teachings about hospitality.

“Please sit down, Pastor Mark,” she said. “Would you like some warm apple cider?”

“Don’t trouble yourself on my account.”

“It’s no trouble at all.”

Emmaline had neglected to turn off the television, and by the time she got back with the hot cider, Pastor Mark was sitting in our overstuffed chair gazing fixedly at the game.

“This is wonderful, Sister. Thank you,” he said. Then, “I love basketball. I played college ball myself before I went to the Seminary. Wow, what a game!” Then he took off his coat and leaned back, his eyes fastened on the TV screen.

It was a very close game, and for the

next hour and a half Emmaline raised her voice only slightly, saying things like “Go team.” and “Oh, no, don’t do that!” Pastor Mark used the same tone and the same phrases.

Then in the last seconds of the game, with LCJC ahead by two points, the other team shot and missed a three-pointer. A ref called a foul on one of our players.

“Dammit! That wasn’t a foul, you

blooming idiot,” yelled Emmaline.

Horrified, we both looked at Pastor Mark.

“Thank you, Sister Emmaline,” he said. “I couldn’t have said it better myself.”

- 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

Cap off your dinner with a lean version of chocolate bread pudding

I've made my share of elaborate desserts, whether it was a Christmas apple pie topped with a hand-woven, latticework crust or jelly-filled donuts for Hanukkah. It can sometimes seem as if the final course of a celebration meal can take as much (or more) time and effort to prepare as every dish served before it. And yet, after a few



Wolfgang
Puck

delicious bites, it's gone—all too often leaving not only delicious memories but also, sadly, extra pounds on the scale the next morning.

Don't fret. There's an equally festive option that could not only make your work easier but also eliminate some of the guilt you might feel about overindulging. Sound impossible? It won't be, once you try my lean version of one of the most widely loved desserts: bread pudding.

One of the ultimate comfort foods, bread pudding is traditionally moistened and enriched with custard made with an abundance of egg yolks and cream. But you can actually get very similar results by substituting healthful ingredients.

First, there's a custardy mixture based on low-fat buttermilk, which has a consistency similar to that of cream, and mostly egg whites with just a couple of yolks included for their flavor and thickening properties. In addition, I like to prepare my

healthy version of bread pudding with whole-wheat bread for added fiber. Making simple changes to the traditional recipe yields dramatic results, with only about 30 percent of calories coming from fat—well within the suggested range for a healthy diet.

As low-fat and delicious as the recipe is, it's also convenient. Assembly is easy, it generously feeds a good-sized gathering, and you can put it together and refrigerate it up to several hours ahead of time. You can also cook it in advance if you like, since the pudding tastes great whether you serve it hot from the oven, lukewarm or even cold.

The recipe also leaves plenty of room for you to get creative. Feel free to substitute other dried fruit such as cherries, apricots, pineapple or raisins, or to try milk chocolate or white chocolate in place of the semisweet.

Whatever approach you take, I'm sure you'll be happy not only with the extra ease it brings to your gathering but also to the spirit of joy with which it ends the meal. I wish you a very happy holiday!

LOW-FAT CHOCOLATE BREAD PUDDING WITH DRIED CRANBERRIES

Serves 8 to 12

For the bread pudding:

- 1 cup (250 mL) buttermilk
- 2/3 cup (185 mL) bittersweet chocolate chips
- 1/2 cup (125 mL) plus 2 tablespoons sugar
- 3 tablespoons unsweetened cocoa powder
- 4 large cage-free egg whites
- 2 large cage-free eggs

4 slices whole wheat bread, each 1/2-inch (12 mm) thick, trimmed and cut into 1-inch (2.5-cm) squares

6 tablespoons dried cranberries

Optional toppings, for serving:

Extra dried cranberries

Sprigs of mint

1 cup (250 mL) plain nonfat Greek yogurt

Confectioners' sugar, for dusting

In a saucepan, combine the buttermilk, chocolate chips, 1/2 cup (125 mL) of the sugar, and the cocoa powder. Heat over medium-low heat, stirring occasionally, until the chocolate and sugar have melted and the mixture is well combined. Remove from the heat and set aside.

Fill a large bowl with ice cubes and water.

In a slightly smaller bowl, using a hand mixer or wire whisk, beat together the egg whites and eggs until lightly foamy. Beating continuously, slowly sprinkle in the remaining 2 tablespoons sugar and continue beating until the mixture looks fluffy. Then, whisking continuously, very slowly pour in the chocolate mixture. Set the bowl inside the larger bowl of ice water to chill.

Preheat the oven to 350 F (175 C).

Fill a pan or kettle with water and bring to a boil.

Spray the inside of a 4-by-9-inch (10-by-22.5-cm) baking dish with non-stick cooking spray. Spread half of the bread cubes in the baking dish. Scatter in the dried cranberries and then top with more bread cubes. Stir the cooled chocolate-egg mixture and spoon it evenly over the bread cubes. Leave to soak until the oven has reached the desired temperature.

Place the baking dish inside a baking pan with high sides. Pull out an oven rack and place the baking pan on the rack; carefully pour enough of the boiling water into the pan to come halfway up the side of the baking dish; and then carefully slide the rack into the oven.

Bake the bread pudding until the custard has set, about 20 minutes. Carefully remove the pan from the oven and remove the baking dish from the pan to a rack. Serve hot, lukewarm or cooled and refrigerated, cutting into 8 to 12 portions. If you like, top each portion with more dried cranberries, a sprig of mint, a small scoop of nonfat yogurt or a dusting of confectioners' sugar before serving.

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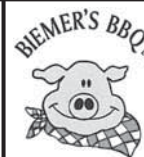
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MY PET WORLD

Positive reinforcement can help with a dog that bites

By Marc Morrone

Tribune Content Agency

Q: We have a 5-year-old male cockapoo dog that bites. We do not hit him. We got him at 8 weeks from a family breeder. We can't remove anything from his mouth or groom him without concern. If we pet him he can snap. He growls and attacks at times. He also barks in an attack stance at any dogs and people walking by. I think it is the breed mixture of the dog and my husband thinks he was traumatized. What's your thought? - Sarah Richards, Chicago, IL

A: I am the first one to admit that I do not always have the answer and this is one of those cases. You had him since he was 8 weeks old, so he was obviously not traumatized—he is just not quite right in the head.

I never can understand how one dog will never, ever bite no matter what the circumstances are and yet another will bite you without any hesitation and then expect you to forget all about it. I have had both kinds of dogs.

You see the problem here is that you can change the way the dog acts, but you cannot change the way it "thinks."

Here is a perfect example: If you want to teach a dog not to be possessive about things in its mouth then you have to show it that when you ask it to drop an object it is holding then that object can be replaced with something better.

If your dog has something that you want then instead of being confrontational about it, just give it a piece of chicken or cheese. Offer it to the dog while giving it some kind of command such as "trade." In most cases the dog will drop whatever it is carrying and run to you for the treat. You tell the dog to sit and then give it the treat from your hand and then pick up the object in question. In no time he will be bringing you all sorts of items to

trade with you willingly.

However, even though you may have changed the dog's behavior you have not changed the way he thinks. He would still cheerfully bite you if he thought it was justified or to his advantage.

I had a dog like yours. He was a very smart Cairn Terrier named Buddy and I got suckered into taking him in at a year old. He would bite me or any other human and offered no apologies for it. Fortunately at this point in my life there were no small children toddling about in my house.

I always admired the Cairn Terrier Toto in "The Wizard of Oz." I figured I would see what I could do to try and get him re-habilitated. Using various positive reinforcement training methods, I was able to trick him into being fairly polite with us. However, we basically had to walk on eggshells around him for the 10 years he lived with us until he died.

You have had this dog now for 5 years, and it sounds to me as if you have resigned yourself to having to tiptoe around him for the rest of his life as I did with Buddy. However, if you work on using positive reinforcement reward training with him as I described briefly, then things will be a lot better than they are now. There are a number of resources out there that are more detailed than I can explain in this column. You just have to be realistic about the situation. Your dog just views humans in a different manner than most other dogs do and you have to make the best of it.

Q: We have just gotten a corn snake as a pet a month ago and the pet store that sold him fed him a mouse once a week except when he is going to shed his skin, as he will not eat while he is shedding. So a week ago his eyes turned white and we knew that meant he was going to shed so we did not offer him anything. Today we saw that

his eyes were clear again but he did not eat when we offered him a mouse and we also see that there is no shed skin in his vivarium. Can you tell us what is going on? - Greg Medina, Las Vegas, NV

A: By the time you read this your problem will have most likely solved itself. Snakes do have to shed their skins to allow their bodies to grow and when the process starts their eyes do become a milky white color. This is because snakes do not have eyelids and their eyes are protected by a clear scale that covers it like a contact lens.

When the shedding process starts, the eyes become cloudy and the snakes whole color goes off as the outer skin is starting to separate from the new skin forming underneath. This normally takes a few days and the snake will just curl up in a corner or sometimes soak in its water dish and patiently wait for the process to finish—they will never eat while this is going on.

When the process is finished the eyes clear up, meaning their old skin is now separate from the new and usually the snake will then peel it off. Sometimes this happens in a few hours, sometimes a day later. This is the in-between stage that your snake is in right now—most likely by the time you sent this, your snake will have shed its skin and the snake is eagerly looking for its next meal. If you like to photograph your pets then this is the best time to take a picture of your snake as its colors will be fresh, bright and crisp.

- Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com; please include your name, city and state.

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I would like to receive your memory as a child. It should be about 725 words more or less and include a photo of yourself as a child. You can write your favorite memory either longhand or have it typed out. Then mail it to me at Tom Mach, PO Box 486, Lawrence, KS 66044.

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

obtaining my school records from El Dorado, but as a second-grader, I didn't think much about it. It was three years later that I found out Glassburner was also not my legal name.

I can't remember why I was rummaging through boxes in my parents' room. I was 10 at the time, and it was during the week when my parents, who worked at Boeing, were staying in their apartment in Leon. They came to the farm only on weekends, leaving me in the care of my grandparents. In one of the boxes, I found a paper labeled "Notification of Birth Registration." I recognized it as a record of my own birth, giving my correct first and middle name and my date of birth. But the last name was Ard. I read the father's full name; a stranger's name, someone I had never heard of, and I went to question my grandmother.

I learned my mother had married the man named as my birth father on the rebound and found out almost immediately that she didn't like him. She may even have started divorce proceedings before she knew she was carrying me. She apparently told him she never wanted to see him again, and he complied with her wishes. According to an aunt, there was also a period of time that she didn't want me either because I was a reminder of him. Adoptive parents had been selected and showed up at the hospital to take me home. That's when my grandmother stepped in and said she would raise me. It is the reason I lived with her my whole life until she died when I was 12.

Once I found out the man I thought was my father was not, he began legal adoption procedures, and on December 8, 1956, Glassburner became my legal last name.

Sometime in the 1970s, my mother-in-law located my birth father. She read a short article in a small town paper about someone with my father's name visiting his sister. She wrote to

the sister, who confirmed her brother had been married to my mother. After some correspondence, the man visited me in my home in Garden City. The next summer, my daughter and I visited him in Edna, Texas. No real connection was formed. We lost touch. A few years later, I received a notice of his death.

Finding out I was not who I thought I was, that my closest family members had lied to me for years, has left its mark on my writing. In all of my novels, parents are missing or emotionally unavailable. In my first novel, *The Night before Christmas*, main character Wes's parents die in a car crash when he is four. In *Possessing Sara*, Sara's father dumps her on her grandparents' doorstep and disappears after her mother commits suicide. Crystal, the main character in *Family History*, suffers from being the

afterthought, born 17 years after her older sister, Iris, their father's favorite. *The Survivalist's Daughter* is a story of 16-year-old Kindra, kidnapped by her father when she was a toddler and raised to believe another woman was her mother.

While my earlier novels have had contemporary settings, I am currently writing historical fiction, the Pierce Family Saga series. The first book in the series, *Cordelia's Journey*, traces main character Cordelia from a fictional town near Fort Riley to Westport, Missouri, to escape an abusive stepfather and save her dying

mother. *For Want of a Father*, the second book, is about fathers, daughters, and expectations.

- For further information, please go to Hazel's website: <http://hazelhart.com>.

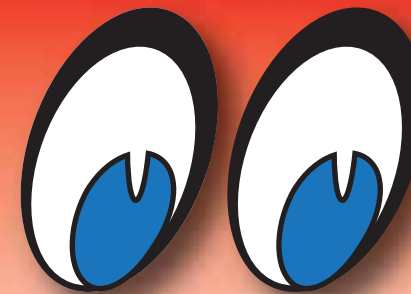


Hazel Hart

What's in a Name?

By Hazel Hart

I started kindergarten in El Dorado, Kansas, in 1949, enrolled as Hazel Rhodes, even though it was not my legal last name. My grandmother said that since I lived with her, using her last name made it easier for the school to contact her. When my parents moved my grandparents and me to a farm near Elk Falls during my second grade year, they enrolled me in school as Hazel Glassburner, my mother's married name. I vaguely recall a problem



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Neither vulnerable. West deals.

NORTH

♠-6 4
♥-A K 7 3
♦-K 7 6 4
♣-Q 6 5

WEST

♠-A 10 8 7 3 2
♥------
♦-Q 9 8 5 2
♣-J 2

EAST

♠-Q J
♥-10 9 6 5 4
♦-10 3
♣-A 9 7 3

SOUTH

♠-K 9 5
♥-Q J 8 2
♦-A J
♣-K 10 8 4

The bidding:

WEST	NORTH	EAST	SOUTH
2♠	Dbl	Pass	4♥
Pass	Pass	Pass	

Opening lead: Jack of ♣

West had no attractive lead and settled on the club jack. East won his ace and shifted to the queen of spades, which held the trick. The jack of spades was covered by the king and ace, and West reverted to clubs. The two of

clubs ran to East's nine and South's 10.

Declarer cashed the ace of hearts, getting the terrible news there, but he didn't give up. He continued with a low heart to the nine and jack, then followed by cashing the ace and king of diamonds. South then cashed his two high clubs and ruffed his last spade in dummy with the king as East helplessly under-ruffed. South still had the queen-eight of trumps sitting over East's 10-6 and took the last two tricks easily.

West could have defeated the contract with a third round of spades at trick four. South would have to ruff high in dummy while East discarded a diamond, leaving the contract unmakeable.

West was called to task by his partner for not finding this play. In his defense, West said, "I was too much of a gentleman to take advantage of South's error. Had declarer covered the queen of spades at trick two, there would have been no way for the defense to prevail."

- 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

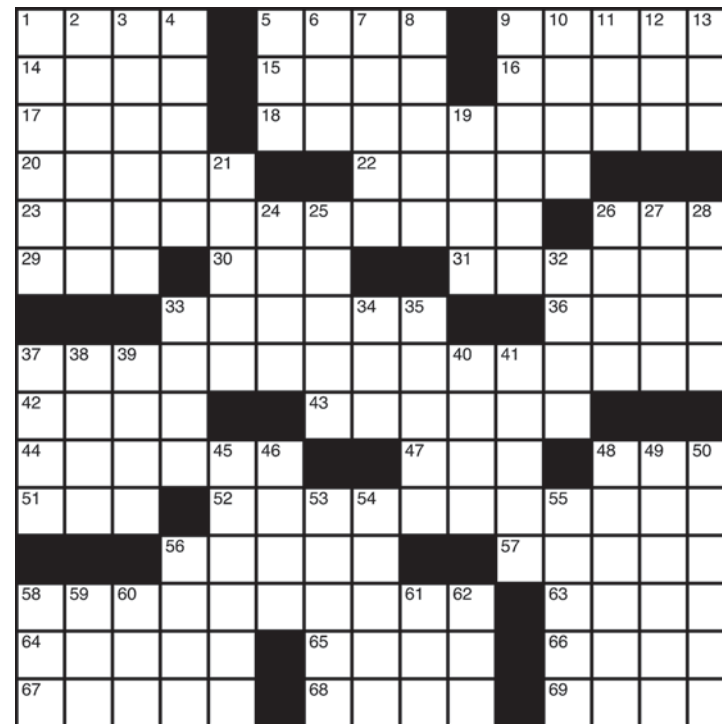
- 1 "That's terrible!"
- 5 Like some stockings
- 9 Guck
- 14 Windfall
- 15 "The Salt-N-___ Show"
- 16 Trojan War figure
- 17 Roman god of the sky
- 18 Genre that often includes a ballet
- 20 Utopias
- 22 Excited, with "up"
- 23 TV teaser before the first commercial
- 26 Côte d'Azur sight
- 29 Lean-___
- 30 Nasser's confed.
- 31 Harsh
- 33 Swamp
- 36 Bone-dry
- 37 James Bond and others
- 42 Open org.
- 43 Second book in Clavell's "Asian Saga"
- 44 Fanatic
- 47 One-up

- 48 Time zone word: Abbr.
- 51 Buddhist branch
- 52 "Great" 1975 Redford role
- 56 Free-for-all
- 57 Savanna heavyweight
- 58 Skinny, so to speak, or what's hidden in 18-, 23-, 37- and 52-Across
- 63 Lined up, with "in"
- 64 Movers' challenge
- 65 Degree holder
- 66 Without
- 67 Choose to join
- 68 Ages and ages
- 69 Choice word

Down

- 1 Protest
- 2 Jinx
- 3 King output
- 4 Upright
- 5 EPA sticker stat
- 6 Adverb in odes
- 7 Produce
- 8 Capital NE of Vientiane
- 9 Quick learner

- 10 "Dagnet" force, briefly
- 11 Rage
- 12 Orbiter for 15 years
- 13 Spanish "that"
- 19 Pressures for payment
- 21 Ting or ping
- 24 When doubled, a South Pacific capital
- 25 Blow
- 26 First name in game shows
- 27 Iroquoian people
- 28 Cabs and syrahs
- 32 "You're So ___": 1973 #1 hit
- 33 Carrier that doesn't fly on the Sabbath
- 34 Where to hear maas and baas
- 35 Popular chip
- 37 ___ bass
- 38 Words of understanding
- 39 Eddie ___, detective involved in the actual "French Connection"
- 40 Each
- 41 Slender candle
- 45 Was in debt regarding
- 46 Yarn
- 48 Fusilli shape



- 49 Mortise partners
- 50 Nod
- 53 Pigeon's place
- 54 Golden, in Guadalajara
- 55 Full moon, e.g.
- 56 Thigh-high attire
- 58 2010 GM financial event
- 59 Little bite
- 60 Did nothing
- 61 One might keep you from seeing the show
- 62 Magazine VIPs

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

JUMBLE

THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek

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

GYROL

DACKE

RIGLYM

LIVEEW

Answer: IT WAS "

--	--	--	--	--

 "

--	--	--	--	--

 "

SCRABBLE G R A M S

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F ₄	I ₁	O ₁	S ₁	T ₁	T ₁	U ₁

--	--	--	--	--	--	--

A ₁	O ₁	U ₁	M ₃	S ₁	B ₃	T ₁

--	--	--	--	--	--	--

A ₁	A ₁	I ₁	I ₁	P ₃	T ₁	L ₁

--	--	--	--	--	--	--

A ₁	E ₁	I ₁	U ₁	D ₂	D ₂	N ₁

--	--	--	--	--	--	--

E ₁	I ₁	O ₁	W ₄	T ₁	R ₁	C ₃

--	--	--	--	--	--	--

PAR SCORE 255-265 FIVE RACK TOTAL

BEST SCORE 328 TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 38

www.seniormonthly.net

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

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

SUDOKU SOLUTION

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

SCRABBLE G.R.A.M.S. SOLUTION												
O ₁	U ₁	T ₁	F ₄	I ₁	T ₁	S ₁	RACK 1 =	60				
S ₁	U ₁	B ₃	A ₁	T ₁	O ₁	M ₃	RACK 2 =	64				
T ₁	I ₁	L ₁	A ₁	P ₃	I ₁	A ₁	RACK 3 =	59				
U ₁	N ₁	A ₁	I ₁	D ₂	E ₁	D ₂	RACK 4 =	59				
C ₃	O ₁	W ₄	R ₁	I ₁	T ₁	E ₁	RACK 5 =	86				
PAR SCORE 255-265							TOTAL	328				

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JUMBLE ANSWERS

Jumbles: GLORY CAKED GRIMLY WEEVIL

Answer: Why the pickle maker decided to quit -- IT WAS "DILL" WORK

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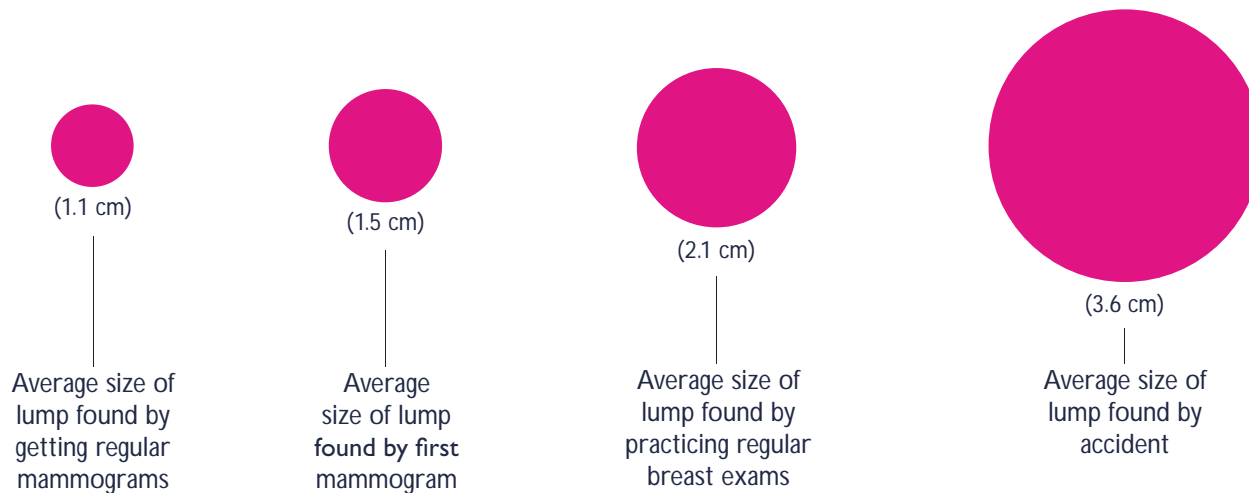
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