



Begins Dec. 6th



# DECEMBER , 2015

## U<sub>niversity</sub> P<sub>lace</sub> BEAT



Pearl Harbor Day  
Dec. 7th



Dec. 25th



Begins Dec. 26th

The early snow arrived and made for beautiful pictures, taken by Sam Postlethwait, reminding us that not only winter is upon us, but also that Christmas is coming.



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# DECEMBER 2015 HAPPY DAYS



## HAPPY BIRTHDAY

- 01 Jim Hittle
- 01 Lou Ann Elliott
- 07 Marilyn Black
- 08 Alice Shoemaker
- 10 Pari BeMiller
- 14 Barbara Hansen
- 14 Berniece Richmond
- 16 Ann Landgrebe
- 19 Tom Kelly
- 19 Audrey Roberts
- 22 Louise Leatherman\
- 25 Barbara Kingma (AL)
- 31 Emma Frey

## HAPPY ANNIVERSARY

- 07 Wayne & Linda Firestone
- 26 Roberto & Adele Colella
- 23 Janet & Channing Blickenstaff



Happy Birthday to all HC and AL residents who have birthdays in December.

**Consider making a donation to the UPR Foundation  
for your friends' or loved ones' special day.**



*As the years add up, God's faithfulness keeps multiplying.*

Because the University Place population changes almost daily, if we did not include your happy date, we are sorry and would like to be notified of the omission. Regarding IL & GH call Beth Brumit, 463-0203; for AL & HC call Concierge, 464-5600.

## **FIRST FLOOR NEWS**

First Floor residents would like to wish all University Place staff, associates, and neighbors Happy Holidays and best wishes for the coming New Year.

## **SECOND FLOOR NEWS**

From the Second Floor Residents,  
"May your home be filled with the warmth and love of the holiday season."

## **THIRD FLOOR NEWS**

In May, 2016, the 100<sup>th</sup> running of the Indianapolis 500 will be held. In preparation for this historic event, a program called, "The People's 500", has been initiated. One hundred people have been randomly chosen to take part in this program; and BARBARA and JIM HITTLE'S son, Mark, was one of those chosen. On Saturday, October 17<sup>th</sup>, he ventured to the Indianapolis Motor Speedway, and drove a Chevrolet Camaro twice around the 2 and 1/2 mile oval. This was filmed together with an interview, and will be a part of "The People's 500" for next year. Mark reported that driving around the famed oval was a stirring experience and he was very fortunate to have been selected.

MARY & BRAD BLICKENSTAFF were happy to have their sons, Steve from Lynchburg, VA, and Dave from Pueblo West, CO, for a short visit and lots of laughs during the middle of November.

LOUISE SELLKE'S family from Boston wrote a note to her as follows:

"Dear Oma,

We sure enjoyed our visit with you. Such a nice apartment and so many interesting people. Thank you for treating us to those tasty dinners. Very good!"

MARY JAY flew to Oxford, Mississippi, on Tuesday, November 24th and spent Thanksgiving with her daughter Renée, her husband, and children. There

were 15 in all enjoying a delicious turkey dinner.

This poem is dedicated to TOM KELLY.

"Farewell to you our friend,  
Even though we will be far apart,  
you have made your home  
deep down in our hearts.  
The distance will not be  
enough to make us forget you,  
Farewell our friend,  
We wish you the best,  
we know that you will  
be happy among your family  
and making new friends.  
Come back and visit when you can,  
or email, call, Skype, Facetime,  
or look us up on Facebook.  
Isn't technology great! "

## **GARDEN HOME NEWS**

WAYNE & LINDA FIRESTONE wish all a Happy Holiday from HOT and Sunny Florida. "We are glad to get settled in down here but do miss all of our friends at UP. Wayne celebrated his 92<sup>nd</sup> birthday with family, friends and many loving phone calls. Wayne's daughter Debbie from Valparaiso spent the week with us to help celebrate. It was also nice to see our neighbor FRED FREDERICKS when he arrived down here."





## **ACCOUNTABLE CARE**

Over fifty-five UP residents and guests from Franciscan Alliance overflowed the Education Room on October 9, 2015, to learn about ACO -- the Franciscan Alliance Accountable Care organization. Each resident received a twelve page overview explaining it. Marketing coordinator Beth Snack explained how ACO creates a team of nurse and patient to help the patient get needed services. The ACO staff member often accompanies the patient to a doctor's appointment, helps them understand their prescriptions, and may save money by helping in decision-making which may keep them out of the hospital.

ACO is part of Health Reform; it is not "Obamacare". Service representatives such as RNs, LPNs, the Respiratory Therapist with the "Better Breathers Club", the "Diabetes class" specialist, directors of the "Healthy Living Center", a discharge expert and a Hospice representative were introduced. Ask your primary care M.D. if he or she is in ACO. When you sign up for ACO, your privacy is ensured; drug or alcohol treatment is not shared. If you are selected as an ACO Beneficiary, you will receive a welcome letter and preference form at your first visit of the year with your physician. You may decline to share your health information, or change your mind after joining by phoning (765)502-4957, toll free 1-877-806-1207 or Medicare 1-800-633-4227.

## **TRAVELER'S DREAM**

"Traveler's Dream" is how Lafayette native Denise Wilson and Michael Lewis who moved to Lafayette

from Gary in 1989 are billed when they perform together at various events and appear regularly at O'Bryans Nine Irish Brothers. They were heard by approximately thirty-five residents and one canine guest, Bailey Byrd, on October 22<sup>nd</sup> in the Great Room. Opening with singing "I Wish I Was Back Home in Derry", Michael played guitar and Denise a concertina. They followed with both playing guitars while singing lively "Buffalo Gals". Their assortment of old Irish tunes such as "Torn Jacket", familiar American popular songs such as "You Are My Sunshine" which Denise remembers her dad singing to her, and folk songs like "The Fox Went Out On a Chilly Night" too quickly filled their hour. Denise soloed on her Irish flute and also played a Jaw's harp and a pennywhistle. Michael played his mandolin but mostly guitar. His solo, "Hill High" is his own composition sung in praise of our area's prairie. Many of their selections turned into sing along sessions for the enthusiastic audience. To learn more go to [www.travelersdream.net](http://www.travelersdream.net)



## **Ivan Pecel - Professional Juggler**



On November 5th at 7:00 P.M., Ivan Pecel from California performed his juggling routine for approximately 50 residents in the front lobby. I saw Ivan's full stage show at a theater in Jacksonville, Florida last July at a worldwide magic convention. Believe me, Ivan upstaged every magician who performed at that convention with his professional juggling act! He has traveled all over the world with his show and in fact, has won the world juggling championship nine (9) times. His college major was film production and now he is a professional juggler and does his own marketing. He performs frequently on ocean cruise ships. We all witnessed a very skillful exhibition by this young man of the finest juggling I have ever seen. He also had a great sense of humor to go along with his tremendous show. Everything from red balls juggled and even balanced on his head, baseballs juggled backwards, cigar boxes, bowling pins, clubs to large knives juggled over a fellow named Jim who was lying on the floor with his head wrapped in toilet paper. He also juggled a bowling ball, an egg and a glass tumbler all at the same time and presented the egg to me to prove it wasn't hard boiled! Finally, he juggled

white ping pong balls from his mouth also large plastic rings with his hand and then ended the show with a lights out routine with five (5) blue balls which glowed in the dark. A good time was had by all who attended this wonderful skilled exhibition of juggling. After the show, Ivan posed with me for the picture included with this article. Submitted by: Ron Stroup







### **MEET YOUR NEW INTERIM EXECUTIVE DIRECTOR**



Kelly Duhaime started her new position as University Place's Interim Executive Director on October 8, 2015. She was born in Hammond, IN, and has a brother and two sisters. After high school, Kelly earned degrees from the University of Phoenix and became a licensed Health Facility Administrator. She has over thirteen years of experience in long term care and assisted living. Kelly met her husband, an Indiana State Police Trooper, in South Bend, and they have been married for fourteen years. They and their nine-year-old Golden Retriever, Ovie, live in New Paris, Indiana. They enjoy traveling such as visiting the Bahamas. In 2013, Kelly had an illness causing a stroke and requiring open heart surgery which has given her a true understanding of the

effects of stroke and recovery in the healthcare field. Kelly, the UP residents all say "Welcome".

### **MEET YOUR NEW LIFE ENRICHMENT & COMMUNITY RELATIONS DIRECTOR**



Nicole McBee began her new position as University Place's Director of Life Enrichment and Community Relations on October 15, 2015. She was born in Indianapolis, and she and her older brother and sister grew up in nearby Greenwood. After graduating from Center Grove High School, she went to Evansville to earn a degree at the University of Southern Indiana in Public Relations and Advertising with a minor in marketing. After graduation she returned to Indianapolis and worked in communications: radio and magazines. While visiting a friend at Purdue one weekend, she met a student named Josh McBee. When he and Nicole were married, he was an accountant at Caterpillar. Nicole worked at Creasy Springs prior to starting at University Place. She and Josh have a Giant Schnauzer named Floyd, enjoy Purdue Men's Basketball, antiques and travel, especially Ireland. UP residents all say "Welcome".



# THE BULLETIN BOARD



## ATTENTION: CANCELLATION OF JANUARY UP BEAT ISSUE

The UP Beat is taking a month away from publishing so there will be no January, 2016 issue. Keep your news to turn in by January 25, 2016 for the February issue, so we can have a big newsletter in February, 2016.



### UPR FOUNDATION

If you have friends or family who would enjoy seeing the UPBeat, send their email address to [uprc.info@gmail.com](mailto:uprc.info@gmail.com) or put a note in the UPR Foundation black drop box located in the IL mailroom.

-- Barb Hansen



### ANNUAL APPRECIATION FUND FOR U.P. ASSOCIATES

On December 3rd, I will be sending reminder letters to all residents who have not contributed to the Appreciation Fund.

-- Ron Stroup



### NOTE FROM UP BEAT EDITOR

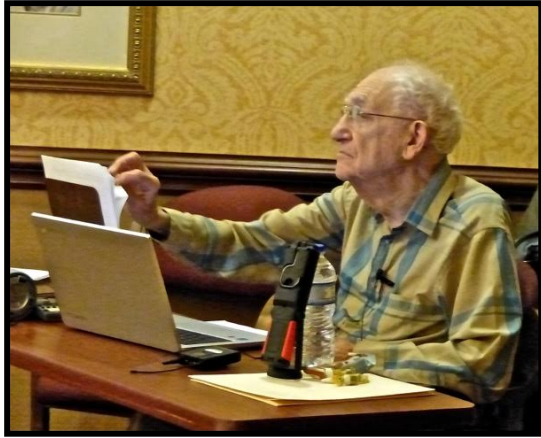
Thank you, Kelly, for realizing what a problem the failure of our black box emergency system was for the residents. We do appreciate your getting the wheels going on this project called "R CARE" system and know our prayers are with you in getting a satisfactory emergency system in place SOON.



As stated above, there will be no publication of the January 2016 UP Beat Newsletter. The UP Beat staff would like to wish everybody at University Place a happy holiday season and a HAPPY NEW YEAR! May the new sun of the new year, 2016, bring lots of happiness and joy to you and your loved ones.



## A NOSTALGIC ROMP



On the evening of Nov. 19th, Joe Rubinstein presented a program which told of the journey of his life and his parents through various songs. It was delightful and I believe everyone in the audience related with many of the songs. He started things off with "Sentimental Journey." One of his memories was a song "By the Long Road" dealing with youth and romantic idealism. Next came "Those Were the Days". There was a fair amount of singing along. This song dealt with passage of time. The next two were "The Way we Were" and "In My Life". Next came "Family" and "Child of Mine". He then played "Into Each LIFE must Fall" and ended with "It's A Wonderful World." The audience responded enthusiastically. Between the songs, Joe talked about personal experiences. It was a trip worth taking.

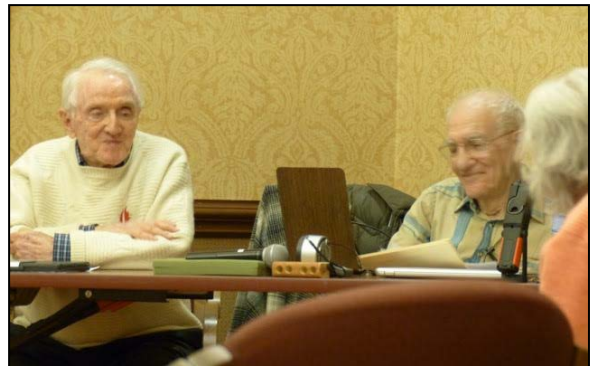
--Doris Swensen



Yes, I think to myself,  
What a wonderful world.

Oh yeah.

Those were the days my friend  
We thought they'd never end  
We'd sing and dance forever and a day  
We'd live the life we choose  
We'd fight and never lose





## VETERANS' DAY CELEBRATION AT UP





## THANKSGIVING BRUNCH





## NANCY HARDY'S COLLECTION DISPLAY

What a joy it has been for me to share my Pilgrim collection with the residents of University Place. Many of you have asked how it started.

In 1961, I bought the 4 candle pilgrims and one still has the 10 cent price tag on the bottom!! Many years later, I bought the wooden set of the Indians (as they were called then) and the Pilgrims and I think that was the real beginning of the collection. Pilgrims, it seems, are not too popular so it has been especially fun to collect them. I'm pleased that many residents seemed to enjoy them.

-- Nancy Hardy





## **Sacred Journeys Tour** **Pre-visit presentation**

Sacred Journeys is an exhibit now showing at the Children's Museum of Indianapolis, assembled by the Museum and the National Geographic Society. In preparation for a visit that UP residents took November 20, Tom Kelly put together a slide and video presentation that he presented on November 12th, of some of the objects that UP Residents would see at the museum. Artifacts from many religions will be on-site. They include:

- The throne that the Dalai Lama used in Bloomington IN.

- A replica of the Shroud of Turin
- A Tori and gong from Japan
- A stone from the Temple Mount in Jerusalem.
- A replica of the Angel Moroni from Salt Lake City.
- Brigham Young's leather trunk
- A Koran from 1670

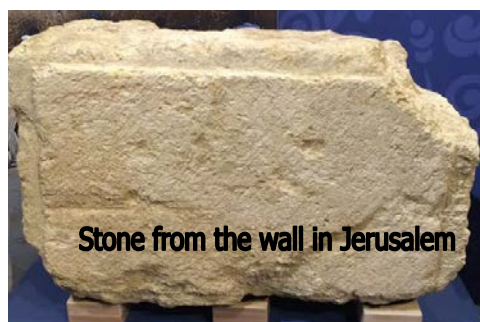
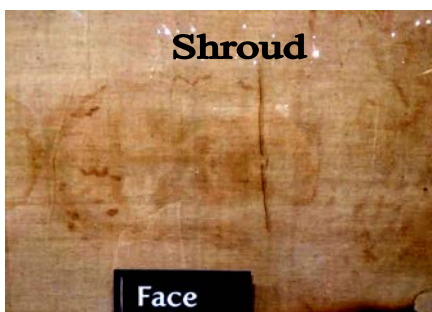
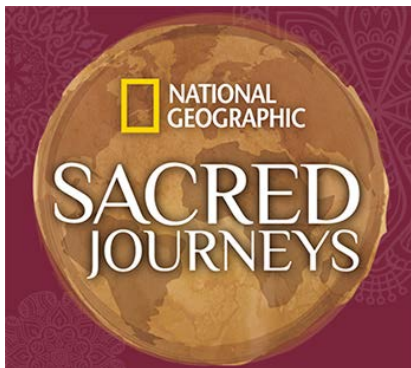
There will be people from the many religions doing demonstrations. A possible example: Tibetan monks creating a mandala.

Tom concluded his program showing a two minute video of a walk through the exhibit. The exhibit is at the Children's Museum because it is designed for children and their parents to see it together.

--Tom Kelly

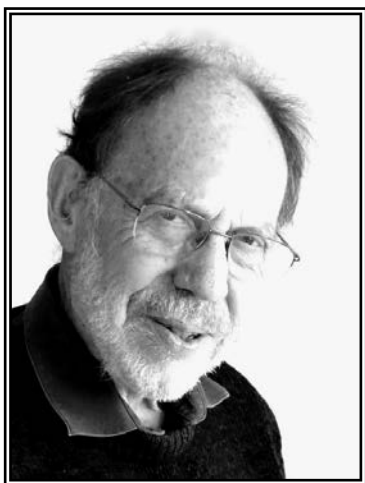
## **UNIVERSITY PLACE VISITS THE CHILDRENS' MUSEUM EXHIBIT**

On November 20, 2015, at 10:15am, 11 residents, staff, guest, and Sue our bus driver, left UP for a trip to the Indianapolis Children's Museum to see the Sacred Journeys exhibit, sponsored by National Geographic. Each year, more than 330 million people around the world, from all walks of life, journey to a sacred place. This year we made our journey through pictures from National Geographic. This exhibit will be on display through February 21, 2016.





## **GETTING TO KNOW YOUR NEW NEIGHBOR**

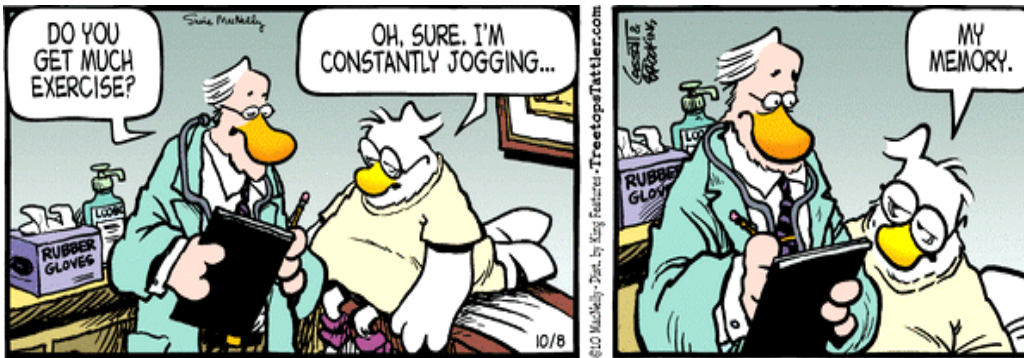


Michael G. Rossmann, after previous time in Assisted Living and the Healthcare Center, moved into IL 207 on November 7, 2015, from his West Lafayette home since 1964 on Wiley Drive. He was born in Frankfurt (M), Germany. At age eight he entered a Society of Friends (Quaker) Boarding School in Holland. From age nine and beyond he was with his mother in London and educated in the Friends (Quaker) boarding school in Saffron Walden, Essex. Michael received BSc. and MSc. degrees at the University of London. In 1953 he moved to Glasgow, Scotland, where he taught physics in the Royal Technical College and received his Ph.D. from the University of Glasgow in chemical crystallography in 1956. His interest in crystallography began when Kathleen Lonsdale, a well known scientist and a Quaker on the governing board of the Friends School Saffron Walden, hosted Michael and some school mates at the annual Christmas vacation lecture series at the Royal Institution in London. She gave him advice, and he began studying in her field. Michael and his friends from boarding school liked to bike and travel together. On

a trip to Spain with about a dozen young Quakers from Leeds, he met Audrey, where her father was the superintendent of Lawnswood cemetery. By some coincidence, Audrey, who had been in Ackworth Friends boarding school was in the same class and a friend of one of Kathleen Lonsdale's daughters. A year later, she and Michael were married in a Quaker meeting house in Leeds. Michael was still a graduate student and teaching in Glasgow; Audrey was teaching pottery and ceramics at the Leeds College of Art. Their son Martin and daughter Alice were born in Glasgow. In 1956 the family moved to the University of Minnesota where Michael was a post-doctoral fellow for two years. In 1958 they returned to the UK where he was a post-doc in the Laboratory of Molecular Biology of the Medical Research Council in Cambridge. Daughter Heather was born at Cambridge. At the University of Minnesota and in Cambridge, Audrey attended art college lectures and later taught art in a state school near Cambridge. In 1964 Michael joined the faculty of the Department of Biological Sciences at Purdue University as an associate professor, becoming a full professor in 1967 and, since 1978, he has been the Hanley Distinguished Professor of Biological Sciences. Audrey taught art at the Lafayette Art Center (later re-named the Greater Lafayette Museum of Art) and at the Morton Community Center. Michael and Audrey were married for 55 years until her death at University Place in 2009. They have 4 grandchildren: Martin, West Lafayette, has a daughter Alice (age 17). Alice was a graduate student at the University of Washington in Seattle where she met a Norwegian student. They sailed south to and through the Panama Canal and across the

**NEW NEIGHBOR (cont'd)**

Atlantic to Norway. Once in Norway they went their separate paths. However, Alice soon met another Norwegian with whom she has a daughter (age 18). Heather, in Maine, met her husband on the ski slopes. They have a daughter (age 24) and a son (age 22). The Rossmann family enjoys backpacking, camping, cross country and downhill skiing. Michael is a member of the Lafayette Sailing Club and has a sixteen foot M Scow sailboat. Michael's distinguished career at Purdue has not included retirement. He holds adjunct appointments at Cornell and Indiana University School of Medicine; has worldwide attention for determining the structure of human rhino virus serotype14, one of about 100 known common cold virus strains. He holds membership in a number of scientific societies including that US National Academy of Science and the British Royal Society, has received honorary doctorates from six universities, and important prizes. In 1995 he received the Purdue University Medal of Honor. Michael, your new neighbors feel honored that you have joined the University Place family and extend a hearty "Welcome"!

**EXERCISE AND AGING**

Davansh Shah, UP's new Fitness Coordinator, was born in one of the largest cities in the world, Mumbai, India. At high school there he played soccer and competed in martial arts. Then he came to tiny (16,000 population) Kirkwood, MO, and earned a B.S in Exercise Science from Truman State University. After completing a M.S. in Kinesiology at Bowling Green State University, he began working at University Place and says the Lafayette area is "just the right size". During his 4 pm October 8 presentation in the Education Room, he explained the "Pillars of Exercise": cardiovascular endurance, muscular strength and power, flexibility and balance. Aging is a process which alters structure and reduces function of cells, tissues and many organ systems, decreasing the body's ability to respond appropriately. As the percent of the population over 65 continues to increase, only 22% engage in regular physical exercise. For each 4.3 hours spent watching TV, only 17 minutes are spent exercising. This and poor diet are the major causes of obesity among elders. Three out of 10 elders fall every year; falls are more common than strokes. Four of 10 have difficulty with at least one ADL (activity of daily living e.g. cooking, cleaning or bathing). Davansh recommends 30 minutes of exercise plus warm up and cool down time to be done three times a week. He is an American College of Sports Medicine Certified Exercise Physiologist and leads UP exercise classes, balance classes and offers guidance to individuals and one-on-one training by appointment. Call him at 464-5649.



## COLUMBIAN PARK ZOO

On November 17, 2015, MacKenzie came from the Tippecanoe County Zoo, bringing 4 more of the zoo's animals for "show and tell". She spoke clearly and very knowledgeably, and although some had been here before, there are always new things to learn about each.

First of the animals was a reptile, actually: A YELLOW SPOTTED AMAZON RIVER TURTLE. The bright yellow spots under his chin on the male will fade with age, and are for his protection as bright colors generally denote undesirable food to a predator; the female's spots are very pale - she needs to be unobtrusive to care for her eggs and protect the nest. Turtles vs. tortoises - turtles are aquatic, eat insects, and fish; are terrestrial during the dry season. Tortoises are terrestrial. They have webbed feet for swimming with claws for traction in the mud. MacKenzie wore plastic gloves while handling the turtle since they contaminate the water in which they live and drink, and thus carry some of this on their bodies.

An amphibian, "Bulldog", AN AFRICAN GIANT BULLFROG, the largest in the world, made the next appearance. MacKenzie moisturized her hands with specially adapted amphibian water concocted at the zoo. Living both on land and in the water, all is well, green and lush, during the wet season. During the dry season however, it is extremely hot and life is difficult. The Bullfrog has an organ which stores water, and his Plan B is to secrete mucous all over his body then burrow 'way down in the earth where it is damper and cooler, and here he hibernates for about 6 months until the next wet season. His protective devices are being able to puff up and to utter loud guttural noises. He has teeth, and his diet consists of anything that will fit in his mouth. Life expectancy is up to 30 years, and he may grow to the size of a 10" dinner plate.

"Legless" looks like a snake but is in fact another reptile, A LEGLESS LIZARD. From the rough rocky areas of southeast Asia, he blends in well with his surroundings where he hides. Half of his body length is tail, now rougher than his scaly body; should a predator pull the tail off, it will regrow, not so a snake. Also unlike a snake, he rolls rather than slithers, less traumatic among the rocks of his rough habitat. These lizards also have eyelids, and the holes on the sides of the head are ears - snakes have neither. This is one way to tell a snake from legless lizard!

"Arlo", a mammal, completed the show, is A SOUTHERN THREE-BANDED ARMADILLO, so-called because of the 3 telescoping plates across his back which allow him to completely close his hard brown shell to simulate a round rock about the size of a softball. From Brazil and Argentina this smallest armadillo, is the only species able to do so. The outer shell hardens with age, being similar in consistency to that of a fingernail at birth. He is warm-blooded and even felt warm to the touch; he can swim, in fact may use rivers as protection. Long claws help him dig to look for food, insects being his absolute most favorite, MacKenzie said. He did show his face - one only his mother could love but he was very interesting as were each of them. Asked who chooses which 4 come each time: "Sam" at the zoo, who has been here in the past, makes the selections.

-- Deb Lindenlaub





## THE PRINCIPLES OF KWANZAA

Kwanzaa, a cultural holiday, not a religious one, is a week-long celebration of seven African principles. Primarily celebrated by people of African descent, it was created in 1966 by Maulana Karenga, a professor of black studies at California State University, Long Beach. This year it begins December 26<sup>th</sup>. Kwanzaa is a holiday of reflection on accomplishments of the past year and thoughts of what you would like to do in the next year. Each day one of these principles is discussed: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith. On the last day celebrants share a meal, and children are given small cultural gifts. If you don't understand your past, you are doomed to repeat some of the same mistakes. Kwanzaa allows one to look back and to look forward at the same time.

## WHAT FUN YOU MISSED

Lafayette native Kenny Holcomb began singing in church at age five and still sings "old time religion" gospel music such as "When The Roll Is Called Up Yonder". For three years he sang with a group called "Light"; for the past seven years he has been performing alone with a sound track, eight to ten shows a week throughout north central Indiana. As his father's name is Ray, Kenny performs as

"Ray of Light". "I Saw The Light" is his theme song with which he concludes performances. During his fifty-five minute performance at 3 p.m. October 8<sup>th</sup> in the Assisted Living parlor he sang many loved "oldies" such as Bob Hope's "Thanks for the Memory", Nat King Cole's "Ramblin' Rose" and favorites we associate with Louie Armstrong, Frank Sinatra, Cole Porter, etc. Seventeen residents attended and often sang along, but most were from AL and only a few from IL. Kenny's voice, manner and interaction with his audience are all quite pleasant, so more IL residents are encouraged to be there for an hour of uplifting entertainment with Kenny at 3 p.m. twice a month. Watch for the dates.



## **PEANUTS' 60th Anniversary**

2015 marked the 60th anniversary of PEANUTS by Charles M. Schulz. First launched in only seven papers, the comic strip now appears in over 2,200 newspapers, in 75 countries and 21 languages. PEANUTS animated specials have become a seasonal family tradition. Charlie Brown kicking the football, Linus and his blanket and Lucy leaning over Schroeder's piano are images that live in everyone's memory. GOOD GRIEF, Charlie Brown, it has been 60 years!!!



First PEANUTS comic strip, published on October 2, 1950



## **AVOID SKIN CANCER**



Dr. Lisa M. McTavish graduated from the University of Manitoba, Faculty of Medicine, Winnipeg, Manitoba, Canada, in 1990 and had residency at Indiana University Medical Center. She has been in practice for 25 years and came to Lafayette about 20 years ago. Board certified in Family Medicine, she practices with dermatologist Dr. Joseph E. Fruland at IU Health Arnett Medical Offices, 1500 Salem Street, Lafayette. She spoke for 47 minutes on “Skin Cancer” to 35 residents at 7 p.m., November 10, 2015, in the Education Room. She began with a review of the anatomy of our protection, our temperature-regulating three-layered skin: the outer layer, paper-thin epidermis, the dermis which contains hair, nerves and blood vessels, thins with age and allows us to wrinkle and the yellow fat layer which also has nerves and blood vessels. The sun’s rays (UVA, the most damaging and UVB, the short burning ray) can give us a sunburn even on a cloudy day and in the winter as the sun reflects off snow. Most damaging to one’s skin is using a tanning bed. As damaged skin gets

thinner, melanocytes move up; we begin to see brown spots which can become skin cancers. Most at risk are persons with red hair and freckled skin; also fair skins tan but can burn. The risk declines for dark-skinned people. Melanin cells give their skin its color. Other causes of skin cancer are X-ray exposure, scarring, exposure to chemicals such as coal tar, immune suppression and a family history of skin cancer. Eighty percent of skin cancers are Basal cell which appear as a pink or brown spot or as an ulcer; it has a high cure rate. Less common is Squamous cell which appears crusty and can spread. Any sore which does not heal in a month is probably skin cancer. Four percent of skin cancer is the deadly Melanoma which causes 80 % of skin cancer deaths. It has a high tendency to run in families. Such persons must reapply sunscreen every two hours (Dr. McTavish recommends SPF 15-30 and approves Walmart and Target brands.), wear sunglasses, a sun hat, dark clothing or garments made from protective fabric. It is important to inspect one’s skin with a mirror monthly and watch for moles which are A=asymmetrical; B=have irregular borders; C= contain different colors; and D= of diameter larger than a pencil eraser. Be safe! Avoid the sun! And avoid tanning beds!





**AS I GET OLDER, I REALIZE:**

- I talk to myself, because sometimes I need expert advice.
- Sometimes I roll my eyes out loud.
- I don't need anger management, I need people to stop pissing me off.
- My people skills are just fine. It's my tolerance of idiots that needs work.
- The biggest lie I tell myself is "I don't need to write that down, I'll remember it."
- When I was a child I thought nap-time was punishment, now it's like a mini-vacation.
- The day the world runs out of wine, is just too terrible to think about.
- Even duct tape can't fix stupid, but it can muffle the sound.
- Wouldn't it be great if we could put ourselves in the dryer for 10 minutes, come out wrinkle-free and 3 sizes smaller.
- "Getting lucky" means walking into a room and remembering why I am there.

Submitted by: Janice Rice

**CHRISTMAS PUN PUDDING**

- One young boy calls him Santa Cause because he heard there was Noel.
- Santa only swims at the North Pool.
- What do the reindeer sing to Santa Claus on his birthday? "Freeze a jolly good fellow!"

**A HELPING HAND**

A man writing at the post office desk was approached by an older fellow with a Christmas card in his hand. The old man said, "Sir, I'm sorry to bother you, but could you address this card for me? My arthritis is acting up today, and I can't even hold a pen."

"Certainly, sir", said the younger man. "I'd be glad to."

He wrote out the address and also agreed to write a short message and sign the card for the man. Finally, the younger man asked, "Now, is there anything else I can do for you?"

The old fellow thought about it for a moment and said, "Yes, at the end could you just add, 'P.S.: Please excuse the sloppy hand-writing.'?"

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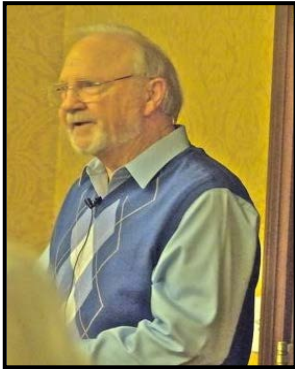
Christmas - What other time of the year do you sit in front of a dead tree and eat candy out of your socks?

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## Capitals & Cathedrals On the Baltic Sea

By Bernie and Ellie Zook

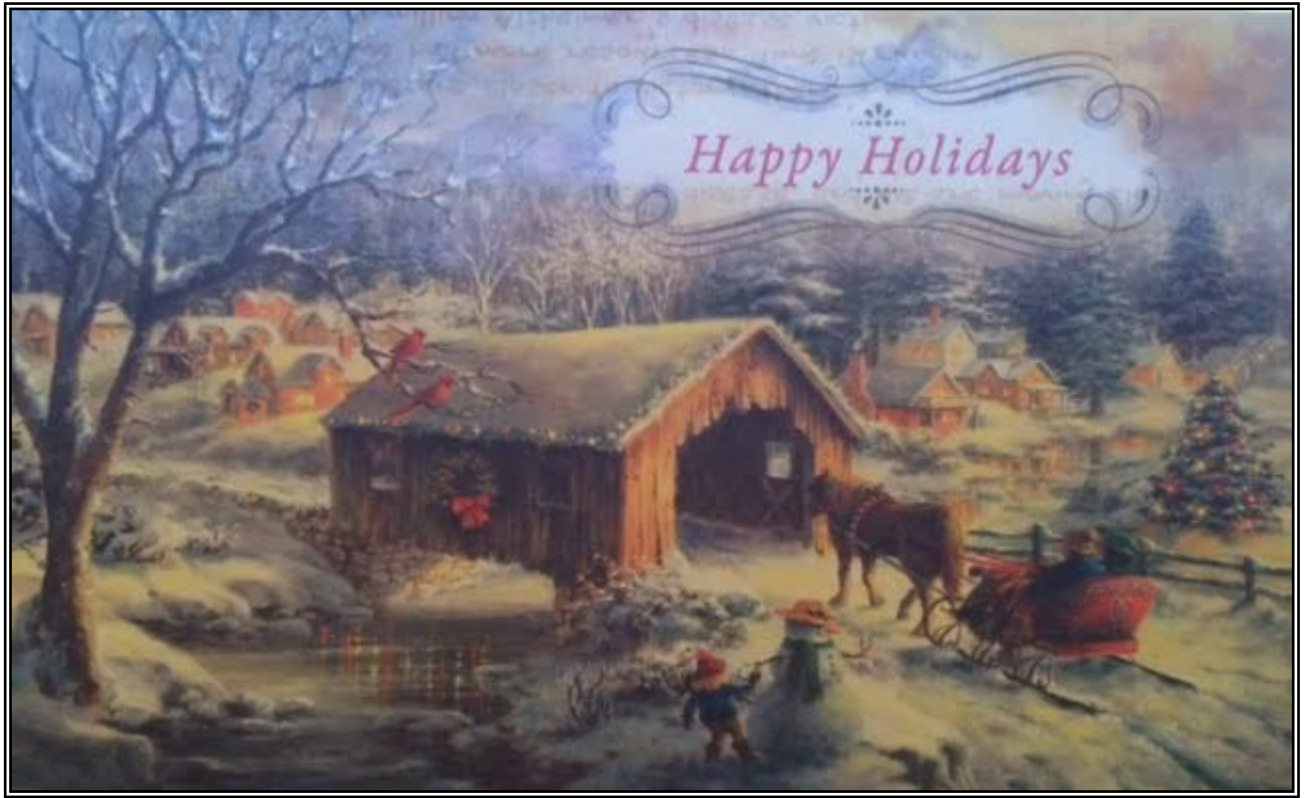


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WE WISH TO EXTEND OUR  
SINCERE SYMPATHY TO NANCY  
EBERHARD ON THE DEATH OF  
HER MOTHER.

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*May the joy of the season shine throughout the year*

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