

# Kaw Valley Senior Monthly

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August 2019

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Vol. 19, No. 2

## INSIDE

*Amazing Aging!*  
For Seniors and Those Who Love Them

A free publication of the Jayhawk Area Agency on Aging, Inc.  
Address: Active and Assisted in Aging for Shawnee, Jefferson and Douglas Counties

**SUMMER 2019**

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# Leo Shaw: Leading the O.U.R.S. dance group

See story on page three

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

- Business Card Directory... 24, 25
- Calendar ..... 18-23
- Financial Focus ..... 12
- Health & Wellness..... 16, 17
- Humor..... 29
- Jay's Musical Memories..... 31
- Jill on Money..... 13
- Mayo Clinic ..... 14
- My Answer ..... 34
- My Pet World ..... 30
- Puzzles and Games..... 32, 33
- Rick Steves' Europe ..... 26
- Wolfgang Puck's Kitchen..... 28

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# Shaw, O.U.R.S. members enjoy Sunday dances

By Kevin Groenhagen

During the evening of Sunday, July 14, it was very difficult to find an open parking space at Holcom Park Recreation Center in Lawrence. Entering the building, visitors could hear a live band playing country music and see dozens of seniors dancing on half of a basketball court.

Was there a special event taking place that evening? If you were to ask one of the dancers that question, the likely answer would be “yes,” even though the group meets at Holcom every Sunday night to dance. That includes Easter Sunday. The group skips a Sunday only when it falls on Christmas or New Year’s Day.

“A group of senior dancers got together in 1981 and decided that they had to make this official,” said Leo Shaw, who serves as president of Oldsters United for Responsible Service (O.U.R.S.). “The official goal of the group is to sponsor dances, but not just for seniors. We removed the word ‘senior’ from the bylaws. We have no

age requirement. However, we have the type of ballroom dancing that older people grew up doing. We don’t get many younger people because they don’t know the dances.”

O.U.R.S. drew up new bylaws in 2003, the same year Shaw joined the not-for-profit dance group.

“We considered changing the name at that time, and the consensus was that it had been that name forever, so why not just keep it,” Shaw said. Shaw said he is not quite sure how they came up with that name 38 years ago.

O.U.R.S. reserves the gym at Holcom Park Recreation Center from 5-9 p.m. every Sunday night. Those who arrive before 6 p.m. can socialize with others before the dancing begins at 6 p.m.

“We have a live band every week,” Shaw said. “We have a rotation of four bands and, if we have a fifth Sunday during a month, we get a different band for that Sunday if one is available.”

The four regular bands include the following:

- First Sunday: Country Melody
- Second Sunday: DrCool and the Medicine Show

KEVIN GROENHAGEN PHOTO



Eugenia Bryan and Leo Shaw at the O.U.R.S. dance on July 14

- Third Sunday: Barbed Wire
  - Fourth Sunday: Borderline Country
- In June there was a fifth Sunday, so Top Country was the featured band.

“It’s predominantly country music,” Shaw said. “It has to be something you can dance to. We do what I call Mid-

■ CONTINUED ON PAGE FOUR

## Kaw Valley Senior Monthly

Kevin L. Groenhagen  
Editor and Publisher

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# Leo Shaw

■ CONTINUED FROM PAGE THREE

west ballroom dancing. We do two-step, waltz, polka, and line dancing.”

Shaw notes that Johnson Shockley, who does vocals and plays bass guitar for Borderline Country, which formed in 1972, began performing even before O.U.R.S. was founded in 1981.

“Of course, every band has personnel changes, but Johnson has been playing for O.U.R.S. dances since the get-go,” Shaw said.

During the evening, the bands typically take two 15-minute breaks. However, the band took a longer break during July 14’s dance so dancers and family members could celebrate Hazel Rew’s birthday. Holcom doesn’t allow food or drinks (other than water in bottles with caps), so O.U.R.S. held the surprise birthday party, which included cake and refreshments, in Holcom’s Wayne Bly Room. Rew’s family arranged and paid for the party.

According to Shaw, O.U.R.S. welcomes singles as well as couples. In fact, one gentleman in his early 90s makes it a point to dance with women who didn’t arrive with partners. Shaw himself arrives at the dances with his significant other, Eugenia Bryan. They have been dancing together for almost a decade, although they didn’t meet through O.U.R.S. However, several couples did meet at O.U.R.S. dances.

Shaw also encourages those who don’t think they can dance to give it a try.

“We have people who show up and say, ‘I can’t dance,’” Shaw said. “I’ll say, ‘Sure you can. Tap your toe.’ I’ll tell new dancers to move when I move and not watch their feet. The worst thing you can do is look down. Don’t worry about your feet. They’re attached to you. They’ll follow.”

According to Shaw, the O.U.R.S. members are not limited to Douglas County residents.

“They come from as far away as Chanute, which is 100 miles away,” he said. “The couple from Chanute goes to about five dances a week. We also get a lot of people from Topeka. Dr Cool and the Medicine Show and Country Melody are also from Topeka.”

There are no membership dues associated with being an O.U.R.S. member. However, there is a cover charge of \$10 per person each Sunday.

“We have as many as 60-70 dancers show up on Sunday,” Shaw said. “If we had that many dancers every Sunday, we wouldn’t have to charge as much for the cover charge. But we have to pay to rent the facility, hire the bands, and pay the person who collects the cover charges at the door.”

Shaw estimates that the average age of O.U.R.S. members is close to 80. He also notes that one member is 101.

“It only takes one at 101 to bring the average up quite a bunch,” he said with a smile.

The average age of O.U.R.S. members raises a question: Are the O.U.R.S. members still dancing because they’re healthy or are they healthy because

■ CONTINUED ON PAGE FIVE



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# Leo Shaw

■ CONTINUED FROM PAGE FOUR

they're still dancing?

A 2017 *Time* magazine article entitled "Why Dancing Is the Best Thing You Can Do For Your Body" noted that the up-and-down and side-to-side movements of dance may activate and train many of your body's little support muscles and tendons. In addition, like other forms of cardio exercise, dancing also seems to have mood and mind benefits. A 2017 study, published in *Frontiers in Aging Neuroscience*, linked dancing to improved "white matter" integrity in the brains of older adults.

And then there's the socialization. According to *Psychology Today*, research shows these main benefits of having an active social life:

- You may live longer
- You will enjoy better physical health.
- You will enjoy better mental health.
- You may even lower your risk of dementia.

In addition to dancing, Shaw enjoys singing and playing his guitar. He often performs during open mic nights (Tuesdays) at S&S Artisan Pub & Coffeehouse in Lawrence.

"I play quite a variety of music I like," he said. "I do the Sons of the Pioneers, random cowboy songs, and even an original song."

Shaw's original song is based on the Dewey-Berry Feud, which was a gunfight that took place in Cheyenne County, Kansas, in 1903.

Shaw will be joined by friends and family at S&S Artisan Pub & Coffeehouse in October when he celebrates his 90<sup>th</sup> birthday.

Shaw was born in Ottawa, Kansas, and lived in Tonganoxie for a few years before he served in Korea in 1952 and 1953. He shared his experiences and photographs from the Korean War in *Korea, on the Edge of Combat*, a book that can be downloaded at [www.leoshaw.org](http://www.leoshaw.org).

After serving in Korea, Shaw returned to Tonganoxie. He then went to work for a company in Goodland, Kansas, in 1958, and that company moved him to Belleville, Kansas, in



**Hazel Rew's family planned and paid for a surprise birthday party during O.U.R.S. dance on July 14.**

1959. In 1960, Shaw returned to Tonganoxie, where he and his father leased a grain elevator.

"I was there for 10 years as the pro-

prietor," he said.

For more information about O.U.R.S., visit [ourssundaynightdance.com](http://ourssundaynightdance.com) or call 785-842-8034.



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# American Shaman offers CBD products

By Billie David

In April of 2018, the Kansas Legislature voted to remove CBD from its definition of marijuana as long as it contained no THC, which is the substance in cannabinoids that creates a high. This made CBD—which is also derived from cannabinoids such as hemp—an unrestricted substance in Kansas, and it is now legal in all 50 states.

As CBD's legal status created a demand for the product, stores like Lawrence's American Shaman began to open, and questions about its use have also proliferated.

For some, the first question that may come to mind is whether using CBD makes one a pothead.

The answer is no, according to Brandon Zoeller who, along with his wife, Heather, owns American Shaman on Sixth Street in Lawrence.

"Kansas is still at 0.0 percent THC," Zoeller said. "When I first tried to open this place, the landlords I talked to thought maybe I was opening a head shop. But this has no psychedelic effect."

A head shop is a store that sells drug-related paraphernalia.

But what about all the claims made concerning the benefits of CBD? Doesn't it seem a bit odd that a formerly outlawed substance can be used to treat so many illnesses that appear to be so unrelated?

After all, CBD oil has been said to be effective in treating multiple sclerosis, arthritis, anxiety, depression, cognitive

impairment, post-traumatic stress disorder, seizures, cancer and the symptoms brought about by the treatment of cancer, heart problems, substance abuse, fibromyalgia, Alzheimer's and Parkinson's, and even acne. How can one substance do all of that?

The answer has to do with a system that resides within the human body called the endocannabinoid system, or ECS, which helps regulate functions such as sleep, appetite, pain and the immune system. In fact, the body produces its own endocannabinoids to bind to ECS receptors.

And it is the ECS that explains CBD's potential, which has to do with ECS's role in helping the body maintain homeostasis.

"It isn't the oil itself," Zoeller explained. "It's helping the body work together again."

Zoeller likened CBD and homeostasis to the childhood game of telephone, where a message is whispered down a line of children until it reaches the last child, and when that child repeats the message out loud, it bears no resemblance to the original message.

"As we age, our communication is not so good," Zoeller explained. "CBD helps with the communication. The body naturally wants to heal itself, and it uses CBD to get back into balance."

In other words, the body is constantly monitoring itself, checking out things like body temperature, heart rate and

hormone balance. If the body becomes too hot, for example, the ECS is activated and we sweat.

Not only does the ECS monitor things like digestion, inflammation, mood, memory and pain, but it also has the ability to focus on each problem selectively, addressing the situation at hand and bringing it back into balance with the rest of the body.

CBD was used as an herbal remedy as far back as 2900 B.C., and research is just beginning to focus on its potential as a treatment for seizures, cancer

and Alzheimer's. It even has the potential to treat dogs and cats for arthritis, cancer, seizures and anxiety. In fact,

Zoeller said, his own dogs got a healthy dose of CBD on the Fourth of July.

As for CBD's safety, it increases the absorption rate of some other drugs

like blood pressure medicine, so it is advisable to consult your physician before taking it.

"That's why we have doctors," Zoeller said, adding that this advice is especially true if one is taking medicine that cautions against taking with grapefruit.

American Shaman is a franchise, and Zoeller has the distinction of owning the first CBD franchise in the history of America. And although he and his wife opened American Shaman just one year ago, there are already 400 such brick-and-mortar stores open today.

The advantage that a CBD franchise has, Zoeller said, is similar to that of McDonald's: People know what to expect because they know that they are getting the same product and services from all of the American Shaman stores, as well as the same prices.

American Shaman customers also

■ CONTINUED ON PAGE SEVEN



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## American Shaman

■ CONTINUED FROM PAGE SIX

have the advantage of a special process that founder Vince Sanders invented, a system called proprietary nanotechnology, which reduces the particle size of CBD. The smaller size allows the body's cells to absorb the CBD more easily, making it faster-acting and increasing its potency.

CBD, which can be purchased at the store or ordered online from the American Shaman website at [www.lawrenceamerianshaman.com](http://www.lawrenceamerianshaman.com), comes in a wide variety of flavors, from blueberry, cinnamon, cherry and grape to coffee, pina colada and sour watermelon.

It is sold as water-soluble full-spectrum hemp oil, Cloud tincture that is often taken under the tongue, topical cream and body lotion, hemp candy, cookies and gummies, and feline and canine CBD hemp tinctures and dog treats.

To ensure that it is available to everyone who needs it, American Shaman has a Compassionate Care

program that provides discounts for specific members of the population. There is a 10% Young Person Discount for customers 62 and older, a 20% discount for veterans and first responders, and a 30% discount for customers with cancer and chronic disabilities.

American Shaman is located at 1530 W. 6th Street, Unit C, in Lawrence, and Zoeller is in the process of opening a second location at 19th and Massachusetts Streets. He credits his family background for his interest in helping people through his business.

"My family is chiropractic," he said. "My dad was a well-known chiropractor, and he was president of the Healing Arts Board in the Midwest for a time. My uncle still does chiropractic in Topeka."

Zoeller grew up in Topeka and moved to Lawrence in 1995, meeting his future wife in 1997. He spent 21 years selling Kirby vacuum cleaners before deciding to transition into the CBD business. "I always understood what my dad was doing," he said. "He was a healer, helping people, and I always wanted to do something like that, so it fell into line for me."



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# Extreme heat: Stay safe this summer

Summer is here, and warmer weather is the perfect time for families to enjoy outdoor activities such as gardening and picnics. However, for seniors, extreme temperatures during the summer months can pose health risks. In fact, the CDC notes that adults 65 and older do not adjust as well as young people to sudden changes in temperature, making them more vulnerable to heat-related health problems such as heat stroke, heat exhaustion, heat cramps, sunburn and heat rash.

“June through September is when most families plan trips and spend extended periods of time outdoors,” said Lakelyn Hogan, gerontologist and caregiver advocate of Home Instead Senior Care. “It’s important for older adults to participate in these family activities, while taking the steps necessary to ensure their comfort and safety. Be sure your loved one takes frequent indoor breaks, carries and properly stores medications, and wears light colored clothing.”

Home Instead encourages families to take the following steps to help keep their loved ones safe this summer:

Make sure your aging loved one takes preventive health measures—like preparing for summer heat exposure by choosing protective clothing.

Mayo Clinic recommends wearing loose-fitting, lightweight clothing to allow the body to better cool itself naturally. Adding a broad-brimmed hat or cap can also help keep internal temperatures low and protect from sunburn—a condition that heightens the risk of heat stroke by reducing the skin’s ability to regulate heat.

Plan ahead to avoid strenuous activity during the hottest parts of the day. Many activities such as running errands or visiting friends and family members should be scheduled for the morning or evening hours, when temperatures are lower, and the sun is less intense. If the time cannot be adjusted, stay hydrated and rest frequently in a cool area to avoid the increased risk of overheating.

Pay attention to symptoms of heat-related health problems. The University of Connecticut found that older adults are the most susceptible demographic to dehydration due to reduced kidney function that occurs naturally as we age, as well as the frequent use of diuretics often taken for high blood pressure. Be aware of muscle cramps, dizziness, headaches, constipation or impaired memory or concentration function, which can signal dehydration. Also watch for the symptoms of heat stroke; high body temperature, confusion or slurred speech, flushed

skin, rapid breathing and a headache.

Take action to cool someone experiencing heat-related symptoms. Once a symptom is identified, immediate action is critical to treat the senior and prevent escalation. Mayo Clinic shares three steps:

- Get the person in the shade, indoors and out of the heat
- Remove any excess clothing to help the body breathe
- Cool the person with whatever means available (e.g., place a wet towel on the person’s head, neck or armpits or submerge the individual in cool water)

Monitor and/or assist with medications. According to a recent survey of seniors conducted by Home Instead,

many seniors taking five or more prescription medications admit challenges in managing their medications. Education programs such as Let’s Talk about RxSM provide families with resources to help manage medications more efficiently and avoid any mishaps. This is particularly important during the summer months, as some prescribed medications may affect a senior’s natural ability to stay hydrated and dissipate heat. Talk with your senior and their doctor about any increased risks connected to medications.

Additional free family resources and additional information on summer safety tips for seniors, visit <https://www.caregiverstress.com/>

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# Communities fight Social Security fraud

By Norm Franker

Social Security District Manager in Lawrence, KS

Older people are at a greater risk of fraud and other forms of financial exploitation. The United States Postal Service has seen an increase in mail fraud and is promoting community strength and fraud awareness as a way to prevent abuse. Social Security agrees. You can help your more vulnerable loved ones fight fraud.

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Community can simply mean your family unit. The more you know about what your loved ones are exposed to, the better you can protect them.

We also receive reports where someone pretending to be a Social Security employee has contacted members of the public. The intent of this type of call may be to steal your identity and/or money from your bank accounts. They may state that your Social Security number will be suspended or they may demand immediate payment.

The caller generally asks you for personal information such as your Social Security number, date of birth, your mother's maiden name, or your bank or financial account information. You should not provide any of this information to these individuals.

It's possible that a Social Security employee may contact you to follow-up on a previous application for Social

Security benefits or to follow-up on other business you initiated with Social Security. Remember, Social Security employees will never threaten you or demand any kind of payment in exchange for services.

It's important that you report any and all fraud. This can only strengthen our communities and your family. You can report Social Security fraud at [oig.ssa.gov/report](http://oig.ssa.gov/report).

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KEVIN GROENHAGEN PHOTO



Jana Barnard of Des Moines' Classic Roadrunners guards Sharee Lind of Cedar Rapids' Late Bloomers.

## Lawrence hosts Granny Basketball tournament

On July 20, 16 teams from as far away as Harker Heights, Texas, and DeRidder, Louisiana, met at the University of Kansas' Ambler Student Recreation Center for the Granny Basketball 2019 National Tournament.

Founded in 2005 as a 501(c)3 organization, the Granny Basketball League is for women who are 50 and older. The six-player game dates back to 1898. The teams' uniforms are characteristic of the period. Granny basketball players wear bloomers and numbered middy collars. Colorful knee socks reflect each team's identity.

Each Granny Basketball team selects a charity or non-profit cause

for which they raise funds and give gate receipts.

The Cedar Rapids Sizzlers won this year's national tournament, winning 53-51 over the Harpers Ferry Fireflies of Harpers Ferry, Iowa, in overtime. The Harpers Ferry Fireflies were last year's champions.

Next year's Granny Basketball National Tournament will again be held in Lawrence, while Prairie du Chien, Wisconsin, will host the tournament in 2021.

For more information about the Granny Basketball League, visit grannybasketball.com and/or facebook.com/grannybasketball.

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## FINANCIAL FOCUS

# How does Social Security fit into your retirement income strategy?

It might not be on your calendar, but Aug. 14 is Social Security Day. Since it was enacted on Aug. 14, 1935, Social Security has provided some financial support for millions of Americans during their retirement years. While Social Security benefits, by themselves, probably aren't enough to enable you to retire comfortably, they can be a key part of your overall retirement income strategy—if you use them wisely.



*Derek  
Osborn*

To help you make decisions about Social Security, you will need to answer these questions:

**When should I start taking my benefits?** You can take Social Security once you reach 62, but if you wait until your full retirement age, which will probably be between 66 and 67, you'll get much bigger monthly checks, and if you wait until 70, you'll get the biggest possible payments. Before deciding when to begin receiving your benefits, you'll need to weigh a few factors, including your estimated longevity and your other sources of income.

**How should I consider potential spousal benefits?** If you are married, or if you're divorced but were married for at least 10 years, you could receive up to half of your spouse's full retirement benefit (offset by your own benefit, and reduced if you claim early). If you outlive your spouse, you could claim survivor benefits, which can provide either your own benefits or 100% of your deceased spouse's, whichever is larger. Consequently, the higher-earning spouse might want to postpone taking benefits for as long as possible to maximize the survivor benefit.

**How much can I earn without**

**reducing my Social Security benefits?** If you are younger than your full retirement age and you are receiving Social Security, the Social Security Administration will withhold \$1 from your benefits for each \$2 you earn over a certain threshold (which, in 2019, is \$17,640). For the year you reach your full retirement age, your benefits could be withheld by \$1 for every \$3 you earn over \$46,920. But once you reach your full retirement age, you can earn as much as you want without your benefits being withheld, although your benefits could still be taxed, depending on your income.

**How much of my pre-retirement income will Social Security replace?** Generally speaking, you should expect Social Security to replace slightly more than a third of your pre-retirement income. However, the higher your income during your working years, the lower the replacement value of Social Security will be.

**What other sources of retirement income should I develop?** Contribute as much as you can afford to your IRA and your 401(k) or similar employer-sponsored retirement plan. You may want to consult with a financial professional, who can look at your entire retirement income picture and recommend moves to help you achieve the lifestyle you've envisioned for your later years.

Keep in mind that your decisions about Social Security filing strategies should always be based on your specific needs and health considerations. For more information, visit the Social Security Administration website at [socialsecurity.gov](http://socialsecurity.gov).

**One final word:** You may have concerns about the stability of Social

Security. While no one can predict the future, many potential solutions exist to put the program on more solid footing. Consequently, try to focus on the actions you can control.

- Derek Osborn is with Edward Jones, 4106 W. 6th St., Ste. A, Lawrence. He can be reached at 785-841-0382 or [Derek.Osborn@edwardjones.com](mailto:Derek.Osborn@edwardjones.com). This article was written by Edward Jones for use by your local

*Edward Jones Financial Advisor. This information is believed to be reliable, but investors should rely on information from the Social Security Administration before making a decision on when to take Social Security benefits. It is general information and not meant to cover all scenarios. Your situation may be different, so be sure to discuss this with the Social Security Administration prior to taking benefits.*



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## JILL ON MONEY

### When a Roth retirement account makes sense

As more employers incorporate Roth options into work-based retirement accounts, many of you have written to ask which one is preferable. As always, the answer depends on your situation.



Jill  
Schlesinger

The big difference between a traditional retirement option and a Roth (regardless of whether it is a 401(k), 403 (b) or an Individual Retirement Account) is when you pay taxes. With a traditional option, you pay in the future and with a Roth, you pay today.

For example, if you earn \$50,000 and you make a 10 percent contribution into a traditional 401(k), the \$5,000 that goes in to the account is removed from your taxable income. Then, the IRS and other municipal taxing authorities levy taxes on what remains—in this case, \$45,000. You do not pay taxes on the money that is inside of the traditional plan while it remains in the account, but after you reach age 59 1/2 and access the money, you will have to pay taxes based on your future tax bracket.

Additionally, after you reach age 70 1/2, Uncle Sam forces you to withdraw a certain amount of money each year from your traditional account—this is known as a Required Minimum Distribution.

What many people don't realize is that RMDs can impact the taxation of Social Security benefits by potentially kicking you into a higher tax bracket. Additionally, they can increase Medicare costs, because individuals are subject to an Income Related Monthly Adjustment Amount, which is an extra charge on top of the stated Medicare premiums for those with Modified Adjusted Gross Income over \$85,000 (single filers) or \$170,000 (joint).

That charge can amount to an extra \$13 per month to an extra \$74.80 per month per person on top of their

monthly premiums.

OK, now onto the Roth retirement plans. Your contributions to a Roth are not tax-deductible, so they are made with after-tax dollars. In the example above, you would pay taxes on the full \$50,000 you earned, and then your 10% contribution would go into the Roth and grow tax-free. After you reach age 59 1/2 and access the money in a Roth account, there are no taxes due.

Additionally, Roth owners never have to withdraw money if they choose not to do so.

Should you use a Roth? If you are

in a low tax bracket, the Roth allows you to pay taxes at your current rate and when you take your distributions, you avoid paying taxes at your future (hopefully) higher rate. But many tax experts are encouraging more people to use Roth options even if they are in high current tax brackets.

The reason is twofold: Tax rates are likely to rise in the future and, even if they don't, it is nice to have some money in retirement that has already been taxed.

Additionally, for high-income earners, the only way to access a Roth may be through an employer-based plan. That's because Roth IRAs have contribution limits based on income. For 2019, you can contribute \$6,000 (\$7,000 if over age 50) into a Roth IRA if your Adjusted

Gross Income is under:

- \$193,000 for married filing jointly or qualifying widow/widower (if you make 193,000 to \$203,000, you can contribute a reduced amount).

- \$122,000 for single, head of household, or married filing separately and you did not live with your spouse at any time during the year, (if you make 122,000 to \$137,000, you can contribute a reduced amount).

- \$10,000 for married filing separately and you lived with your spouse at any time during the year.

- Contact Jill Schlesinger, senior business analyst for CBS News, at [askjill@JillonMoney.com](mailto:askjill@JillonMoney.com).

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# MAYO CLINIC

## Know how to remove tick that's embedded in the skin

**DEAR MAYO CLINIC:** What is the best way to remove a tick? We live near a grassy area and find several every summer, and I worry about Lyme disease. But there is so much conflicting information online about how to remove a tick properly and what to do after.

**ANSWER:** If you find a tick on your skin, remove it as quickly as possible. But removing the tick correctly is also critical.

Ticks can transfer disease-causing organisms (germs) in one bite. That bite can result in various illnesses, including Lyme disease. These illnesses are often mild, but if left untreated can have long-lasting effects. For this reason, it's important to be aware of the presence of tick habitats, guard against tick bites and know what to do if you get bitten. Antibiotic treatment usually succeeds in getting rid of the infection, especially when started early.

There are steps you can take to prevent ticks from getting to your skin in the first place. Try to avoid areas where ticks are found, such as tall grasses, shrubs and leaf litter. When you go outside, wear long sleeves and pants, as well as sock and shoes. If you think you may come in contact with ticks, protect yourself further by spraying exposed skin with a repellent

containing DEET or picaridin. You also can apply permethrin to your clothing. Remember to check yourself, family members and your pets for ticks after being outdoors.

To remove a tick that is embedded in the skin, grasp the tick as close to the skin's surface as possible, using tweezers if available. Pull upward with a steady, continuous motion. To ensure the whole tick is removed, try not to twist it or jerk it. If mouth parts of the tick remain in the skin, leave the area alone and let the skin heal. Your body will expel the mouth parts over time.

After removal, clean the area with an antiseptic, such as rubbing alcohol or soap and water. Place the tick in a plastic bag in case you develop any symptoms that may be caused by a tick-borne infection. Early symptoms can include fever, chills, headache, joint pain and gastrointestinal upset, which can occur in various combinations. Sometimes, a characteristic rash may occur, as well. If you experience any of these and may have been exposed to ticks, see your health care provider right away. Bring the tick with you, if possible.

If you live in an area where Lyme disease is highly prevalent - most commonly the Upper Midwest and Northeast U.S.—and the tick that you've removed is swollen and engorged, discuss with your health care provider

whether an antibiotic such as doxycycline should be prescribed to prevent Lyme disease. Lyme disease, which can cause headache, fever, joint pain and other flu-like symptoms, often is accompanied by an expanding red area that sometimes clears in the center, forming a bull's-eye pattern. In later stages, Lyme disease can cause lingering joint pain and inflammation, heart palpitations, and various neurological problems.

Lyme disease, which is the most common tick-borne illness in the U.S., is transmitted by the bite of an infected black-legged tick, commonly known as a deer tick. But it's important to be aware that the black-legged tick also can transmit other organisms, including those that cause anaplasmosis and babesiosis. Also, different ticks can transmit other illnesses, including Rocky Mountain spotted fever, ehrlichiosis and tularemia.

See your health care provider if you develop symptoms after being bitten by a tick - even if the symptoms have come and gone. Often, antibiotics may be able to treat the infection. - Bobbi

Pritt, M.D., Infectious Diseases, 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](mailto:MayoClinicQ&A@mayo.edu). For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).*

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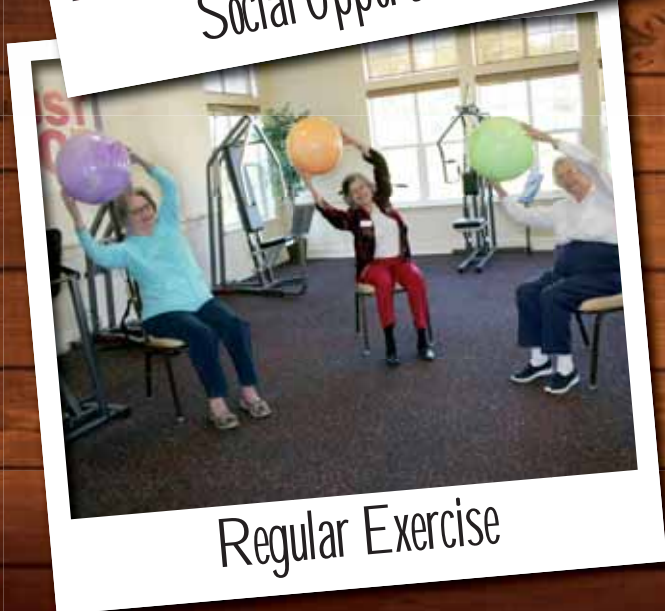




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## HEALTH & WELLNESS

# Saw palmetto may be able to treat many conditions

Saw palmetto, or *serenoa repens*, is a shrub. The fruit or berries from the saw palmetto shrub are responsible for the wonderful benefits of this medicinal plant. This shrub grows on the southeast coast of the United States and is especially abundant in Florida and



Dr.  
Deena  
Beneda

Georgia. Saw palmetto has been used throughout the years in several forms of traditional medicine. Historically, the berries or fruit from this shrub were consumed to ease ailments such as urinary and reproductive problems. The leaves from this shrub itself were used for making ropes, baskets, brushes, and food items. Saw palmetto was also added to many medicines, along with nettles and pumpkin seeds. Today, some modern formulations still use these added elements. Currently, saw palmetto is widely consumed in the United States and remedies are available in supplements, teas, and tinctures.

Saw palmetto is used medicinally for many conditions and has a wide range of uses. As men age, many may experience a decline in prostate health and this decline can significantly impact their life and well-being. One of the most common conditions affecting the prostate gland is benign prostatic hyperplasia, or BPH.

Symptoms of BPH can include frequent urination, problems starting and maintaining urination, and the urge to urinate at night. Research suggests that saw palmetto doesn't shrink the overall size of the prostate in BPH, but instead it seems to shrink the inner lining of the prostate that puts pressure on the urine tubes. By putting less pressure on the urine tubes, this decreases the urge to urinate.

Saw palmetto might be effective in preventing testosterone from being converted to a more potent form of testosterone called dihydrotestosterone, or DHT. It is thought that some types of male and female baldness are caused by increased sensitivity of hair follicles to DHT.

In modern times, saw palmetto has been used to treat male conditions, but it has been used for female conditions as well. In women it has been used for underdeveloped breasts, to increase lactation, and to ease painful menstruation cycles.

Other conditions that saw palmetto may be effective in treating include the following: underactive or hypotonic bladder; chronic pelvic pain syndrome; upper respiratory ailments such as asthma and bronchitis; sore throats; colds and coughs; migraines; low sex drive; insomnia; lack of appetite; and inflammation.

When starting any new treatment, it is always advisable to check with your healthcare practitioner first.

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



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## HEALTH &amp; WELLNESS

# How to prevent falls and stay active

By Corey Koester PT

Falls are a leading cause of injury among older adults. One in three older Americans fall every year and these falls can lead to many potential injuries, hip fracture being one of them. A hip fracture can be a very serious injury and some studies indicate that as many as 40% of people who



were hospitalized from hip fracture do not return home and are not capable of living independently again. The risk of hip fracture increases with age because bones tend to weaken with age and also because we tend to have physical ailments and medical conditions that worsen with age. The purpose of this article will be to address the most common risk factors for falls and how you can attempt to reduce or eliminate these risk factors. Reducing your risk of falls will likewise reduce your risk of hip fracture.

## Walking: A Simple Plan that Works

The first thing you can do to help reduce your risk of falls is to increase your physical activity level. Physical activity can go a long ways toward fall prevention. As we age, most of us lose some of our coordination, strength, flexibility, and balance. This loss can be slowed and reduced by finding activities that stimulate our muscles and joints. For many, this can be a simple walking plan. Find an area in your neighborhood or town where you can slowly increase the time and distance you walk each day. Rock Chalk Park and Lawrence Sports Pavillion have great options for both indoor and

outdoor walking with their indoor track and paved trail system. If you are walking 20 minutes a day, attempt to slowly increase that time to 30 or 40 minutes per day. If you are walking one mile per day, see if you can increase that distance as tolerated.

## Make it Fun: Group Exercise

Another activity you might consider is joining a group exercise class. LMH and the City of Lawrence both offer many different exercise classes that are designed with the older adult in mind, including aquatics, tai chi, fitness, dance, yoga, cycling, Pilates, and Zumba. Try to find a class that is right for you and keeps you coming back for more! Maintaining your strength, flexibility, and balance will help improve your mobility and decrease your risk of falls.

## Safety: Begins at Home

Another way to reduce your risk of falls is to evaluate your home environment. Many falls occur in our own homes; and there are simple steps you can take to reduce the number of hazards in your home. The simplest thing you can do is reduce clutter. Remove boxes, newspapers, extension cords, phone cords, and throw rugs from your walkways. These are all items that can cause you to lose your balance and lead to a fall. Increasing the lighting in your home can also help prevent falls because it allows you to avoid objects that might be hard to see. Use nightlights in bedrooms, bathrooms, and hallways. Make sure you have adequate lighting at any stairways. Adding handrails at stairways is also advisable. I would also recommend have a lamp or other lighting within reach of your bed when getting up in the night. Simple bathroom modifications can also be helpful. Installing grab bars for your shower or tub, adding non-slip surfac-

ing to your shower or tub, or adding a shower chair to allow you to sit while showering are all options to increase the safety of your bathroom.

## Shoes for Walking

Lastly, consider changing your footwear as part of your fall prevention plan. Do you have a pair of shoes, slippers, or sandals that consistently make it harder for you to walk? Get rid of them! Instead, wear a pair of properly fitting shoes that are sturdy and have non-skid soles. Wearing a pair of sensible shoes can reduce your risk of falling.

## Medications: Check with Your Doctor

Medication management can also be an important part of any fall prevention program. Make sure you are keeping a list of your prescribed medications, over the counter medications, and supplements that you can review with your physician or pharmacist. Some prescriptions and over the counter medications can cause dizziness, dehydration, or interactions with other medications that can lead to a fall. Medications that

may increase the risk of fall include blood pressure medications, heart medications, diuretics, muscle relaxants, and sleeping pills. Don't stop or start any medications without consulting your physician.

## Self-Confidence: Reduce your Risk for Falling

Falling can be a life changing experience. The greatest predictor of a future fall is a previous fall. One of the hardest things to overcome after a fall is the fear of falling. Oftentimes this fear can be crippling and lead to a further reduction in activity level. However, the worst thing you can do is reduce your activity level or stop exercising altogether. Find ways to keep moving and keep challenging your body. Freedom from falls is never guaranteed but maintaining your activity level and maintaining your self-confidence are great ways to reduce your risk.

- Corey Koester PT is a physical therapist at the Center for Rehabilitation at LMH Health, Therapy & Wellness, Lawrence.

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# SENIOR CALENDAR

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

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

## ARTS & CRAFTS

### TUESDAYS

#### THE BLANKET PROJECT

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

### FIRST FRIDAY OF THE MONTH

#### FIRST FRIDAY ARTWALK

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

### LAST FRIDAY OF THE MONTH

#### FINAL FRIDAYS

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

## BINGO

### SUNDAYS & TUESDAYS

#### AMERICAN LEGION POST NO. 1

Sunday Bingo is 1:45 p.m., Tuesday Bingo is 6:30 p.m. Snack bar available (optional but appreciated). 3800 S.E. Michigan Ave.  
TOPEKA, 785-267-1923

### MONDAYS

#### EAGLES #2700

215 15th St. Game play: 7 p.m.  
OTTAWA, 785-242-6142

### MONDAYS & THURSDAYS

#### AMERICAN LEGION POST NO. 400

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

### WEDNESDAYS

#### PINECREST APARTMENTS

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

### WEDNESDAYS

#### LEXINGTON PARK

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

### WEDNESDAYS & FRIDAYS

#### VETERANS OF FOREIGN WARS

3110 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.  
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## EDUCATION

### ONGOING

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LAWRENCE, 785-843-8544, themerc.coop/classes

### ONGOING

#### FREE INSURANCE COUNSELING

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

### SECOND AND FOURTH MONDAYS

#### LEXINGTON LUNCHES

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

### THIRD WEDNESDAY OF THE MONTH

#### LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical

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

### AUG 1

#### COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records as you research your family tree. Register at www.tsopl.org/register. Shawnee North Community Center, 300 NE 43rd St., 10-11:30 a.m.  
TOPEKA, 785-580-4400

### AUG 5

#### MEDICARE MONDAYS

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

### AUG 5

#### BEGINNING COMPUTER NAVIGATION

Learn the proper way to hold and move the mouse. Learn about check boxes, radio buttons and scroll bars. If you cannot make one of these sessions, go to a Computer & Gadget Help session to get started. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 2-3 p.m.  
TOPEKA, 785-580-4400

### AUG 5, 12, 19 & 26

#### MEDICARE MADE CLEAR™

Whether you are just turning 65 or new to Medicare, now is a good time to learn about the different paths of Medicare and how to choose a plan that may meet your needs. Learn more about Medicare as we explore resources from Medicare Made Clear™, an award-winning series from UnitedHealthcare®. All four meetings will be held at Union Pacific Depot, 402 N. 2nd St. - Theater Room, 10-11 a.m. Attend a free meeting or call.  
LAWRENCE, 785-841-9538, TTY 711 sciagency.com

### AUG 6

#### COMPUTER & GADGET HELP

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

### AUG 8

#### HOW TO SIGN UP FOR 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. This event requires registration. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 S.W.

10th Ave., 9:30-11 a.m. This event requires registration.

TOPEKA, 785-580-4400

### AUG 8

#### 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. Carnegie Building – East Gallery, 200 W. 9th Street, 2-3:30 p.m. Register with Lawrence Parks & Recreation.  
LAWRENCE, 785-832-7920

### AUG 10

#### COMPUTER GENEALOGY 2

Now that you have your family tree, move to the next level. This class will focus on using online resources to find your ancestors where they may be hidden. Register at tsopl.org/register. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 11 a.m.-1 p.m.  
TOPEKA, 785-580-4400

### AUG 11

#### DOCKUM SIT-IN: AN EVENING WITH DR. VESEY

Commemorate the 60th anniversary of Wichita's Dockum Drugstore Sit-in with Dr. Galyn Vesey, one of the original Dockum Drugstore Sit-in participants. Marvin Auditorium 101A, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 5-8 p.m.  
TOPEKA, 785-580-4400

### AUG 12

#### CLASSICS MADE MODERN

Discuss *The Warmth of Other Suns: The Epic Story of America's Great Migration* by Isabel Wilkerson. There was a decades-long migration of black citizens who fled the South for northern and western cities in search of a better life. Questions - classicmodern@tsopl.org. Anton Room 202, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1:30-3 p.m.  
TOPEKA, 785-580-4400

### AUG 12

#### COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records. Central Park Community Center, 1534 SW Clay St., 5-6 p.m.  
TOPEKA, 785-580-4400

### AUG 13

#### SENIOR SUPPER AND SEMINAR

"To Sleep, perchance to Dream," by Dr. Osborne. Each month LMH Health brings you a healthy three-course supper and health seminar. Reservations required. \$5.50 for the meal. Supper: 5 p.m., Seminar: 6 p.m.  
LAWRENCE, 785-505-5800, lmh.org

■ CONTINUED FROM PAGE 18

AUG 13

### COMPUTER & GADGET HELP

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

AUG 14

### ALZHEIMER'S ASSOCIATION REMOTE LEARNING SERIES

Learn about memory disorders and the challenges associated with managing them at sessions held the 2nd Wednesday of each month. Call 800-272-3900 to register for any session. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 12:30-1:30 p.m. TOPEKA

AUG 15

### SENIOR CARE WORKSHOP

Home Instead Senior Care and Caregivers Home Health are sponsoring a free workshop to help educate families on simple tips and tricks to help make their loved ones' homes safe. Lexington Park Independent Living, 1011 S.W. Cottonwood Ct., 1 p.m. TOPEKA, 785-272-6101

AUG 16

### AARP DRIVER SAFETY

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

AUG 19

### ASSISTIVE TECHNOLOGY FOR KANSANS

Learn about a program that connects people of all ages with disabilities and health conditions with the assistive technology they need to learn, work, play and participate in the community. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m. TOPEKA, 785-580-4400

AUG 19

### INTERNET INTRODUCTION

Learn basic internet functions and visit a variety of sites for information and entertainment. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m. TOPEKA, 785-580-4400

AUG 20

### COMPUTER & GADGET HELP

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

AUG 22

### RESEARCHING YOUR WWI ANCESTORS

Learn about the history of the Great War and resources for information about both military personnel and civilians. Danni Altman-Newell,

an expert in this field, will present. Sponsored by the Topeka Genealogical Society. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 7-8:30 p.m. TOPEKA, 785-580-4400

AUG 23

### CUTTING THE CABLE CORD

Learn about some of the alternatives to traditional cable or satellite TV, and the benefits and drawbacks of streaming TV and HDTV antennas. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m. TOPEKA, 785-580-4400

AUG 26

### 55+ AND JOB HUNTING

Learn about a paid job training program for people 55+. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m. TOPEKA, 785-580-4400

AUG 27

### COMPUTER & GADGET HELP

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

SEP 2

### MEDICARE MONDAYS

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

SEP 3

### COMPUTER & GADGET HELP

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

SEP 5

### COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records as you research your family tree. Register at [www.tsopl.org/register](http://www.tsopl.org/register). Shawnee North Community Center, 300 NE 43rd St., 10-11:30 a.m. TOPEKA, 785-580-4400

SEP 9-OCT 28

### BILLY WILDER FILM CLASS

Explore the filmography of this brilliant filmmaker in our ongoing film study class. Comedy, romance, drama and more ... and always with an unforgettable edge. Designed like a book club but for classic film. Together we will discuss this icon through his films. Kellee Pratt, cinephile, classic film blogger and Ambassador to the Turner Classic Movies (TCM) Festival, facilitates the discussions. Lawrence Parks &

Recreation. Class Code: 427449. Fee. Mondays, September 9-October 28, Pioneer Ridge Theater, 4851 Harvard Road, 6:30-8:30 p.m. LAWRENCE, 785-832-7920 [lawrenceks.org/lprd/webenroll](http://lawrenceks.org/lprd/webenroll)

## 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, [lawrenceksession.com](http://lawrenceksession.com)

THURSDAYS

### JUNKYARD JAZZ

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

SATURDAYS

### COMMUNITY JAM

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

JUL 5-AUG 10

### SINGIN' IN THE RAIN

The toe tapping, splashy adaptation of the celebrated and beloved film. Each unforgettable scene, every memorable moment from the film and a downpour of unforgettable songs will have you singing and dancing in and out of Topeka Civic Theatre. 3028 S.W. 8th Ave. Dates vary. Fee. TOPEKA, 785-357-5211 [topekacivictheatre.com/event/singin-in-the-rain](http://topekacivictheatre.com/event/singin-in-the-rain)

AUG 2

### STORY SLAM

Listen to or be one of 10 people who each tell a 5-minute story on the theme of Stranger than Fiction. The audience will award a cash prize to the best story based on quality and presentation. Sign up to be a storyteller begins at 6:30. Cohosted with NOTO Arts Place, emcee Kay Duganator. NOTO Arts Place, 905 N. Kansas, 7-9 p.m. TOPEKA, 785-580-4400

AUG 9

### THE PRODUCERS

Broadway producers Max Bialystock (Zero Mostel) and Leo Bloom (Gene Wilder) scheme to make money producing a sure-fire flop. Critics consider this one of Mel Brooks finest and funniest films. 1967 | PG | color | 88 min. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 2-5 p.m. TOPEKA, 785-580-4400

AUG 17

### CIVIL WAR WEEKEND KEYNOTE & CONCERT

Keynote address by author Tom Rafiner, "Order

Number 11," followed by "For Union & Freedom: Songs of the Civil War," performed by Lawrence Opera Theatre. No tickets required. Lawrence Arts Center, 940 New Hampshire St., 6:45-9 p.m. Free. LAWRENCE, [lawrenceartscenter.org](http://lawrenceartscenter.org)

AUG 17

### WTCT RADIO PLAYERS

Take a trip back to a simpler time with Fibber McGee and Molly. The Shadow, The Life of Riley, the Lone Ranger and a host of other favorites recreated by the generation that trilled to these stories when they were new. Each performance features a recreation of these fine, radio plays with live sound effects created on stage and expressive actors delivering stellar performances. Topeka Civic Theatre and Academy, 3028 S.W. 8th Ave., 7 p.m. Fee. TOPEKA, 785-357-5211

## EXHIBITS & SHOWS

MAY 31-AUG 15

### MODEL FIGURES: HOW THE GREAT DEPRESSION CHANGED EDUCATION

During the Great Depression, the American government organized programs to employ as many citizens as possible. One of the most enduring of these programs was the Works Progress Administration (WPA). The WPA put artists, writers, and craftsmen to work recording community history and creating lasting cultural touchstones. In Kansas, the WPA put many artisans to work creating educational models and dolls. These educational tools were some of the first visual aids made to assist student learning. Watkins Museum of History, 1047 Massachusetts St. LAWRENCE, 785-841-4109

JUL 15-AUG 18

### PEOPLE, PRIDE AND PROMISE: THE STORY OF THE DOCKUM SIT-IN

"People, Pride and Promise: The Story of the Dockum Sit-in" is a traveling exhibition commemorating the 60th anniversary of Wichita's Dockum Drugstore Sit-in, one of the first lunch counter protests of the Civil Rights era. Alice C. Sabatini Gallery, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave. TOPEKA, 785-580-4400

AUG 9-SEP 14

### BACK TO THE GARDEN: PHOTOGRAPHS OF THE 1969 WOODSTOCK FESTIVAL

Fifty years after Woodstock, the festival is particularly interesting as a celebration and an embodiment of what people dreamed the sixties could be. At the end of a tumultuous decade, art and culture were redemptive spaces. Marking the 50th anniversary of Woodstock, this exhibition focuses on the audience, and their experience. The aim of this exhibition is to give the viewer a sense of Woodstock as a totally unique event born of a pivotal time. Back to the Garden examines Woodstock with an emphasis on the perspective of its attendees. Lawrence Arts Center, 940 New Hampshire St. Free admission. LAWRENCE, 785-843-2787 [lawrenceartscenter.org](http://lawrenceartscenter.org)



■ CONTINUED FROM PAGE 19

AUG 10

### 33RD ANNUAL CAR & BIKE SHOW

33rd Annual Car and Bike Show by the Leavenworth Cruisers Inc. The will be a silent auction, raffles, food vendors, T-shirts, pin-up contest and much more. Ray Miller Park, 4103 S. 4th St., 8 a.m.-5 p.m. Free to public. LEAVENWORTH, 816-804-8753  
visitleavenworthks.com

## FAIRS & FESTIVALS

JUL 29-AUG 3

### DOUGLAS COUNTY FREE FAIR

See it all at the Douglas County Free Fair where everyone comes for good old-fashioned fun. It's a great event for all ages. See website for schedule. LAWRENCE, dgcountyfair.com

AUG 31-OCT 14

### KANSAS CITY RENAISSANCE FESTIVAL

The Kansas City Renaissance Festival is celebrating its 43rd season. Come and be a part of this long-standing tradition by visiting the festival grounds in Bonner Springs. Open weekends August 31–October 14, plus Labor Day and Columbus Day. Rain or shine. 633 N 130th St., 10 a.m.-7 p.m. Free parking. BONNER SPRINGS, 913-721-2110  
kcrenfest.com

## FARMERS' MARKETS

MONDAYS

### MONDAY FARMERS MARKET

Shop high-quality, locally-grown produce, farm fresh eggs, baked goods, fresh cut flowers and bedding plants. Look for more variety as the season progresses. Free fun craft for kids at each market. Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., parking lot, 7:30-11:30 a.m. TOPEKA, 785-580-4400

TUESDAYS, MAY 7–OCT 29

### LAWRENCE FARMERS' MARKET

The oldest producer-only farmers' market in Kansas. Parking Garage by Lawrence Public Library, 725 Vermont St., 4-6 p.m. LAWRENCE, 785-505-0117  
lawrencefarmersmarket.org

FRIDAYS

### PERRY LECOMPTON FARMERS MARKET

Visit our Market and you will find local grown vegetables and fruits, locally raised meats, farm fresh eggs, area honey, homemade jams, jellies, pickled products, fudge, curds, pesto, baked goods, and more. Whether you live in the area or are just passing through we invite you to come see what we have to offer. Bernie's/Cenex on the corner of Ferguson and Hwy 24, 4-6:30 p.m. PERRY, 785-218-7328  
perrylecomptonfarmersmarket.com

SATURDAYS, APR 13–NOV 23

### LAWRENCE FARMERS' MARKET

The oldest producer-only farmers' market in Kansas. 824 New Hampshire St., 7:30-11:30 a.m. LAWRENCE, 785-505-0117  
lawrencefarmersmarket.org

## HEALTH & FITNESS

ONGOING

### BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick, easy heel screening can indicate if further testing for this potentially debilitating disease is needed. Education provided. Appointment required. \$15/person. Please call LMH Community Education (Aynsley Anderson) at (785) 505-3066 or Connect Care (785) 505-5800 to arrange an appointment. LAWRENCE

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

### FREE MEMORY SCREENING CLINIC

Schedule a free, confidential memory screening at the Cotton O'Neil Clinical Research Center. The screening takes about 20 minutes. You will receive a copy of your results and they can be made available to your physician. By appointment Monday-Friday, 9 a.m.-3 p.m. TOPEKA, 785-368-0744

ONGOING

### WELLNESS COACHING

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

ONGOING

### FIT FOR LIFE

Exercise in a safe, supervised and non-threatening environment. Physician's medical clearance required. 12 sessions. Fee. LMH Therapy Services. LAWRENCE, 785-505-2712

ONGOING

### ZUMBA GOLD

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity pace. The design of the class introduces easy-to-

follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Choose from three 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

DAILY

### EXERCISE CLASS

Lexington Park, 1011 SW Cottonwood Ct., 10 a.m. TOPEKA, 785-273-4545

FIRST MONDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9:30-11 a.m. at the Downtown YMCA, 421 S.W. Van Buren. Free. No appointment necessary. TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS

### A.M. WALKING CLUB

Need exercise? Come to the East Lawrence Recreation Center (7-9 a.m.) or Holcom Park Recreation Center (7-11 a.m.), Monday through Friday. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE. Lawrence Parks and Recreation. For more information, contact Stephen Mason. LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS

### PICKLEBALL - OPEN PLAY

Monday-Friday at the Sports Pavilion Lawrence. For competitive, recreational and beginning players. Call the East Lawrence Center for specific days and times. There is no charge for open play. LAWRENCE, 785-832-7950

MONDAYS, WEDNESDAYS, & FRIDAYS

### SENIOR EXERCISES

Seaman Community Church, 2036 NW Taylor. 9:30-10:15 a.m. TOPEKA, 785-357-8777 or 785-213-6016

FIRST TUESDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 8:30-9:30 a.m. at West Ridge Mall (Food Court, near the restrooms), 1801 S.W. Wana-maker Road. Free. No appointment necessary. TOPEKA, 785-354-6787

TUESDAYS

### FREE BLOOD PRESSURE CLINIC

Drop in 10 a.m.-noon every Tuesday. Stormont Vail Health's HealthWise Clinic, 2252 S.W. 10th Ave. No appointment necessary. TOPEKA, 785-354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

### JAZZEXERCISE LITE

Fitness that's invigorating, not intimidating. This 60-minute class pairs moderate aerobics with exercises designed to improve your strength, balance, and flexibility. 10:20-11:20 a.m. at 3115 W. 6th St. LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

### HEALTHWISE EXERCISE CLASS

This fun workout includes chair aerobics,

strength training, balance and flexibility exercises tailored to seniors and others looking to stay fit. 9:30 to 10:45 a.m. Tuesdays and Thursdays at Stormont Vail Health, 1500 S.W. 10th Ave. Cost: \$25 punch card covers 20 drop-in classes. Call for enrollment forms. TOPEKA, 785-354-5225

TUESDAYS AND THURSDAYS

### FLEXEXERCISE

This exercise program emphasizes safe and beneficial movements and routines that will increase your flexibility, strength and endurance. Meets from 8:30-9:30 a.m. at East Lawrence Recreation Center, 1245 E. 15th St. Closed. Fee. Enroll at LPRD.org or at East Lawrence Center. LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

### FREE BLOOD PRESSURE CLINIC

Held at the Wakarusa Wellness Center, 4920 Bob Billings Parkway, located 1 block west of Wakarusa at the intersection of Research Park Drive. From 9 a.m.-1 p.m. and 3-6 p.m. No appointment necessary. LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

### VACCINE CLINICS

Shingrix (shingles), Tdap (tetanus, diphtheria and pertussis [whooping cough]) and Td (tetanus and diphtheria) vaccines are available by appointment and with a Cotton O'Neil physician's prescription. HealthWise Clinic, 2252 S.W. 10th Ave. Call for information. TOPEKA, 785-354-6787

WEDNESDAYS

### OPEN BOCCIE BALL

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

WEDNESDAYS

### FREE NUTRITION CLINIC

Meet with a Stormont Vail Health registered dietitian to discuss your nutrition needs and questions. Appointments available at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment. TOPEKA, 785-354-6787

WEDNESDAYS

### FREE MEDICATION CLINIC

Bring questions to Stormont Vail Health's trained pharmacy staff regarding your medications (prescriptions or over-the-counter). Appointments available by phone or at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment. TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH

### FREE HEARING CONSULTATIONS

Dr. Matthew J. Brown of Kaw Valley Hearing is pleased to announce that every first Wednesday

■ CONTINUED FROM PAGE 20

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

#### THURSDAYS

##### WELLNESS CLINIC

Blood pressure checks, weights. Lexington Park, 1011 SW Cottonwood Ct., 12:30 p.m.  
TOPEKA, 785-273-4545

#### FRIDAYS

##### BLOOD PRESSURE CHECKS

Arbor Court, 1510 St. Andrews, 8:30 a.m. Open to the public.  
LAWRENCE, 785-841-6845

#### SECOND THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9:30-11 a.m. at the Southwest YMCA, 3635 S.W. Chelsea Drive. Free. No appointment necessary.  
TOPEKA, 785-354-6787

#### THIRD THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 8:30-9:30 a.m. at the Oakland Community Center, 801 N.E. Poplar. Free. No appointment necessary.  
TOPEKA, 785-354-6787

#### THIRD THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9 to 10 a.m. at the Rose Hill Place clubhouse, S.W. 37th and Gage Boulevard. Free. No appointment necessary.  
TOPEKA, 785-354-6787

#### FOURTH THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9-10:30 a.m. at the Kuehne Branch (North) YMCA, 1936 N.W. Tyler St. Free. No appointment necessary.  
TOPEKA, 785-354-6787

#### AUG 7

##### KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

This drop-in screening offers a full cholesterol test and blood sugar glucose by finger stick. \$20/test, exact cash or check. A fast of 9-10 hours is recommended; water and necessary medications are okay. LMH Main Campus, 8-9:30 a.m.  
LAWRENCE, 785-505-3066, lmh.org

## HISTORY/HERITAGE

#### AUG 9

##### DAVID ATCHISON AND THE SACKING OF LAWRENCE

Did Senator David Atchison really give a controversial "border justice" speech during the Lawrence raid of 1856? Join us as historians Bruce Mactavish and Kelly Erby of Washburn University examine the evidence in a free talk at the Watkins. Watkins Museum of History, 1047 Massachusetts St., 7-8:30 p.m. Free.  
LAWRENCE, 785-841-4109  
watkinsmuseum.org

#### AUG 15-18

##### CIVIL WAR ON THE WESTERN FRONTIER

Douglas County's largest annual heritage festival returns, including a full weekend of Watkins events. Featuring bus, walking, and bike tours of local historic sites, a living history encampment, period concert, and more. Watkins Museum of History, 1047 Massachusetts St.  
LAWRENCE, 785-841-4109  
watkinsmuseum.org/cwwf

#### AUG 16

##### QUANTRILL'S RAID GRAVEYARD WALK

Join Brittany Keegan, Watkins Museum of History curator, to learn about some of the founding of our historic Oak Hill Cemetery, hear stories of early Lawrence, including Quantrill's Raid. Oak Hill Cemetery, 1605 Oak Hill Ave., 8 p.m. Free.  
LAWRENCE, 785-330-7355

#### AUG 17

##### DISORDER ON THE BORDER SYMPOSIUM

Freedom's Frontier National Heritage Area hosts talks by Civil War historians. For information, (785) 856-3635. To register, visit [freedomfrontier.networkforgood.com/events/13544-disorder-on-the-border-symposium](http://freedomfrontier.networkforgood.com/events/13544-disorder-on-the-border-symposium). Carnegie Building, 200 W. 9th St., 8:15 a.m.-9 p.m.  
LAWRENCE

#### AUG 30

##### BLACK SOLDIERS IN THE SPANISH-AMERICAN WAR

On Final Friday, come hear a free talk by Prof. Amanda Nagel of U.S. Army Command and General Staff College, marking the opening of our upcoming exhibit, Far Afield: Kansans in the Spanish-American War. Watkins Museum of History, 1047 Massachusetts St., 7-8:30 p.m.  
LAWRENCE, 785-841-4109  
watkinsmuseum.org

## LAWRENCE PUBLIC LIBRARY BOOKMOBILE

#### MONDAYS

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

#### WEDNESDAYS

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

#### FRIDAYS

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

## MEETINGS

#### MONTHLY

##### SHAWNEE SWINGERS

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

#### SUNDAYS

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

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

#### MONDAYS

##### BREAST CANCER SUPPORT GROUP

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

#### MONDAYS, WEDNESDAYS & FRIDAYS

##### WATER AEROBICS CLASSES

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

LAWRENCE, 785-838-7885

[OrthoKansasPA.com](http://OrthoKansasPA.com)

#### FIRST MONDAY OF THE MONTH

##### INDIVIDUAL BEREAVEMENT SUPPORT

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

#### FIRST & THIRD MONDAY OF THE MONTH

##### 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

##### SPOUSE/PARTNER LOSS

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

#### FIRST & THIRD MONDAY OF THE MONTH

##### CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the

responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by the Senior Resource Center for Douglas County, 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

#### TUESDAYS

##### BREW HA HA!

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

#### TUESDAYS

##### GENERAL GRIEF SUPPORT GROUP

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

#### TUESDAYS

##### INTERGENERATIONAL CHOIR

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

LAWRENCE

#### 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



■ CONTINUED FROM PAGE 21

services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class time is 5:30 p.m. 1112 W. 6th St., Ste. 124.

LAWRENCE, 785-838-7885  
OrthoKansasPA.com

**FIRST & THIRD TUESDAY OF THE MONTH  
HEALING AFTER LOSS BY SUICIDE  
(HEALS)**

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

TOPEKA, 785-478-4947 or 785-296-8349

**WEDNESDAYS**

**GRIEF SUPPORT GROUP**

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m.

TOPEKA, 785-430-2194

**FIRST THURSDAY OF THE MONTH  
MAN TO MAN PROSTATE CANCER  
SUPPORT GROUP - TOPEKA**

Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m.

TOPEKA, 785-230-4422

**FIRST THURSDAY OF THE MONTH  
LAWRENCE AREA PARTNERS IN AGING**

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

**FIRST 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

**SECOND MONDAY, SEP-MAY**

**LAWRENCE CLASSICS, GENERAL  
FEDERATION OF WOMEN'S CLUBS**

Volunteer service club.

LAWRENCE, 785-331-4575

**SECOND MONDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP**

Being a caregiver can be incredibly stressful, but you don't have to do it alone. Come meet and talk to others who are in the same situation as you. Moderated by April Maddox, caregiver support specialist at Jayhawk Area Agency on Aging. Topeka & Shawnee County Public Library, Anton Room 202, 3:30-4:30 p.m. Free.

TOPEKA, 785-580-4662

**SECOND MONDAY OF THE MONTH**

**LMH HEART BEATS**

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

LAWRENCE

**SECOND & FOURTH MONDAY OF THE MONTH  
CHRONIC PAIN SUPPORT GROUP**

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

LAWRENCE, 785-218-8848

**SECOND TUESDAY OF THE MONTH**

**LAWRENCE ACTION CIVITAN CLUB**

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

LAWRENCE, 785-691-8520

**SECOND WEDNESDAY OF THE MONTH**

**DIABETES EDUCATION GROUP**

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

LAWRENCE, 785-505-3062

**SECOND THURSDAY OF THE MONTH**

**LMH HEALTH OSTOMY SUPPORT GROUP**

An affiliate of the United Ostomy Associations of America, the LMH Health Ostomy Support Group meets on the second Thursday of each month at 5:30 p.m. in Conference Room D North. No registration required. Free.

LAWRENCE, 785-505-6265

<https://bit.ly/32g2fEK>

**SECOND THURSDAY OF THE MONTH**

**MEADE FLOWER AND GARDEN CLUB**

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

TOPEKA, 785-817-4835

**SECOND THURSDAY OF THE MONTH**

**DEMENTIA SUPPORT GROUP**

Support group specifically for spouses of those with dementia. Meets at the Senior Resource Center for Douglas County, 2920 Haskell Ave., 11 a.m.-noon. Call for questions or to RSVP.

LAWRENCE, 785-218-4083

**SECOND THURSDAY OF THE MONTH**

**NAACP MEETING-LAWRENCE CHAPTER**

Meets at the United Way building, 2518 Ridge Ct., Room A, at 6:30 p.m.

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

**SECOND SATURDAY OF THE MONTH**

**HAPPY TIME SQUARES SQUARE DANCE CLUB**

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

LAWRENCE, 785-843-2584

[happytimesquares.com](http://happytimesquares.com)

**THIRD TUESDAY OF THE MONTH**

**LAWRENCE PARKINSON'S SUPPORT  
GROUP**

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

LAWRENCE

■ CONTINUED ON PAGE 23



**Is the cost of advertising in  
the daily newspapers  
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Senior Monthly**

■ CONTINUED FROM PAGE 22

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

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

TOPEKA, 785-286-2329 or 785-231-0763

### THIRD TUESDAY OF THE MONTH STROKE SUPPORT GROUP

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

LAWRENCE, 785-505-2712

### THIRD WEDNESDAY OF THE MONTH BETTER BREATHERS CLUB

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

TOPEKA, 785-273-3560

### 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 NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

LAWRENCE, 785-843-7481

### THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

A social support group to re-engage life after the death of a loved one. Meets at 11 a.m. at Paisano's Ristorante, Fleming Place, 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

tgstopeka.org

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

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

TOPEKA

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

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of the month (except Nov. and Dec.) at Aldersgate Village, 7220 S.W. Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, contact Sharon Rosenow at 785-640-7317. Luncheon reservations needed one week in advance of meeting.

TOPEKA

### LAST WEDNESDAY OF THE MONTH WARM UP WEDNESDAYS GROUP

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m.

TOPEKA, 785-430-2194

### AUG 5

### KANSAS AFRO-AMERICAN HISTORICAL AND GENEALOGY SOCIETY MEETING

The Kansas Chapter of AAHGS meets quarterly to learn about African American history and genealogy. Find them on Facebook or visit kaahgs.org. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 5:30-7:30 p.m.

TOPEKA, 785-580-4400

## MISCELLANEOUS

### MONDAYS

#### SCRABBLE CLUB - OPEN PLAY

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

LAWRENCE

### THURSDAYS

#### SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. J&S Coffee, 4821 W. 6th St., 3-6:30 p.m. For more information call or text 785-505-0893.

LAWRENCE

## TOURS/TRIPS

### THURSDAYS

#### BEHIND THE BRICKS: WATKINS MUSEUM TOURS

Every Thursday, Watkins volunteer Michele Montour introduces visitors to the amazing architecture of the Watkins Building and some of our fascinating exhibits. This tour is a short, free, and fun way to spend time Thursday afternoons soaking up some local history! Watkins

Museum of History, 1047 Massachusetts St., 2-2:30 p.m. Free.

LAWRENCE, 785-841-4109

watkinsmuseum.org

### FIRST SATURDAY OF THE MONTH DISCOVER WITH DOLE

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

LAWRENCE, 785-864-4900, doleinstitute.org

### SECOND SATURDAY OF THE MONTH

#### FREE STATE EAST SIDE BREWERY TOUR

Free State Brewing Co.'s East Side Brewery offers tours on the second Saturday of the month at 2 p.m. Tours are free, and open to the public, but you will need to reserve your place by registering online. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.

LAWRENCE, 785-550-9718

shop.freestatebrewing.com/collections/frontpage/products/brewery-tour

### AUG 6

#### GRANDPARENT CAMP: STADIUM TOUR - CHILDREN'S MERCY PARK

Inspire your soccer player or soccer fan. Join us for a tour of Children's Mercy Park-home of Sporting Kansas City. Our tour includes stops on the pitch, in the locker room and media area. Recommended for kids age 6 and older, an adult must attend with a child, or two. Class Code: 327328-A. Fee. Leaving from Holcom Park Rec Center, 2700 W. 27th St., 8 a.m.-12 p.m.

LAWRENCE, 785-832-7909

## Don't know where to pick up a copy of Senior Monthly?

A list of our current distribution locations is available online at [www.seniormonthly.net/locations.pdf](http://www.seniormonthly.net/locations.pdf)

If you know of a spot that is not on our list, but would be a good place for others to pick up Senior Monthly, email Kevin at [kevin@seniormonthly.net](mailto:kevin@seniormonthly.net). If we begin distributing at that location, we'll give you a FREE one-year subscription to Senior Monthly.



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## RICK STEVES' EUROPE

# Tivoli: Still Rome's great escape after 2,000 years

By Rick Steves

Tribune Content Agency

When travel dreams take people to Europe, Italy is often their first stop. There's something seductively charming about this country, its people, and "la dolce vita." I always feel at home in Italy, whether struggling onto a crowded bus in Rome, navigating the fun chaos of Naples, sipping a cocktail in a Venetian bar, or sitting on the banister of Florence's Ponte Vecchio for a midnight street-music concert.

But I also seek escapes from Italy's urban intensity. When I'm in Rome, I like to travel about 18 miles east to the hill town of Tivoli, a popular retreat since ancient times. Today it's famous for two very different villas: Hadrian's Villa, a Roman emperor's countryside getaway, and Villa d'Este, the lush and watery 16th-century residence of a Catholic cardinal.

Hadrian (ruled AD 117-138) had a perfectly good villa in Rome, but he preferred to live outside the capital and toward the end of his reign he lived full time at Tivoli. Just as Louis XIV governed France from Versailles rather than Paris, Hadrian ruled Rome from this villa complex of more than 300 evocative acres.

An architect, lover of Greek culture, and great traveler, Hadrian envisioned

the site as a microcosm of the lands he ruled, which at that point stretched from Great Britain to the Euphrates River. In the spirit of LEGOLAND and Las Vegas, he re-created famous structures from around the world, producing a kind of diorama of his empire.

By the time Hadrian was finished, he had erected more than 30 buildings and created extensive gardens. With libraries, temples, baths, theaters, and palaces for himself and his friends and staff, the estate was completely self-contained.

Although most buildings have long since vanished, you can feel Hadrian's



RICK STEVES, RICK STEVES' EUROPE



A model of Hadrian's Villa helps visitors appreciate the vastness of the complex, much of which is now rubble.

hand in some remaining structures. The emperor surrounded a rectangular water basin—meant to represent

the Nile—with columns and statues, including copies of the caryatids he

■ CONTINUED ON PAGE 27

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# Rick Steves

■ CONTINUED FROM PAGE 26

had admired at the Acropolis. At one end he built a temple in memory of his close friend (and perhaps lover) Antinous, who had tragically drowned in the Nile.

Regrettably, with the fall of the empire, this “Versailles of Ancient Rome” was first plundered by barbarians and then by Renaissance big shots, who all wanted something classical in their courtyards. They even burned the marble to make lime for cement. The scavenged art wound up in museums throughout Europe. (Some statues ended up across town, at the Villa d’Este.)

Much later, in 1550, another patron of the arts, Cardinal Ippolito d’Este, further transformed the Tivoli landscape. Even though he was a man of the cloth, Ippolito, cultured and wealthy, lived like a secular prince. When he lost a closely contested election to be the next pope in 1549, he consoled himself by building his sumptuous villa in Tivoli. He cleared a Benedictine convent from the site and erected a luxurious Renaissance palace, with elaborately frescoed walls and ceilings.

But the main attraction is the spectacular garden (which wasn’t fully installed until after Ippolito’s death). A hallmark of Italian design, it clings to a steep hill cascading with pools, streams, waterfalls, and thundering fountains. Towering cypress, boxwood hedges, Roman statuary, and pleasant paths direct the eye toward stately vistas all around.

Creating such an elaborate water park required the collaboration of a garden architect (to lay out the garden), a hydraulic engineer (to get water to the site), and a plumber (who made sure the fountains worked). At Tivoli, the hillside site was massively excavated and re-engineered so the water features could be gravity-fed.

Pirro Ligorio, Tivoli’s architect, was conveniently also excavating Hadrian’s Villa at the same time. That site provided much in inspiration—and raw material—for the fountains of Villa d’Este. Ligorio basically used

Hadrian’s Villa as a quarry to provide statuary and decorative stonework for his vision.

After Ippolito’s death, the estate was passed down in the Este family, but by the 19th century the house was in disrepair and the fountains plugged up. Now in the hands of the Italian state, it’s been completely restored, with all of its fabulous water features back in operation.

While Hadrian’s Villa is about haunting ruins and a storied history, Villa

d’Este is simply beautiful and relaxing (and is especially appealing when it’s sweltering in Rome). The two sights complement each other well and combine to make a satisfying day trip from Rome. An easy subway/bus combination gets you from the city to Tivoli, where a public bus connects the two villas.

When I’m in Italy, I savor my cappuccino and imagine what it was like centuries ago. At Tivoli, I can ramble through the rabble and rubble, men-

tally resurrecting those ancient stones. Escaping the hubbub in Rome, I get chummy with the winds of the past - and connect with the pleasures of the moment.

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

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# WOLFGANG PUCK'S KITCHEN

## Make your summer menu sizzle with grilled steaks

Are you still trying to decide on your ultimate summer main course? Or did you decide just moments ago to upgrade it? I've got good news for you: It's not too late.

The secret is to start with the right high-quality star ingredient. If you want chicken, seek out plump boneless



Wolfgang  
Puck

breasts or thighs, with or without the skin, depending on your preference, that will grill quickly and evenly. Or look for fresh fish fillets of your choice, choosing those that appear moist and firm, with the fresh, clean scent of the sea.

If you're set on serving meat, quick and easy grilling starts with the right cut. Seek out high-quality, tender meat that's full of flavor and cooks quickly and easily. Pork loin chops or lamb tenderloin medallions are two examples that fit that description.

One of my favorite beef cuts is New York steak, also known as New York strip, a cut from the upper part of the short loin section combining superb tenderness with rich flavor. All you need to do is grill the steak directly over high heat turning it once, until well-seared and done to perfection—which, to my preference is medium-rare, registering 135 F to 140 F (57 C to 60 C) on an instant-read grilling thermometer.

Of course, for any great ingredient, how you season it and the sauce or condiment you serve with it can easily elevate it from good to great. As you'll see in my recipe for grilled New York steaks with cilantro-shallot sauce, such results are surprisingly easy to achieve.

The first step is simply drizzling a little peanut oil, which has a rich flavor that complements the meat, on the uncooked steaks. (You could certainly use a good olive oil instead if you prefer). Then, I sprinkle on a generous amount of kosher salt and pepper on both sides. During grilling, the seasoning combines with the juices to form a flavorful crust to savor with each bite.

While the grill is heating, I also use that time to prepare an easy sauce for the steaks. In this recipe, that means simply sauteing shallots and garlic, cilantro, ginger and red pepper flakes, then quickly simmering the mixture with some stock or broth and bottled Chinese hoisin sauce (found in the Asian foods section of any well-stocked market), which adds richness and body.

If you like, you could serve the finished steaks whole and pass the sauce on the side. But I prefer to take the extra step of slicing each steak and serving it with the sauce so the juices mingle with it. Enjoy!

### GRILLED NEW YORK STEAKS WITH CILANTRO-SHALLOT SAUCE

Serves 6

8 tablespoons peanut oil  
4 shallots, thinly sliced  
4 garlic cloves, minced  
1/3 cup chopped fresh cilantro leaves, plus 12 whole sprigs  
2 tablespoons grated fresh ginger  
1 to 2 teaspoons crushed red pepper flakes  
1/2 cup (125 mL) good-quality canned chicken stock or broth  
1/2 cup (125 mL) bottled Chinese hoisin sauce  
1/4 cup (60 mL) soy sauce  
3 tablespoons honey  
3 tablespoons unsalted butter  
6 boneless New York strip steaks, each 6 to 8 ounces (185 to 250 g)  
Kosher salt

Freshly ground black pepper

Build a hot fire in a charcoal grill or preheat a gas or electric grill.

Meanwhile, make the sauce: Drizzle 4 tablespoons of the peanut oil in a large saute pan, and place it over medium heat. Watch carefully and, when the oil just starts to give off wisps of smoke, add the shallots, garlic, chopped cilantro, ginger and red pepper flakes to taste. Cook, stirring frequently, until the mixture is soft and fragrant, about 5 minutes.

Stir in the stock, hoisin and soy sauce, and simmer briskly, stirring frequently, until the sauce has reduced and thickened slightly, about 5 minutes longer. Stir in the honey and butter; reduce the heat to very low, cover and keep warm.

When the grill is ready, put the steaks on a platter and generously season both sides of the steaks generously with salt and pepper; there should be enough for the seasonings to be visible on the surface of the meat. Rub the steaks on both sides with the remaining peanut oil.

Place the steaks on the grill, and cook them 3 to 5 minutes per side for medium-rare, turning them once with grill tongs; an instant-read grill thermometer inserted into the middle of the thickest part of a steak should register

135 F to 140 F (57 C to 60 C). Transfer the steaks to a cutting board, cover loosely with heavy-duty aluminum foil, and set aside in a warm place to rest for 5 minutes, to let the juices settle.

Using a sharp carving knife, with the blade at a 45-degree angle, cut each steak crosswise into slices 1/4-inch (6-mm) thick, and arrange them overlapping on individual warmed serving plates. Spoon some warm sauce over each steak and transfer the rest to a sauceboat for guests who want extra. Garnish each steak with cilantro sprigs and serve immediately.

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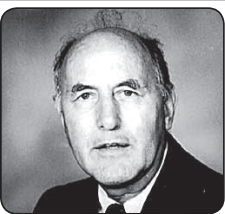
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## HUMOR

# You Still Can't Say That

Years ago we published a humor column titled: "What Did You Say?" Following are the first paragraphs of that column:

"The Friday afternoon faculty meeting had gone well. They had dealt with the agenda in less than four hours. Dean Ima Farseer thought she might have time for a quiet TGIF restor-



Larry  
Day

ative before dinner. Dr. Farseer is the dean of the School of Electromagnetic Communigraphics at Letongaloosa Community Junior College.

"Thanks, everyone. Have a good weekend."

At that point, Prof. Walter "Please don't call me Wally" Tremmorer, who taught Palliative Communication Theory, said: "Dr. Farseer, we didn't deal with 'Other Business.' It's the last item on the agenda sheet."

"What other business do you want to bring up?" she asked.

"Swearing," said Prof. Temmorer.

"Oh, for hell's sake, let's get out of here," said Prof. Rita Vozalta.

At that point Dr. Paul Molama spoke. He had been hired from the private sector to teach courses on personal and social effects of using personal digital devices. Molama suggested that everyone take out their digital devices and do five minutes research on the topic of

swearing and then report their findings.

Five minutes later, Dr. Farseer stopped moving her finger across the screen of her high-end digital tablet and said, "Time's up. What have you found?"

"I've found something good," said Molama. His words were lost in the clamor.

Bang! Dean Farseer slammed a book on the table.

"Dr. Molama has the floor."

"A study by Norich University of East Anglia into leadership styles found the use of 'taboo language' boosted team spirit," said Molama.

"The study was published in a refereed journal in 2007," he continued. "Professor Yehuda Baruch, professor of management, wrote, 'Taboo language serves the needs of people for developing and maintaining solidarity, and a mechanism to cope with stress. Banning it could backfire. I move we adopt that language as our policy on swearing,'"

All members of the faculty voted in favor of the motion except Prof. Temmorer. Then, in a burst of solidarity, he changed his vote and made the motion unanimous.

That was years ago. A lot of words have been added to *Webster's Unabridged* since then.

New hand-held devices that have limited screens demand crisper writing. But there are other problems. With e-mail one had the luxury of providing context and blah blah to one's messages. Nowadays, one's "tweet" must be crisp and clear and concise—that is **short**.

And there's another problem. Words that would have been socially acceptable years ago could be considered unacceptable now. The First Amendment protects free speech—with the exception of slander and libel—but now there's an army of word watchers on social media who monitor "socially acceptable language." These individuals shout "Foul!" when someone uses words that they say cross their line of demarcation. And how does one figure out where and what that line is?

That brings us back to Dean Ima Farseer and the Department of Electromagnetic Communigraphics at Letongaloosa Community Junior College.

Once again we're in a Friday afternoon faculty meeting. Again, Ima Dean Farseer is hoping to get home for a quick restorative before dinner.

"We've covered the agenda," she says.

"We didn't deal with 'Other Business,'" says Prof. Rita Vozalta.

"What other business do you want to bring up?"

"I want to discuss words that are

socially unacceptable."

"What words do you have in mind?"

"Words like 'dude' and 'jerk' and 'oh babe!'" said Prof. Vozalta.

"Oh %^&\*()\_^&\*()," said Prof. Wally Temmorer."

"And swearing," said Prof. Vozalta. "That's socially unacceptable, too."

"That's a bunch of @#%&\*," said Temmorer.

"He swore," said Vozlata.

"Point of Order," said Prof. Richard Yardley.

At that point Prof. Pablo Molama spoke.

"There's a new peer-reviewed study that just came out in a journal from the University of East Anglia. It says that swearing improves digestion and reduces professional stress."

"That's good enough for me," said Dean Farseer. "Meeting adjourned, have a good weekend everyone," she said, and rapped her gavel.

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



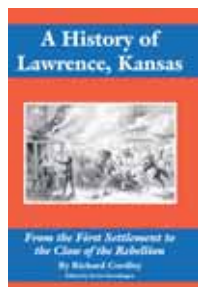
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## MY PET WORLD

# How to help a cat who overreacts to a visitor

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

**Dear Cathy:** I have an 8-year-old female grey tabby named Beckett. She is an adorable and lovable cat except when my daughter comes to visit. My daughter has many dogs; most are rescued Chihuahuas and Yorkies. They are very well cared for, but Beckett must pick up on some smell because she just goes crazy, growling, hissing and attacking. Even a carry bag from my daughter's house will set her off. If she is in the bedroom, we lock her in for the visit. This is our only problem with her, she has yearly check-ups, shots, etc., and is healthy. Please help. - Carol, Roseville, MN

**Dear Carol:** It's very possible Beckett is reacting to the scent of the dogs on your daughter's clothes and belongings. Ask your daughter to buy a feline pheromone spray so she can spray her clothes, purse, carry bag and anything else she might bring into your house about 15 minutes before she arrives. If this alone doesn't calm Beckett down, then use a few plug-in feline pheromones around your home, spray her cat bed with pheromones, and/or put a feline pheromone collar on her, if she will allow it. Pheromones often soothe stressed felines.

Even if Beckett appears to calm down as a result, don't let your daughter pick up or pet the cat. Trust with cats is built by cats coming to us, not us going over to them. Let me know how this works with Beckett.

**Dear Cathy:** I read your column about the American bulldog belonging to Hilary in South Jordan, Utah, (who didn't like to have his nails cut or his bottom wiped when poop got stuck on it). I had two beautiful bulldogs for 13 years that have since passed away. Muffin was mellow and let us trim her nails and clean her bottom. Haley was another story. She would snap whenever we tried to clean her bottom or ears or trim her nails. I put a muzzle on

her to avoid being bitten and cleaned her bottom quickly with pet wipes.

As for the nails, we purchased the Pet Dremel for about \$25. It is battery-operated with a rechargeable battery that files the nails. It doesn't make much noise and you don't have to be perfect to file the nail down a little. I would just pick up the paw and pass it over the nail like you would your own nail. This is so much safer without the chance of the nail quick bleeding. I hope this advice will help Hilary. - Michele, Las Vegas, NV

**Dear Michele:** Nail Dremel's are great and definitely work for some pets, but sometimes dogs who are sensitive to nail trims or to having anything done to their paws whatsoever will still react to the sight and sound of this device. I have tried for years to use them on my nail-sensitive dogs with no success. As soon as I bring it out or turn it on, they run for cover. That's the thing about pets though; what doesn't work for one might work for another. Hilary, if you are reading this, see if the nail Dremel works for your dog.

**Dear Cathy:** I read your column about Monty the picky terrier-mix from Arizona and have a few suggestions. I also had trouble getting my mixed breed pup to eat. After trying many, things, I found two products that worked great. One is Stewart Flavor Enhancer food topping. It comes in a shaker bottle and you sprinkle some on top of the dog's food. You can also add a little water to make it like a gravy. The second product is Nature's Variety Raw Boost Mixers. These are little dried bits that come in several flavors,

like chicken, lamb, beef and other varieties that include dried pieces of vegetables and fruit. The big name pet stores even sell small sample packs so you can try them before buying larger quantities. I just put a tiny bit mixed in with her food and it worked great. At this point she no longer uses either of them, and eats everything. Hope this is helpful. - Lois, Bethpage, NY

**Dear Lois:** When I searched on the internet for flavor enhanced topping for dogs, I was surprised at the number of

products available that can encourage picky eaters. These products are definitely worth a try to encourage a dog to eat again. Thanks for sharing your tip.

- 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](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @cathymrosenthal.

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## JAY'S MUSICAL MEMORIES

# The Whales of August

By Jay Wachs

I find August to be the most peculiar month of the year.

It used to be that August was the month for summer family vacations.

School ended in early June.

Summer camp and Little League dominated the months of June and July.

Summer was essentially divided into before and after the 4th of July.

By August, all of that was over and we had a month with little to nothing going on.

School always started the Monday after Labor Day.

Things have changed.

Some schools now start their sessions in the first two weeks of August.

I'm sorry.

Too hot!

To me the thought of going back to school involves a light jacket and kicking around leaves.

Times have changed indeed.

Musically, August marked a month where songs expected to crest in October would be released. These were what we called the "Whales of August" because they would go on to become monster hits within 4-8 weeks of being released.

In 1966, The Association released "Cherish," which reached its peak at #1 in October of 1966.

In 1976, Chicago owned the charts with their ballad "If You Leave Me Now."

In 1986, Janet Jackson had her mind on number one with "When I Think of You."

In 1996, Los Del Rio had a monster hit with "Macarena," which is still a staple at parties 23 years later

Each of these songs is still played today on the radio somewhere in some capacity.

I thought it might be interesting to see what today's number one song would

be as I write this on July 11, 2019.

Drake is atop the pop charts with "Nice For What."

That's my daughter's music. I don't get it and I don't listen. Hence, why she calls me old. I prefer seasoned and cultured.

Will that Drake song stand the test of time?

Will people in 2039 be singing to that song the same way we do our oldies?

The other day I was sitting at Jefferson's having a burger and "Beast of Burden" by the Stones came on.

One of my all-time favorite Rolling Stones songs.

I started singing to myself.

I caught the eye of a young man about half my age across the restaurant who was also singing to himself.

It made me smile.

Good music is just good music regardless of the year it was released.

That song stood the test of time and will likely still be standing 20 years from now as well.

School may be out for the summer but not for me.

Jay's School of Music is always open and my job at LawrenceHits.com is to make sure we remember all these great songs.

Maybe next month we can start thinking about the "Autumn Leaves" and an end to all this excessive heat!

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



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WITH BOB JONES

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♥ K 8 7 6 3  
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**EAST**

♠ K J 6 2  
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♣ J

The bidding:

**EAST** 1♣ **SOUTH** 1♥ **WEST** 3♣\* **NORTH** 4♥

All pass

\*Pre-emptive

Opening lead: Eight of ♣

The auction was routine, except for East's final pass. He might well have competed to five clubs. West must have at least five clubs for a pre-emptive raise of a vulnerable one-club opening. There was no assurance of cashing even one club trick on defense, and how expensive

could the sacrifice be? Making five on this lie of the cards!

The North-South contract, however, appeared to be hopeless. East switched to a low spade at trick two, ducked to West's queen. South won the second spade with the ace and drew trumps in two rounds. South was about to exit with his last spade, forcing the opponents to lead diamonds for him and let him out for down one, when he realized that there was a glimmer of hope. He could make his contract if either opponent held the singleton king of diamonds.

South crossed his fingers and led the ace of diamonds. Despair turned to glee when East obligingly produced the king. Declarer now exited with his last spade and was assured of his contract regardless of which opponent won the trick. East would have to give him a ruff-sluff or, should West win the spade, he could lead away from his jack of diamonds or yield a ruff-sluff. Never give up!

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

# Five ways to use Social Security online

By Norm Franker

Social Security District Manager in Lawrence, KS

Social Security is here for you, not just when you need us financially, but when you need accurate information about our programs, retirement, and more. There are many online sources for Social Security information, but you need to make sure you're getting the right information.

By using [www.socialsecurity.gov](http://www.socialsecurity.gov), you know that what you're reading and watching is approved by our experts and specifically created for you. Here are five of our resources that can offer you invaluable information.

Want access to our latest news, retirement planning tips, and helpful information? *Social Security Matters* is our blog at [blog.socialsecurity.gov](http://blog.socialsecurity.gov). From there, you can also connect with us on Facebook, Twitter, LinkedIn, and YouTube, where you can watch our popular videos.

Our online calculators, such as the Retirement Estimator, the Life Expectancy Calculator, and the Early or Late Retirement Calculator, can be found at [www.socialsecurity.gov/planners/calculators](http://www.socialsecurity.gov/planners/calculators).

Have you lost or misplaced your

Social Security card? Find out how to get a new, replacement, or corrected card at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber). In fact, you may be able to quickly request a replacement card online with a *my Social Security* account, if you meet certain qualifications, at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Verify your annual earnings and review estimates of your future Social Security benefits when you access your *Social Security Statement*, one of the many services available with a my Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Do you have to pay taxes on Social Security benefits? How do you apply for Social Security retirement benefits? What is your full retirement age? Discover the answers to your Social Security related questions at our Frequently Asked Questions page at [www.socialsecurity.gov/faq](http://www.socialsecurity.gov/faq).

With so many services available online, Social Security is here for you when your schedule allows. And we're the authority for Social Security program and benefits information. Be sure to tell friends and family about all the business they can do with us from the comfort of their home or office at [www.socialsecurity.gov](http://www.socialsecurity.gov).

**Boggle**<sup>®</sup>  
BrainBusters!

By David L. Hoyt and Jeff Knurek



**BUPH**  
**WOIS**  
**GOKE**  
**AGLM**

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

**BOGGLE**<sup>®</sup>  
POINT SCALE

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

**YOUR BOGGLE**<sup>®</sup>  
RATING

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

**Boggle**<sup>®</sup> BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST NINE WORDS

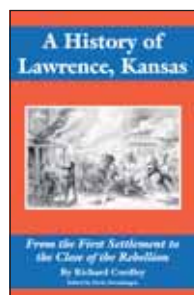
RELATED TO HOCKEY in the grid of letters.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Don't Know Much About Lawrence's History?

Read Richard Cordley's *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion* (1895)

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# PUZZLES & GAMES

## CROSSWORD

### Across

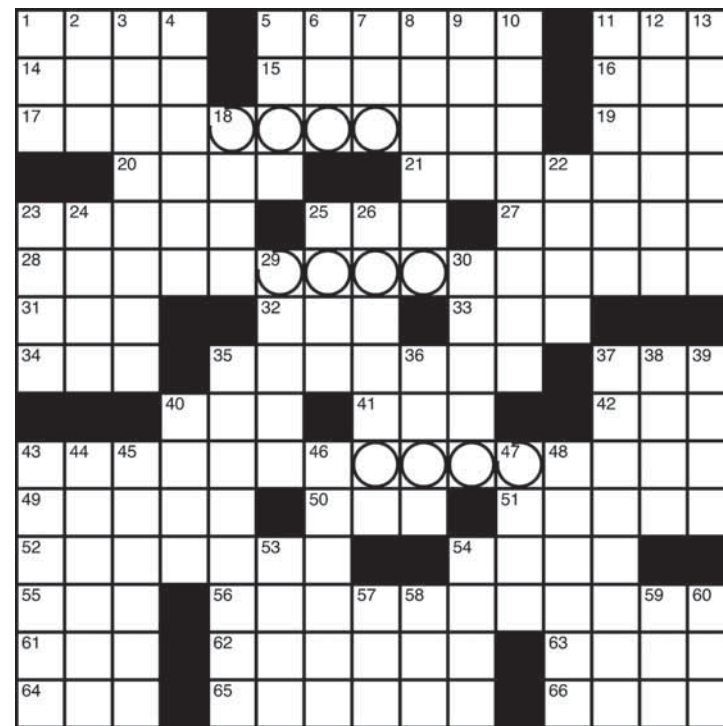
- 1 Solidifies
- 5 Extends, as a building
- 11 Triple \_\_: liqueur
- 14 Golfer Aoki
- 15 Unfortunate event
- 16 Thurman of "Kill Bill"
- 17 Noir film temptress
- 19 Writing implement
- 20 Therapeutic ointment
- 21 Tenants
- 23 Engineer Nikola
- 25 "\_\_\_F!": pre-weekend cry
- 27 Homer Simpson's wife
- 28 Football-like sport played with a disc
- 31 Falsehood
- 32 \_\_ Angeles
- 33 '50s prez
- 34 Kareem's former name
- 35 Dangerous current
- 37 Female pronoun
- 40 Cupid's mo.
- 41 Year, in Spain
- 42 Ate
- 43 Close kin

- 49 "\_\_\_ Rae"
- 50 "\_\_\_ who?!"
- 51 Execs, or outfits hanging in their closets
- 52 Goes on the offensive
- 54 Gentle
- 55 Life story, briefly
- 56 Ironic change in destiny ... and, literally, what happens in this puzzle's circles
- 61 Egg cells
- 62 Transition slowly
- 63 \_\_\_ out a living
- 64 Crossed (out)
- 65 Same-as-above marks
- 66 Fender damage

### Down

- 1 Animated Internet file suffix
- 2 Suffix with Siam
- 3 Meaty dish that would make Mary sad?
- 4 Mogadishu native
- 5 Radio band-switching switch

- 6 Day, in Spain
- 7 Hrs. that begin when we "spring forward"
- 8 "Doctor Zhivago" actor Omar
- 9 "Tall" story
- 10 Amateur night at a comedy club, e.g.
- 11 Exquisite
- 12 Come into view
- 13 As far as the eye \_\_\_
- 18 Jack of old Westerns
- 22 Stun with a gun
- 23 Rock's Jethro \_\_\_
- 24 Nobelist Wiesel
- 25 Sporty sunroof
- 26 Develop in the womb
- 29 "I was with my girlfriend all night," say
- 30 No longer encumbered by
- 35 Edited
- 36 "Mockingbird" singer Foxx
- 37 Asian mushroom with an odd spelling
- 38 "Freeze!"
- 39 Breyers competitor
- 40 Storm relief org.
- 43 Packed up for shipping
- 44 Whodunit reason



- 45 "The Wind in the Willows" croaker
- 46 Help out
- 47 Dating from
- 48 Bungled
- 53 "The Bridge on the River \_\_\_"
- 54 Daughters' brothers
- 57 Part of a tennis match
- 58 Padre's hermano
- 59 On a scale of one to \_\_\_
- 60 Approx. figure

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

## JUMBLE

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

TMAID

□ ○ □ □ □

SAYET

□ ○ □ □ □

TELUTO

□ □ □ □ □

GEMNAT

□ □ □ ○ □

Answer here: □ □ □ □ □    □ □ □ □ □

THAT SCRAMBLED WORD GAME  
by David L. Hoyt and Jeff Knurek

Check out the new, free JUST JUMBLE app

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## SCRABBLE G, R, A, M, S

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□ □ □ □ □ □ □ □

A<sub>1</sub> E<sub>1</sub> E<sub>1</sub> M<sub>3</sub> N<sub>1</sub> G<sub>2</sub> D<sub>2</sub>

□ □ □ □ □ □ □ □

A<sub>1</sub> E<sub>1</sub> I<sub>1</sub> D<sub>2</sub> N<sub>1</sub> H<sub>4</sub> R<sub>1</sub>

□ □ □ □ □ □ □ □

A<sub>1</sub> E<sub>1</sub> O<sub>1</sub> P<sub>3</sub> N<sub>1</sub> R<sub>1</sub> S<sub>1</sub>

□ □ □ □ □ □ □ □

A<sub>1</sub> E<sub>1</sub> O<sub>1</sub> U<sub>1</sub> D<sub>2</sub> R<sub>1</sub> S<sub>1</sub>

□ □ □ □ □ □ □ □

A<sub>1</sub> I<sub>1</sub> U<sub>1</sub> D<sub>2</sub> L<sub>1</sub> N<sub>1</sub> M<sub>3</sub>

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

PAR SCORE 255-265    BEST SCORE 316    TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 34

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



## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

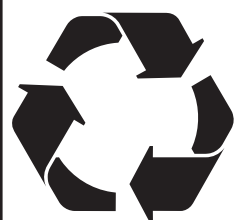
## JUMBLE ANSWERS

Jumbles: ADMIT, YEAST,  
OUTLET, MAGNET

Answer: He wanted to start an  
apple orchard, but to get it going,  
he needed -- SEED MONEY

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SCRABBLE GRAMS SOLUTION												
E <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	G <sub>2</sub>	A <sub>1</sub>	M <sub>3</sub>	E <sub>1</sub>	RACK 1 =	<u>61</u>				
H <sub>4</sub>	A <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	I <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	RACK 2 =	<u>72</u>				
P <sub>3</sub>	E <sub>1</sub>	R <sub>1</sub>	S <sub>1</sub>	O <sub>1</sub>	N <sub>1</sub>	A <sub>1</sub>	RACK 3 =	<u>65</u>				
A <sub>1</sub>	R <sub>1</sub>	O <sub>1</sub>	U <sub>1</sub>	S <sub>1</sub>	E <sub>1</sub>	D <sub>2</sub>	RACK 4 =	<u>58</u>				
M <sub>3</sub>	A <sub>1</sub>	U <sub>1</sub>	D <sub>2</sub>	L <sub>1</sub>	I <sub>1</sub>	N <sub>1</sub>	RACK 5 =	<u>60</u>				
PAR SCORE 255-265							TOTAL	<u>316</u>				



Please recycle  
this copy of  
Kaw Valley  
Senior Monthly  
when you are  
through with it.

## MY ANSWER

## Saturate your mind with God and avoid pornography's widespread reach

From the writings of the Rev. Billy  
Graham

Tribune Content Agency

**Q:** Some of my friends say that pornography is only bad if it leads to a crime, just as alcohol is only bad if it leads to drunkenness. Is this true? - P.O.

**A:** Pornography is basically described as visual images, writing, or speech that is used for the purpose of arousing lustful sexual desires. The term derives from two Greek words: porne (“prostitute”) and graphein (“to write”). Pornographic material comes in many forms that penetrate thoughts and disturbs emotions. The saddest realization is that mankind feeds these evil desires most often through various entertainments. It will manifest itself in many ways. People may try to hide their secret life, but the Bible says, “Be sure your sin will find

you out” (Numbers 32:23). Do not fulfill the lust of the flesh (Romans 13:14).

Pornography is both a symptom and a cause of the widespread immorality and corruption of modern society. It reaches people of all age levels through a multi-billion-dollar industry including books and magazines, television, and movies, available at home and in hotels. In recent years, pornography has grown through the internet and been made easily accessible through mobile devices so that it is available with a tap on a screen. Respect and self-esteem plunge while guilt escalates. For some users, pornography leads to deviant sexual behavior and sex crimes.

The Bible says, “For all that is in the world—the lust of the flesh, the lust of the eyes ... is not of the Father but is of the world” (1 John 2:16). “Therefore do not let sin reign in your mortal body, that you should obey it in its lusts” (Romans 6:12).

Flee from lust and pursue righteousness (2 Timothy 2:22), which can be found as one submits to Christ’s lordship by saturating our minds with the things of God.

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

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Source: Huffington Post, [huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending\\_b\\_6815876.html](http://huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html)

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# BARK IRIS GENEALOGY



The *Bark Iris*. Kevin Groenhagen's third great-grandparents, Siebelt Kornelius Groenhagen and Grietje Harms Rademaker, sailed from Bremen, Germany, to Baltimore aboard this ship in 1871. This 1865 painting of the *Bark Iris* by Domenico Gavarrone (1821-1874) is on display at the Larvik Museum in Larvik, Norway.

While writing an article about a 100-year-old woman in 2018, Kevin Groenhagen, the publisher of *Kaw Valley Senior Monthly*, discovered that her grandfather had served in the Civil War. She and her sister never knew about his military service.

Do you have a Civil War veteran in your family tree? An American Revolutionary War veteran? When did your ancestors come to America? What ship did they use? Kevin has researched his own family's genealogy for more than 30 years and can help you find the answers to these and many more questions you might have.

Have you had your DNA tested and aren't sure how to read the results? Exactly how are you related to all those cousins the testing company found for you? Kevin can help you answer these questions as well.

*Contact Kevin at 785-841-9417 or kevin@seniormonthly.net to discuss what you would like to find and what the research costs would be.*





## Meet Walter Ingram, MD Internal Medicine Specialist

As a cancer survivor, Dr. Ingram has a unique perspective about what it's like to go through difficult medical situations. A 23-year Air Force veteran, he earned a bachelor's degree in engineering mechanics from the United States Air Force Academy and his medical degree from the University of Kansas School of Medicine. He completed residency training in internal medicine at Walter Reed Army Medical Center in Washington, DC, after his residency program at Keesler Air Force Base in Biloxi, Mississippi, was closed due to Hurricane Katrina. Dr. Ingram is board certified in internal medicine and has served as an internal medicine physician and hospitalist at Air Force medical facilities across the country since 2006.

Dr. Ingram was drawn to the medical field since he was a child. He enjoys internal medicine because of its focus on detail and exactness, like when he's diagnosing and treating a person's illness. He also is a big believer in prevention and wants to help his patients improve their health and wellness.

To schedule an appointment call **785-505-5635**.  
Watch the video: [www.lmh.org/ingram](http://www.lmh.org/ingram).

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