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INSIDE



The Winter 2020 issue of JAAA's *Amazing Aging* is included in *Senior Monthly* copies distributed in Douglas, Jefferson, and Shawnee Counties.

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KEVIN GROENHAGEN PHOTO



Helen Van Etten: Serving others from Taipei to Topeka and beyond.

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Van Etten, a retired school audiologist, continues to serve others

By Kevin Groenhagen

In Taiwan, more than 85 percent of the religious population identify themselves as either Buddhist or Taoist. However, it was a Southern Baptist minister who influenced the young Helen Van Etten's religious beliefs the most while growing up in Taipei.

"After grade school, my parents sent me to attend a Christian boarding school," Van Etten said. "I was there for middle school and high school. It was a great education. We learned English as a second language. The thing that impressed my young mind the most during those years was Reverend Billy Graham coming to our school once a year. And then he would go to the big coliseum and do the call for people to become Christians. I went one time and I did answer the call. I was only 13 or 14. I think that shaped my value system and beliefs for the rest of my life."

After graduating from high school, Van Etten studied deaf education,

which was part of the health science curriculum at her college. She then decided she wanted to go to graduate school to study audiology. She applied to five universities and chose to attend Wayne State University in Detroit.

"The reason I chose Wayne State is because I got accepted with a full scholarship," she explained. "That was a great incentive for me."

Shortly after going to Detroit, Van Etten's parents immigrated to the U.S. to join her brother, who was already a U.S. citizen.

After earning her master's degree in 1979, Van Etten had to plan out her next steps on the path to becoming an audiologist.

"At that time, you didn't automatically become an audiologist after graduate school," she said. "You had to go through a whole year of practice in a hospital or clinic and be supervised by someone who already had a certificate or license. I applied to several places. I received offers from two hospitals on

COURTESY PHOTO



Helen Van Etten

■ CONTINUED ON PAGE FOUR

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**Senior Monthly is locally
owned and operated.**

Helen Van Etten

■ CONTINUED FROM PAGE THREE

Taiwan that had certified ENTs who could supervise me.”

An ENT (ears, nose, and throat) physician is a medical specialist who is concerned with the diagnosis and treatment of disorders of the head and neck, including, of course, the ears, nose, and throat.

“One offer was from the veterans hospital and the other one was the Chang Gung Memorial Hospital,” Van Etten continued. “I chose Chang Gung because it was more diversified in their practice and is very innovative. My boss at that time actually had a vision to build a medical university, which he did build. I got to work with ENT physicians and the residents. It was a very exciting experience for a new grad with an audiology degree. I also got to work with a team that included two American-trained speech pathologists. They also had plastic surgeons who worked with patients with craniofacial abnormalities.”

Philanthropic brothers Wang Yung-ching and Wang Yung-tsai founded Chang Gung Memorial Hospital in 1978. Today, the hospital’s network contains a total of 10,050 beds and receives an average of 167,460 surgical patients every year.

Part of the reason Van Etten returned to Taiwan was the shortage of audiologists there at the time. In fact, she was the only audiologist at Chang Gung Memorial Hospital except for the ENT physicians who were supervising her. In that position, she had the opportunity to work with a new technology designed to help those with hearing loss.

“I was sent to the 3M Laboratories in California to learn about the cochlear implant as an audiologist,” she said. “After that, a Chang Gung surgeon and I started doing cochlear implants in Taiwan. In the early years, the cochlear implants were not always successful. They were maybe 40% successful.”

Since the early 1980s, Chang Gung Memorial Hospital has done more than 1,000 cochlear implant surgeries. The success rate is now as high as 99%.

After five years in Taiwan, Van Etten returned to the U.S. in 1983 and joined

her parents and brother in New York. She met Roger Van Etten there and they got married in 1984. However, the newlyweds didn’t stay in New York long after tying the knot.

“Roger had just gotten out of the Air Force and he decided he wanted to go to law school,” Van Etten said. “He applied to several law schools. He got accepted by Washburn University in Topeka and another university in Tulsa. We checked out Washburn University and decided that it would be a good place to go. We moved to Topeka in 1985. This is kind of a coincidence or fate, but when I was working in Taiwan, Dr. Song Ping Lee, an ENT in Topeka, and his wife came back to Taiwan for a visit. Dr. Lee and my boss at the hospital were good friends. Mrs. Lee said to me, ‘If you ever come to Topeka, give me a call.’ When Roger got accepted to Washburn, I said, ‘That’s in Topeka. I know someone there.’”

Van Etten called Mrs. Lee and asked her if she could give her any direction concerning where she could apply for an audiology position.

“She was so gracious,” Van Etten said. “She found two positions for me to apply for. I’m sure Dr. Lee put in a good word for me for both, too. One was the Menninger Clinic and the other was the Kansas Neurological Institute. Both offered to hire me, but I chose to go to KNI. It turned out to be a rewarding experience during the years that I worked at KNI. In Taiwan, we worked with those with craniofacial abnormalities. At KNI, we also had a large population with craniofacial abnormalities. At that time, I was the only government audiologist in this part of the state except for the VA’s audiologist.”

After five years with KNI, Van Etten learned about a potential career opportunity with Topeka Public Schools.

“In 1990, the school audiologist position became open in Topeka,” she said. “I think God moved things for me in this case as well. My friend said I needed to apply for that job. I said, ‘Well, I’m pretty happy here at KNI.’ She noted that being the school audiologist would allow me to have spring, summer, and winter breaks. I wasn’t sure if I had the qualifications for the position. Number one, my degree wasn’t from Kansas. Number two, a teaching license was



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■ CONTINUED ON PAGE FIVE

Helen Van Etten

■ CONTINUED FROM PAGE FOUR

required even though I wouldn't be teaching in the classroom."

Van Etten's undergraduate degree was in health science, which included teaching experience in the classroom for two years. The University of Kansas evaluated her credentials and said she wouldn't need to take any courses since they would recognize her credentials from Taiwan.

"I got my teaching certificate and I took that as a sign to apply for the school audiologist position," she said. "So, I applied for the job and I got it. I supervised all the school nurses with the hearing screenings. The nurses screened the students once a year at the beginning of the school year. They screened kindergartners through third graders every year and then, after that, they screened every three years. Whenever students did not pass hearing screenings, the nurses would refer them to me. I would also see special needs cases, such as hearing-impaired kids, students with learning disabilities, and students in special education. Since I was the only school audiologist in Shawnee County, I also did consultation with other school districts through Topeka Public Schools."

A decade into her position as Topeka Public Schools' chief audiologist, Van Etten decided she wanted to further her education.

"My supervisor allowed me to take a leave of absence to pursue my doctorate of audiology degree at the University of Florida," she said. "The school

district was very kind to me."

Through a combination of online classes and onsite clinical laboratory work, Van Etten earned her doctorate of audiology from the University of Florida after just two and half years. She retired from Topeka Public Schools last June after being the school audiologist for 28 years.

In addition to her career as an audiologist, Van Etten has been very active in politics. She became a U.S. citizen through the legal immigration process. Just seven years later, she received strong encouragement to run for an open seat in the Kansas House of Representatives after Greg Packer announced he would not seek reelection to represent District 52.

"There are great people in both parties," Van Etten. "I have many good friends who are Democrats. We treat each other with grace and kindness, not as partisans. I chose to become a Republican for several reasons. When I looked at both parties' platforms, I agreed more with the Republicans' belief in a strong national defense, their encouragement of entrepreneurship, and their stands on the social issues."

Van Etten didn't win that election.

"But that's okay," she said. "God wanted me to learn from the process."

In 1994, Van Etten was elected to serve as a precinct committeewoman in Shawnee County.

"With the Republican Party, if you work hard you get to advance to higher levels," she said. "I became a delegate to the district and then I became a delegate to the state. Later, in 2008, I was elected to be a national committeewoman with the Republican National

Committee. I represent Kansas on the national level and work to elect a Republican president."

Van Etten was a national board member of the National Federation of the Grand Order of Pachyderm Clubs, and is the founder and current president of the Shawnee County Pachyderm Club.

In December, President Donald Trump appointed Van Etten and 14 others to be members of the President's Advisory Commission on Asian Americans and Pacific Islanders.

"It's a government entity," Van Etten said. "It's not really a political entity. President Bill Clinton established the commission through an executive order in 1999."

The commission serves as a bridge between agencies of the federal government and Asian Americans and Pacific Islanders (AAPIs) to address the needs and issues of the communities.

"The AAPI community grew 46 percent from 2000 to 2010 and will more than double to over 47 million by 2060," Van Etten said, highlighting the AAPI community's growing power

and influence in the United States. "We're going to meet face-to-face twice a year. We'll also have regional meetings to do outreach and organize. In addition, there will be inter-agency workgroups."

Back in Kansas, Van Etten continues to serve on the nine-member Kansas Board of Regents. Governor Sam Brownback appointed her to the board in 2013 and reappointed her in 2017. Her current term ends in June 2021.

"The Kansas Board of Regents keeps me extremely busy," she said. "We supervise six regional universities, and coordinate all the community colleges, and all the technical schools. We have pre-scheduled meetings two days a month. In between the meetings, we have campus visits, conference calls, and special meetings."

Many believe that immigration makes America stronger. Van Etten's journey from Taipei to Topeka and all the Americans who have benefitted from her skills as an audiologist and her compassion toward others demonstrate that this belief is a valid one.

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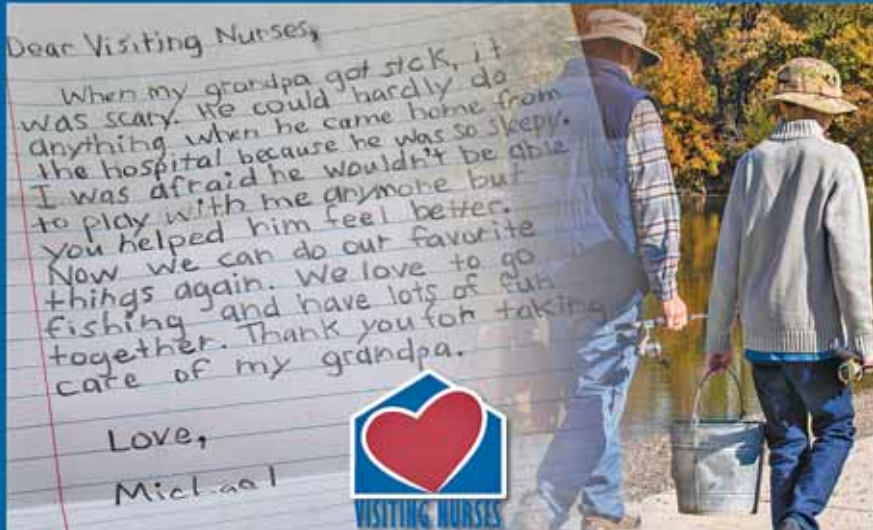


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For residents, a Vintage Park community is home

By Billie David

The bottom line for Sue Brown, who for 20 years has worked in one capacity or another for Vintage Park assisted living, is that a Vintage Park community simply cannot be described as “homelike”.

That’s because it *is* home to the residents who live there, she said.

“Vintage Park is not a facility,” Brown said. “It is actually where residents reside. It’s such a wonderful feeling when residents go out with relatives for dinner or shopping, and say that they are ready to go home and they mean go home to Vintage Park.”

Brown has firsthand knowledge that living at Vintage Park is living at home.

Growing up on a dairy farm one mile west of Worden, a rural Baldwin City community, Brown was quite familiar with the concept of community in her close-knit neighborhood where people watched out for one another and where she cared for her own parents as they aged.

“That’s why I chose Senior Living as a career path,” she said, explaining that her parents had lived on the dairy farm they called home for 63 years, since the day they were married.

So when it became necessary for them to move to assisted living, it was a formidable change. But Brown was reassured when she saw that moving to Vintage Park meant that her parents would be safe and comfortable and able to enjoy apartment living without the burdens that farm life entailed, including chores, maintenance, preparing meals, and getting their other needs met.

Not only do Vintage Park residents have their own apartments, but they also enjoy individualized care based

on their particular needs and preferences. And because the cost of living at Vintage Park is all-inclusive, each resident is guaranteed the care that is determined by their personalized assessments without incurring extra expense.

Residents have access to life-enrichment programs such as trips to museums, community outings, entertainment, educational programs, and opportunities to socialize with other seniors. They enjoy restaurant-style dining and an open kitchen where snacks and beverages are always available, as well as beauty salons. Outdoors, residents can enjoy patios, walking paths and raised flower beds, and indoors, the common areas offer a place to gather for activities or watching TV, reading and visiting. Each community is staffed 24 hours a day. Health monitoring and transportation to appointments and shopping are also provided, as well as wellness services and personal assistance for those who need it, including laundry and house-keeping.

Each Vintage Park community makes a point of being actively involved in the town it is located in, providing buses to outside community events and inviting local citizens to enjoy a meal and participate Vintage Park activities. For example, local school children visit Vintage Park communities to receive help learning to read from their special reading buddies.

Brown became acquainted with the advantages Vintage Park at Baldwin City had to offer firsthand when she visited her parents there every day. When she was offered the position of Vintage Park’s activities director soon after her parents moved there, she was eager to implement her ideas.

COURTESY PHOTO



Caleb Gaylord, Executive director of Vintage Park at Gardner, a resident, and Sue Brown, Regional Director of Operations for Grace Management, Inc.

She was soon promoted to executive director, a position she held for the next 17 years.

“If I had a positive impact in the life of even one person I came in contact with, then I made a difference and that’s all that matters,” Brown said of the years she served as executive director, adding that the Vintage Park community in Baldwin City has undergone 12 state surveys in its lifetime, and 11

of those 12 surveys were deficiency free.

In May of 2017, Brown went on to become Regional Director of Operations for Grace Management, Inc., which oversees all of the Vintage Park communities in Kansas.

“Grace Management has a track record of over 35 years of senior-living management,” Brown said, adding that

■ CONTINUED ON PAGE SEVEN

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Vintage Park

■ CONTINUED FROM PAGE SIX

her job is basically one step up from her previous duties and involves supporting the executive directors who are doing what she did before she assumed her current position.

Grace Management, Inc. oversees a total of 60 senior living communities comprised of independent living, assisted living, and memory communities in 19 states. Seventeen of these are located in Kansas, and 16 of those 17 are Vintage Park assisted living communities. The 17th is an assisted and independent living community in Wichita called Sedgwick Plaza.

Brown credits the success of the Vintage Park communities with a focus on associate training. "We hire the heart and train the brain," she said. The camaraderie enjoyed by herself and the management team she works with who, in the same spirit of community that Vintage Park encourages among its residents, work closely together to ensure that those who live at Vintage Park have the highest quality of life possible, using phrases such as "It's not like home. It *is* home," "Living Grace-

fully," and "Welcome to the family!" to convey and support that goal.

"We are very close, and we help each other," Brown said of her management team. "There are three Regional Directors of Operations for our Vintage Park communities. I focus on operations, another focuses on sales, and the third focuses on wellness. It's a big team approach. We are a big family and we all work together for all 16 communities.

"The quality of life our residents enjoy is at the core of our mission," Brown added, pointing out that their mission can be summed up in the word **PEOPLE: Pleasant Environments Offering Positive Life Experiences.**

16 Vintage Park communities in Kansas

Grace Management Inc. oversees all 16 Vintage Park communities in Kansas, including four in the Topeka-Lawrence area: Vintage Park at Baldwin City (Bob Russell, Executive Director), Vintage Park at Gardner (Caleb Gaylord, Executive Director), Vintage Park at Ottawa (Tina Caruthers, Executive Director), and Vintage Park at Tonganoxie (Michelle Sherley, Executive Director).

The other communities that

Grace Management Inc. oversees in Kansas include the following Vintage Park locations: Stanley (in Overland Park), Lenexa, Louisburg, Paola, Osawatomie, Atchison, Hiawatha, Holton, Wamego, Osage City, Eureka, and Waterfront (in Wichita). Grace Management also oversees operations at Sedgwick Plaza in Wichita, which provides independent living and assisted living.



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Governor Kelly announces reorganization creating Kansas Department of Human Services

Governor Laura Kelly on January 8 announced her intent to submit an executive reorganization order to the Kansas Legislature creating the Kansas Department of Human Services (KDHS). The new agency will include the current programs at the Department for Children and Families (DCF), Department for Aging and Disability Services (KDADS) and the juvenile services division of the Department of Corrections.

Current Secretary of DCF and KDADS, Laura Howard, will lead the new KDHS.

"I ran for office, in part, to ensure that our most vulnerable citizens were protected and that somebody in Topeka was advocating for them," Kelly said. "One of my key priorities since taking office has been fixing our broken safety net and ensuring that we have a system that is worthy of our citizens. The creation of this new, combined agency reinforces my commitment to our children and families in need and ensures they have access to critical services.

"The creation of the new agency allows us to focus on prevention, so that we can get to these families before their situation becomes a crisis," Kelly said. "The Department of Human Services will partner with communities

across the state to create a single point of entry for those who need access to services for things like child welfare, mental health, economic support and juvenile justice."

Programs included in the new agency will include:

- Adult protective services
- Adult behavioral health
- Long-term services and supports
- Economic supports
- Employment supports
- Children's mental-health supports
- Child protective services
- Juvenile justice and crossover youth
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Governor Kelly recognizes juvenile justice reform has resulted in a reduced need for incarceration while at the same time improving county community corrections case management. Including juvenile services in the new agency continues the improvement process.

"Given the needs of families for community collaboration and overlap, it makes sense to organize juvenile services and child welfare resources under one agency," Kelly said.

"This is not going to be business as usual," Howard said. "This combination of services gives us an opportunity to think differently about service delivery. We want Kansans to have seamless access to programs and services that will allow them to thrive. KDHS will be known for its innovation and willingness to work with community partners."

"Secretary Howard is the perfect

person to lead the new agency," Kelly said. "I am confident that she has the vision and experience to launch an organization of this magnitude and ensure that all Kansans are well served by a commitment to continuous improvement and accountability."

Governor Kelly will submit the ERO to the legislature within the first 30 days of session. The ERO becomes effective on July 1, following its transmittal to the Legislature, unless either the Senate or the House takes action on the ERO within 60 calendar days after submission.

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Social Security launches new campaign to fight scammers

The Social Security Administration launched a new Public Service Announcement (PSA) campaign to continue warning people about the ongoing nationwide telephone impersonation scheme. The PSAs feature a message from Social Security Commissioner Andrew Saul. Social Security and its Office of the Inspector General (OIG) continue to receive reports about fraudulent phone calls from people falsely claiming to be Social Security employees. The scammers mislead victims into making cash or gift card payments for help with purported identity theft, or to avoid arrest for bogus Social Security number problems.

"I want every American to know that if a suspicious caller states there is a problem with their Social Security number or account, they should hang up and never give the caller money or personal information. People should then go online to oig.ssa.gov to report the scam call to Social Security," said Commissioner Saul.

People should also be on the lookout for a new version of this scam. Fraudsters are now emailing fake documents in attempts to get people to comply with their demands. Victims have received emails with attached letters and reports that appear to be from Social Security or the OIG. The letters may use official letterhead and government jargon to convince victims they are legitimate; they may also contain misspellings and grammar mistakes.

The new PSA addressing the telephone impersonation scheme is available online at www.youtube.com/socialsecurity and below:

Social Security employees do occasionally contact people—generally those who have ongoing business with the agency—by telephone for business purposes. However, Social Security employees will never threaten a person, or promise a Social Security benefit approval, or increase, in exchange for information or money. In those cases, the call is fraudulent and people should

just hang up.

Generally, the agency mainly calls people who have recently applied for a Social Security benefit, someone who is already receiving payments and requires an update to their record, or a person who has requested a phone call from the agency. If a person is not in one of these situations, they normally would not receive a call from the agency.

Social Security will not:

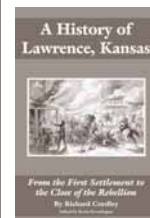
- Tell you that your Social Security number has been suspended.
- Contact you to demand an immediate payment.
- Ask you for credit or debit card numbers over the phone.
- Require a specific means of debt

repayment, like a prepaid debit card, a retail gift card, or cash.

- Demand that you pay a Social Security debt without the ability to appeal the amount you owe.

- Promise a Social Security benefit approval, or increase, in exchange for information or money.

If there is a problem with a person's Social Security number or record, in most cases Social Security will mail a letter. If a person needs to submit payments to Social Security, the agency will send a letter with instructions and payment options. People should never provide information or payment over the phone or internet unless they are certain of who is receiving it.



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Social Security expands public hours at offices nationwide

Starting on January 8, 2020, Social Security offices nationwide began being open to the public on Wednesday afternoons, Andrew Saul, Commissioner of Social Security, announced. This change restores Wednesday public service hours that were last in place in late 2012. "I don't want someone to come to our office at 2:30 on a Wednesday only to find our doors closed," Commissioner Saul said.

In another move to improve service to the public, Commissioner Saul announced in his Open Letter to the Public at www.ssa.gov/agency/coss-message.html that the agency is hiring 1,100 front line employees to provide service on the agency's National 800

Number and in its processing centers. The agency is currently bringing onboard 100 new processing center employees and approximately 500 new teleservice representatives for the 800 Number. An additional 500 hires for the 800 Number will occur later in 2020.

"Improving service is my top priority. Increasing full public service hours at our nationwide network of more than 1,200 field offices is the right thing to do and will provide additional access," Commissioner Saul said. "The hiring of a thousand new employees to provide service through our National 800

Number and an additional 100 hires to process people's Social Security benefits at our processing centers around the country are steps in the right direction in our mission to greatly improve the service we provide."

Currently, a field office is generally open to the public from 9:00 a.m. to Noon on Wednesdays. Beginning on January 8, 2020, offices will remain open until 4:00 p.m. on Wednesdays, with typical field office hours from 9:00 a.m. until 4:00 p.m., Monday through Friday.

While the agency continues to

improve both the access to and the experience with its services, it is important to note that most Social Security services do not require the public to take time to visit an office. People may create a my Social Security account, a personalized online service, at www.socialsecurity.gov/myaccount.

Through their personal my Social Security account, people can check personal information and conduct business with Social Security. If they already receive Social Security benefits, they can start or change direct

■ CONTINUED ON PAGE 11

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Social Security

■ CONTINUED FROM PAGE 10

deposit online, and if they need proof of their benefits, they can print or download a current Benefit Verification Letter from their account.

People not yet receiving benefits can use their online account to get a personalized Social Security Statement, which provides earnings history information as well as estimates of future benefits. Currently, residents in 40 states and the District of Columbia may request a replacement Social Security card online if they meet certain requirements. The portal also includes a retirement calculator and links to information about other online services, such as applications for retirement, disability, and Medicare benefits.

Many Social Security services are also conveniently available by dialing toll-free, 1-800-772-1213. People who are deaf or hard of hearing may call Social Security's TTY number, 1-800-325-0778.



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FEBRUARY 6	<i>Five Great Presidential Speeches</i> Mary Stuckey, David Zarefsky Robert Rowland	7:00pm
FEBRUARY 11	<i>The Craft of the Presidential Speechwriter</i> Craig Smith	7:00pm
FEBRUARY 18	<i>Comparing Two Powerfully Eloquent Presidents—Reagan & Obama</i> Robert Rowland	7:00pm
FEBRUARY 25	<i>Social Media and Contemporary Presidential Rhetoric</i> Denise Bostdorff	7:00pm

THE DOLE L E C T U R E

The Dole Lecture is a public event headlined by a national figure discussing an aspect of current politics or policy. Held each spring, it commemorates April 14, 1945, when Sen. Bob Dole was critically wounded while serving in Italy during World War II. The Dole Lecture honors Dole's courageous recovery and continuing commitment to serve the nation.

APRIL 30	SAVE THE DATE! Look for further details on this exciting event later this spring.
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THE SAB P R O G R A M

The Student Advisory Board program is a balanced discussion of a timely, hot-button issue of import to students. SAB members, with the help of Dole Institute staff, plan, promote and execute the event.

APRIL 23	<i>The Political Insiders' Guide to 2020</i> Jeff Roe, Christina Reynolds	7:00pm
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All events are free and open to the public.

Program schedule is subject to change. Please visit our website for the latest information.

WWW.DOLEINSTITUTE.ORG

2020 SPRING SCHEDULE OF EVENTS

THE DOLE F O R U M

The Dole Forum brings exciting speakers, panels, and timely events to the Dole Institute of Politics. These programs honor Sen. Bob Dole's charge to the Institute to promote civil discourse and non-partisanship.

MARCH 5	<i>A Powerful, Prevailing Truth: Women in Politics a Century After Suffrage</i> Barbara W. Ballard & Guests	7:00pm
APRIL 9	<i>An Evening with the Ambassador</i> Belgian Ambassador to the U.S. Dirk Wouters	7:00pm

THE AUTHOR S E R I E S

The Dole Institute of Politics has a legacy of showcasing celebrated authors. These events afford attendees the chance to meet these prestigious writers, ask questions about their works, and have the author sign their books.

MARCH 26	<i>The Age of Eisenhower: America and the World in the 1950s</i> William Hitchcock	7:00pm
APRIL 21	<i>A Terrible Thing to Waste: Arthur Fletcher & the Conundrum of the Black Republican</i> David Golland	3:00pm

FT. LEAVENWORTH S E R I E S

The Ft. Leavenworth Series is a roster of lectures focusing on significant historical events presented by faculty from the United States Army Command and General Staff College. This year's series theme is "Turning Points."

FEBRUARY 5	<i>The Tet Offensive, 1968: The Turning Point of the Vietnam War</i> Gates Brown	3:00pm
MARCH 4	<i>The Aisne-Marne Counteroffensive, 1918: The Turning Point of World War I</i> Richard S. Faulkner	3:00pm
APRIL 2	<i>Guadalcanal, 1942: The Turning Point of the Pacific Theater in World War II</i> John Kuehn	3:00pm
MAY 7	<i>1941: The Turning Point in the Holocaust</i> Dave Cotter	3:00pm

FINANCIAL FOCUS

Be aware of Social Security myths

Social Security can be one source of retirement income for you and your spouse. To maximize your benefits, you'll need to make some key decisions and be aware of some common myths.



Derek Osborn

- **Myth 1:** *Always take Social Security early.* You can file for Social Security benefits as early as 62, but you could get 25% to 30% more if you wait until your "full" retirement age (likely between 66 and 67). You can receive even more if you wait until 70, at which point your benefits will "max out." However, there's no right time to file for everyone—it depends on your situation, including factors such as your life expectancy, employment, financial need and spousal considerations.

- **Myth 2:** *When you claim Social Security won't affect your spouse's benefits.* This is not true. How much you receive in Social Security can

affect your spouse's benefits while you are alive (spousal benefits) and after you've passed away (survivor's benefits). Your spouse could receive up to half of your retirement benefit, offset by his or her own benefit, so the longer you work before collecting Social Security, the greater the potential spousal benefits. For survivor benefits, your spouse would receive 100% of your benefit or his or her own, whichever is larger, so when you file affects how much your spouse would receive if you pass away early. In any case, you'll want to consult with the Social Security Administration about how much your spouse can receive, as his or her own benefits can also affect your decision-making.

- **Myth 3:** *You can't work during retirement and collect Social Security.* Yes, you can. But if you start receiv-

ing Social Security before your full retirement age (likely between 66 and 67), you can only earn up to \$18,240 in 2020 and still get your full benefits. Once you earn more than this, Social Security deducts \$1 from your benefits for every \$2 you earn. But during the year you reach full retirement age, you can earn up to \$48,600 without your benefits being withheld. If you exceed this amount, \$1 will be deducted for every \$3 you earn during the months before you attain your full retirement age. Social Security will increase your benefits when you do reach full retirement age to adjust for the previous work-related withholdings. So, if you plan on working and receiving Social Security, it may not make sense to file if most of your benefits will be withheld. Once you reach full retirement age, you can earn any amount without losing your monthly benefits, although your benefits could still be taxed.

- **Myth #4:** *Social Security will provide for all my needs in retirement.* Social Security will provide about a third of pre-retirement income, on average, according to the Social Security Administration. Consequently, you'll probably still need other sources of retirement income because Social Security alone most likely won't be enough to meet your needs. So, throughout your working years, contribute as much as you can to your IRA and your 401(k) or other employer-sponsored retirement plan. Combining these income sources with Social Security can help improve your chances of enjoying the retirement lifestyle you've envisioned.

- Derek Osborn is with Edward Jones, 1311 Wakarusa Drive, Suite 2200, Lawrence. He can be reached at 785-371-1301 or Derek.Osborn@edward-jones.com. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.



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JILL ON MONEY

Why are so many living paycheck to paycheck?

The labor market finished 2019 with a solid showing. The economy added 145,000 jobs, making December the 111th straight month of job gains, the longest stretch in 80 years of data.

For the full year, employers averaged 175,000 jobs per month, a downshift from the 2018 pace of 223,000, though



Jill
Schlesinger

these numbers will likely change after the Bureau of Labor Statistics releases its annual adjustment to the numbers in February.

Adding to the positive news, the unemployment rate came in at 3.5%, matching the lowest reading since 1969.

Average hourly earnings increased by 2.9% from a year ago, which may not seem all that great, but given that the overall inflation rate remains under 2%, the bump is sufficient to stay ahead of rising prices.

Perhaps the best news on wages is that lower-earning and entry-level workers have been making steady

progress over the past couple of years. That's due in large part to municipal and state minimum wage initiatives, which have pushed the effective average minimum wage to nearly \$12 per hour.

Despite the labor market's progress, it has been interesting to see a new Twitter hashtag called "with my next paycheck I will..." The posts are alternately funny ("help a recently exiled Nigerian prince reclaim his throne") and depressing ("still be broke"). The trend coincides with reports that an astounding 74% of Americans say that they are living paycheck to paycheck, according to a survey conducted by the American Payroll Association.

Given the upbeat economic news, the big question is: Why are so many workers feeling under pressure? The answer is complicated. While there have been wage gains, they are not spread out across every worker - just ask your friendly millennial or career switching Boomer about it.

Additionally, averages are just that - average. A recent Bankrate.com report found that half of American workers said they did not get a raise last year, and over a longer term, middle-income workers have been left in the dust.

Government data show that over the past 20 years, median house-

hold income has barely budged, after accounting for inflation. Today the median stands at \$63,179, a mere 3% increase from 1999's level of \$61,526. Add to those figures the weight of \$1.6 trillion in student loan debt as well as rising costs for housing in some areas, and you can see how monthly bills take a huge bite out of many workers' take-home pay.

But what accounts for those upper-class earners who also say that they are living paycheck to paycheck? I hear from a lot of these folks who consistently struggle to make ends meet.

Not to discount how these people feel, but after a few probing questions, I have found that many of these folks

are counting cash-flow items like home equity lines of credit that were used to renovate the kitchen, vacation funds and kids' activities/tutoring as part of their non-discretionary spending.

Regardless of whether you are really scraping by or feeling like you are, the advice is the same: Comb your cash flow to find areas to cut and then automatically redirect those funds to savings.

- Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillonmoney.com. Check her website at www.jillonmoney.com.

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PAINTING WITH WORDS

Hope

Poem Title: *Hope*
Poet: Emily Dickinson

What I love about Emily Dickinson's poetry is how she can make a simple thing sound so profound. Dickinson was a recluse and wrote her



Tom
Mach

poems in secret, and I doubt she ever wanted them published. Her poetic voice is like the chirping of a small sparrow in a nest of other sparrows. She sings insightful songs that make their way to heaven, despite the louder sounds of the other poets in the nest.

Here is an example of what I mean:

*"Hope" is the thing with feathers
That perches in the soul*

*And sings the tune without the words
And never stops—at all.
And sweetest—in the Gale—is heard
And sore must be the storm
That could abash the little Bird
That kept so many warm.
I've heard it in the chilliest land
And on the strangest Sea
Yet—never—in Extremity
It asked a crumb—of me.*

I think perhaps Dickinson put the word "hope" in quotes to set it apart from everything else. To her, hope is like a delicate bird that clings to our soul. We may not be aware of it but it's there. But hope is also one tough bird that survives the storms of life. Hope will always give us the warmth we need even when events surrounding us are the "chilliest."

If you have any questions on this or would like me to consider publishing your poem, drop me an email. Please know I will base any poem I might select on my own biases. I hope to hear from you. My email address is tom.mach@yahoo.com

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MAYO CLINIC

Treatment for Hurthle cell thyroid cancer may involve removing part or all of thyroid

DEAR MAYO CLINIC: Is it common to only have a partial thyroidectomy to remove Hurthle cells? My doctor is recommending this procedure, but I wonder if I should have my entire thyroid removed instead to eliminate the risk of the cancer coming back. Would it be better to have a total thyroidectomy?

ANSWER: A partial thyroidectomy can be an appropriate treatment for Hurthle cell thyroid cancer in some cases. The decision to undertake partial versus total thyroid removal depends on several factors, including the size and location of the tumor, as well as your individual medical situation.

Hurthle cell thyroid cancer is an uncommon cancer that's also called oxyphilic cell carcinoma. The cause of Hurthle cell cancer isn't clear, but generally it affects women and older adults more often than others. It typically does not run in families. This type of cancer tends to be more aggressive than the most common type of thyroid cancer, papillary thyroid cancer. Because there is potential to cure Hurthle cell thyroid cancer with surgery alone in many cases, removing part or all of the thyroid gland is the most common treatment.

The thyroid gland is a butterfly-shaped gland located at the base of your neck, next to your windpipe. It makes hormones that regulate all aspects of your body's metabolism,

from your heart rate to how quickly you burn calories.

A partial thyroidectomy involves removing only a portion of the gland—usually one lobe or one side of the thyroid. This procedure may be recommended when a Hurthle cell tumor is small (about 4 centimeters or less, and especially if a tumor is less than 2 centimeters), providing that the cancer is clearly located in one lobe of the thyroid and has not spread outside of the thyroid gland.

The potential benefit of a partial thyroidectomy over a total thyroidectomy is that the thyroid gland may be able to continue functioning normally after the procedure without taking thyroid hormone therapy to replace the hormones your thyroid usually produces.

For a total thyroidectomy, the sur-

geon removes all, or nearly all, of the thyroid gland tissue. Tiny remnants of thyroid tissue are left behind, however, near critical structures that need to be preserved, including nerves and the parathyroid glands. Surrounding lymph nodes might be removed if there's evidence that the cancer may have spread to them.

If your entire thyroid is removed, your body can't make thyroid hormone. If you don't take hormone replacement, you'll develop signs and symptoms of underactive thyroid, a condition called hypothyroidism. Thyroid hormone replacement is critical in the event of complete removal of the thyroid gland. The hormone replacement is equivalent to the hormone normally made by your thyroid gland and performs the same functions. Your doctor can determine the amount of thyroid hormone replacement you need based on blood tests.

Regardless of whether you have a partial or total thyroidectomy, there will be some risk of the cancer coming back, and you'll likely need follow-up appointments on a regular basis to

check for cancer recurrence. Depending on your circumstances, however, the risk may be low. It's possible that there may be no difference in recurrence risk when comparing partial with total thyroid removal.

As you consider your options, it's best to seek care from an expert thyroid surgeon who sees a high volume of Hurthle cell cancer cases—ideally completing more than 20 or 30 thyroid surgeries a year. Complications from the surgery are generally lower when more experienced thyroid surgeons are involved. In addition, the expertise of the surgeon will help guide your decision to proceed with a partial versus total thyroidectomy. - Keith Bible, M.D., Ph.D., Medical Oncology, Mayo Clinic, Rochester, Minn.

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

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HEALTH & WELLNESS

Cold weather medicinal plants

The winter in Kansas can be frustrating due to the fewer hours of daylight and chilling temperatures. Therefore, winter typically is not a good time for most vegetation, including flowers, plants, and medicinal herbs. Most vegetation cannot survive the winter due to the extreme cold and harsh conditions in Kansas. However,



Dr.
Deena
Beneda

there are some plants that are actually very well adapted for the extreme weather conditions, including snow and frost, and these medicinal plants include rosemary, mint, thyme, and sage.

Rosemary is a perennial medicinal plant that can be grown all year around in Kansas. It is strong enough to defend itself against icy temperatures. Rosemary can be used to flavor any dish, including meats, such as beef or lamb. It has been used medicinally to treat migraine headaches, digestive disorders, and cardiovascular problems. Rosemary is a wonderful medicinal plant to add to your regime especially when feeling malaise and run down.

Mint is a strong medicinal plant that could be considered a weed. When mint is grown in the wild it is very resistant, incredibly hard to get rid of, and capable of surviving in extreme temperatures such as the cold and heat. Mint has been known to soothe an irritated digestive tract. Mint also has anti-inflammatory, anti-fungal, anti-bacteria, and anti-viral properties. Mint is also effective in taking care of coughs, sore throats, and fatigue.

Parsley is an extremely resilient plant and can survive cold weather conditions. In cold weather conditions, it keeps itself underground but still continues to grow. In milder Kansas winters, it may continue to bloom and provide a won-

derful way to boost the immune system when added to daily foods or drinks.

Thyme is a cold hardy medicinal plant that adapts very well to the winters in Kansas. It will go dormant in the winter and come back in the spring with new growth. Thyme is well-known in the kitchen and can be used to season soups and sauces. It also makes a welcome addition in vegetable and meat dishes along with fresh bread. Medicinally, thyme can be used to stop a cough and clear congestion, boost the immune system, and aid a sore throat.

Sage is also a cold weather medicinal plant. It is very well adapted to areas that frost, goes dormant in the cold winter months, and comes back in the spring. Medicinally, it can be used for digestive problems, including stomach pain and diarrhea. It is also used for sore throats, sinus congestion, and coughs.

When treating cold and flu symptoms consider the following medicinal plants: To soothe a sore throat, try mint, thyme, or sage. To clear congestion, try mint, rosemary, or thyme. To improve your immune system, try parsley and thyme. To quiet your cough mint, try

thyme and sage.

Even though it is winter and the weather is chilling, that doesn't mean that you cannot enjoy fresh medicinal plants. Not only are these medicinal plants wonderful to be consumed in various dishes, they can provide a pow-

erful punch in keeping your immune system strong and treating various cold and flu symptoms.

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

Healthy Living

Need for vitamin D

A study shows that low vitamin D may slow recovery from spinal fusion surgery.

A bone builder

- The success of the surgery depends on the body's ability to form new bone to fuse spinal vertebrae
- Calcium is essential for good bone health, and vitamin D helps with calcium absorption; people with low levels are at risk for a condition that interferes with bone formation
- Vitamin D deficiency is treated by taking 50,000 units of the vitamin once a week for several weeks
- The minimum daily requirement for healthy people is 600 units; the main sources are sunlight, fortified dairy products, fatty fish and supplements

Source: Science Daily,
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HEALTH & WELLNESS

On Medicare? Take part in an annual wellness visit

By Jessica Brewer

LMH Health

Each year, people with Medicare have an opportunity to take part in an annual wellness visit. Though the words “wellness visit” may sound daunting, this visit is not a physical exam.

April Sprague, outpatient care manager for LMH Health, said the visit provides a yearly opportunity for patients with a Medicare plan to sit down and talk about their health.



“Each patient is asked to complete a health risk assessment, which allows them to tell us how they feel about their health,” Sprague said. “I describe this visit as a conversation. The entire purpose is to identify health risks and we do that by completing screenings and collecting a medical history about the patient and their family.”

The focus of the visit is on prevention. During the visit, patients will learn about health screenings recommended for them—such as colon, breast or prostate cancer, cardiovascular disease and diabetes, just to name a few—and

talk about any immunizations they may be due for. Referrals can be made for any services or resources the patient needs, including help with completing Advance Directives. At the end of each visit, the patient receives a personalized prevention plan created for them based on their health risks and needs.

“Research shows that early identification of health problems leads to better health outcomes,” Sprague said. “Above all, the end goal is to identify health risks and educate patients about how to stay healthy longer.”

The patient’s participation with any recommended screenings is completely up to them. The recommendations provided are evidence-based, according to guidelines established by the United States Preventive Services Task Force and the Advisory Committee on Immunization Practices.

“Each patient gets a written handout with a checklist of preventive services and screenings,” Sprague said. “This way they walk out with a plan in place.”

Sprague said that though some people come in with reservations, they receive a lot of positive feedback. Hank Booth, the show host for 1320 KLWN’s *According to the Record*, is one of them.

“I went in and, you know, sometimes you don’t want to talk about your health history with a complete stranger,”

Booth said. “But I saw April and after she asked questions and we got talking, it was so comforting. I could genuinely tell that the things we were talking about were to help me be as healthy as I can be as I get older.”

Booth said that Sprague was able to connect him with resources and was able to help get appointments set up for services he chose.

“Going to my annual wellness visit prompted me to go get screened to make sure down the line no health problems arise that I don’t know about,” Booth said. “They gave me the tools I need to be the healthiest I can be and, though I didn’t feel pressured, I felt perfectly willing to take their advice.”

After a broken neck injury earlier in his health journey, Booth began rehab on his neck. However, after having a tough experience, he decided he could not do it any longer. After talking with Sprague during his wellness visit, it encouraged him to go back and begin working to gain mobility again.

“Talking with April reminded me of the motto I once lived by but seemed to

have forgotten,” Booth said. “If at first you don’t succeed, try, try again. I didn’t feel pressure to decide to work on my neck again, but I was inspired because I realized it doesn’t matter what age we are. We can begin trying to improve our health any step of the way.”

Booth said that he tells anyone who has reservations about going, whether it’s for fear of criticism or hearing what they’ve heard thousands of times before, that the experience isn’t like that at all. They should jump on the opportunity to go.

“I wish I could tell everyone to take advantage of their wellness visit,” Booth said. “I never felt criticized for stopping my rehab, I never felt judged, and no one threw me under the bus. What’s wrong with finding out if there is something better you can do to help your health? When I left the office, I felt relief. I felt a weight lifted knowing I had the tools I needed to make sure I stay healthy for years to come.”

- Jessica Brewer is the social media and digital communications specialist at LMH Health.

Fight Fraud in Your Community



Medicare fraud steals billions of dollars from U.S. taxpayers every year.

Here’s what YOU can do as a Senior Medicare Patrol volunteer to help your community:

- Put your experience and skills to work
- Learn how to spot Medicare scams and errors
- Educate and empower consumers

To volunteer, please call Kansas Senior Medicare Patrol at 800-432-3535.

Kansas SMP
Empowering Seniors To Prevent Healthcare Fraud

This project was supported, in part by grant number 90MP0087, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, represent official Administration for Community Living policy.

Kansas
Department for Aging and Disability Services

Martin Creek Place

- 1 & 2 Bedroom Apartments
 - Townhomes
 - Washer/Dryer Connections
 - Emergency Monitoring System Available
 - 24 Hour Emergency On-Site Staff
 - Organized Activities & Day Trips
 - Library Red Carpet Service
 - Weekly Grocery Van
 - On Site Storage
 - Exercise Room
- Age 62 & older.

4950 SW Huntoon • Topeka 785-273-2944

PROTECT
Medicare & Medicaid

PREVENT
Scams and Errors

FIGHT
Fraud, Waste & Abuse

■ CONTINUED FROM PAGE 18

promotes clear thinking. This class practices the Yang style short form. Instructor: Craig Voorhees. Class Code: 127274. Fee. Lawrence Parks and Recreation Lifelong Recreation, Tuesdays and Fridays, 9-10 a.m.

LAWRENCE, 785-832-3450, lprd.org

FEB 11-MAR 31

JOHN FORD FILM CLASS

John Ford was one of the most respected directors in Hollywood and still holds the record for most Oscars. His narrative style helped to define America on the silver screen. Known for his westerns, Ford had a lot of range over his decades-long career including screen adaptations of classic literature. This session of our ongoing film study class will explore Ford's distinctive style, casting favorites and continuing influence on American film. Additional materials fees to view films may apply. Discussions are facilitated by Kellee Pratt, cinephile, classic film blogger, and Ambassador to the Turner Classic Movies (TCM) Festival. Class Code: 227449-A. Fee. Pioneer Ridge, 1000 Wakarusa Dr. Tuesdays, 6:30 - 8:30 p.m.

LAWRENCE, 785-832-3450, lprd.org

FEB 12

ALZHEIMER'S ASSOCIATION REMOTE LEARNING

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. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.

TOPEKA, 800-272-3900

FEB 14

AARP DRIVER SAFETY

Lawrence Public Library, 707 Vermont St., Room B, 10 a.m.-3 p.m. Contact Kate Gramlich to register. Fee.

LAWRENCE, 785-843-3833

FEB 18

MEDICARE 101 SEMINAR

Topics include eligibility, Parts A&B, Supplemental Medicare coverage. Learn how Medicare works and what choices you have. Seating is limited. Lasts about 40 minutes. No sales. RSVP or order information today. Lawrence Public Library, 707 Vermont St., 7 p.m.

LAWRENCE, 785-340-2899

FEB 18

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

■ CONTINUED ON PAGE 20

15th Annual Lawrence Area Partners in Aging

RESOURCE FAIR FOR SENIORS

Tuesday, March 10, 2020 from 10 a.m.-2 p.m.
Sports Pavilion at Rock Chalk Park, 6100 Rock Chalk Dr.



- FREE! No cost to attend!
- Freebies, handouts, brochures.
- Drawings for grocery store gift cards – Courtesy of LAPA.
- Exhibits featuring a wide range of businesses and organizations.
- Many vendor giveaways.
- And much, much more!

Come by anytime between 10:00 a.m. and 2:00 p.m. to visit the booths and displays from local businesses and organizations that serve seniors in Douglas County.

This is the fifteenth annual event that seniors and their caregivers will be talking about all year. Don't miss it! For more information, call 785-832-0754 and ask for Michele Dillon or email LawrenceAreaPartnersInAging@gmail.com.

■ CONTINUED FROM PAGE 19

Overview. Register with the Senior Resource Center. Senior Resource Center, 745 Vermont St., 2-3:30 p.m.

LAWRENCE, 785-842-0543

FEB 19-MAR 25

BEGINNING MINDFULNESS

Mindfulness is a set of skills that anyone can learn with daily practice. It has been shown in numerous studies that it can lead to lower stress, better health and greater overall happiness. This class will teach the basic elements of mindfulness practice. Instructor: Dr. Jeff Nichols. Class Code: 127271-A. Fee. Senior Resource Center, 745 Vermont St., Wednesdays, 4:30-6 p.m.

LAWRENCE, 785-832-3450, lprd.org

FEB 24

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. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2:30 p.m.

TOPEKA, 785-580-4400

FEB 26-MAR 18

INTERMEDIATE UKULELE

This course is for ukulele players who already know basic chords and chord progressions. Focus is on finger picking, reading tablature and advanced chord shapes such as bar and diminished chord shapes. Ukuleles and tuners are not provided. Come share the joy of Aloha! Prerequisite: Minimum of two sessions Beginning Ukulele courses or prior consent from teacher. Instructor: Linda Tilton. Class Code: 127424-A. Fee. Senior Resource Center, 745 Vermont St., Wednesdays, 6:30-7:30 p.m.

LAWRENCE, 785-832-3450, lprd.org

MAR 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

MAR 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. Shawnee North Community Center, 300 N.E. 43rd St., 10-11:30 a.m.

TOPEKA, 785-580-4400

MAR 7

DNA, ETHNICITY AND BUILDING YOUR FAMILY TREE

Many people start their genealogy research with a DNA test, often because they are interested in their ethnicity. We will explore that topic and provide basic information to help you use DNA results to begin or further your genealogy research. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-noon. Fee.

LAWRENCE, 785-841-4109

watkinsmuseum.org/dna-ethnicity

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, lawrenceession.com

THURSDAYS

PUNKYARD 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

FEB 7

STORY SLAM: THRILL

Stories told live, MOTH-style, September to May (except December). Never the same story, or evening, twice. Adults, 18+ only. Live music and social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. Lawrence Arts Center, 940 New Hampshire. Admission: Suggested Donation \$5.

LAWRENCE, lawrenceartscenter.org

lied.ku.edu/calendar

FEB 8

LAWRENCE COMMUNITY ORCHESTRA PRESENTS SILENT COMEDY STARS

Laugh at the silent film classics *Habeas Corpus* (Laurel and Hardy), *One Week* (Buster Keaton) and *The Adventurer* (Charlie Chaplin), as the Lawrence Community Orchestra accompanies the films. Tickets will be available at the door or at www.lawrenceorchestra.org. Liberty Hall, 644 Massachusetts St., 7 p.m.

LAWRENCE

FEB 14

CLASSIC FILM SERIES: HERE COMES MR. JORDAN

A boxer, mistakenly taken to Heaven before his time, is given a second chance back on Earth. Stars Robert Montgomery, Claude Rains and Evelyn Keyes. 1941 | black & white | 94 min. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 2-5 p.m.

TOPEKA, 785-580-4400

FEB 18

THE PEKING ACROBATS

For the last 33 years, The Peking Acrobats have redefined audience perceptions of Chinese acrobatics. They perform daring maneuvers

atop a precarious pagoda of chairs, and they are experts at trick-cycling, precision-tumbling, juggling, somersaulting and gymnastics. They push the limits of human ability and defy gravity with amazing displays of contortion, flexibility and control. The Peking Acrobats are often accompanied by live musicians who skillfully play traditional Chinese instruments. The time-honored Chinese music blends with high-tech special effects and awe-inspiring acrobatic feats, creating an exuberant and family-friendly event with the festive pageantry of a Chinese Carnival. Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

FEB 23

KATHY MATTEA

Hailed by *The Washington Post* as "one of Nashville's finest song interpreters," Kathy Mattea has enjoyed the kind of success many artists only dream of: two Grammy wins, four CMA Awards, four #1 country singles, five gold albums and a platinum collection of her greatest hits. Her latest album, *Pretty Bird*, is exquisitely arranged and delivered with the subtlety and nuance that can only come from a lifetime of heartbreak and triumph. It's a welcome reintroduction to one of country and Americana music's most enduring and beloved figures. Lied Center of Kansas, 1600 Stewart Dr. Performances at 2 p.m. and 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

FEB 28, 29, MAR 1*, 5, 6, 7, 8*

YOURS, ANNE

A Cantata with Libretto by Enid Futterman and Music by Michael Cohen. Based on the Diary of Anne Frank, and the Play by Frances Goodrich and Albert Hackett. Propelled by the undying faith of a young girl on the threshold of life, Anne Frank's heartbreaking and ultimately uplifting story enhanced with a moving and lyrical score, stirs our deepest emotions in a reminder of the enduring strength of the human spirit. Theatre Lawrence, 4660 Bauer Farm Dr. Evening performances start at 7:30 p.m. *Matinee performances start at 2:30 p.m. Fee. LAWRENCE, 785-843-SHOW (7469) wp.theatrelawrence.com/events/2019-20-season

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

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

LAWRENCE, 785-832-7920

ONGOING

HEALTHY STEPS MALL WALKING

Walk in a safe, climate-controlled setting at West Ridge Mall, Topeka, 1801 S.W. Wana-maker. Mall walking hours are Monday-Saturday 7 a.m. to 9 p.m. and Sundays 11 a.m. to 6 p.m. Log your visits at the kiosk in the north-

west 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 ainsley.anderson@lmh.org.

LAWRENCE

ONGOING

FIT FOR LIFE

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

LAWRENCE, 785-505-2712

ONGOING

ZUMBA GOLD

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Choose from three 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.

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Sponsored by the Senior Resource Center for Douglas County, 745 Vermont St., 2:15-3:45 p.m.

LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY

MEN'S COFFEE

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

FIRST TUESDAY OF THE MONTH

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 S.W. 7th St.
TOPEKA, 785-295-5555

TUESDAYS

BREW HA HA!

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

TUESDAYS

GENERAL GRIEF SUPPORT GROUP

The Midland Care Center for Hope and Healing, 1112 S.W. 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. Rehearsals at Babcock Place, 1700 Massachusetts St., 12:30-1:30 p.m.
LAWRENCE

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

FIRST & THIRD TUESDAY OF THE MONTH

HEALING AFTER LOSS BY SUICIDE (HEALS)

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozez Education Center, 1505 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 S.W. 6th St., 3-4 p.m.
TOPEKA, 785-430-2194

FIRST & THIRD WEDNESDAY OF THE MONTH

DEPRESSION BIPOLAR SUPPORT ALLIANCE

The Depression Bipolar Support Alliance (DBSA) is an organization serving people of all ages who struggle with mental health issues. DBSA meets at the Topeka Shawnee Country Public Library (see board for room) and has a peer-led support group called "Share and Care" from 7-8 p.m. In addition, beginning at 6 p.m. on the third Wednesday of each month, DBSA has a speaker who talks about issues of interest to those struggling with mental disorders.
TOPEKA

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

GRIEF SUPPORT GROUP

Facilitated by LMH Health Chaplin, Robin Colerick-Shinkle. Meets in Conference Room D South. LMH Health.
LAWRENCE, 785-505-3140

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 S.W. 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 LMH Health 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

DEPRESSION BIPOLAR SUPPORT ALLIANCE

The Depression Bipolar Support Alliance (DBSA) is an organization serving people of all ages who struggle with mental health issues. DBSA meets at the Topeka Shawnee Country Public Library (see board for room) and has a peer-led support group called "Share and Care" from 2-3 p.m.
TOPEKA

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. LMH Health Conference Rm. D-North (on lower level), 3:30-4:30 p.m.
LAWRENCE, 785-218-8848

SECOND TUESDAY OF THE MONTH

BETTER BREATHERS CLUB

This free education and support group is for those with chronic lung conditions and their support persons. Meeting is held in the LMH Health Pulmonary Rehab Department, 3rd floor, 330 Arkansas Street. Call.
LAWRENCE, 785-505-5820

SECOND TUESDAY OF THE MONTH

LAWRENCE ACTION CIVITAN CLUB

Civitanians 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 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. LMH Health, 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/3g2fEK

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, 745 Vermont St., 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

THIRD TUESDAY OF THE MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

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

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. For more information, call LMH Health Therapy Services.
LAWRENCE, 785-505-2850

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 S.W. 7th St., 11:30 a.m.
TOPEKA, 785-273-3560

THIRD WEDNESDAY OF THE MONTH

CANCER SUPPORT GROUP

Join representatives from LMH Health 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)

■ CONTINUED FROM PAGE 22

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

LAWRENCE, 785-843-7481

THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

A social support group to re-engage life after the death of a loved one. Meets at 11 a.m. at Paisano's Ristorante, Fleming Place, S.W. 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 S.W. Topeka Blvd., 12-1 p.m.

TOPEKA, 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 S.W. Gage Blvd., 1 p.m.

TOPEKA, 785-235-1367, EXT. 130

FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

TOPEKA, 785-233-5762

tgstoepka.org

FOURTH THURSDAY OF THE MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

We have a covered dish dinner, a short meeting, and then play dime bingo with playing cards. 5:30 p.m. at 17th and Stone. For additional information, email pdpatterson@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 S.W. 6th St., 3-4 p.m.

TOPEKA, 785-430-2194

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. Clinton Place, Senior Resource Center for Douglas County, 745 Vermont St., 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

FEB 8

KAW VALLEY SEED FAIR

Join us for our 11th Annual Seed Fair. This is a great place to meet people devoted to sustainability and biodiversity in our Kaw Valley region. The event features a seed exchange and give away, kid's activities, demonstrations, local food, and farmer's market-style vendors. Free. Douglas County Fairgrounds, 2110 Harper, Building 21, 9 a.m.-2 p.m.

LAWRENCE, 785-550-4757

facebook.com/events/2768631963215801

FEB 21

ANNUAL CHILI & VEGETABLE SOUP SUPPER

Includes chili or vegetable soup, relishes, drink and dessert. Carry Out Available. Community Invited. Delicious! Sponsored by New Spirit Class. Adults \$8, Kids 10 and under \$3.50. United Methodist Church, Fellowship Hall, 1029 N. Kansas Ave., 4:30-6:30 p.m.

TOPEKA

MAR 10

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watkinsmuseum.org

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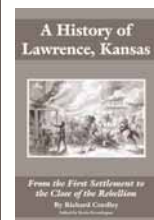
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The History of Lawrence, Kansas

by Richard Cordley

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RICK STEVES' EUROPE

Centuries of survival: France's gothic cathedrals

By Rick Steves

Tribune Content Agency

Though visiting Paris' Notre-Dame cathedral won't be possible for the foreseeable future following a devastating fire, there are plenty of fine examples of Gothic cathedrals—and other Notre-Dames even—that you can see in France.

When traveling in France, I can't help but marvel at the towering Gothic cathedrals that mark the centers of many towns. I like to imagine what it was like to be a pilgrim 600 years ago, hiking for days to a particular church on a particular holy day—and feeling the awe when the soaring spire of the cathedral finally appeared on the horizon.

Nowadays, you can hop on a train in

Paris and in an hour arrive in Chartres, home of arguably Europe's best example of pure Gothic. Officially known as the Cathédrale Notre-Dame de Chartres—it's one of more than a hundred churches dedicated to "Our Lady" ("Notre-Dame") scattered around France—it too experienced a harrowing fire, burning to the ground in 1194.

The Gothic style, which evolved in France in the Middle Ages from heavier Romanesque architecture, is marked by pointed arches (allowing churches to grow higher and more dramatic on the outside while making space for stunning stained-glass windows on the inside) and counterweight "flying buttresses"—stone beams that stick out of the church and support the roof by pushing back inward.

While mostly made of stone, many

DOMINIC ARIZONA BONUCCELLI, RICK STEVES' EUROPE



The centerpiece of a small town, Bayeux's cathedral is as large as Paris' Notre-Dame.

Gothic churches feature a wooden roof or spire, making them susceptible to fires. Amazingly, Chartres' cathedral took just 30 years to rebuild, astonishing when you consider it took centuries to build cathedrals such as Paris' Notre-

Dame. What you see now is a unity of architecture, statuary, and stained glass that captures the spirit of the 13th century (known as the "Age of Faith") like no other church of that era.

■ CONTINUED ON PAGE 27



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Rick Steves

■ CONTINUED FROM PAGE 26

At the time of Chartres' fire, the church owned the veil supposedly worn by Mary when she gave birth to Jesus, making this small town a major player on the pilgrim circuit. While the veil was feared lost in the fire, it was found days later unharmed in the crypt and—whether miracle or marketing ploy—became the impetus to rebuild quickly. You can still view the veil, along with many statues dedicated to Mary, but the highlight for me is the Blue Virgin Window. The central window behind the altar, it shows Mary dressed in the famed “Chartres blue,” a sumptuous color made by mixing cobalt oxide into the glass.

Beyond Chartres, you can find two classic examples of Gothic cathedrals in Normandy. In contrast to small-town Chartres, Rouen was France's second-largest city in medieval times. While its cathedral was also dedicated to Mary, it's more famous as a landmark of art history. Visiting today, you'll see essentially what Claude Monet saw as he painted 30 different studies of this Flamboyant Gothic (mid-14th century) facade at various times of day, capturing “impressions.” You can see several of these paintings at the Orsay Museum in Paris.

The building you see today was constructed between the 12th and 14th centuries, though lightning strikes, wars (the cathedral was accidentally bombed in World War II), and other destructive forces meant constant rebuilding. Inside, you'll see a chapel dedicated to Joan of Arc (she was convicted of heresy in Rouen and burned at the stake in 1431) and several stone tombs that date from when Rouen was the capital of the dukes of Normandy (including one containing the heart of English King Richard the Lionheart).

Bayeux's cathedral—as big as Paris' Notre-Dame—dominates this small town. Its two towers were originally Romanesque but later capped with tall Gothic spires, while the west facade is structurally Romanesque but with a decorative Gothic “curtain” added. Historians believe the Bayeux tapestry, the 70-foot-long embroidery telling

the story of William the Conqueror's victory in the Battle of Hastings, originally hung above the nave.

Heading the other direction, the most impressive Gothic cathedral in eastern France is in Strasbourg, where its venerable church—also a “Notre-Dame”—is a true jaw-dropper.

This Gothic spectacle somehow survived the French Revolution, the Franco-Prussian War, World War I, and World War II. The interior is worth savoring slowly, with its wide nave,

exquisite gold-leaf organ, and elaborately carved stone pulpit. The marvelous stained glass, 80 percent of which is original, dates as far back as the 12th century. The exterior, with its cloud-piercing spire (at 466 feet, it was the world's tallest until the mid-1800s) and red sandstone (from the 13th and 14th centuries), stands out from the other great Gothic churches in France.

Gothic churches are resilient. The ingenuity of design has meant France's great cathedrals have survived wars,

fires, and Mother Nature. While the country's most famous Notre-Dame in Paris is slowly repaired, there are plenty of other places to savor these dramatic architectural wonders.

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

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WOLFGANG PUCK'S KITCHEN

See in the new year with an easy, elegant main dish

"I'll start my diet tomorrow" may be one of the statements most frequently made on December 31. Just as we're planning a high-spirited New Year's Eve dinner, we're also beginning to think about New Year's resolutions that will probably include healthy eating and weight loss.

But a wise person once told me that one of the best ways to spend the last



Wolfgang
Puck

night of the year is to start practicing habits you'd like to follow in the year to come. Which leads to the question: How do you make your New Year's Eve menu as festive as possible while also following healthy eating principles?

Please let me suggest one simple solution: Choose ingredients that are not only good for you but also taste delicious, and prepare and present them in a way that is simultaneously health-conscious and elegant.

If that sounds ambitious, I'm happy to share a perfect example with my recipe for pan-seared salmon fillets with rustic pesto, cherry tomatoes and vegetable "spaghetti."

Let's start with the good-for-you part of the recipe. Salmon is a superbly healthy main-dish ingredient; an excellent source of lean protein that is also rich in heart-healthy omega-3 fatty acids. I accompany the salmon with vegetable "spaghetti": vitamin-packed fresh vegetables cut into long, thin strands. And I top it up all with a rustic pesto sauce that uses far less oil and fewer pine nuts than found in the traditional recipe.

As for deliciousness worthy of a special meal, this recipe doesn't hold back. Salmon is luxuriously rich in flavor

and texture, especially when cooked medium-rare. The pesto, even in this leaner version, packs a big punch of flavor. And the vegetable strands surprisingly offer much of the pleasure you'd get from eating a starchy bowl of pasta.

One look at the results leaves no doubt that this makes a perfect choice for an end-year celebration. The swirl of brightly colored vegetables, the vivid green and red of the pesto and tomatoes, and the rose-pink salmon add up to a presentation that may remind you of a beautiful fireworks display.

You'll also be surprised by how easy the dish is to put together. You can prep the vegetables in advance, the pesto takes 5 minutes to put together, and the final cooking and plating will take no more than 15 minutes. This will leave you, the host, plenty of time for one more glass of Champagne—a small indulgence with which to toast a new year of healthy, flavorful eating.

PAN-SEARED SALMON FILLETS WITH RUSTIC PESTO, CHERRY TOMATOES, AND VEGETABLE "SPAGHETTI"

Serves 4

RUSTIC PESTO AND CHERRY TOMATOES:

1/2 cup packed fresh basil leaves, finely chopped

1/4 cup (60 mL) extra-virgin olive oil

3 tablespoons freshly grated Parmesan cheese

2 tablespoons pine nuts, toasted

2 garlic cloves, minced

1 cup cherry tomatoes, cut in halves

Kosher salt

Freshly ground black pepper



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

VEGETABLE SPAGHETTI AND PAN-SEARED SALMON:

2 medium zucchini, trimmed

1 medium yellow squash, or 1 extra zucchini, trimmed

2 large carrots, peeled and trimmed

3 radishes, trimmed

1/4 cup (60 mL) extra-virgin olive oil

4 portions center-cut salmon fillet, each about 6 ounces (185 g)

Kosher salt

Freshly ground black pepper

6 tablespoons extra-virgin olive oil

Edible organic flowers, for garnish, optional

To make the pesto, put the basil, olive oil, Parmesan, pine nuts and garlic in a mixing bowl. Stir well. Add the cherry tomatoes and stir again to coat them thoroughly. Season to taste with salt and pepper. Set aside.

For the vegetable spaghetti, use a spiralizer to cut the zucchini, yellow squash, carrots, and radishes into spaghetti-like strands; or, if you don't have a spiralizer, cut them using a mandolin or by carefully cutting them lengthwise into thin slices and then stacking the slices and cutting them lengthwise into similar thin strands. Set aside all the vegetable spaghetti in a bowl, tossing them together.

Season the salmon fillets to taste on

both sides with salt and pepper. Heat 4 tablespoons of the olive oil over medium-high heat in a saute pan large enough to hold all the fillets comfortably in a single layer.

When the oil is hot enough to shimmer slightly, carefully add the fillets and cook until nicely browned, 3 to 4 minutes per side for medium-rare, turning them only once; the fish should still look a slightly deeper rose color at the center when a small knife-tip is inserted between the flakes near the thickest part. When the fish is done to your liking, transfer to a plate and keep warm.

In a clean pan, heat the remaining 2 tablespoons olive oil over medium-high heat. When the oil is hot, add the vegetable spaghetti, season to taste with salt and pepper, and stir and toss continuously until the strands are brightly colored and have softened slightly, about 1 minute.

Using tongs, arrange beds of the vegetable spaghetti on individual heated serving plates. Place a salmon fillet on top of the vegetable spaghetti on each plate. Spoon the pesto-tomato mixture over and around the salmon. If you like, garnish with edible flowers. Serve immediately.

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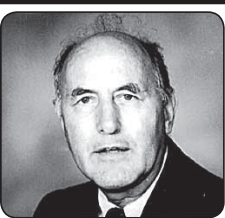
Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.

HUMOR

Kaybe Makes Contact

Something jogged my memory the other day, and I realized it had been a long time since Kaybe, my alien friend from outer space, had contacted me. Long time readers will remember Kaybe, but if you're a new reader, here is an update:

Do you believe in aliens from outer space? I do. I've been friends with one for decades. KB-11.2 doesn't have



Larry
Day

green skin and luminous eyes like the aliens one sees in sci-fi movies. In Kaybe's part of the universe they've solved the problem of time and space. For them, crossing six parsecs is like going to the grocery store.

Kaybe looks like a giant tuna fish can. Erector Set® arms sprout from the curving sides of his body, and three spindly metal legs drop down from the underside of his flat stainless steel torso. He has ball bearing wheels for feet. A floppy two-foot antenna, with three sensor-eyes, stick out of the middle of his lid. Kaybe comes from the Alpha Centauri star system. Many years ago on a visit to Earth, Kaybe saved my marriage. He

communicates through mental telepathy.

Since I first met him, Kaybe and I have had many fine adventures. He usually stops by The Enchantment when he is within a few hundred parsecs of Earth. Another of my alien friends, Four-Finger Fanny, works as a waitress there.

The Enchantment is a dingy roadhouse on the outskirts of Letongaloosa. It's the kind of place every college town needs to maintain academic accreditation.

I go to the Enchantment for a soft drink with friends—some of whom live here in Letongaloosa and some, like my robot alien friend KB 11.2, Henry the Hulk, Miniature Mike, and Four-Finger Fanny, live a long, long way from here.

Four-Finger Fanny speaks telepathically, but she also speaks human. I'm glad she does because it tires me to speak telepathically.

Four-Finger Fanny doesn't look like an alien. She looks like a 40-something waitress with sore feet and a tired back—which she is, actually. Fanny works at The Enchantment. That's her day job. Her real assignment is to be earth's contact with the Powers that Be in this sector of the cosmos.

I called the Enchantment and asked for Fanny.

"Hello," she said. "Long time, no hear."

"I apologize," I said. "There's been a lot going on. Fanny, is Kaybe due to swing by the solar system anytime soon? I haven't been in touch for ages. I need to visit with him."

"Funny you should ask," said Fanny. "Kaybe just sailed in this morning. He was a few parsecs away so he swung by to say 'Hello.'"

"Kaybe!" I said.

His answer came telepathically. When Kaybe speaks English his words come in sounding like Jimmy Kimmel. When he speaks Spanish he sounds like the Mexican comedian Cantiflas.

"Hello, old friend, how goes it?"

"Emaline is well, but I'm at loose ends. I need to get away from Earth and all the stuff in my life. I want to go into outer space. Can you help me do that?"

"Kind of 'ET Call Home,'" you mean," said Kaybe.

"Yes, but rather than calling, I want to GO there," I said.

A couple of days later (who knows how long it was in space-time) Kaybe called me. He actually called me. The telephone rang. He was using his

Jimmy Kimmel voice.

"I can beam you up, Scotty," he said.

"What should I take with me?"

"Just the clothes you're wearing. You don't even need a toothbrush."

"How long will I be gone?"

"You could figure somewhere between two shakes of a lamb's tail and several months."

"What should I tell Emaline?"

"You don't need to tell her anything. To her it will seem like two shakes of a lamb's tail."

The next thing I knew I was hurtling through space. I was standing inside a clear plastic ball. Comets and asteroids and stars whizzed by me. I felt happy and loose and at ease.

The next thing I knew I was home—upstairs sitting at my desk.

I picked up the phone.

"Kaybe, that was great! THANK YOU!"

"Anytime, old friend, be well."

- 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

Safe room can help terrified kitten adjust to home

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

Dear Cathy: My wife and I are 81 years old and have always had a cat. We wanted a new one for companionship because we are alone, so we answered an ad in the paper for 8-week-old kittens.

It was a home in the country. The kittens were kept in a basement room. There were no windows and the door was shut. The women said they had received their first shots from the vet. The kittens were very well-fed, so we took a little female.

When we got her home, she was terrified; that was to be expected. She finds a curtain or a small corner to hide in. After a night during which she cried constantly, we noticed she might have eaten a small amount of dry food but had not used her litter box. When my wife tried to pick her up, the kitten hissed at her and raised her paws as if to strike. The kitten was shaking all over from fear. The cleaning woman started the vacuum cleaner and the kitten started screaming.

We have never had this happen to us before, but we have a theory. The kitten is only 8 weeks old and has never been introduced to family living. Every noise or commotion is a new experience. Our question to you is, will she ever get over it? What can we do to help her? She will not let us approach.

We know this has been less than 24 hours since she got here, but we could use some guidance and would love to keep her. - Richard and Gloria, Kenosha, Wisconsin

Dear Richard and Gloria: Your theory is probably correct. This kitten probably had very little socialization, but she also is being exposed to her new environment too quickly. Kittens are still babies and require help adjusting to their new homes.

The good news is, there is hope. Begin by placing her in a quiet room with her litter box and food for a few days (or even a week), so she can rest and settle into her new home. Spend time in the room with her. Read a book, drink some coffee or watch TV, so you can be near her but not focused on her. Spray your clothes with feline pheromones before going in as this will comfort her. Put a feline pheromone plug-in in the bedroom as well to lower her stress levels.

When you sit with her, don't try to pick her up. Let her come to you. When she does, don't reach out for her. Talk to her softly. If she purrs, you can slowly pet her. Otherwise, just talk to her and let her know she is safe. If she gets into your lap, let her sleep there for a minute or two before trying to pet her, and don't overdo it. Just letting her cuddle on your lap will begin to build her trust in you, and you will be able to pet her more over time.

Once she calms down and gains confidence in her new surroundings (and this could take some time), let her out of the room for short periods to explore other rooms in your home. She needs time to adjust to her space and not feel overwhelmed. Put some cardboard boxes around the house so she has places to hide if she feels insecure.

If she is spending time with you, is getting used to your soft voices, has great places to hide and has the comfort of feline pheromones in the home, she will begin to feel better and trust you and her surroundings more. If you give her up, she will be traumatized again, so please be patient with her and give her the time she needs to feel secure in her new home.

Dear Cathy: I heard a cat outside my hotel screaming like crazy loud. Is that good or bad or just a cat in heat? - Norma, from the road

Dear Norma: What you likely heard was either a male cat fighting with another male cat over territory and/or a female cat in heat, or it was the cries of a female in heat. Either way, it's startling to hear these cries, and one of the many reasons why the humane community encourages trap-neuter-return programs for feral cats.

By trapping feral cats and sterilizing them, it not only reduces the number of kittens born on the street, but the caterwauling that comes with mating.

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

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JAY'S MUSICAL MEMORIES

Love songs

By Jay Wachs

Roses are Red, Violets are Blue
Fire up the Victrola
Jay's got love songs for you!
Valentine's Day is upon us. And with the holiday comes romance.
Special dinners. Flowers.
Chocolates. Candles.
Greeting cards.
And love songs.
Lots of love songs.
Growing up with two parents who were from the Big Band era, I often found myself awash in standards.

When I think of love songs, I immediately think of Hoagy Carmichael and "Stardust."

As the years went on, other songs stood out to me, including Eric Clapton's "Wonderful Tonight" and, of course, Dolly Parton's version of "I Will Always Love You."

We all have our personal favorites, but I thought I would share our station's top love songs of the past decades.

You can "Google" them or perhaps just listen to "The Love Zone" Sunday through Thursdays from 10 p.m. to midnight on www.lawrencehits.com.

1940s

Doris Day's version of "Again" from the 1948 movie "Road House." The lyrics included:

*Again, this couldn't happen again
This is that once in a lifetime
This is the thrill divine*

1950s

Nat King Cole's version of "When I Fall in Love," released in 1956. The lyrics included:

*When I fall in love...it will be forever
Or I'll never fall in love*

1960s

The Righteous Brothers "Unchained Melody" from 1965. This song found new popularity due to its inclusion in the movie "Ghost." Who can forget the poetry of these words:

*Whoa, my love
My darling
I've hungered for your touch
A long, lonely time
And time goes by so slowly
And time can do so much
Are you still mine?*

1970s

The Bee Gee's "How Deep Is Your Love" 1977. From the movie *Saturday Night Fever* this love song painted a

picture of romance on a sunny day.
*I know your eyes in the morning sun
I feel you touch me in the pouring rain*

And the moment that you wander far from me

I want to feel you in my arms again

1980s

Lionel Richie and Diana Ross "Endless Love," 1981. This song won a Grammy for record of the year in 1981 and its lyrics have been included in countless wedding vows. It was also the title track to the movie by the same name. It also has the distinction of being the most popular love song of all time according to *Billboard* magazine.

*My love, there's only you in my life
The only thing that's bright*



*My first love,
You're every breath that I take
You're every step I make*
However you choose to celebrate love on Valentine's Day or any day, remember that the greatest gift we can give to anyone is kindness and selfless love.

See you next month.

- 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 8th year in operation and can be also be found on Roku and Tune In Radio. For more information, email briarcliffgroup@gmail.com.

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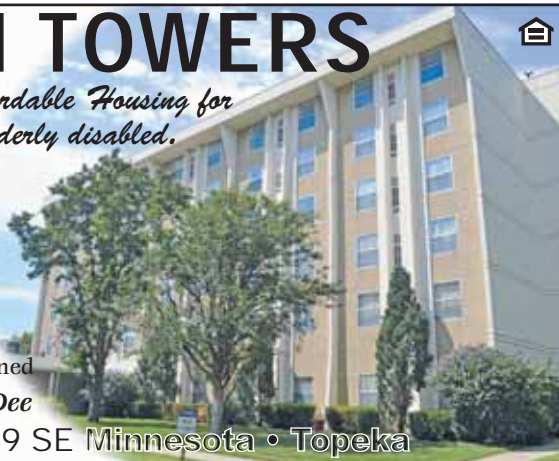
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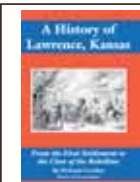
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The History of Lawrence, Kansas

By Richard Cordley

Available at the Watkins Museum of History,
1047 Massachusetts St., Downtown Lawrence.



GOREN ON BRIDGE

WITH BOB JONES

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BLOODLINES

North-South vulnerable, North deals

NORTH

♠ 7
♥ A Q 8 3 2
♦ K 10 6
♣ K Q 8 6

WEST

♠ J 5 4 3 2
♥ K J 7 5 4
♦ Q 3
♣ J

EAST

♠ K 10 9 6
♥ 10 6
♦ J 9 7
♣ 10 9 5 4

SOUTH

♠ A Q 8
♥ 9
♦ A 8 5 4 2
♣ A 7 3 2

The bidding:

NORTH	EAST	SOUTH	WEST
1♥	Pass	2♦	Pass
3♣	Pass	3♠	Pass
4♦	Pass	5♣	Pass
6♣	All pass		

Opening lead: Five of ♥

South in today's deal was Paul Bethe. A good player in his own right, he is the son of Henry and Kitty Bethe. His father was a National Champion and his mother a World Champion. He and his partner had a lucky misunderstanding in the auction. Paul thought his fourth-suit forcing three-spade bid followed by five clubs set clubs as the trump suit. His partner was on a different

wavelength and bid the slam in the suit that, luckily, was breaking 3-2.

It looked easy at first, so Bethe won the ace of hearts on the opening lead, led a spade to the ace, and ruffed a spade. He cashed the king of diamonds, ruffed a heart to his hand, and ruffed the queen of spades. A club to his ace and the ace of diamonds left this position:

NORTH

♠ Void
♥ Q 8
♦ Q
♣ K Q 8

WEST

♠ J 5
♥ K J 5
♦ Void
♣ Void

EAST

♠ K
♥ Void
♦ J
♣ 10 9 5

SOUTH

♠ Void
♥ Void
♦ 8 5
♣ 7 3 2

Bethe led a club and would have claimed 12 tricks had both opponents followed. He won with dummy's king and led a heart. He didn't know who held the last trump, but it didn't matter. Should either opponent ruff, Bethe would have the rest. He ruffed the heart, led a club to the queen, and led another heart, scoring his last trump "en passant".



By David L. Hoyt and Jeff Knurek



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 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 RATING

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

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PUZZLES & GAMES

CROSSWORD

Across

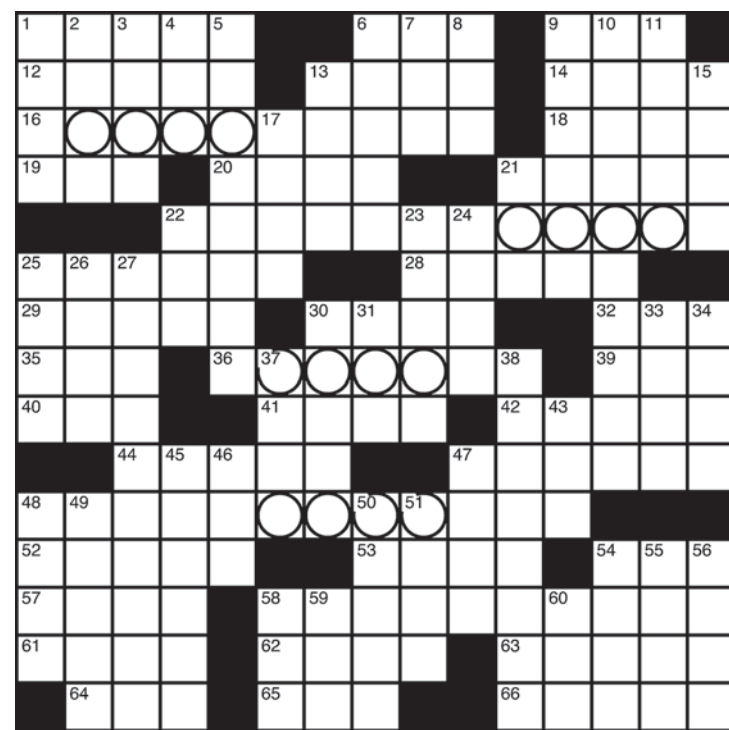
- 1 Wobbly dessert
- 6 Pal
- 9 Vintner's tub
- 12 Birdlike
- 13 Drachma replacer
- 14 B&Bs
- 16 Source of post-toilet training anxiety
- 18 Use too much of, briefly
- 19 Many SAT takers
- 20 Dashboard feature
- 21 Reach through the air
- 22 Surfer's destination
- 25 Treat, as table salt
- 28 Major blood vessel
- 29 Male in the hive
- 30 Sharp-tasting
- 32 Trailer park parkers
- 35 Actor Cariou of "Blue Bloods"
- 36 Great Depression recovery program
- 39 Question of method
- 40 Letters on a law office door

- 41 Purges (of)
- 42 "The Hot Zone" virus
- 44 Quick-as-lightning Bolt
- 47 Apt to malfunction, as wiring
- 48 Youngest son of Queen Elizabeth II
- 52 Illumination units
- 53 Have ___: know someone
- 54 "The Night Of" channel
- 57 Slender woodwind
- 58 Desert plant suggested by this puzzle's circles
- 61 Dingbat
- 62 Flat-package furniture chain
- 63 River through western Germany
- 64 Florida island
- 65 Video game initials
- 66 Separates for the wash

Down

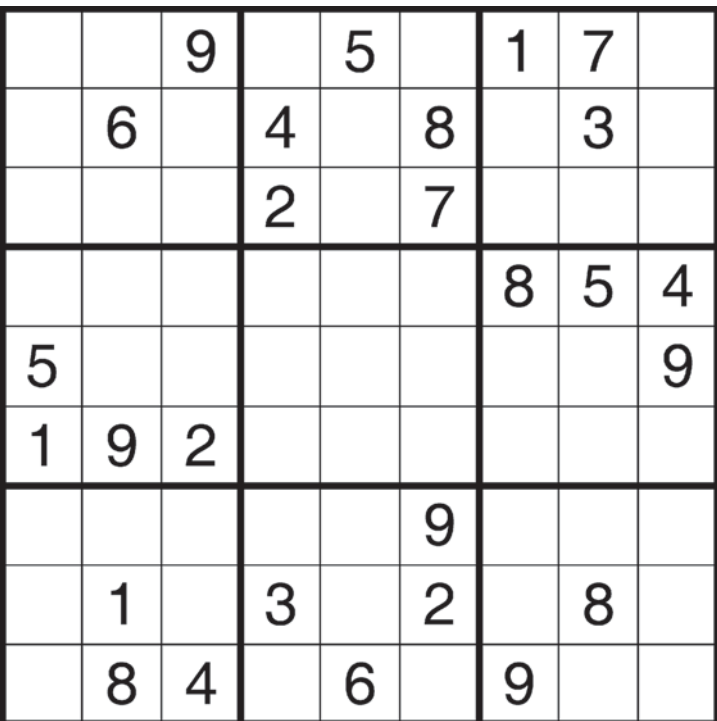
- 1 Quick punches
- 2 "Did you ___?!"
- 3 The eyes have them
- 4 Murphy's ___

- 5 Standard eggs purchase
- 6 Play with Lincoln Logs, say
- 7 Coffee hour vessel
- 8 Peat source
- 9 Purple shade
- 10 Artist nicknamed the "Pope of Pop"
- 11 Govt. bill
- 13 And others, in bibliographies
- 15 Stuck-up sort
- 17 Goodyear product
- 21 Pres. who developed the 36-Across
- 22 Finish in front
- 23 Stuff to sell
- 24 Itty bit
- 25 Not employed
- 26 Rock groups?
- 27 Man of La Mancha
- 30 Packing rope
- 31 Say further
- 33 Chevy's plug-in hybrid
- 34 Rock to music
- 37 Great Lake bordering four states
- 38 Knowledge seekers
- 43 Flower source
- 45 Companion of Bashful
- 46 Bldg. coolers
- 47 Get no credit for, in



- 48 school
- 48 Walk heavily
- 49 Big name in puzzle cubes
- 50 British noblewomen
- 51 Where to see the Sun, the Sky and the Stars: Abbr.
- 54 Will beneficiary
- 55 Like an arm in a sling
- 56 Lyrical lines
- 58 Altoids container
- 59 Island strings
- 60 Question of identity

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

JUMBLE

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

KELEN



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TEHTE



MICTOM

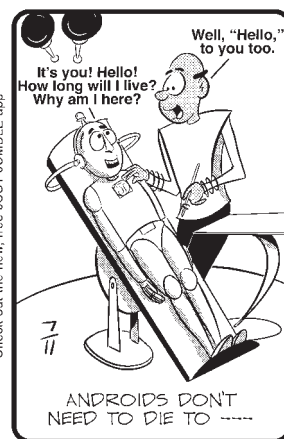


PORRUA



(Answers tomorrow)

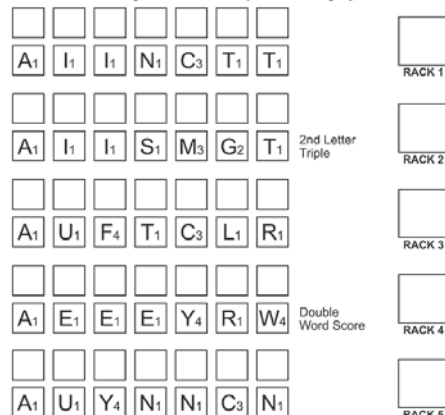
THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek



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

SCRABBLE G R A M S

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PAR SCORE 265-275
BEST SCORE 325
FIVE RACK TOTAL
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 scrgams@gmail.com

Answers to all puzzles on page 34

CROSSWORD SOLUTION



SUDOKU SOLUTION

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

BOOGLE ANSWERS

THAI, LATIN, DUTCH, POLISH,
GERMAN, ENGLISH, SPANISH

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JUMBLE ANSWERS

Jumbles: KNEEL, TEETH,
COMMIT, UPROAR

Answer: Androids don't need to die
to - MEET THEIR MAKER

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SCRABBLE G R A M S SOLUTION													
T ₁	I ₁	T ₁	A ₁	N ₁	I ₁	C ₃	RACK 1 =	59					
I ₁	M ₃	A ₁	G ₂	I ₁	S ₁	T ₁	RACK 2 =	66					
C ₃	A ₁	R ₁	T ₁	F ₄	U ₁	L ₁	RACK 3 =	62					
E ₁	Y ₄	E ₁	W ₄	E ₁	A ₁	R ₁	RACK 4 =	76					
U ₁	N ₁	C ₃	A ₁	N ₁	N ₁	Y ₄	RACK 5 =	62					
PAR SCORE 265-275								TOTAL	325				

MY ANSWER

Comfort the sick with God's guidance

From the writings of the Rev. Billy
Graham

Tribune Content Agency

Q: I have a neighbor dying due to aggressive cancer. She has no family members who will come to her aid. I try to help her in every way I can but many of them tell me nothing good will come from it since my neighbor has no way to repay me. My desire is to convey the love of Christ. I am not looking for anything in return. Am I unwise to help? - C.N.

A: A sick person has God-given worth. God is concerned about the way we treat people who may not have much to offer us. A person of influence may not have trouble getting

loving treatment. But when Jesus was teaching His disciples that in doing for others they were doing deeds as unto the Lord Himself (Matthew 25:35-40), He did not show favoritism.

We can, and should, contribute to the God-given worth of a human life, keeping in mind how we would hope to be treated (Luke 6:31). Reaching out to someone in need is never wrong, but it is wise to ask God for His guidance and direction in how to go about it, particularly when family members are opposed to help from outsiders.

When someone is dying there is seldom opposition to words of comfort from a friendly voice. There are countless ways to comfort others, and God blesses those who have responsive compassion.

“Christians Who Care” should be the slogan and the banner for the body of believers. When others see the compassion we express for the suffering and bereaved, they will truly believe our faith means something. The Bible has much to say about comforting the sick. “(The) God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble” (2 Corinthians 1:3-4).

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

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