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November 2017

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 17, No. 5

INSIDE

Amazing Aging!
For Seniors and Those Who Love Them
A free publication of the Jayhawk Area Agency on Aging, Inc.
Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties

FALL 2017

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Shawnee, Jefferson & Douglas Counties

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Jayhawk Area Agency on Aging, Inc. advocates on behalf of seniors, builds community partnerships and implements programs within Shawnee, Jefferson and Douglas Counties to help seniors on development and digital literacy.

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We caught up with Paula and Willard Hadky at the Perry Fall Festival where they were volunteering. (see story on page 3).

The Fall 2017 issue of JAAA's *Amazing Aging* is included in this month's *Senior Monthly*. See inside.

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**Sherri Moore:
Helping
seniors stay
at home
longer.**

See story on page three



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Moore launches Girl Friday Senior Concierge Services

By Kevin Groenhagen

In Daniel Defoe's 1719 novel, *Robinson Crusoe*, Crusoe, who had been shipwrecked on an island off Venezuela, rescued a Native American who was about to be eaten by Carib cannibals. Since the rescue occurred on a Friday, Crusoe named his new companion after that weekday. In an expression of gratitude, Friday became Crusoe's faithful servant. Defoe's character is the source of the expression "Man Friday," which is used to describe a male personal assistant or servant. Current usage also includes "Girl Friday."

Fortunately, you don't have to fight off cannibals to benefit from the services Sherri Moore offers through her new business, Girl Friday Senior Concierge Services. Moore recently launched her business, but she is no stranger to assisting seniors.

"My mother worked in the beauty shop at Aldersgate Village when they first opened the Congregate Building," Moore said. "I started volun-

teering there when was 10. My duties included helping the directors decorate for parties and walking the facility dog, Mr. A. He was a beautiful brown and white dog. Very smart, too. I volunteered there until I graduated from high school."

As an adult, Moore spent just over 10 years working at Fleming Place Retirement Apartments in Topeka, initially as an activity director. She later served as the facility's executive director.

On July 1, 2004, Moore opened Glenn Moore Meadows Home Plus Senior Community, which was named after her daughter's grandfather. Moore had watched her own grandparents, who lived on a farm most of their lives, struggle with the transition of moving into a nursing home in the city. That experience inspired her to open a retirement community like Glenn Moore Meadows.

Located on 18 acres south of Holton on 214th Road, Glenn Moore Meadows was an eight-bedroom facility that pro-



Sherri Moore

vided three home-cooked meals a day, housekeeping services, recreational activities, transportation to scheduled appointments and shopping, on-site healthcare services, and beauty/barber

shop services.

"I wore many hats at Glenn Moore Meadows," Moore said.

On July 1 of this year, Moore sold

■ CONTINUED ON PAGE FIVE

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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

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Moore

■ CONTINUED FROM PAGE THREE

Glenn Moore Meadows, which has since been renamed The Pines South.

"I was ready to do something else, but I didn't know what I wanted to do," she said. "So, I took about a month and a half to think about my future."

Once again, seniors inspired Moore to launch a new business. Once again,

she will wear many hats.

"I had so many people move into Glenn Moore Meadows," she said. "It was nice, it was clean, and the food was good, but it wasn't home for them. I can honestly understand how they felt. I want to stay in my own home as long as I can and do it safely."

According to a 2012 AARP survey, nearly 90% of seniors intend to continue living in their own homes for the next five to 10 years. Of those seniors who intend to stay in their own homes, 85%

chose "I like my home and don't want to move out" as a reason why they plan to stay in their homes. Staying in their own homes as long as possible can be beneficial for many seniors. In addition, doing so could benefit the nation's financial health. According to a September 2013 *Forbes* article, "The average cost of nursing home care in the U.S. is \$6,700 a month, much of it paid through Medicaid, so even postponing a move to a nursing facility by just a few months can have a major impact."

Unfortunately, many seniors who wish to stay in their own homes may be unable to perform some tasks on their own. That's where businesses such as Girl Friday Senior Concierge Services come in. Moore believes her business can assist seniors with these tasks and, thus, allow them to stay in their own homes longer. The services her business provides include the following:

- Companion Care/Activities
- Decluttering

■ CONTINUED ON PAGE FIVE



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Moore

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Assistance

- Writing and Addressing Letters
- “If there are any other services seniors need, I encourage them to ask

me,” Moore said.

Moore charges by the hour with a one-hour minimum. Her service area includes Topeka, Holton, Hoyt, and Meriden. She lives in Holton, but doesn't charge for her time driving from and back to her home.

“My mother lives in Topeka, so I can easily do something with her as well while I'm in Topeka,” Moore said.

Moore's services also include transportation services, such as driving clients to doctors' appointments.

“I can sit with clients during doctors' appointments” she said. “I can also take notes for the family so they are aware of what's going on as well.”

In addition, Moore can drive clients

to beauty shops and barber shops.

“I can also arrange for someone to come to a client's home to have her hair done,” she said.

Currently, Moore is the only person providing services for Girl Friday Senior Concierge Services.

“My clients know the same person is coming, the same person will be there, and they can build trust in that person,

which is me,” she said.

Moore, who is bonded and insured, can provide references upon request.



Of course, there may eventually come a time when a senior can no longer live in her own home safely.

“If someone does have to move, I can help them with packing and unpacking things when they're making that next transition,” Moore said.

For more information about Girl Friday Senior Concierge Services, call Moore at 785-364-6614, email her at g.fridayseniorservices@yahoo.com, or visit girlfridayks.com.



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Next Gen Hearing opens in Lawrence

By Billie David

People who have lived in Lawrence often notice that although a person may leave the town, the town does not leave the person. In fact, as more than a few local business owners can testify, Lawrence has a way of drawing people back to stay.

That's what happened to Casey Penfold, owner of a new Lawrence business called Next Gen Hearing LLC.

A native of Lawrence, hearing instrument specialist Penfold has been in the hearing aid industry for over a decade, starting with a relative in the industry.

"I have an uncle who has been in the business since the late 1980s," Penfold said. "I had known since I was a child that I wanted to do something fulfilling, not just a job. It was a good fit, because I knew I was doing something good that changes lives."

So Penfold, who grew up in Lawrence and has always considered it to be home, then began working for a leading hearing aid and accessory manufacturer, as a national known hearing aid expert, traveling to clinics around the nation to demonstrate the latest technology and provide in office staff training.

Penfold formed close relationships around the country during his time as a traveling consultant and gained valuable experience. He also became increasingly aware of a problem that he wanted to do something about.

"Lots of people need our help," he explained. "Our industry only helps about 30% of the people who need it in our country. The biggest obstacle is

the price."

He also felt that it was time to settle down.

"Lawrence is home," he said. "People have given me the nickname of being a homeboy."

So, in July, Penfold opened his own clinic, a local mom-and-pop business that would allow him to settle down and help his community at the same time.

"The mom-and-pop days are kind of over," he said. "The big businesses come in and buy out the small guys, and they aren't as flexible in providing affordable options. My goal in founding Next Gen Hearing is to provide the latest in hearing technology at affordable prices without gimmicks."

Fortunately, the contacts Penfold made with two of the leading manufacturers have given him the ability to bring the prices down while still maintaining cutting-edge technology and providing more affordable options.

KEVIN GROENHAGEN PHOTO



Casey Penfold, who recently opened Next Gen Hearing LLC, wants to provide the latest hearing technology at affordable prices.

"I have access to any of the six big and brands, but I primarily work with manufacturers, and I can service and ReSound and Starkey for the new repair any hearing aids, all makes

■ CONTINUED ON PAGE SEVEN

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Casey Penfold, HIS
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Next Gen

■ CONTINUED FROM PAGE SIX

ones,” he said.

Penfold’s goal in setting up his new clinic is to help people to hear better for less.

“We’re a company that cares,” he said. “I personally care about each patient who comes in. They are not just a number. We’re a locally owned company that cares. People should not have to sacrifice hearing ability for affordability, and I will help provide both.”

Next Gen Hearing offers testing, diagnosing hearing loss, hearing instrument selection, and fitting customized hearing aids. Clients also receive counseling and education as well as cleaning and repair services.

When a patient comes in for an evaluation, Penfold starts with an otoscopy, looking at the ears to make sure they are healthy. A video camera allows

the patient to see the procedure on a big screen so that Penfold can explain things as he goes.

The next step is to give the patient a complete comprehensive hearing test.

“We use a sound booth to control the environment and ensure accuracy,” Penfold said. “It’s a computerized test.”

Penfold then reviews the results and consults with the patient, and if there is a need, he will refer the patient to a physician.

“If it is hearing loss that can be improved with hearing aids, I can make a recommendation for them,” he said. “Then if the patient chooses to get help, we fit the hearing aids and schedule after-care follow-ups that include professional cleaning, adjustments, service and repair.”

Next Gen Hearing is located next to Genesis Fitness Center in the Keller Williams building at 545 Columbia Drive, Suite 1004, in Lawrence. More information is available on the website at www.nextgenhearing.net, or by calling the office at 785-551-7525.

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Prairie Commons Apartments to celebrate 20th anniversary

By Billie David

On November 10, residents of Lawrence's Prairie Commons Apartments will not only be celebrating Thanksgiving with a traditional turkey dinner, but they will also be commemorating Prairie Commons' 20th anniversary at the same time.

Looking back over those 20 years, Prairie Commons manager Sheri Van Auken said that while there have been some changes, many things have remained the same. The most noticeable change is on the outside, because when Prairie Commons was built in 1997, it was on the far west edge of town across from riding stables. Sixth Street next to the apartments was a two-lane road, and Prairie Commons was pretty isolated.

Then the neighborhood grew up around it.

"Now one of our best assets is location," Van Auken said.

Prairie Commons is located at 5121

Congressional Circle, just west of Sixth and Wakarusa streets. It is right across the street from Walmart, and it is also located near Dillons, the Lawrence Indoor Aquatic Center and Lawrence Community Theatre, as well as various shops and restaurants. Rock Chalk Park is in close proximity, allowing quick access for residents to use the indoor walking track.

The landscaping has also changed, from seedlings and shrubs to a place adorned with mature trees and plants. Van Auken stated there is such a variety of plantings that every season of the year has something special, and there are lots of sidewalk paths and benches throughout the property, which encourage residents to get outdoors. The property also boasts four barbecue grills, a picnic table, and tables and chairs on the clubhouse patio.

What hasn't changed over the years at Prairie Commons, though, is what's on the inside.

"There is a real sense of community



Velma Vaughn (left) and Mary McClees (right) both moved into Prairie Commons shortly after it opened in 1997.

here," Van Auken said. "You can be as private as you want, but you need not be alone. The coffee is always on in the clubhouse and the benches outside provide a great place to meet other

residents. Here, there's not a stranger. It's a tight-knit community within the Lawrence community."

Adding to that sense of community

■ CONTINUED ON PAGE 10

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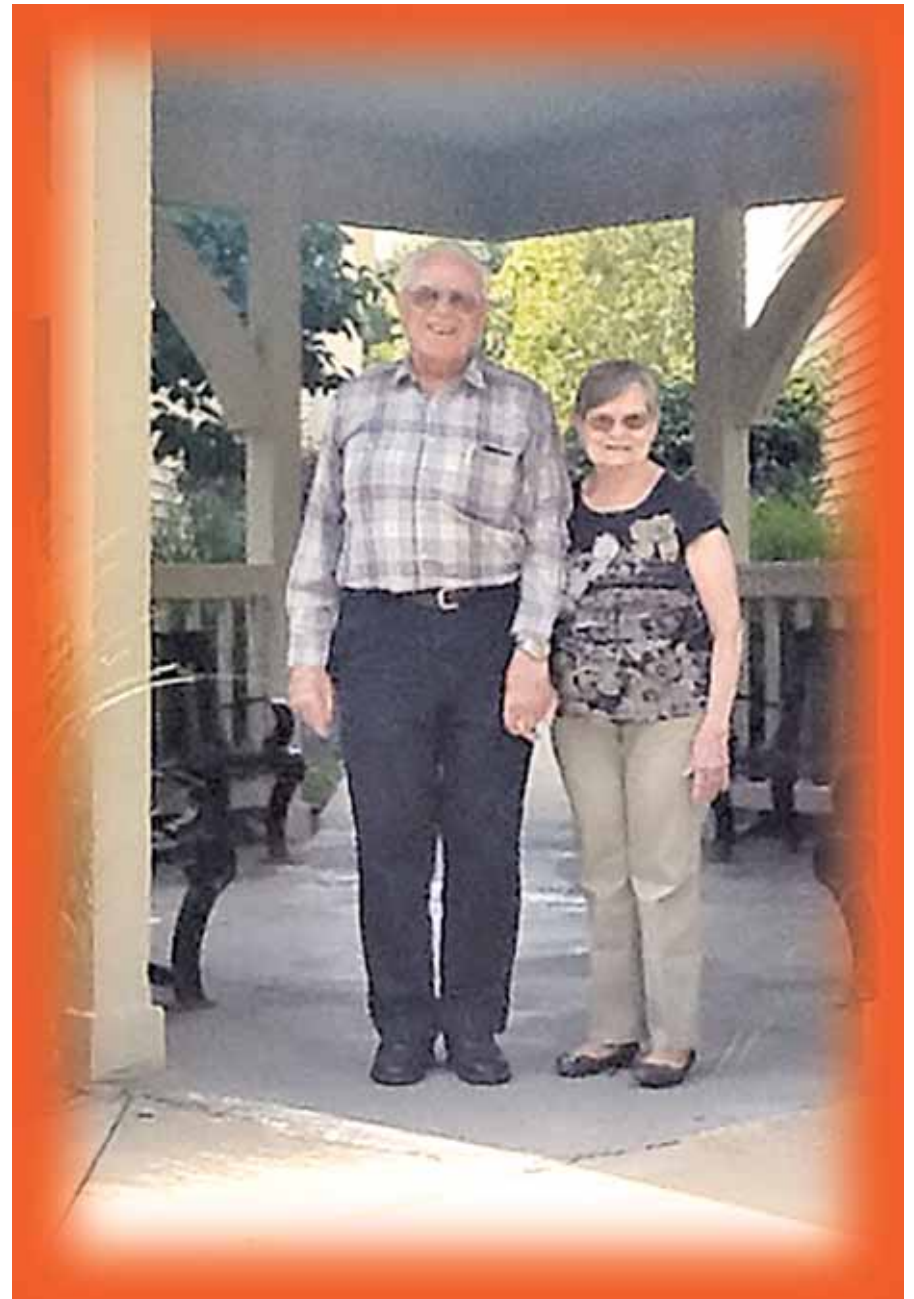


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Prairie Commons

■ CONTINUED FROM PAGE EIGHT

is the recently remodeled clubhouse, where residents can sit in comfortable, executive-style chairs around the many tables. The kitchen has also been recently upgraded, and residents can reserve the clubhouse at no charge for special occasions, such as anniversaries, graduations, showers and birthdays. The clubhouse has room for approximately 45 people inside as well as a private patio with a large grill outside.

"The clubhouse is very popular," Van Auken said. "It is usually filled with people and activities. We have Pitch, Bridge, and Canasta groups as well as Dominos and Bingo, and a weekly visit from the Lawrence Public Library bookmobile."

Residents can also enjoy Friday morning coffee withcini-minis from Munches Bakery, Bible studies, potluck dinners, and KU basketball watching parties.

Prairie Commons is a senior living community for people age 55 and older. It has 128 one- and two-bedroom apartments and approximately 140 residents. It offers washer and dryer connections, outstanding landscaping, a gated entry with controlled access, detached garages, all-electric kitchens, French-style balconies, and walk-in closets. Cats and dogs weighing 30 pounds or less are also welcome.

Prairie Commons plans to combine its Thanksgiving and 20th anniversary celebrations together. Turkey with all the trimmings is on the menu, and residents can bring desserts or other foods from their favorite recipes, potluck style.

The celebration will feature numerous drawings, culminating with a \$500 cash prize for one lucky current resident. There will also be a slideshow of the community's 20-year history. "We are particularly appreciative of our long-term residents," Van Auken said. "More than one-third of our residents have made Prairie Com-



KEVIN GROENHAGEN PHOTO

Prairie Commons Apartments will celebrate Thanksgiving and its 20th anniversary on November 10.

mons home for better than five years, including six who have lived here over 15 years. Three residents have made Prairie Commons home from the beginning moving here in 1997 and early 1998."

More information about Prairie Commons is available on their website at www.prairiecommonsapts.com, or by calling 785-843-1700. Office hours

are Monday through Friday from 9 a.m. until 5 p.m.



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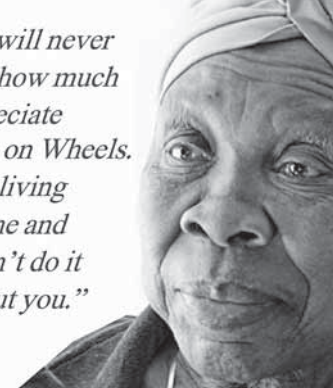
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MAYO CLINIC

Toenail fungus is often difficult to eliminate completely

DEAR MAYO CLINIC: What causes toenail fungus, and what can be done to treat it? Is it contagious?

ANSWER: Toenail fungus is an infection usually caused by a microscopic organism called dermatophyte fungus. These infections can be contagious, and they're often difficult to eliminate completely. Fortunately, for most healthy adults toenail fungus doesn't pose any serious health risks.

Toenail fungus is a common condition that begins as a white or yellow spot under the tip of your toenail. As the infection goes deeper, it may cause your nail to discolor, thicken and crumble at the edge. Fungal infections are more likely to happen in your toenails than in your fingernails because toenails often are confined in a dark, warm, moist environment—inside your shoes—where fungi can thrive. Toes also have less blood flow than fingers, making it harder for your body's immune system to detect and stop the infection.

The older you are, the more likely you are to get toenail fungus. That's because as you age, your immune system changes. In addition, your nails become more brittle and drier over time, creating more cracks where fungus can live.

Toenails are made up of multiple layers stacked on top of each other. Toenail fungus can be tough to get rid of because it can get into and in between those layers. It may also sit on top of the nail or grow underneath it. In some cases, fungus can get into the cells that make the nail, called the nail matrix. That can make the fungus very difficult to eliminate because the cells manufacturing the rest of the toenail are infected.

The good news, though, is that toenail fungus typically does not lead to bigger medical problems. With that in mind, I generally encourage healthy adult patients with mild toenail fungus to not treat it, or to treat it just using topical measures. For example, you can buff the nail down with a file to keep it thin, so the fungus has a less of a home to live in. You should also keep

the nail trimmed. If you let your toenails grow long, it creates more places for the fungus to grow.

If you want to do more than that, over-the-counter lacquers similar to nail polish are available that you can put on your toenails. Those treatments help keep the fungus from growing. Your physician also can prescribe a product that contains antifungal medicine that you apply once or twice a day to the nail to help eliminate the infection.

You may see ads publicizing laser treatments for toenail fungus. I usually don't recommend them. They tend to be quite expensive, and at this time most medical insurance does not cover this type of treatment.

In some specific cases, I do suggest a more aggressive treatment plan for toenail fungus. If you have unstable diabetes or if your immune system is compromised—you have HIV, you've had a transplant or you're undergoing cancer treatment, for example—then you need prompt treatment for a fungal infection. If left unchecked, the fungus may be able to spread to other parts of your body and make you quite ill.

Treatment in these situations usually involves the topical medications mentioned earlier, as well as an oral antifungal drug, such as terbinafine or itraconazole. These drugs help a new nail grow free of infection, slowly replacing the infected part. You typically take this type of drug for six to 12 weeks. But you won't see the end result of treatment until the new nail grows in fully. With this treatment, it may take several months or more to completely eliminate the infected nail.

- Dawn Davis, M.D., Dermatology, 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

The resurgence of Patchouli essential oil

Patchouli essential oil was very popular in the 1960s and 1970s, so much that it was named the scent of the hippie movement. Now we are seeing a resurgence of this plant, mainly in the form of an essential oil. Patchouli is a bushy

to stimulate the release of hormones in the body to help with feeling of anxiety, stress, sadness, and anger. It has also been used to decrease inflammation in the body and to treat various skin conditions such as eczema, dermatitis, acne and psoriasis, and joint conditions such as arthritis. As an antiseptic, it is used to treat infections such as wounds and ulcers, and to fight viral, bacterial and fungal infections.

Patchouli oil has been used to repair skin, including scars left by acne or measles. It has also been used to improve the health of the gums in the mouth. Patchouli essential oil has been used to treat sexual problems such as impotency, decreased libido, and erectile dysfunction, and to improve sex drive. It stimulates the circulation of blood, which helps with metabolism and improved energy levels. Medical properties have it being used as a diuretic, which increases the frequency of urination. This can help to remove toxins from the body.

Though the smell and benefits of Patchouli essential oil may be sweet, it may not be ideal for everyone. Never ingest Patchouli essential oil due to its toxicity. Please check with your health care provider before using Patchouli essential oil or starting any new protocol.

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



Dr.
Farhang
Khosh

medicinal plant that grows mainly in warm and rainy climates. Patchouli is believed to have received its name from a Hindi word meaning "scent." The Patchouli plant belongs to a family of other aromatic plants, including Lavender, Mint, and Sage. Patchouli is native to and extensively cultivated in tropical regions, such as Brazil, Hawaii, and Asian regions like China, India, Malaysia, and Indonesia. In the Asian countries, it was traditionally used in folk medicine to treat hair problems like dandruff and oily scalp, as well as skin irritations like dryness, acne, and eczema.

The use of this plant as an essential oil began early on in our history with European traders exchanging Patchouli for gold. It was also believed that King Tut was buried with Patchouli oil inside his tomb. In the 1800s, the scent of Patchouli oil became the benchmark of many Eastern fabrics like silk because it was used to protect the fabrics from insects. Patchouli essential oil is a calming scent that provides numerous health benefits, making it ideal for therapeutic use in cosmetics, aromatherapy, and cleaning products. Currently, another popular way to use this medicinal plant is as an insect repellent.

Medicinal properties of this plant include being used as an antidepressant, antiseptic, astringent, diuretic, sedative, and tonic. It has been used

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HEALTH & WELLNESS

Life hacks: Better living OT tips and advice to improve your life

By Tamra Councilman OT

Occupational Therapy (OT) is a form of therapy that helps you recuperate from injury or illness (physical or mental). The unique approach of occupational therapy is to look at your everyday home tasks, work responsibilities and activities of daily life to improve your independence. Daily activities are the self-care we all do daily including bathing and dressing. Occupational therapy practitioners have a holistic perspective, in which

LAWRENCE MEMORIAL HOSPITAL 

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the focus is on adapting the environment and/or task to fit your needs, with you as an integral part of the therapy team. It is an evidence-based practice deeply rooted in science, meaning that the therapy techniques have been studied with real people to find out what really works.

Life hack: A life hack is any trick, shortcut, or new method that solves an everyday problem. You probably have some of your own life hacks that you have invented. I will share several hacks that I teach to my patients to help them meet the challenges of everyday life.

A New Age and Stage

As we age we are often challenged in our daily activities due to limited use of a limb/limbs, visual impairment, mental acuity, chronic pain, limits in joint flexibility and decreased muscle strength. We are so fortunate to live in a time with great resources, products, innovations to facilitate independence and ease in our lives. As an occupational therapist, I have worked with patients/clients for the past 26 years utilizing many of these "hacks" with the goal of improved functional independence and

satisfaction in their daily life.

Here are some hacks/tips that you may find helpful in your day to day life.

- A reacher/grabber can give you extra length in your arms to do lower body dressing, reach for items off the floor or above shoulder level. Use your reacher to pick the newspaper up off the driveway safely.

- Long handled shoehorn to put on your shoes can be useful if you are limited or restricted in back or hip motion.

- A dressing stick is useful to pull shirts/coats over your shoulder if your arm range motion is limited.

- Button aid can make fastening buttons quick and easy if your hands are limited by arthritis.

- To prevent pants from falling to the floor when toileting, take two food clips or clothespins and tie an elastic cord/string to each clip and attach to shirt and waistband of pants. This is helpful if one is having difficulty reaching forward with your arms.

- Add longer handles on grooming items and kitchen utensils for easier grip if limited in grip strength or joint motion.

- Thread your belt though your pants before putting them on.

- Use a sock aid to put on your socks if having difficulty bending/reaching forward.

- Use wide handle grips on the cookware and utensils for easier gripping.

- Add levers on faucets and doors to make it easier when hand grip strength is limited.

- Use a pizza cutter to cut food if limited in hand use or grip strength.

- Use jar openers or put rubber bands to aid in opening containers.

- Use a melon baller to take seeds out of peppers, tomatoes or cucumbers.

- Use a store pant hanger with clips to hold a recipe and hook it on a cupboard handle for easy viewing.

- Add extra lighting to make it easier to see in a dark area. Get advice from an OT Low Vision Specialist on

adding lighting if you have reduced vision.

- Use a wet paper towel or cloth under the cutting board to prevent slipping.

- Place the microwave on counter for easier access.

- Cut a piece of textured shelf liner and place under dishes and mixing bowls to prevent from sliding on countertop or table.

- Balance a wooden spoon across a pot of water to keep from boiling over.

- Remove doors from upper cabinets for easier retrieval of items. Place frequently used items at counter for below shoulder level.

- Use remote controls or touch control devices for hard to reach lamps and light fixtures.

- If you are having difficulty reaching clothes in closet; hook another hanger on the original one and hang your clothes on the lower one.

- To amplify the sound of your cell phone, place it in a empty bowl or cup on speakerphone feature.

- Take a picture of the items in your refrigerator to help you remember what you have and what you may need at the grocery store.

- Color code your keys with finger nail polish for easier identification.

- When sweeping or vacuuming,

hold the handle next to your side and walk with the broom or vacuum to prevent undue strain on arms or back. Avoid reaching way forward.

- Soften up sharp furniture corners with foam insulators or moldable putty.

- Use double sided tape to keep rugs edges in place

- Add bright or reflector tape on the edge of steps or threshold for a visual cue to avoid falls.

Projects Galore

You may already have many of the above items at home/in the garage to start using these easy tips. Some items like foam insulators for the corners of furniture can be found at the hardware store. If you want to replace you kitchen utensils with wide handle items, keep an eye out for store sales or put them on your holiday gift wish list. Small improvements in our homes like securing rugs can make the environment safer and it is an easy hack to start using today. Enjoy your new DIY projects and share the ideas with your friends.

Happy Hacking!

- Tamra Councilman OT, is an Occupational therapy at Lawrence Memorial Hospital, LMH Therapy Services. She has been in the OT field for 26 years with experience in Aquatic therapy, neurological and upper extremity rehabilitation.

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JILL ON MONEY

Family caregivers need care - and a helping hand

Nonprofessional family caregivers shoulder a huge burden. According to research from the Transamerica Institute, many “are providing care at their own risk.” Across a diverse population, 55 percent of respondents “say that their own health is taking a back seat to the health of their care recipient,” while a whopping 69



Jill
Schlesinger

percent gave “little or no consideration to their own financial situation when deciding to become a caregiver.”

While the vast majority of caregivers (87 percent) are caring for a family member, the demographic breakdown of the group is changing: 53 percent are women and 47 percent are men, spread across a variety of age groups and income levels.

When asked why they are providing care, not surprisingly, most say they do so out of love for the recipient. But those emotions can be costly. Caregivers spend \$150 per month (median) to cover expenses for their care recipient—and that amount increases with a caregiver’s household income. Addi-

tionally, those who are fully employed (more than half) tend to do so at the expense of their job or its benefits, whether by using vacation and sick days to care for the family member, or by reducing their retirement plan contributions or even in some extreme cases by quitting their jobs.

Given the high stakes, it’s more important than ever to start conversations before your older relatives need care. It can help to use an article like this one to open the conversation. You can also ask about a friend or other relative who may be coping with the situation. For example: “Who is helping out Aunt Alice? Is she happy with the arrangement? Is that something you would want, if you were in her situation?”

And while you may feel weird about it, I’m sorry to say that you will have to bring up money, which, according to AARP, is “often at the heart of decisions you’ll make as a caregiver.” Try to figure out how much is available to cover potential costs. With extended life expectancies, the pile of money that seems adequate at age 70 may not be enough to provide for paid care at age 80.

Remember, the ongoing needs associated with aging have steep financial costs not just for the older person but also for the caregiver him/herself. A friend of mine recently had to forego a plum promotion because it would have required a large amount of travel, which would have been impossible to juggle with her unpaid job as her father’s caregiver.

If you are in the soup of being the primary caregiver, here are some tips:

- Ask for help. Although one person usually serves as the primary caregiver, he or she is still entitled to ask for help. If you are from a small family, maybe it’s a friend of yours or your parents who can fill in with mundane tasks like

driving and meal planning.

- Check your employee benefits. Some companies are partnering with organizations that provide assistance, which may include access to a social worker to discuss options, coordination of health and medical benefits, help locating on-the-ground aides, and emotional support for the entire family.

- Create a central location for notes about the relative. A Google document can highlight the schedule, doctor appointments and other important information. The document does not obviate the need for visits or telephone conversations, but it’s an efficient way to make sure that everyone is on the same page.

- Take off a day from time to time. The grueling emotional demands on a caregiver can have a physical impact as well. Be sure to encourage caregivers and remind them to take care of themselves too.

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

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NAVIGATING THE MEDICARE MAZE

A primer on Medicare options, coverage

Medicare is the government health program for people when they turn 65 or if they have certain qualifying disabilities. It helps cover parts of the medical costs people incur when they are admitted to the hospital or when they go to see their doctor. Even with this assistance, Medicare does not pay for everything. People can



*Chris
Chapin*

choose to get additional insurance that is offered by private insurers to help pay for what Medicare doesn't. These options are in the form of a Medicare supplement, Medicare Advantage Plan and Prescription Drug Plan. Understanding how these plans work can be confusing, but speaking with a licensed insurance agent can help eliminate some of the mystery.

Let's first look at how Medicare alone helps cover medical expenses for the beneficiary. Original Medicare has two parts, Part A and Part B. Part A is your inpatient coverage, it helps cover the cost when a person is admitted to the hospital. Part A has a deductible that the patient must pay before Medicare pays. Part B, which is your outpatient coverage, also has a deductible, so when you go to see your doctor you must pay the deductible before Medicare pays. Once these deductibles are paid, Medicare pays 80% of Part B expenses, leaving the patient responsible for 20%. There is no limit on how much that 20% can become. This is where additional Medicare insurance can help.

Medicare supplements, also known as Medigap plans, work with Original Medicare to help cover what Medicare does not cover. These plans are

standardized throughout the country, so they all have the same benefits no matter which insurance company enrolls you. When you have a Medicare supplement plan, with the exception of some Select Plans, you can go to any hospital and see any doctor, as long as they accept Medicare. These plans also cover you medically, in non-emergency situations, as you travel within the United States. These plans do not cover prescription drug costs.

Prescription Drug Plans, also known as Part D, help folks pay for their medicines by grouping medications into tiers. Tiers are broken down into generic drugs, brand name drugs and specialty drugs. Some are preferred and some are non-preferred. Drug Plans differ from insurance company to insurance company, so it is important the Drug Plan you choose does cover the medicines that you are taking. These plans can change from year to year, so it is important to review your coverage every year.

Medicare Advantage Plans, also known as Part C, combine the benefits of Part A coverage, Part B coverage and, in many cases, they have Part D drug coverage as well. These plans can also offer additional benefits, such as vision, dental or hearing coverage. Memberships to local athletic clubs can also be included. These plans are network based plans, like HMO's or PPO's, so you need to get your medical care from doctors and hospitals that are in the plans network. These plans can have relatively inexpensive premiums, but you must pay copays and coinsurance when using the plan benefits.

Medicare insurance is sold on an individual basis, so don't be tempted to enroll in plans that your family member or friend might suggest to you. Each person's situation is unique.

- *Chris Chapin is the owner of Stephens-Chapin Insurance, in Lawrence. He can be reached at 785-841-9538.*



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SENIOR CALENDAR

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

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

ARTS/CRAFTS

TUESDAYS

THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWORK

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

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

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

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

LEGIONACRES

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

FIRST & THIRD SATURDAY OF THE MONTH

VETERANS OF FOREIGN WARS

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

DAY TRIPS/TOURS

THURSDAYS

BEHIND THE BRICKS: WATKINS MUSEUM TOURS

Every Thursday, Watkins volunteer Michele Montour introduces visitors to the amazing architecture of the Watkins Building and some of our fascinating exhibits. This tour is a short, free, and fun way to spend time Thursday afternoons soaking up some local history! Watkins Museum of History, 1047 Massachusetts St., 2-2:30 p.m. Free.
LAWRENCE, 785-841-4109
watkinsmuseum.org

SECOND SATURDAY OF THE MONTH

FREE SATE EAST SIDE BREWERY TOUR

East Side Brewery offers tours on the second Saturday OF THE MONTH at 2 p.m. Tours are free, and open to the public, but the brewery reserves the right to cap the tour size at a manageable level, if necessary. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.
LAWRENCE, 785-550-9718
www.freestatebrewing.com

NOV 22

FREE DAY AT THE JOHNSON COUNTY MUSEUM

Have family in town for Thanksgiving and need to plan a fun family outing? Come to the new Johnson County Museum...for free! Admission to the museum featuring the 1950s All-Electric House and the KidScape experience are all included on this fun day! Pre-registration not required. Johnson County Museum, 8788 Metcalf Avenue, 9-4:30 p.m. Free.
OVERLAND PARK, 913-826-2787
jocogov.org/museum

EDUCATION

ONGOING

COOKING CLASSES

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

ONGOING

FREE INSURANCE COUNSELING

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

FIRST MONDAY OF THE MONTH

MEDICARE MONDAYS

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

FRIDAYS

HEALTHWISE TV

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

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

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

SEP 12, 19, 26; OCT 3, 24; NOV 14

THE ELUSIVE QUEST FOR THE LACROSSE MOM: HOW DO POLITICIANS, CORPORATIONS, ORGANIZATIONS AND THE COMMUNITY ENGAGE WOMEN?

Discussion Group series with Dole fellow Cherylyn Harley LeBon. Robert J. Dole Institute

of Politics, University of Kansas, 2350 Petefish Dr., 4 p.m. Free and open to the public.
LAWRENCE, DoleInstitute.org

OCT 2-NOV 6

FILM CLASS-SCREWBALL COMEDIES

We'll explore the thoroughly American classic cinema experience via the defining characteristics, films, filmmakers and actors that became so popular in the 1930s and 40s-Screwball Comedy. Now meeting in the theater at Pioneer Ridge. Instructor: Kellee Pratt a Social Producer for Turner Classic Movies (TCM) Film Festival in Hollywood. Details and registration available at any Lawrence recreation center or online at www.lprd.org. Pioneer Ridge, 1000 Wakarusa Drive, 6:30-8:30 p.m. For further information, contact Gayle Sigurdson, Lifelong Recreation programmer at gsigurdson@lawrenceks.org or 785-832-7909.

LAWRENCE

NOV 2

NUCLEAR CONTAINMENT IN A BIPOLAR WORLD

Ft. Leavenworth series. The wartime alliance of the U.S. and Soviet Union began to crack even before the end of World War II, but relations completely crumbled in the immediate aftermath of the conflict. As both nations boasted nuclear weapons, the U.S. attempted to use containment as the primary strategy for dealing with the Soviet Union throughout the Cold war. Dr. David W. Mills will explore the military and political confrontations between the two countries, as well as the U.S. government's attempts to idolize American democratic systems while denigrating communism. Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free.
LAWRENCE, 785-864-4900
doleinstitute.org

NOV 2

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Thursday, November 2, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at Cotton O'Neil Heart Center at 929 Mulvane. Sign up at our website <http://century-insuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided. Call for more information.
TOPEKA, 785-270-4593

NOV 4

UNDERSTANDING ALZHEIMER'S DISEASE

Join Lawrence Memorial Hospital and community partners, the Lawrence Public Library, Bridge Haven Memory Care and others for a free multi-session seminar on several aspects of Alzheimer's Disease. Topics and speakers are: 9:30 a.m. - Overview of Alzheimer's Disease, Rob Beck, MD, of Lawrence Neurology Specialists; 10:30 a.m. - Current Research into Alzheimer's Disease, Eric Vidoni, PhD, of KU Alzheimer's Disease Center; 11:30 a.m. - Financial Concerns, Barbara Braa; 12:45 p.m.

■ CONTINUED FROM PAGE 18

– Supportive Decision Making, Dana Lambert of Age Wise Consulting; 1:45 p.m.- Caring for the Caregiver, by Janet Ikenberry of Douglas County Senior Resource Center. There will be exhibitors present with information to support those with or who are caring for someone with Alzheimer’s Disease. No registration is needed; just drop in, Attend one or as many sessions as you wish. Program will be held at the Lawrence Public Library Auditorium.
LAWRENCE, 785-505-5800, www.lmh.org

NOV 7

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, November 7, at 6:30 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Cotton O’Neil North Clinic at 4505 NW Fielding Rd. Sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided. Call for more information.

TOPEKA, 785-270-4593

NOV 7

SKILLBUILDERS: COOKING FOR ONE

Susan Johnson, Dg. Co. Extension Office.. Skillbuilders is a 10-week series that offers support, encouragement, and information to anyone undergoing major life transitions: the death of a loved one, adjustment to physical limitations, divorce, moving to a new location, etc. No registration required. Meet at Deal Six Auditorium’s Extension Office, at the Douglas Co. Fairgrounds, 2110 Harper., 10-11:30 a.m. Free.
LAWRENCE, 785-843-3833 x115

NOV 8

MEDICARE PART D

Learn how to use the Medicare.gov website and plan finder to help you make an informed decision regarding your Medicare Part D drug coverage every year. Registration is required at tsopl.org/register. Topeka & Shawnee County Public Library, Computer Training Center, 1515 SW 10th Ave., 9:30-11 a.m.
TOPEKA, 785-580-4400

NOV 8

THE FUTURE OF THE MIDDLE EAST

Join Joseph Westphal, former U.S. ambassador to Saudi Arabia, for a conversation on his career, the role of ambassadors in the Middle East, and the complex reality of present-day issues in one of the most complicated regions of the world. Dole Institute of Politics, 2350 Petefish Dr., 7 p.m. Free.
LAWRENCE, 785-864-4900
www.doleinstitute.org

NOV 9

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Thursday, November 9, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those con-

sidering making a change. Seminar will be held at Cotton O’Neil Heart Center at 929 Mulvane. Sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided. Call for more information.
TOPEKA, 785-270-4593

NOV 12

ESTATE PLANNING SEMINAR

How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you name the

people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Those attending get a free copy of the book Estate Planning Overview. Senior Resource Center, 2920 Haskell Avenue, 6-7:30 p.m. No pre-registration required.
LAWRENCE. 785-832-1175

NOV 13

HEALTHWISE SENIOR SUPPER

Talent Development Specialists Lisa Hinterwenger and Leann Edington, of the Stormont Vail

Learning and Talent Development Department, will discuss “Life-Saving Simulations” and the role such exercises play in improving patient care at the monthly Stormont Vail HealthWise Senior Supper from 5:15 to 6:30 p.m. \$5 per person for the meal. Reservations requested by Wednesday, November 8. Please call.
TOPEKA, 785-354-5225

NOV 14

SENIOR SUPPER AND SEMINAR

This month’s topic: “COPD: Out with the Bad, in with the Good,” presented by Mitchell Tener, MD, of Lawrence Pulmonary Specialists. On the 2nd Tuesday of each month, seniors

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Winter Meadow Homes Inc.

Is there someone special in your life who needs extra care? A Home Plus Adult Care Home is an alternative solution to a nursing home environment.

We provide an intimate family setting and more “Attentive” attention.

Residents can choose their meals and have family recipes prepared for them. It’s easier for the families to be involved. We provide a home setting with group and individual activities available.



You can bring your own personal belongings, including furniture, to make it feel more like home.

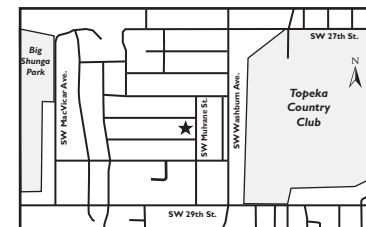


Services Include:

- Personalized Care
- Private & Semi-private bedrooms
- 24 Hour Care by Certified Staff
- Daily supervision by RN and LPN
- Medication Assistance
- Fresh home-cooked meals served at a family table
- Social interaction and activities
- Fire sprinkler and door security
- Personal Laundry Service
- Licensed and inspected by the Kansas Department on Aging
- Medicaid payments accepted

We provide: Long-term Residency, Respite Service, Day Care, Hospice Services Welcomed, Dementia Care, Diabetic Care

We’re conveniently located at 2832 SW Mulvane St. in Topeka!



At our Home Plus in Topeka, Kansas, you can continue to live in a familiar homelike setting while you receive 24 hour a day supportive nursing care. Contact Ben or Darlene for a tour at 785-234-2989, 785-383-4531 or wintermeadowhomes@yahoo.com. Visit our website at www.wintermeadowhomesinc.com for more information.

■ CONTINUED FROM PAGE 19

are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are required due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connectcare@lmh.org.
LAWRENCE, 785-505-5800, lmh.org

NOV 14

MEDICARE EDUCATIONAL SEMINAR
Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, November 14, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at Cotton O'Neil Heart Center at 929 Mulvane. Sign up at our website <http://centuryinsurance-agencycyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided. Call for more information.
TOPEKA, 785-270-4593

NOV 14

DISCUSSION GROUP WITH SANDRA SOBIERAJ WESTFALL
Sandra Sobieraj Westfall, National Political Correspondent and Washington Bureau Chief at PEOPLE Magazine. Dole Institute of Politics, 2350 Petefish Dr., 4 p.m. Free.
LAWRENCE, 785-864-4900
www.doleinstitute.org

NOV 14

SKILLBUILDERS: ADJUSTING TO CHANGE #2: CLOSING
Donna Flory, MSW (retired); Paul Reed, VNA; Jan Maddox, Brandon Woods; Pattie Johnston, LPL. Skillbuilders is a 10-week series that offers support, encouragement, and information to anyone undergoing major life transitions: the death of a loved one, adjustment to physical limitations, divorce, moving to a new location, etc. No registration required. Smith Center at Brandon Woods at Alvamar, 4730 Brandon Woods Terrace, 10-11:30 a.m. Free.
LAWRENCE, 785-843-3833 x115

NOV 15

ANCHORING "NIGHTLINE": JUJU CHANG
Juju Chang is an Emmy and Peabody Award-winning journalist, the co-anchor of ABC News' "Nightline" and a regular contributor for "Good Morning America" and "20/20." Her career has seen her cover breaking news stories like the Boston Marathon bombing and Superstorm Sandy, in-depth reporting on LGBTQ issues, gender equality and sexual assault, and global issues like Boko Haram and the #BringBackOurGirls saga. Chang will take guests inside her work as an anchor and reporter in the fast-paced world of network television for the 2017 Journalism and Politics Lecture. Dole Institute of Politics, 2350 Petefish Dr., 7 p.m. Free.
LAWRENCE, 785-864-4900
www.doleinstitute.org

NOV 16 & 17

AARP DRIVING SAFETY CLASS
The Lawrence Public Library will host the AARP Driving Safety Class on Thursday and Friday, November 16 and 17 from 10 a.m.-3 p.m. each day in Meeting Room B on the lower level of the library. Class is \$15 for AARP members, \$20 for non-members. The class is a refresher course on driving techniques plus tips for older drivers and information on state laws and new technology. Participants will receive a certificate of completion at the end of the two day class to present for insurance discounts. Parking is available at the nearby city parking garage at \$1 for the day. Handicapped parking is available. There will be an hour break for lunch. Registration is required due to room space. To register or for more information, contact Pattie Johnston at the library, 785-843-3833 extension 115.
LAWRENCE

NOV 20

DIY HOLIDAY GIFTS AND DECORATIONS
You can make terrific holiday decorations, cards and gifts using recycled materials, found objects and other things you probably have around the house. Take home some great ideas and a finished item (or more). Materials provided. Registration required at tscpl.org/register.
Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 12:30-2 p.m.
TOPEKA, 785-580-4400

NOV 28

DISCUSSION GROUP WITH ALLEN WEST
Allen West, political commentator, retired U.S. Army Lt. Colonel and former U.S. Congressman (R) representing Florida's 22nd District
This conversation will focus on the future of constitutional conservatism in the U.S. Dole Institute of Politics, 2350 Petefish Dr., 4 p.m. Free.
LAWRENCE, 785-864-4900
www.doleinstitute.org

ENTERTAINMENT

SUNDAYS

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

THURSDAYS

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

SATURDAYS

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

SATURDAYS

COMMUNITY JAM
Totally free and open to the public, the AMA Saturday Jam has become a tradition in the Lawrence music community. All styles and levels welcome, acoustic instruments only. Americana Music Academy, 1419 Massachusetts St., 3-5 p.m.
LAWRENCE, 785-830-9640
americanamusicacademy.com

NOV 5

GARRISON KEILLOR: JUST PASSING THROUGH
Garrison Keillor was born in 1942 in Anoka, Minnesota, and began his radio career as a freshman at the University of Minnesota from which he graduated in 1966. He went to work for Minnesota Public Radio in 1969. From 1974 through 2016, he created and hosted his popular variety show, A Prairie Home Companion, for some 3.5 million listeners on 700 public radio stations coast to coast and beyond. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

NOV 8

KU WIND ENSEMBLE W/ GUEST JIM WALKER, FLUTE
Walker's star began to rise when he was named Associate Principal Flute in the Pittsburgh Symphony, after a stint playing in the US Military Academy Band at West Point. Then, he won the principal flute position in the Los Angeles Philharmonic. After seven successful seasons, he left the orchestra and dove into the world of jazz, studio recording and a commitment to teaching. Walker's bold, expressive playing can be heard on more than 750 motion picture soundtracks, including *Beauty and the Beast*, *A Beautiful Mind*, *Toy Story*, *Zoolander* and *2010: A Space Odyssey*. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

NOV 10

ODC DANCE W/ UNIVERSITY DANCE COMPANY
Founded in 1971 by Artistic Director Brenda Way, who trained under the legendary George Balanchine, ODC originated as Oberlin Dance Collective. Since those early days, the company has been widely recognized for its rigorous technique and for its numerous ground-breaking collaborations. It has performed for more than a million people in 32 states and 11 countries. They aim to inspire audiences, cultivate artists, engage community, and foster diversity and inclusion through dance. The company will be performing boulders and bones. ODC will be joined by KU's University Dance Company. UDC is a pre-professional performance ensemble that performs locally, regionally and nationally. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

NOV 11

MADELINE AT THE CARNIVAL
Continuing in the series of "Madeline" books, Lawrence Ballet Theatre will present the story of "Madeline and the Gypsies" as Pepito, the son of the Spanish Ambassador, invites the 12

little girls to a carnival. A sudden storm causes Madeline and Pepito to be left behind at the carnival. When the carnival moves on, Madeline and Pepito have to find a way to get back home.....Or are they enjoying the carnival life too much to return to the old house in Paris? Lawrence Arts Center, 940 New Hampshire, 10 a.m., 2 p.m., and 5 p.m. Fee.
LAWRENCE, 785-843-2787
lawrenceartscenter.org/event/madeline-at-the-carniva

NOV 12

DECADES REWIND
Decades Rewind is a National touring concert, dance party and theatrical performance all wrapped up in one blockbuster show! Come celebrate the hits of the 60s, 70s and 80s, the most prominent decades in music history. Disco, Funk, Rock and Motown all take center stage in this brand new theatrical concert featuring over 60s songs, 100 costume changes and nostalgic video. From Aretha to Zeppelin, Decades Rewind will have you singing and dancing in the aisles. This IS the story of your life! Show your children your life at their age - Kids FREE with each adult ticket purchase, through box office. McCain Auditorium, 207 McCain Auditorium, Kansas State University, 7 p.m. Fee.
MANHATTAN, 813-586-3577
www.k-state.edu/mccain/rental/decades-rewind.html

NOV 25 & 26

THE CHOCOLATE NUTCRACKER MIDWEST
Fresh from the creative brain trust of It Takes a Village, Inc., The Chocolate Nutcracker Midwest continues its mix of flair and timelessness to start the 2017 holiday season. Bring your community of family, friends, and colleagues on an adventure with The Chocolate Nutcracker, The Dream Princess, and everyone's favorite dreamer, Claire. Afterwards, don't forget to hit a pose on the red carpet and leave a little room for dessert to sample all the tasty treats at the Chocolate Festival. Topeka Performing Arts Center, 214 SE 8th Avenue. November 25, 6:30 p.m., November 26, 3 p.m. Fee.
TOPEKA, 785-969-2100
www.itav4arts.com

NOV 28

SCREENING OF TE ATA
Te Ata is based on the inspiring, true story of Mary Thompson Fisher, a woman who traversed cultural barriers to become one of the greatest Native American performers of all time. Born in Indian Territory, and raised on the songs and stories of her Chickasaw culture, Te Ata's journey to find her true calling led her through isolation, discovery, love and a stage career that culminated in performances for a United States president, European royalty and audiences across the world. Yet, of all the stories she shared, none are more inspiring than her own. A Q&A session featuring *Te Ata* screenwriter Esther Luttrell of Topeka will follow the screening. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 6:30 p.m.
TOPEKA, www.estherluttrellspeaks.com

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NOV 29

CANTUS: THREE TALES OF CHRISTMAS

Storytelling is a wondrous and meaningful part of the holiday season. In *Three Tales of Christmas*, Cantus reimagines beloved stories through familiar carols alongside new holiday classics. Featuring narrated passages from such classic holiday tales as *A Christmas Carol*, *Gift of the Magi* and *'Twas the Night Before Christmas*, *Three Tales of Christmas* reminds us of the meaning and joy of the season with fresh perspective and just the right amount of nostalgia. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787
lied.ku.edu/calendar

NOV 30, DEC 1, DEC 2

THE BEST CHRISTMAS PAGEANT EVER

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

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

DISNEY'S BEAUTY AND THE BEAST

And step into an enchanted world with a "tale as old as time" filled with spectacular costumes and

settings for a classic story of loving and being loved. Songs include "Be Our Guest." Theatre Lawrence, 4660 Bauer Farm Drive, various times. Fee. LAWRENCE, 785-843-7469
www.theatrelawrence.com

EXHIBITS/SHOWS

MAY 7-DEC 31

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

Open the Institute's new special exhibition with a discussion with 2017 Dole Archives Curatorial Fellow, historian Heath Hardage Lee, and POW/MIA wives on their leadership efforts during the Vietnam War, from breaking public silence to international diplomacy. The "Your Story, His Story, the Legacy" series focuses on stories of history and leadership from those with connections to Senator Dole's own life and career. Dole Institute Business Hours (9 a.m.-5 p.m. weekdays and Saturday, 12-5 p.m. Sundays). 2350 Petefish Dr. Free. LAWRENCE, 785-864-4900
doleinstitute.org

FARMERS' MARKETS

APR 8-NOV 18

LAWRENCE FARMERS' MARKET

Saturday market. April 8- August 26, 7-11 a.m. September 2- November 18, 8 a.m.-12 p.m. 824

New Hampshire St. LAWRENCE, 785-505-0117
lawrencefarmersmarket.com

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

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

ONGOING

HEALTHY STEPS MALL WALKING

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

ONGOING

WELLNESS COACHING

Are you trying to make lasting lifestyle changes related to healthier eating, weight loss exercise,

smoking cessation or improving your blood pressure, cholesterol or glucose numbers? Consider meeting with a certified wellness coach. LMH offers this service for a fee. To learn more, contact Aynsley Anderson Sosinski, RN at (785) 505-3066 or ainsley.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

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Reserve Your Space Today!

For the "2018 Senior Resources Directory," a special pull-out section that will be available in the January 2018 issue of Kaw Valley Senior Monthly.

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

Include Your Business or Organization's Listing for just

\$ 30⁰⁰*

Deadline is Dec. 8

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

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

Business/Organization Category: _____

Business/Organization Name: _____

Address: _____

Phone: _____ E-mail: _____

URL: _____

Contact Names (up to 3): _____

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

Place Your Logo Here

Logo will run at a maximum width of 2.25" and a maximum height of 1".
 Logo runs in black and white.

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FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

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

LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

LAWRENCE, 785-832-7950

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

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

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

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

TUESDAYS

FREE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZEXERCISE LITE

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

LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

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

TOPEKA, 785-354-5225

TUESDAYS AND THURSDAYS

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

VACCINE CLINICS

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

TOPEKA, 785-354-6787

WEDNESDAYS

OPEN BOCCE BALL

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

LAWRENCE

WEDNESDAYS

FREE NUTRITION CLINIC

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

TOPEKA, 785-354-6787

WEDNESDAYS

FREE MEDICATION CLINIC

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

TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

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

LAWRENCE, (785)748-8034

FRIDAYS

BLOOD PRESSURE CHECKS

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

LAWRENCE, 785-841-6845

SECOND THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

NOV 7

HEALTHY STEPS CELEBRATION

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

TOPEKA

NOV 18

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, lmh.org

HISTORY

NOV 5

WOMEN WRITERS ON THE SANTA FE TRAIL WITH DR. LEO OLIVA

Join us as Dr. Leo Oliva presents a program on Women Writers on the Santa Fe Trail. This program series recognizes the 196th anniversary of William Becknell's inaugural journey from Franklin, Missouri, to Santa Fe, Mexico. Becknell's trip opened at international trade route between Mexico and the United States. It made Council Grove an important rendezvous on the trail. Topics will focus on the Santa Fe Trail and

include the history of the Kaw Nation, Kansas Territory, and the state. Kansas Museum of History, 6425 S.W. 6th Ave, 2-4 p.m. Free.

TOPEKA

www.kshs.org/event/council-grove-kaw-mission-councils-4/19966

HOLIDAY EVENTS

NOV 24

HOLIDAY LIGHTING CEREMONY & SANTA RESCUE

Join us in Downtown Lawrence where the holiday comes alive with Santa Rescue. The evening begins at 5:30 p.m. with live entertainment for the whole family on the US Bank Plaza at 9th & Mass. Free.

LAWRENCE

DEC 2

WINTERFEST

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

TOPEKA, 785-234-1030

visittopeka.com/events/festivals/winterfest

DEC 2

DOWNTOWN LAWRENCE OLD-FASHIONED CHRISTMAS PARADE

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

LAWRENCE, 785-856-3040 or 785-979-9261

lawrencechristmasparade.org

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m.

Presbyterian Manor, 1429 Kasold Dr.,

Lawrence, 10:30-11:30 a.m.

Vermont Towers, 1101 Vermont St.,

Lawrence, 1-2 p.m.

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr., Lawrence, 9-10 a.m.

Arbor Court, 1510 St. Andrews Dr.,

Lawrence, 10:30-11:30 a.m.

Babcock Place, 1700 Massachusetts St.,

Lawrence, 1-2 p.m.

FRIDAYS

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.

■ CONTINUED FROM PAGE 22

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

O.U.R.S. 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 Frizzell. TOPEKA, 785-271-6500; 785-230-6730 on first Monday between 5:30 and 7:30 p.m.

FIRST & THIRD MONDAY OF THE MONTH
BEREAVEMENT SUPPORT GROUP
LAWRENCE SENIOR CENTER
2:15-3:45 PM, 785-842-0543

FIRST & THIRD MONDAY OF THE MONTH
GRIEF SUPPORT GROUP
Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital. LAWRENCE, 785-505-3140

FIRST & THIRD MONDAY OF THE MONTH
CAREGIVER SUPPORT GROUP
For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information. LAWRENCE MEMORIAL HOSPITAL
4-5 PM, 785-840-3140

FIRST & THIRD MONDAY OF THE MONTH
CAREGIVER SUPPORT GROUP
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by the Senior Resource Center for Douglas County, 2920 Haskell Ave., 2:15-3:45 p.m. LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY

MEN'S COFFEE

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

FIRST TUESDAY OF THE MONTH

BLOOD PRESSURE CLINIC

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

FIRST TUESDAY OF THE MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

FIRST TUESDAY OF THE MONTH

MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE

Meets at Lawrence Memorial Hospital, 5:30 p.m. LAWRENCE, 785-393-1256

FIRST TUESDAY OF THE MONTH

TOPEKA AREA OSTOMY SUPPORT GROUP

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

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

comer at for more information. Pozez Education Center, 1505 SW 8th St. TOPEKA, 785-478-4947 or 785-296-8349

FIRST THURSDAY OF THE MONTH

MAN TO MAN PROSTATE CANCER SUPPORT GROUP - TOPEKA

Meets at St. Francis Health Center's Cancer

■ CONTINUED ON PAGE 24



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

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

Kaw Valley
Senior Monthly

■ CONTINUED FROM PAGE 23

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
LAWRENCE ACTION CIVITAN CLUB**

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

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

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

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

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

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

Soroptimist International's mission is to improve the lives of women and girls in local communities and throughout the world. Meets at 6:30 p.m. at the Topeka-Shawnee County Public Library. Guests welcome. Please email info@soroptimisttopeka.org for more information.
TOPEKA, 785-221-0501
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
PARENTS OF ESTRANGED ADULT CHILDREN SUPPORT GROUP**

Meets at the Topeka & Shawnee County Public Library, Anton Room 202, 6:45 to 8:45 p.m. For more information. Please contact Jeff Landers.
TOPEKA, 785 224 5946.

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

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

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

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

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

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

ADVERTISING THAT GETS RESULTS



"I get calls all the time saying they saw my ad in Senior Monthly!" - Debbie Stringer, Debbie's Redi-Ride LLC

Please call Kevin at 785-841-9417 or visit seniormonthly.net for more information about advertising in Kaw Valley Senior Monthly.

■ CONTINUED FROM PAGE 24

THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

THIRD SATURDAY OF THE MONTH JAYHAWK MODEL MASTERS

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

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

VETERANS DAY EVENTS

NOV 11

VETERANS DAY PARADE

Enjoy the Veterans Day Parade at 10:45 a.m. and other festivities all day long. Downtown Ottawa.
OTTAWA

NOV 11

LAWRENCE VETERANS DAY PARADE

All families, supporters, patriots, and other interested parties are encouraged to attend the parade. Come out and show your support for the men and women who wore the uniform of the United States to protect our freedom and way of life! Downtown Lawrence, 1 p.m. Free.
LAWRENCE

NOV 11

LEAVENWORTH COUNTY VETERANS DAY PARADE

The oldest Veterans Day observance in the nation and the largest parade west of the Mississippi. Downtown Leavenworth, 10:30 a.m. Free.
LEAVENWORTH, lvetsparade.com

NOV 11

SALUTE OUR HEROES FESTIVAL & TOPEKA VETERANS PARADE

Salute Our Heroes Festival & Topeka Veterans Parade is a program organized by the Military Veteran Project a non-profit organization dedicated to prevention of military suicide. The Festival & Parade assist with mobilizing public support for our veterans, connecting our veterans with resources, and assisting organizations serving our veterans. Kansas Avenue & State Capitol, 10 a.m.-5 p.m. Free.
TOPEKA, 785-409-1310
militaryveteranproject.org/saluteourheroes-festival.html

NOV 12

TRIBUTE TO VETERANS GALA

This gala event is A Tribute to Veterans, USO-Style. The evening will include a salute to veterans from the KU ROTC as well as an evening with the Moonlight Serenade Orchestra for your listening and dancing pleasure. Attendees will enjoy WWII-era music, light hors d'oeuvres and beverages. Admission is free, but space is limited. 5 p.m. - Doors Open. 6 p.m. - A Salute to Veterans. 6:30 - 8:30 - Music and Dancing. An RSVP for this event is required. RSVP by Nov. 6 by calling (785) 864-4900 or emailing doleinstitute@ku.edu. Robert J. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 4 p.m. Free and open to the public.
LAWRENCE, DoleInstitute.org

MISCELLANEOUS

VARIOUS DAYS, LOCATIONS

SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome-beginner or long timer-just walk in or give a call. 1st, 3rd, and

KHCA/KCAL names Fischer Assisted Living Operator of the Year

The Kansas Health Care Association & Kansas Center for Assisted Living has named Brooke Fischer, MSM, Operator, the prestigious Assisted Living Operator of the Year. The annual event was held in Wichita on September 28.

Fischer has worked in long-term care for more than 20 years. She has been Operator at Prairie Wind Senior Living (PWSL) since it opened in 2014. She is very active in the day-to-day operations at PWSL, deliver-

ing personal care to the elders along with her duties as the Operator. She greatly values the team of caregivers that works alongside her and does her best to make sure they know how much they are valued. She is hard-working and tenacious, and has a genuine affection and respect for elders. She has said many times that she can't imagine herself doing anything other than taking care of elders, and it shows in all her interactions with the residents of Prairie Wind.

5th Thursday, 1-4:30 p.m. at Senior Resource Center, 2920 Haskell Ave. 2nd and 4th Thursday, 1-4 p.m. at Lawrence Public Library. Mondays, 1-4 p.m. at Clinton Place, 2125 Clinton Pkwy.
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

NOV 12

GIVING THANKS & FINDING HOPE: REMEMBERING OUR LOVED ONES

A service remembering and honoring loved ones who have passed from this life. Featured speaker, Dr. Doug Morphis is a grief specialist and co-founder of the Counseling and Mediation Center in Wichita. Dr. Morphis will provide practical help on coping with the holidays. Music by Shawnee Heights High School Choir and bagpiper. Refreshments provided. Sponsored by Great Lakes Caring Hospice

Topeka & Lawrence. Program begins at 3 p.m. at the Great Overland Station. Free to the public.
TOPEKA

NOV 18

NEAT & POLISHED

Join us for an evening of sophistication at The Topeka Performing Arts Center for the inaugural Neat & Polished. Enjoy bourbon, cigars and winter beers while learning about the new trends in men's clothing, grooming, food and more. Shop, taste and get educated at the exclusive Neat and Polished. Limited attendance available, purchase tickets while they last! Topeka Performing Arts Center, 214 SE 8th Avenue, 6 p.m.
TOPEKA, 785-234-2787
topekaperformingarts.org/events

NOV 24 & 25

BIZARRE BAZAAR

Over 100 area artists present the annual Bizarre Bazaar. Friday, November 24, from 5-9 p.m. and Saturday, November 25, from 9 a.m.-5 p.m. at the Lawrence Arts Center, 940 New Hampshire Street. This popular grassroots Lawrence tradition features original and unusual hand-crafted specialty items for all occasions. Lawrence Arts Center, 940 New Hampshire. Free.
LAWRENCE, 785-760-0254

DEC 2

KANSA PRAIRIE QUILT CLUB'S SHOW

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

\$17.00 per month*

BUSINESS CARD DIRECTORY

* With 6-month commitment



Is Advertising in the Daily Newspapers Getting a Bit Burdensome?

Check out Senior Monthly's low advertising rates. Call Kevin at 785-841-9417.



Sons of The American Revolution

Can you trace your family tree back to a point of having an ancestor who supported the cause of American Independence during the years 1774-1783? If so, please consider joining the Sons of the American Revolution. Local contacts can guide you through the membership process.

Charles Robinson Chapter
(Lawrence)
John Saylor (President)
785-841-5756

Thomas Jefferson Chapter
(Topeka)
Brian Vazquez (President)
785-272-7647

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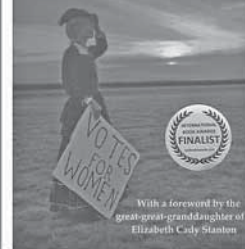
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Topeka, Kansas

Tired of the gratuitous profanity on television? 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 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.
OZZIE AND HARRIET

Listen online at
www.seniormonthly.net/kvsm

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RICK STEVES' EUROPE

England's mythic market towns

By Rick Steves

Tribune Content Agency

England's scenic landscapes hold a mix of historic wonders and legends that go back to Camelot and beyond. Two of the best places to contemplate the country's mythic past—Glastonbury and Wells—are in southwest England. Both market towns were once stops for religious pilgrims a day's walk apart, and together make a great day-trip from Bath (and are within three hours of London).

Glastonbury was a religious site back in the Bronze Age—about 1500 B.C. It's also considered the birthplace of Christianity in England and the burial site of the legendary King Arthur. For thousands of years, pilgrims have climbed Glastonbury Tor, a hill now capped by the ruins of a church dedicated to St. Michael. St. Michael was the Christian antidote to paganism, so it's a good bet this church sits upon a pre-Christian religious site.

The tor has a biblical connection as well. For centuries, pilgrims came to Glastonbury on a quest for the legendary Holy Grail. According to Christian tradition, Joseph of Arimathea, a wealthy follower of Jesus who buried Christ's body, was a tin trader. And even back in biblical times Britain was well known as a place where tin could be mined. Considering that, Joseph could have sat right here—with the chalice that Jesus drank from at the Last Supper—in his satchel. Near the base of the hill is a meditative garden built around a natural spring. According to legend, the Holy Grail lies at the bottom of Chalice Well.

Next to Chalice Well at the hill's base, England's first church was built. Eventually, a great abbey rose on the site. Mix the scant ruins of England's first church with the mystique of King Arthur and Holy Grail, add the hard work of a busy monastery, and, by the 12th century, Glastonbury Abbey was the leading Christian pilgrimage site in all of Britain.

At its peak, Glastonbury Abbey was England's most powerful and wealthy, part of a network of monasteries that by the year 1500 owned a quarter of all English land and had four times the income of the king.

When Henry VIII broke with Rome, abbeys like this allied with the pope and became political obstacles, so Henry dissolved England's monasteries in 1536. He was particularly harsh on Glastonbury—he not only destroyed its magnificent church, but had the abbot hung, his head displayed on the abbey gates, and his quartered body sent on four different national tours.

Without its abbey, the town fell into decline. But Glastonbury eventually rebounded. An 18th-century tourism campaign—with thousands claiming that water from the Chalice Well healed them—put Glastonbury back on the map.

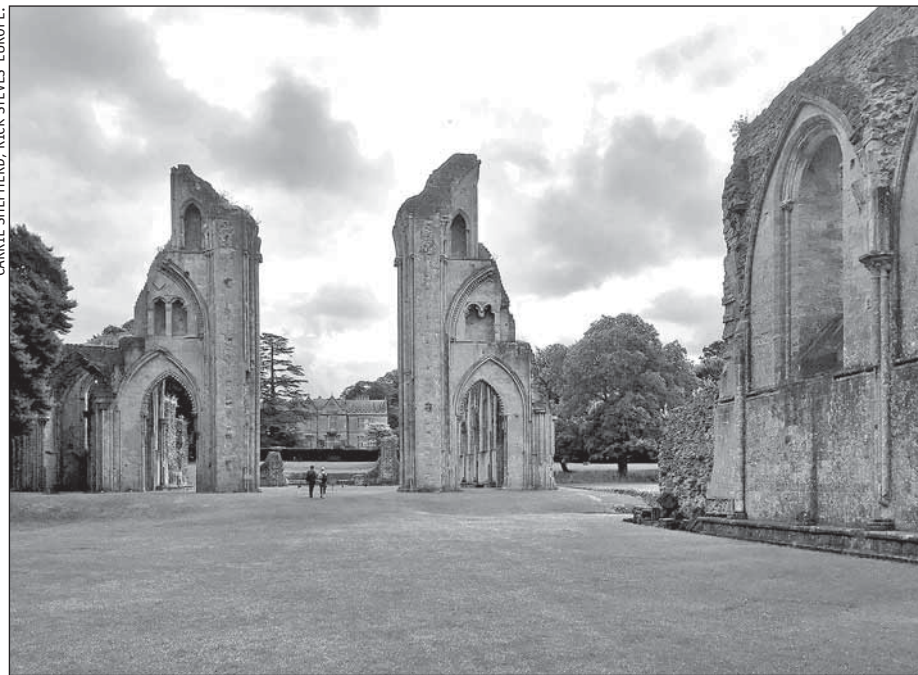
Today, Glastonbury is popular with those on their own spiritual quest, and synonymous with its summer music and arts festival—one of the largest in the world. Part of the fun of a visit here is just being in a town where every other shop has a New Age focus, and where “alternative” is the norm.

In contrast to Glastonbury's abbey ruins, the city of Wells is dominated by its glorious, still-intact Gothic cathedral. With a population just under 12,000, Wells is the smallest “city” in England. (It's considered a city because it has a cathedral.)

Wells Cathedral, England's first completely Gothic church, dates from about 1200. The west portal shows off an impressive collection of medieval statuary—about 300 carvings. This entire ensemble was once painted in vivid colors. It must have been a spectacular welcome—a heavenly host proclaiming, “Welcome to worship.” You're still welcome to worship today—I especially enjoy the nightly evensong service, when the choir takes full advantage of its heavenly acoustics.

Inside the cathedral, I'm struck by

CARRIE SHEPHERD, RICK STEVES' EUROPE.



The evocative ruins of Glastonbury Abbey, the first Christian sanctuary in the British Isles, stand mysteriously alive in a lush 36-acre park.

the unforgettable and ingenious “scissor” arches. The hourglass-shaped double arch was added in about 1340 to bolster the church's sagging tower. Nearly 700 years later it's not only still working, it's beautiful.

The chimes draw attention to one of the oldest working clocks in the world—from 1392. The clock does its much-loved joust on the quarter-hour. More medieval whimsy is carved into the capitals: One man has a toothache, another pulls a thorn from his foot, and a farmer clobbers a thief so hard his hat falls off.

North of the cathedral, peaceful Vicars' Close is perfectly preserved—lined with 14th-century houses that still house church officials and choris-

ters. South of the cathedral, the stately Bishop's Palace is circled by a park-like moat and sports an impressive front yard—just the place for a relaxing walk, where you may pass old-timers playing a proper game of croquet.

Peaceful and picturesque, both Wells and Glastonbury are worth a detour on a tour of England. Spend a few hours in each and let your imagination soar to long-ago days.

- Rick Steves (www.ricksteves.com) writes *European travel guidebooks* and hosts travel shows on public television and public radio. Email him at rick@ricksteves.com and follow his blog on Facebook.

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MY ANSWER

Before your marriage crumbles, seek God's help

By **Billy Graham**

Tribune Content Agency

Q: My wife and I are separated for about the fifth time. Always before this, I've begged her to take me back, and she has. But this time she says she's fed up with me and is filing for divorce. Is this happening because God is mad at me? - G.S.

A: No, it isn't happening because God is mad at you (even if your wife is). God doesn't want your marriage to be destroyed, and you shouldn't blame Him for whatever has gone wrong. God gave marriage to us, and His desire for us is clear: "What God has joined together, let no one separate" (Matthew 19:6).

I realize it may be too late for your

marriage to be saved, but even if it is, God still loves you, and He wants to teach you through this experience. This is why one of the most important things you can do is to ask God to help you discover what went wrong, and why. It's easy to blame the other person (or even God), but what could you have done differently? Were you selfish or insensitive? Were you demanding or controlling?

Whatever your answers, face them honestly and humbly, and then ask God to help you change and become the person He wants you to be. The first step is to turn to Jesus Christ and ask Him to come into your life. You need His forgiveness, and you also need His help to become the kind of person He created you to be.

Ask God to help you look forward and not just backward. In other words, don't be bound by feelings of anger, failure, rejection, or anything else. Instead, commit your future to Christ and make it your goal to follow Him every day.

- Send your queries to "My Answer,"

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

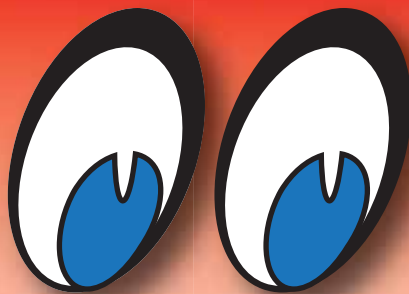
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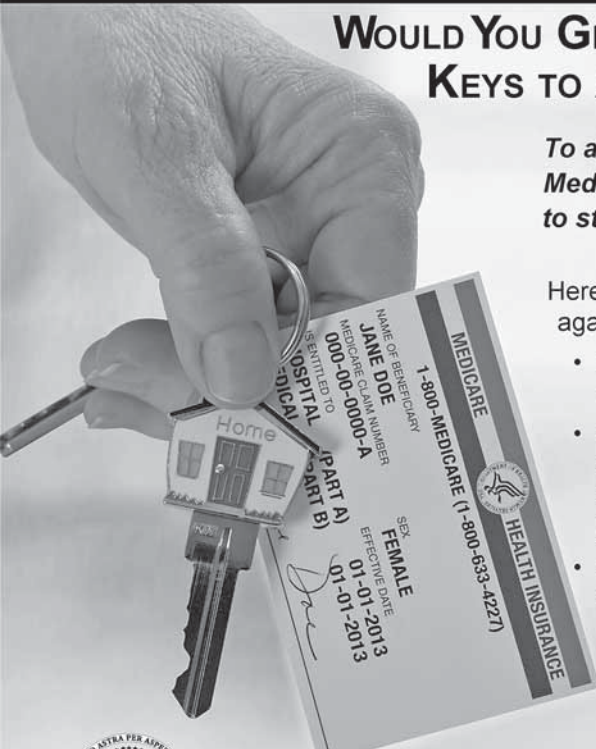
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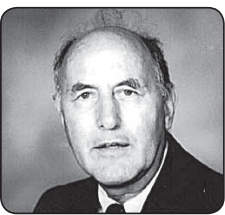
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The Pop Fly Redemption Redux

La Mancha is the posh section of Letongaloosa where the streets are winding and the house numbers are hand painted on Spanish tile. Among the leading residents of La Mancha are Archibald and Olivia Sommerset. The Sommersets' daughter, Madison "Madie" Sommerset, was the suburb's leading high school athlete.



Larry
Day

Madie had been respected by all and revered by many for leading the La Mancha Amazons to victory in all sports, particularly in softball.

But then Madie's athletic career suffered a serious setback. The Amazons had let their dinky rivals, the Fairfield Fusions, tie the score in the last inning. The fusions had a runner on third and a scrawny end-of-the-lineup batter at the plate. The Amazon pitcher's finger slipped off the ball and the pitch came over the plate looking like a watermelon.

Scrawny Arms closed her eyes, swung and hit a blooper that looked like it was going foul. But then the ball came back fair—between home and the pitcher's mound. Madie called for the ball. But Madie muffed the catch when she couldn't get her catcher's mask off. The mask was stuck on her face by an excess of makeup. Madie applied the makeup in anticipation of being photographed for the local newspaper. When she did manage to rip the mask off, the makeup made her look

like a raccoon.

When it came to academics Madie had been an indifferent student. She worked hard enough in school to stay eligible for athletics and extracurricular activities, but she often failed to turn in assignments. She never tried to get good grades, much less make the dean's list.

After the Fusion High debacle, people at the country club treated Mr. and Mrs. Sommerset with pity rather than deference. When her parents found that Madie was, academically, a nonperson, they demanded she make the honor roll and excel at some other extracurricular activity than sports.

At Letongaloosa High School, forensics was to the brainy kids what athletics was to the athletic kids: a ticket to popularity and recognition. Madie had always disdained non-sport activities. But now, she signed up for forensics, and focused on poetry recitation. She memorized and practiced reciting "Casey at the Bat." She loved the poem, and maybe because she looked the part, the judges liked Madie's recitation. She won the local and district forensics poetry competitions and went on to regionals.

Madie managed to win or place second in poetry recitation at regionals and found herself in the final round facing an opponent from Fusion High

School. Madie's opponent was listed on the forensics tote board as Sally Teasley—her old softball nemesis, A.K.A. "Scrawny Arms".

One of the judges said: "We'll begin this session with Sally Teasley reciting 'The Highwayman,' by Alfred Noyes. Sally went to the lectern:

"The wind was a torrent of darkness among the gusty trees..." Then she paused and turned pale. The room was silent. Sally stood frozen at the lectern. Then Madie's quiet voice came from behind her: "The moon was a ghostly..." Sally finished reciting the poem beautifully, and after Madie had recited "Casey at the Bat," the two girls left the room arm in arm.

Madie did well in forensics, and found she liked academics as well.

About that time Madie met Tyler Kirby. Tyler was a brainy kid with a 4.0 grade point average. He hungered to play football. The problem was, he

weighed 187 pounds. On the first day of practice the coach took one look and told Tyler to turn in his uniform.

A phone call from the school principal changed all that. The principal lowered the boom on the team because most of the football players' low grades.

The coach got back in touch with Tyler Kirby.

"Son, do you get good grades?" asked the coach.

"I have a 4.0 grade point average."

"Come on back to the gym and suit up, son, you've made the team."

From then on, Tyler tutored male athletes and Madie tutored female athletes. That was the year Letongaloosa High School won state finals in athletics and forensics.

- 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

When is a schnitzel not a Wiener schnitzel? When you make it Holstein-style!

Food lovers talk a lot about “secret menus” at their favorite restaurants (usually fast-food places) that clue people in on all sorts of special variations they order—only if they know about them. But even at fine restaurants, like my original Spago in Beverly Hills, there are secret items that anyone with the inside knowledge can ask for. One of the biggest secrets is the fact that, whether it happens to be



Wolfgang
Puck

on the day’s menu or not, you can get a Wiener schnitzel, the thin, crisply breaded and deep-fried veal cutlet that’s a specialty of Austria’s capital, Vienna (or Wien in my native language).

I find it interesting, though, when people refer to the dish simply as a schnitzel, because that word is too broad to refer to the Viennese favorite alone. When translated, schnitzel means “little slice.” And in meaning it’s no different from the most common English equivalent: “cutlet.” Like cutlets, schnitzels can be made from a wide variety of meats beyond veal, including pork, chicken and turkey; in fact, growing up, my mother and grandmother usually made them for us with pork, far less expensive than veal.

The variety doesn’t end there, either. There are also so many different styles of schnitzel recipes across Austria and Germany. Depending on the restaurant and the region, you might find dishes like zigeuner (gypsy-style) schnitzel sauteed with tomatoes, peppers, and onions; Munchner (Munich-style) schnitzel lightly spread with horseradish or mustard underneath its breadcrumb coating; Jager (hunter-style)

schnitzel, smaller slices sauteed and served with a woodland mushroom sauce; and so many more.

One of my favorite schnitzels, however, is a Holsteiner version. It was first created in a Berlin restaurant in the late 19th century for an important customer, German statesman Friedrich von Holstein. It appears he liked rich, piquant flavors, for his schnitzel was first lightly floured and then sauteed in both butter and oil; then, the pan drippings were transformed into a sauce with chicken stock, concentrated veal stock (for which I substitute a little barbecue sauce), lemon juice and capers; and finally served topped with a fried egg and garnish of anchovy fillets (which you can certainly omit if you aren’t a fan).

I know this may all seem unusual at first. But think about it and you might suddenly realize that your mouth begins to water. Mine does. It’s a delicious combination of flavors. It’s also much easier to make than a Wiener schnitzel, requiring no deep frying. I haven’t yet added it to any secret menus in my restaurants. But you never know...

HOLSTEINER SCHNITZEL WITH FRIED EGG

Serves 4

4 boneless slices veal or pork cut from the leg or loin, each 6 to 7 ounces (185 to 215 g)

1 cup (250 mL) all-purpose flour

Kosher salt

Freshly ground black pepper

About 3/4 cup (185 mL) vegetable oil

8 tablespoons (1 stick) unsalted butter

4 large eggs

2 cups (500 mL) good-quality low-sodium store-bought chicken stock or broth

2 1/2 tablespoons fresh lemon juice

2 1/2 tablespoons good-quality bottled barbecue sauce

2 tablespoons drained capers

1/4 cup (60 mL) chopped fresh Ital-

ian parsley

16 anchovy fillets, patted dry with paper towels, optional

First, pound and flatten the meat: Place a veal or pork slice in a large, heavy-duty resealable plastic bag. Close the bag loosely. With the flat side of a meat mallet, gently pound the meat to a thin, even cutlet about 1/8-inch (3-mm) thick. Repeat with the remaining meat.

Spread the flour on a large plate. Working with one cutlet at a time, season on both sides with salt and pepper. Dredge both sides of each cutlet in flour, coating completely and then tapping off excess flour.

Position a rack in the center of the oven and preheat to 300 F (150 C). Place a rack on a large rimmed baking sheet.

Heat a large skillet over high heat. Add 2 tablespoons oil and 1/2 tablespoon butter. With tongs, add a cutlet. Cook until the bottom is golden brown, 3 to 4 minutes. Turn and cook the other side. Transfer to the baking sheet and keep warm in the oven. Cook the remaining 3 cutlets the same way, using a little more oil and butter as needed.

When you’ve finished cooking the

meat, fry the eggs. Heat the remaining oil and all but 4 tablespoons of the remaining butter in a large nonstick skillet over medium heat, swirling to blend. Sprinkle in some salt and pepper. When the butter foams, break each egg one at a time into a bowl and then slide it into the pan, spacing them apart. Cook until the whites are set but the yolks are still soft, 2 to 3 minutes, basting the tops of the eggs with the hot butter and oil as they cook.

Meanwhile, pour off and discard the fat from the skillet in which you cooked the cutlets. Return the skillet to the stove over medium-high heat and add the chicken stock, lemon juice and barbecue sauce, whisking to deglaze the pan deposits. Whisk in the remaining 4 tablespoons of butter. Add the capers and season to taste with pepper. Swirl in the parsley. Remove the skillet from the heat.

To serve, transfer the cutlets to individual serving plates. Top each with a fried egg, including some butter from the pan. Spoon the pan sauce and capers over and around each serving. Arrange the anchovies on top. Serve immediately.

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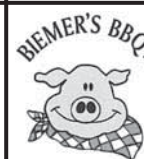
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MY PET WORLD

Don't believe it; dogs can get fleas at a kennel

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

Dear Cathy: We boarded our 115-pound white German shepherd, for 10 days. A few hours after picking him up from the kennel, we discovered he had fleas. The kennel owner said the flea life cycle was 14 days and therefore, my dog could not have gotten fleas during his stay. She said that the fleas couldn't have jumped from another dog or from the surroundings to infest mine in only 10 days. I'm finding online that fleas can hatch in as little as two days in hot humid conditions, which we have. Would you please educate us on how fleas spread, their danger and life cycle?

By the way, my dog had a flea preventative applied about two weeks before his kennel stay. Needless to say, I won't be boarding my dog there again and not because of my dog getting fleas, but because of the lack of responsibility the kennel owner took. - Sharon M., Naperville, IL

Dear Sharon: Fleas don't generally leave a safe, secure host once they find one, but to say that your dog can't get fleas during a 10-day period in a dog kennel is simply not true.

Dogs can get fleas from going practically anywhere—the kennel, the groomer, or just playing outside. Fleas can jump almost four feet to find a suitable host for their first blood meal. They may even enter your house by

hitching a ride on your clothing or socks.

Having said that, it may not have been a flea, but flea eggs that caused the problem here. Flea eggs can drop off the host and get into bedding, carpets or cracks and crevices—warm and humid places—where they can advance through their four-stage lifecycle: egg, larval, pupa (cocoon) and adult flea. It can take two weeks to several months to complete the cycle, depending on environmental conditions. That's because a flea can stay in the pupa stage until a proper host comes along, which is why you can move into a house with no fleas, and your dog may suddenly be infested with fleas a week later.

Fleas can cause a range of health issues, including dermatitis, tapeworms and anemia. I am not sure why your flea product didn't work better because a high-quality flea and tick preventative should last four weeks.

No kennel can guarantee there won't be fleas, but all kennels should make sure pets are on flea preventatives or are treated for fleas before boarding them. Ask a future dog kennel what their protocols are for preventing and

managing fleas in their facilities, and always keep your dog on a preventative that kills adult fleas, eggs and larvae.

Dear Cathy: My miniature poodle was a rescue. I was recently put in assisted living, so my daughter agreed to take my dog. The problem is, he has a bad habit of jumping and nipping people, mostly men, in the behind of ankle. I have not been able to break him of that habit. Could you help? It only happens when the other person walks away. - Connie A., Inver Grove Heights, MN

Dear Connie: Small dogs and puppies bite ankles for various reasons. Sometimes because it's fun to do; sometimes because they are afraid and it's easier to attack a threat when it's moving away.

The trick to reducing a bad behavior is to introduce a new behavior in its place. So, tell your daughter to pull out the leash and a clicker and begin training your dog. Have her teach your dog to make eye contact with her first. This involves saying the dog's name and when he looks at her, clicking and giving the dog a treat. Once he has that down, she needs to just stand there and every time the dog makes eye contact with her, she should click and give a treat. This training will build a bond between the two of them and ensure he looks to her for instructions.

Next, have her reinforce his "sit" and "stay" commands, so she can use these commands when someone gets up and

walks away. If he listens, reward him with a treat—or a toy if he is toy motivated. A toy can serve as both reward and a distraction.

If he doesn't listen and still chases after feet, tell her to continue training, but put him on a leash when people are present until he learns to listen off-leash. Retraining him will take time, but it's well worth the effort to change his bad habit.

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

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Tom
Mach

High School Graduation

By Doris Schroeder

"Life moves swiftly" is a truth I have learned well. According to the calendar, it was over 66 years ago when I marched down the aisle of the little Buhler High School auditorium to the majestic notes of Pomp and Circumstance to graduate. We were all a little nervous; I must admit...all 37 of us.

All the windows were open in the gym to let in the soft spring breezes. That, of course, was our air conditioning in that day. The birds in the nearby trees rendered their cheery notes that grew to a sweet crescendo in the choir of nostalgia. The chairs had been set up to accommodate all the relatives and friends, all dressed in their "Sunday" best.

The maroon robes and tasseled caps we wore made the sweat drops trickle down our necks but we didn't care, we were seniors and we were graduating! As

we began our measured tread to the front, our legs were shaking just a little. We tried our best to act grown-up, but sometimes a squeaky giggle gave us away.

Graduation...just the word made me want to both laugh and cry! I had reached the goal and had attained it...that was the fun part. Now I would be leaving behind all the life experiences that had helped me to get here...friends, teachers and classmates. I would never pass this way again...that was the sad part.

On the stage waited the teachers who had instructed us the last four years... Miss Pankratz, our English and Journalism teacher. She somehow had managed to make most of the kids listen and appreciate good literature and good writing. She instilled in us a fear of chewing gum in class. She could send the wastebasket down the aisle with the ability to make it stop right by the guilty culprit. It didn't take a diploma to know what must be done...out came the gum into the basket.

She was the teacher in charge of our school paper, *The Crusader*. I was overjoyed to be named the co-editor. I had always loved to write. During the years we lived on the farm, I was the only one who had an upstairs bedroom. I spent many hours with a kerosene lamp, an old school desk and a Big Chief Pencil Tablet, making up stories about life on the farm.

In front of the auditorium was our principal, Milo Stucky, who commanded respect. He had made a difference in the lives of the boys who didn't want to pay attention or weren't working up to their potential. A trip to his office was not something to be desired. He did, however, have a pleasant smile when we were all doing well.

Barbara Bradbury, the young teacher who had taught dramatics and speech. What fun it had been to perform in the play "Our hearts were young and gay!" Gay in that day meant happy. We had practiced our readings for the contests in the same auditorium we were in now.

Off to the side of the stage, Mr. Senner, the music teacher, sat, ready to direct the school choir in the final songs of 1951. He was definitely an educator who enjoyed getting students to take

pleasure in the songs we sang and of course, to sing on pitch. Sometimes he had a few jokes for us to get loosened up. When he gave me a solo part where I sang "he is coming, oh, my heart," he quipped "Doris sings from the heart!"

Looking back, I remembered so well the last few months at Buhler High. Life was beginning to pick up speed and it was just a matter of time

before I would leave behind the days of youth. "It could not be any grander!" I

thought. John and I were to be married in two weeks and that thought overshadowed the sadness part.

We have enjoyed 66 years of wedded bliss and although we had our ups and downs, are glad we are together, especially with God as our mentor.

When our time comes to leave this life, it will be a real joy to graduate from earth to heaven and be with our heavenly

Father who has watched over us all our lives. That life will be forever!



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LIZ SMITH

Bette Davis and Marilyn Monroe - they had something in common, really!

By Liz Smith

Tribune Content Agency

“EVERYTHING is changing. People are taking their comedians seriously and the politicians as a joke,” said Will Rogers

MEMO to the very good director Matthew Vaugh. I loved your 2015 spy-parody romp “Kingsman: The Secret Service.”

I love the current big-hit sequel, “Kingsman: The Golden Circle” almost as much. Almost.

To me, everything worked in “Golden Circle,” except for 21 minutes. The movie is two hours and 21 minutes long. I never got bored, but yes, if pressed, a tad restless. If there is to be a third in the series—and personally, I can never get enough of Colin Firth, now a surprise action star—the old less-is-more adage is not to be despised, particularly for this kind of movie.

•••

A WHITER Shade of Pale: Over the weekend, trying to avoid cable news, I caught Bette Davis in “The Little Foxes” and Marilyn Monroe in “Bus Stop”—two very different stars in two very different types of movies to be sure. But there was one thing they had in common, on at least one occasion. Miss Davis and Miss Monroe both insisted on wearing an unnaturally pale

makeup for their respective films.

Davis applied controversial paint for her role as Lillian Hellman’s greedy Regina Giddons, the upwardly mobile matriarch of a mendacious, dysfunctional family in a struggling Deep South. Monroe powdered down as Cherie, William Inge’s fragile, frazzled Ozark “chanteuse”—hopelessly untalented, dreaming of Hollywood stardom.

Cameramen, studio heads, make-up artists and at least one of the directors (William Wyler on “Foxes”) were wildly opposed to their stars “disfiguring” themselves. (In time, Davis would over-rely on grotesque externals, as biographer Barbara Leaming points out in her fascinating but uncharitably rough biography of Bette.)

Davis seemed to layer on what amounted to a kabuki mask, and added to it a hard eyeliner, which narrowed her famous popping orbs. In repose, the face was inscrutable. (Was she calling on the memory of Gale Sondergaard, her nemesis in “The Letter”?) Bette’s Regina was devoid of any warmth or sensuality—qualities that Tallulah Bankhead, who originated the role on Broadway, had so much of. And surely that was the point. The insecure Davis was alert to being compared unfavorably to Bankhead. (Years later, however, she’d deliberately channel Bankhead’s persona for “All About Eve.” Movie

stars—go figure!)

The result of the makeup, startling as it is, even in black and white, seemed to reign in Davis’ tendency to over-emote. It’s a cold, deliberate, brilliant performance. William Wyler still thought his star—with whom he had worked so successfully in “Jezebel” and “The Letter”—was too fussy, and they fought throughout the shoot. Wyler was wrong—Davis is admirably, icily restrained. (Years later, Elizabeth Taylor would play Regina on Broadway, and she—like Tallulah—would call upon the more humorous, voluptuous aspects of the character.) But Davis had made her acting choice, and it was correct.

As for Monroe and “Bus Stop” there was even more consternation. After over a year on strike, while she fought for better roles, a choice in directors and the right to make independent films, her home studio, 20th Century Fox, was appalled. Their troublesome sex symbol, last seen onscreen as the ripe, luscious fantasy figure of “The Seven Year Itch,” was making herself “ugly” for her come-

back film.

Monroe had already rejected a glamorous wardrobe by Travilla. (The one design she accepted, she then deliberately battered. Cherie, she reasoned, could not have afforded anything expensive, nor was she the type to keep her clothes pristine.) Immersed now in “method” acting, Marilyn decided that Cherie’s major physical characteristic was her fatigue—she worked all night in a smoky, sleazy bar room. She slept all day. She was kind of a mess, and it showed. (“Some people might say I’ve led a real wicked life, and I guess I have!”) And she had to be pale - dead white.

Her director, Joshua Logan, who came to adore her, was the only member of the “Bus Stop” team who sided with her. Every day, he said, he received furious complaints about the makeup. But he considered Monroe courageous and on-target in her vision.

Upon release, “Bus Stop” would garner Marilyn her best reviews and many, including Logan, felt she deserved an Oscar nomination.

■ CONTINUED ON PAGE 35

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Liz Smith

■ CONTINUED FROM PAGE 34

Seen today, her pallor is striking, and although she is lovely and luminous, the makeup is not necessarily flattering. It ages her; she appears unhealthy, especially up against her robustly handsome, deeply tanned co-star Don Murray. But that, apparently, was what Marilyn was going for. And she never regretted her decision.

Bette Davis and Marilyn Monroe - bet you never thought any kind of comparison could ever be found!

• • •

MAIL: We received lots of responses to our item here on the return of "Will & Grace." With the exception of one fan, everybody else hoped, as we did, that the emphasis on our president was a one-time only, let's-get-it-out-of-the-way thing. One reader offered: "I suffer over the guy who is in the White House, but is it healthy to include some reference to him in every single aspect of pop culture, to ask every celebrity their opinion on him, to be unable to

escape? He loves to be a victim, and in some ways, we are making his case, to his base, for him. Does nobody see that?"

Also, a remarkable number of readers chimed in trying to guess who was the singer we interviewed some years back who dissed Lena Horne? We received a lot of Cher and Madonna, which surprised me. I've never known Cher to criticize another performer's talent—that's not how she is at all. As for Madonna, she has made some rude remarks about contemporaries—Mariah Carey, Janet Jackson, etc.—but never a classic star such as Horne. She actually has a lot of respect for that kind of history. But the big "winner" was—for some reason—Ethel Merman.

In truth, nobody got it right, and I'm not telling. This lady is still with us, and while rather intimidating, was very nice, smart and offered a fascinating interview. We simply agreed to disagree about Lena Horne.

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

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The 1950 film "All about Eve" received a record 14 Academy Award nominations, breaking the previous record of 13 nominations held by "Gone with the Wind" since 1939. Shown here in a scene still from the film are (left to right): Anne Baxter, Bette Davis, Marilyn Monroe and George Sanders.

TURNING AGE 65? GET READY!

Get ready if you are turning age 65 within the next 12 months. You are about to be bombarded with mailings from insurance companies and agents promoting Medicare Supplement policies and other Medicare plans. Recently, a man came into our office with a small laundry basket full of mail he had received for Medicare plans. This can be overwhelming to a person who has had limited choice for health insurance provided in the past by an employer.

What should you do when you are flooded with this material? Do a little research on your own! A great resource is the Kansas Insurance Department at www.ksinsurance.org or Medicare's website, www.medicare.gov.

The Kansas Insurance Department explains Medicare parts A, B, C, and D, and how a Medicare Supplement works. Learn the difference between an issued age policy and an attained age policy for a Medicare Supplement. Explore how many options fit the type of coverage you need. You can also review the various Medicare Supplement plans and rates offered in Kansas. Notice that although the benefits for each type of Medicare Supplement plan are standardized, the premiums can vary dramatically. By doing a little research on your own, you can forget about the laundry basket of mail and move forward with an efficient plan best suited for you. Note: Medicare's Annual Open Enrollment Period is October 15–December 7.

You can also attend a MEDICARE EDUCATIONAL SEMINAR offered by Century Health Solutions, a subsidiary of Stormont Vail Health, Topeka. The seminars are FREE and open to the public. In one hour's time, you can receive the professional education you need to learn about Medicare and its options. Our goal is to relieve the anxiety that comes along with turning 65 and entering Medicare.



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GOREN ON BRIDGE

Light opening roadmap

With Bob Jones

Tribune Content Agency

East-West vulnerable, West deals

1♥	Db1	Pass	1NT
Pass	2NT	Pass	3NT
All pass			

Opening lead: 10 of ♥

North's two no trump bid was very aggressive. Perhaps he felt that the hand would play well with his ace-queens sitting over the opening bidder. South was left with a challenging hand to play.

South allowed East's king of hearts and the jack of hearts continuation to both hold the trick. He won the third round of hearts with the ace, dummy having discarded a club and a spade, and stopped to think. West had to hold all of the missing high cards for his feather-light opening bid. South needed four diamond tricks to have a chance, so he led a diamond to the queen and cashed the ace. The fall of the king gave him hope, and he quickly

NORTH

♠-Q J 10 8

♥-7

♦-A Q 3

♣-A Q 7 3 2

WEST

♠-K 9 4

♥-Q 10 9 3 2

♦-K 10

♣-K 6 4

EAST

♠-6 5 3

♥-K J 4

♦-8 7 4 2

♣-10 9 5

SOUTH

♠-A 7 2

♥-A 8 6 5

♦-J 9 6 5

♣-J 8

The bidding:

WEST NORTH EAST SOUTH

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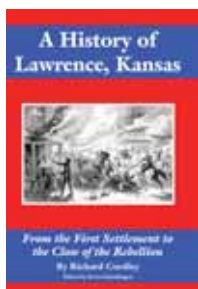
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by Richard Cordley

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cashed two more diamond tricks. West shed a club and a spade and dummy another spade.

South now led the eight of clubs. Had West covered with the king, declarer would have won with the ace, come back to his hand with the jack, and ended West with a heart. West could cash a long heart but would have to lead away from his king of spades in the end. When West held back his king,

South let the eight of clubs run into East. South won the ace of spades shift and had three club tricks to bring his total to nine. Well played!

- 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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CROSSWORD

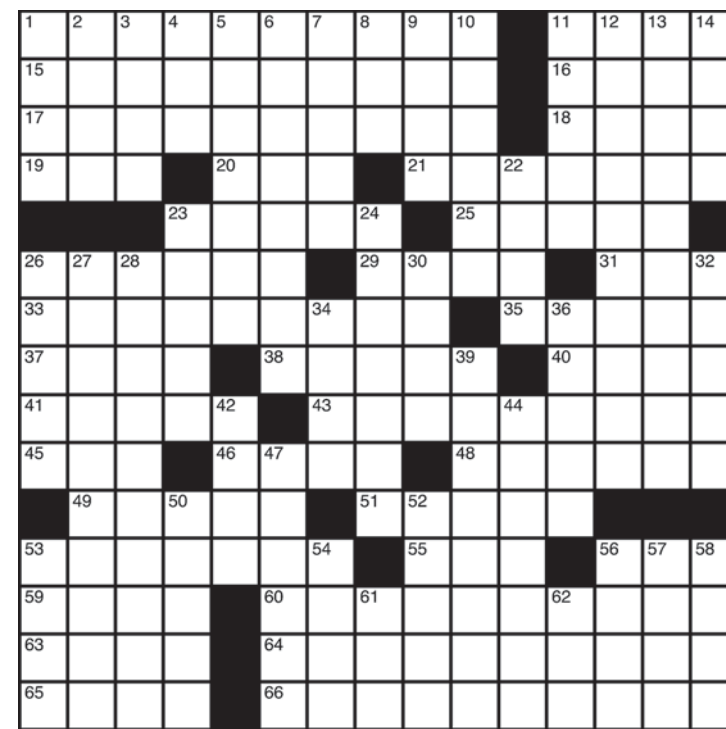
Across

- 1 "Star Wars" High Council member
- 11 Co. leaders
- 15 Writing desk
- 16 Realize
- 17 Where the Walking Piano scene in "Big" was filmed
- 18 Toy since ancient times
- 19 Laughs
- 20 Text giggle
- 21 ZzzQuil competitor
- 23 Military actions
- 25 Spanish uncle?
- 26 Action toys since 1964
- 29 Discombobulated
- 31 Single dose?
- 33 It's often made at parties
- 35 Part of a suit
- 37 Unlikely to bite
- 38 Join for a session
- 40 Base path?
- 41 Proper 53-Down
- 43 Many a single
- 45 Ds, in the key of C
- 46 Sum is a form of it
- 48 Like many salons
- 49 Chance to hit
- 51 Country
- 53 Chemical bases
- 55 Word with wire or water
- 56 Gambling initials
- 59 Once-venerated bird
- 60 Homeric island dweller
- 63 Agreement with a refusal
- 64 Wait follower
- 65 Kid
- 66 No longer fashionable

Down

- 1 Buckley who covered Leonard Cohen's "Hallelujah"
- 2 Son of Rebecca
- 3 Anti-rodent brand
- 4 Return letters
- 5 Most popular boy's name in 44 of the last 100 years

- 6 Foxhole absentees, so it's said
- 7 Scattered
- 8 ___ Maria
- 9 Goes thataway instead of thisaway
- 10 Do a city planner's job
- 11 Absent-minded A.A. Milne title character
- 12 "The Accidental Tourist" Oscar winner
- 13 Goes down as planned
- 14 Informal glasses
- 22 Extinct birds
- 23 Seven-time All-Star third baseman Scott ___
- 24 More thirst-inducing
- 26 The sun, for one
- 27 Classic film words of self-revelation
- 28 TV hero who famously kissed 52-Down
- 30 Bones' partner
- 32 Bygone messenger
- 34 Feels off
- 36 "___ at End House": Christie mystery
- 39 Complex parts
- 42 Color on San Jose Shark uniforms
- 44 Evidence provider



- 47 Circus equipment
- 50 Musical count
- 52 See 28-Down
- 53 Improper 41-Across
- 54 NYC gallery district
- 56 Plains tribe
- 57 Trillion: Pref.
- 58 Fictional rabbit's title
- 61 Address bk. info
- 62 Pulitzer poet Lowell

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

JUMBLE

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

OFCRE

○ □ □ □ ○

NARKD

○ □ □ □ ○

TULANW

○ ○ □ □ □ □

MORCEH

○ □ ○ □ □ □

A: ○ □ □ □ □ ○ □ ○ □ □ □ □

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Double Word Score

2nd Letter Triple

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

PAR SCORE 270-280

BEST SCORE 335

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

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

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

SUDOKU SOLUTION

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

SCRABBLE GRAMS SOLUTION									
D ₂	A ₁	Y ₄	M ₃	A ₁	R ₁	E ₁	RACK 1 =	76	
S ₁	Y ₄	R ₁	I ₁	N ₁	G ₂	E ₁	RACK 2 =	69	
C ₃	A ₁	J ₈	O ₁	L ₁	E ₁	D ₂	RACK 3 =	67	
E ₁	S ₁	C ₃	A ₁	P ₃	E ₁	E ₁	RACK 4 =	61	
I ₁	N ₁	H ₄	U ₁	M ₃	A ₁	N ₁	RACK 5 =	62	
PAR SCORE 270-280							TOTAL	335	

JUMBLE ANSWERS

Jumbles: FORCE DRANK
WALNUT CHROME

Answer: He made scrambled eggs
at the -- CRACK OF DAWN

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