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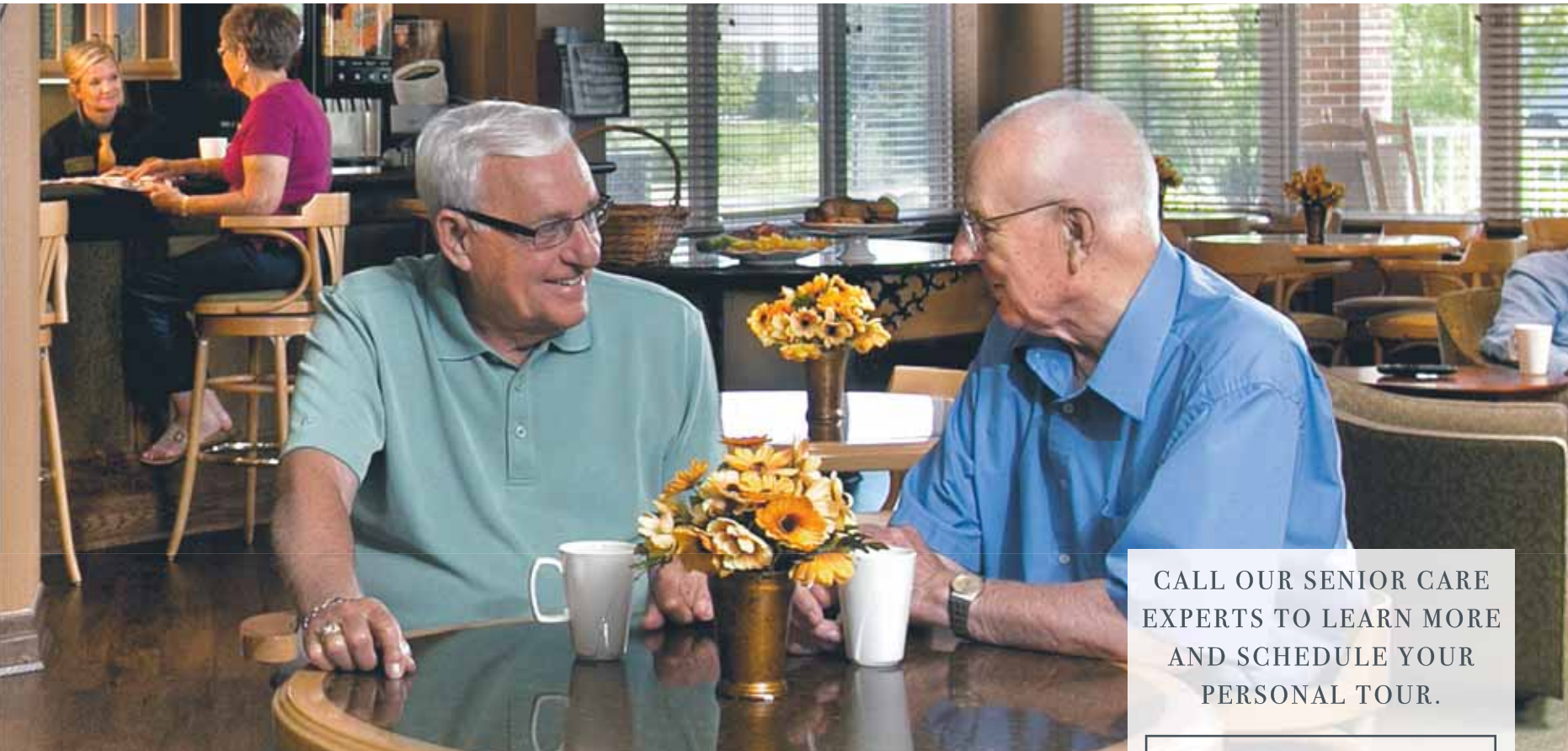
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Glenn leads effort to restore Constitution Hall

By Kevin Groenhagen

Grant Glenn took a hammer to a portion of an interior wall of Constitution Hall in Topeka on June 6. Several others, including Governor Charles Robinson and his wife, Sara (portrayed by Steve and Suzanne Germes of Topeka), also hit the wall with the hammer, causing pieces of concrete to fall to the floor. People usually frown upon the swinging a hammer in a building on the National Register of Historic Places. In this case, those in attendance celebrated the destruction.

“We must first take down the old and non-historic to return Constitution Hall to its former glory when it served as the Free State Capitol and our state’s first capitol building,” said Glenn, president of Friends of the Free State Capitol, a 501 (c)(3) non-profit organization. “This will be a major step in bringing Constitution Hall closer to its historical roots.”

Friends of the Free State Capitol is spearheading the effort to restore Constitution Hall, which is located at 427

and 429 S. Kansas Avenue. Delegates opposed to introducing slavery into the Kansas Territory met at Constitution Hall in what became the Topeka Constitutional Convention, which opened on October 23, 1855. The Free-State delegates also elected officers, including Charles Robinson as governor. President Franklin Pierce, a southern sympathizer, proclaimed the Topeka government to be revolutionary and ordered the arrest of its leaders. Ignoring Pierce’s proclamation, the Topeka Legislature convened on March 4, 1856, and again on July 4 to ask Congress for admittance of Kansas as a free state. Three squadrons of federal troops under the command of Colonel Edwin Vose Sumner dispersed the legislature on July 4.

In July 1856, the United States House of Representatives adopted the Topeka Constitution, but it failed in the Senate by two votes.

In 1857, Constitution Hall became the headquarters for Underground Railroad operations on the Lane Trail to freedom in the north and Canada. From 1863-1869, Constitution Hall served as part of the first Kansas Statehouse. After 1869, Constitution Hall was home to several occupants, including an arms dealer, a mortuary, a used book



Grant Glenn in front of the Downtown Topeka Post Office

seller, a pharmacy, a jeweler, a cutlery shop, a furniture store, a dry goods store, restaurants, and offices.

Glenn’s work with the Constitution Hall project is merely the latest exam-

ple of his decades-long commitment to civic involvement. He has been a member and leader of several civic organizations, including the Helping

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Kaw Valley
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Kevin L. Groenhagen
Editor and Publisher

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Grant Glenn

■ CONTINUED FROM PAGE THREE

Hands Humane Society, of which he served as president. He was involved in acquiring its current location on 21st Street in Topeka.

Born in Holton, Kansas, Glenn went to Kansas State University as an undergraduate and then attended the University of Kansas School of Law. While at K-State, he met and later married Andrea Poutasse, who graduated with a degree in journalism. Glenn accepted a position with a Topeka law firm, while Andrea, at the age of 26, became the editor of *KANSAS!* magazine in 1978. First published in 1945 as an industry newsletter by the Kansas Industrial Development Commission, *KANSAS!* is now published quarterly by the Tourism Division of the Kansas Department of Wildlife, Parks & Tourism. Under Andrea's leadership, the magazine grew from a gratis basis circulation to a self-sustaining publication with more than 50,000 paid subscribers.

Sadly, Andrea died from cancer in 2001 at the age of 49.

"I didn't know what I was going to do or how I was going to raise a 14-year-old daughter by myself," Glenn said. "As a lawyer, I had gotten into cases where I wasn't sure how I was going to get to the finish line, but you never leave a case. You just take it one day at a time."

As a way to channel their grief into something positive, Glenn and his family, which also included two sons in their 20s, began working on a book project.

"Andrea had done one book and was planning on doing another," he said. "I contacted photographers Andrea worked with and asked them for rights to republish their photographs that

had appeared in *KANSAS!* magazine. I worked with the Kansas Department of Commerce, which had the rights to *KANSAS!* magazine, and we all agreed that we would make a benevolent project so that the proceeds would go to scholarships and the like. Everyone was very gracious. Some of the photographers gave us the use of photographs in addition to the ones that were published in the magazine. Cindy Maude and her staff at Callahan Creek helped with the layout of the book. The *Kansas City Star* published the book and they were all just wonderful to work with."

Glenn also contacted Bill Kurtis, the host of a number of A&E crime and news documentary shows, including *Investigative Reports*, *American Justice*, and *Cold Case Files*.

"Andrea truly admired Bill Kurtis," Glenn said. "She had done a story about some of his Kansas real estate acquisitions for the magazine. We contacted Bill through a mutual friend of Cindy's and asked him if he would be willing to write the introduction to *Forever KANSAS!* He did a wonderful job. Bill also came from Chicago for the book signing in Douglas County Bank's lobby. The building was full of people. They stood in line a long time for Bill to sign their copies of the book. Bill was so gracious that he cancelled his flight back to Chicago that night so he could stay to sign books into the evening."

Glenn married Donna Reynolds of Lawrence in 2006. Like Glenn, she has three adult children. The couple has a total of nine grandchildren.

Glenn took a short break from community involvement, but then he had a conversation with his friend, Don Lambert.

"Don is one of the renown art supporters of our state," Glenn said. "He and I started a high school art contest

together that was done in conjunction with Kansas Native Sons and Daughters. Don said that he had a good friend, Chris Meinhardt, who had been working on Constitution Hall, but he was kind of working by himself. Don said that he could use some support and asked if I could help him. I was at a point in my life where I was willing to get involved with the community again, so I said, 'Sure.' Chris is an architect by training. He has kept the Constitution Hall project from going dark. He got city appropriations to tear down the part of the building that was not originally part of it. It was in deteriorating condition. He was also able to get the building next door torn down and get a new wall on the west side of the building. He was kind of a one-man wrecking and building crew.

"I was able to physically help Chris with some projects," Glenn continued. "We built the wooden benches for the inside of the building. We got some rustic cottonwood and put those together. We built the frames for the interpretative signage that tell the story

of Constitution Hall."

While Lambert and Glenn were working on Constitution Hall, the Rotary Clubs in Topeka were preparing to celebrate Rotary's 100th anniversary in the city in the spring of 2015.

"I'm a member of the Downtown Rotary Club," Glenn said. "I had also been on the Kansas Arts Commission and served with Anita Wolgas, who had been appointed by Governor Kathleen Sebelius. Anita was also president of the Rotary Club at that time. The 100th anniversary of the club was coming up and she wanted the committee to think about how we were going to celebrate our anniversary. We suggested we do something in conjunction with the Constitution Hall project."

The Downtown Topeka Rotary Club toured the second-floor Federal District courtroom in the Downtown Topeka Post Office, where the historic *Brown v. Board of Education of Topeka* case was tried. The club then toured Constitution Hall.

■ CONTINUED ON PAGE FIVE

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Grant Glenn

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“That really helped ignite interest in an urban park project,” Glenn said. “Two nationally significant events happened across the street from one another about a hundred years apart. Our committee proposed building an urban park in the area where we tore down the vacant building. The park, which tells those two freedom stories, was dedicated in conjunction with Rotary’s 100th anniversary in Topeka.”

Glenn also helped build the benches located in the pavilion behind Constitution Hall.

“I spent part of one winter cutting all the parts for 20 benches,” he said. “One Saturday morning we had a crew of about a dozen volunteers and we assembled park benches. That was fun. Last year we were able to build the new bathroom, which was a huge deal. If you’re hosting groups, you have to have a bathroom. The building is generally available for use. We hosted a wedding and were on the Friday Night

Art Walk on a few occasions.

“We’re about to enter this period where we’ll be replacing the front so it is restored to what we believe was the original façade,” Glenn continued. “The exterior of the building will look like it did when it was constructed in 1855. We are in the process of getting our contractors in place with a plan that has been approved by the Kansas Historical Society and the City of Topeka. We won’t be open for business, so to speak, for the next year or year and a half. After the façade is completed, the next job will be the second floor, which was the great hall. It’s two storefronts wide. It would make a wonderful classroom or reception area. It needs an elevator and proper stairwells for access. We think we have most of the funding in place right now for the new façade project, but additional funding would really be important to ensure we complete the project in the manner that we intend.”

Those who wish to contribute to the project can find more information at www.oldkansascapitol.org.

Glenn shared his personal vision

concerning the Constitution Hall project after Friends of the Free State Capitol completes its work on the façade and second floor.

“I’d like to see a great restaurant or brewhouse on the main floor,” he said. “The public could experience the building and learn some of its stories. The operator would pay rent and be on the tax rolls and provide income for the maintenance of the outside of the building. The second floor could be used as a reception area for weddings or meetings, but it would be used mostly by students who would come and visit. The basement is the wonder of the building because it was the storehouse for the Underground Railroad. I think that will continue to be a tourist attraction in its own right.”

In the process of working on the Constitution Hall project, Glenn was asked to serve on the Freedom’s Frontier National Heritage Area’s (FFNHA) board of trustees. He is currently the board’s vice chair. FFNHA is a federally designated U.S. National Heritage Area located in eastern Kansas and western Missouri. This heritage area

preserves, conserves, and interprets historic and cultural landscapes pertaining to the shaping of the frontier, the Missouri-Kansas Border War, and the enduring struggle for freedom.

“I think it’s great to have an organization that not only promotes local tourism, but local pride as well,” Glenn said.

In 2016, Glenn left a Topeka law firm to pursue his own dreams and vision. He started his own law firm, where he practices real estate, business, and probate law.

“Losing my first wife has given me the appreciation as a lawyer concerning the importance of the probate process and how grief is part of that,” he said. “I have a lot of empathy for people who must face many difficult decisions.”

When Glenn isn’t working as a lawyer or doing volunteer work, he attends church in Topeka and enjoys relaxing with his family at his cabin at Lake View.

“Lake View is an oxbow lake and is located just north of Lawrence and there about 30 cabins there,” he said.

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Morningstar Care Homes receives Governor's Award of Excellence

By Billie David

In 2017, Scott Schultz acquired two Vintage Park facilities in southeast Kansas, one in Neodesha and the other in Fredonia, and brought them under the umbrella of Morningstar Care Homes. Eighteen months later, Shannon Thomas, Fredonia's Economic Development director, and the city's Chamber of Commerce nominated Morningstar Care Homes of Fredonia for the Kansas Governor's Award of Excellence, with the winner to be announced during Business Appreciation Month, which is June in Kansas.

Morningstar Care Homes of Fredonia was among a total of 96 businesses that were nominated, and on June 4, Schultz attended a banquet in Manhattan, where they were announced the winner, with Morningstar Care Homes sharing the spotlight with Pinnacle Technology of Lawrence, the winner of the Kansas Exporter of the Year award.

"To have 96 companies nominated for the Award of Excellence from all industries across Kansas and to choose a company that provides long-term

care as the award winner is very meaningful," Schultz said.

What makes it even more gratifying is that not long ago, long-term care facilities of the 1980s and 1990s had suffered a poor reputation, he added.

"When Linda's grandmother and my grandmother lived in large, long-term care facilities, they experienced substandard care," he said.

In fact, it was their experience with the low standard of care provided to their loved ones that motivated Scott and Linda Schultz to go into the long-term care business themselves, purchasing their first care home in 2011.

The award was also significant to the community of Fredonia.

"The newspaper owners reported to us that they felt that it was a source of pride for their community," Schultz said. "Fredonia is a town of 2,500 in southeast Kansas that is shrinking and not experiencing economic growth. They appreciate having a home to go along with their hospital to give seniors quality care."

But Schultz is quick to give credit where credit is due.

"I think our team has earned it," he

COURTESY PHOTO: LARRY F. LEVENSON



Kansas Commerce Secretary David Toland presents the 2019 Governor's Award of Excellence to Scott Schultz, president of Morningstar Care Homes.

said. "To be recognized on a statewide basis is a compliment to the caregivers who are with our residents 24/7/365. Our excellent care team members are the foundation for this recognition."

But perhaps the most gratifying aspect of all is that back when Scott and

Linda decided to open their first long-term care home, they were determined not to sacrifice quality for income. That's why they chose to go with the

■ CONTINUED ON PAGE SEVEN



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■ CONTINUED FROM PAGE SIX

Home Plus concept, which includes caring for residents in smaller, home-like settings.

“Our homes are among those who have the highest ratio of caregivers to residents in the industry,” Schultz said, “and providing good care is not as profitable as opening a large facility that enjoys economies of scale but provides less care to the residents. We believe the care of the residents must come first.

“To provide that good care and still be recognized as a solid business is icing on the cake. We of course believe we are doing excellent work, but having the Department of Commerce recognize us is very affirming.”

Founded by Scott and Linda Schultz in 2011, Morningstar Care Homes consists of five long-term memory care homes, two in Baldwin City, one in Ottawa, one in Neodesha, and one in Fredonia.

One of the most memorable events for Scott and Linda Schultz was the opening of the Dunn’s Vista home in June of 2018.

The impetus leading to this occasion occurred when Baldwin City resident Raymond Dunn developed Alzheimer’s in 2013 and was placed in the original Baldwin City’s Morningstar Care Home in 2016. His family didn’t want to move him from the rural environment he was accustomed to, so they approached Schultz with the idea of building a care home on the Dunn family farm, hoping that Raymond could move in and enjoy the familiar surroundings.

It didn’t take much to persuade him. Schultz’s original vision when he went into the care-home industry had actually been to open a care home on about seven acres in a rural area, believing that being out in nature helps residents achieve a higher quality of life, and that surrounding residents with items that are familiar to them would stimulate their long-term memories.

Dunn’s Vista was well received, Schultz reported, and within a few months of opening they were already at 90 percent occupancy.

Schultz has also been working on a project that combines his business experience with his spiritual interests. He had envisioned helping church leaders establish long-term care businesses in India not only to provide better healthcare for seniors there but also as a way to help Christian pastors support themselves.

The idea was test-marketed but, because the tradition in India is to care for elders in the homes of their adult children, the idea needed to be modi-

fied to conform to the cultural needs.

“Last October, the leader of our team in Delhi, Vinay Singh, challenged local church pastors to submit business ideas with an investment requirement of \$2,000 or less that would care for their families’ needs, and perhaps the needs of the assistant pastors working with them,” Schultz said.

They received 45 proposals, and so far 25 businesses have been funded and started, including operating rickshaw taxis, running a tea shop and operating

a dairy.

“When a person develops a business that they have the aptitude for, and they receive the needed resources to start the operation and put their heart into the work, it is amazing what they can accomplish,” Schultz said. “One man funded in January had started a second line of business by our visit there the first week of May.”

For more information about Morningstar Care Homes, visit www.morningstarcarehomes.com.

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thing for everyone to celebrate."

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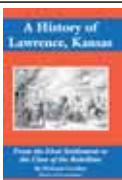
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Aldersgate Village holds ribbon cutting and 40th anniversary celebration

On May 29, Aldersgate Village Life Plan Community, a faith-based continuum of care facility in southwest Topeka, held a naming ceremony and ribbon cutting at its new Home Plus facility. Following the ribbon cutting, Aldersgate Village commemorated its 40th anniversary with a reception in Wesley Hall, on the Aldersgate campus at 7220 S.W. Asbury Drive.

Aldersgate's Home Plus, which offers assisted living with age-in-place care, was completed in late 2018 with help from several benefactors, who supported the organization's mission of caring for seniors in need. Home Plus was named in honor of longtime supporter and advocate Nancy Lewis.

"We've named this facility after a lady who exemplifies the spirit of Aldersgate and its Christian mission of service to seniors in Topeka, Shawnee County and, indeed, the entire northeast region of Kansas," shared President and CEO Jerry Ney during the ceremony. Ney added that Mrs. Lewis served on

Aldersgate's Board of Trustees for eight years, two of which were as board chair. "She worked tirelessly for the residents of Aldersgate, turning her 'volunteer' board service into what essentially amounted to a full-time job."

Mrs. Lewis, who had to be convinced that she was deserving of the tribute, remarked that she hoped her name's meaning would represent the newly dedicated Nancy's Place. "My name, Nancy, means grace. It is my hope and prayer that Nancy's Place will be filled with grace and God's love forever."

The naming ceremony concluded with a ribbon cutting and a prayer and blessing of the building by Bishop Ruben Saenz Jr. Bishop Saenz is the resident bishop of the Great Plains Conference of the United Methodist Church.

Following the ribbon cutting, guests, as well as residents, staff, and the community, celebrated the organization's 40th anniversary with a reception in Wesley Hall.

In the four decades since Aldersgate

Village was established by the United Methodist Homes Board of Trustees, the organization has transitioned from a single senior care home to a comprehensive life plan community, providing a full range of residential and care services for seniors. Today, on its scenic 168-acre campus, Aldersgate Village serves nearly 400 residents and offers independent living, assisted living, home plus, skilled nursing, and a state-of-the-art recovery center for inpatient and outpatient therapy.

Reflecting its faith-based heritage, Aldersgate continues to uphold its Christian mission of providing compassionate care for seniors, including those who have exhausted their resources. Over the last 40 years, Aldersgate has also provided millions of dollars in

uncompensated care and, through its Good Samaritan Fund, substantial charitable care to the frail elderly.

For more information about Aldersgate Village, its complete range of life plan services, or its charitable mission, go to aldersgatevillage.org.

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Seniors want to age at home, but more are moving to make it a reality

It's been known that most seniors want to stay at home as they age—about 94 percent, according to research from Home Instead, Inc. But, what it means to age in place is changing. Today, one in four older adults plan to move to new a home to age in place.

To help seniors make plans for where to age, the Topeka Home Instead Senior Care is introducing new resources to navigate options and select what “home” means for individuals.

“We know how important it is for older adults to feel a sense of independence as they age, and for many, that comes from being able to stay in the same home where they raised children and created a lifetime of memories,” explains Gail Shaheed, owner of Home Instead Senior Care serving Shawnee and Douglas Counties. “But, we are also seeing a growing number of seniors who still seek a sense of independence by actively choosing a new home to live in as they age. Whatever their wishes, we want to help them feel empowered in that decision and provide the resources to help make a plan.”

The decision for some seniors to seek a new home as they age is a practical one, with the top desired features including single floor living (85 percent) and easy (84 percent) or low cost of maintenance (83 percent). For those who want to continue to age in their current homes, nearly two-thirds (64 percent) have also given thought to age-friendly modifications, such as adding grab bars to bathrooms or other safety measures.

While many older adults have given thought to how they will age in place—and know they want to stay at home in some way—many still have work to do when it comes to finalizing plans. Just one in four seniors surveyed report having specific plans for where they will live as they become older. That's where Home Instead wants to help.

The new “Home Your Own Way” program from Home Instead Senior Care offers a wealth of free resources for seniors and families to assess needs

and options, and to determine what aging in place might look like for them.

“There are so many factors to consider when having conversations about not only where you may want to live as you age, but also what makes sense,” Shaheed said. “Those topics include not only the physical space, such as safety precautions in the actual dwelling, but the emotional elements such as memories, companionship and sense of community. We want to help seniors think through both of those aspects and determine what fits their needs and how to make sure their choice fulfills each area.”

For most older adults who desire to stay in their homes—either a current or new home—some seek assistance to make it possible. A professional caregiver can help address the physical demands of aging, such as personal care or Alzheimer's care, as well as the emotional aspects, like companionship.

Whether seniors age in their current home, downsize, move to a senior living community or choose to live with relatives, the goal of the Home Your Own Way program is to help them make an active and informed choice in where to live as they age.

To learn more about defining home your own way, visit www.HomeYourOwnWay.com or, contact your local Home Instead Senior Care office or www.homeinstead.com/584 for details on how seniors may navigate this important life decision.

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FINANCIAL FOCUS

Estate plans can help you answer questions about the future

The word “estate” conjures images of great wealth, which may be one of the reasons so many people don’t develop estate plans—after all, they’re not rich, so why make the effort? In reality, though, if you have a family, you can probably benefit from estate planning, whatever your asset level.



*Derek
Osborn*

And you may well find that a comprehensive estate plan can help you answer some questions you may find unsettling—or even worrisome.

Here are a few of these questions:

What will happen to my children?

With luck, you (and your co-parent, if you have one) will be alive and well at least until your children reach the age of majority (either 18 or 21, depending on where you live). Nonetheless, you don’t want to take any chances, so, as part of your estate plans, you may want to name a guardian to take care of your children if you are not around. You also might want to name a conservator—sometimes called a “guardian of the estate”—to manage any assets your minor children might inherit.

Will there be a fight over my assets? Without a solid estate plan in place, your assets could be subject to the time-consuming, expensive—and very public—probate process. During probate, your relatives and creditors can gain access to your records, and possibly even challenge your will. But with proper planning, you can maintain your privacy. As one possible element of an estate plan, a living trust allows your property to avoid probate and pass quickly to the beneficiaries you’ve named.

Who will oversee my finances

and my living situation if I become incapacitated? You can build various forms of protection into your estate planning, such as a durable power of attorney, which allows you to designate someone to manage your financial affairs if you become physically or mentally incapacitated. You could also create a medical power of attorney, which allows someone to handle health care decisions on your behalf if you become unable to do so yourself.

Will I shortchange my family if I leave significant assets to charities?

Unless you have unlimited resources, you’ll have to make some choices about charitable gifts and money for your family. But as part of your estate plans, you do have some appealing options. For example, you could establish a charitable lead trust, which provides financial support to your chosen charities for a period of time, with the remaining assets eventually going to your family members. A charitable remainder trust, by contrast, can provide a stream of income for your family members for the term of the trust, before the remaining assets are transferred to one or more charitable organizations.

As you can see, careful estate planning can help you answer many of the questions that may be worrying you. Be aware, though, that certain aspects of estate planning, especially those related to living trusts and charitable trusts, can be complex, so you should consult your estate-planning attorney or qualified tax advisor about your situation. But once you’ve got your plans in place, you should be able to face the future with greater clarity and confidence.

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



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JILL ON MONEY

Credit scores likely to rise

Credit scores recently reached a record high, and given changes to the industry they could continue to rise. According to FICO, creator of the widely used credit score, the average score hit 700 during the spring, the highest since at least 2005. As a reminder, FICO scores range from 300 to 850, and borrowers with scores above 750 are generally considered excellent, while scores below 650 are considered poor.



Jill
Schlesinger

The three most important factors that determine your FICO score are: payment history, total debt outstanding (which takes into account how many accounts you have and how close you are to your credit limit), and the number of hard credit inquiries made on your behalf from mortgage, auto or student loan companies. (Your score is not hurt by “soft” inquiries, which include pre-approved offers, insurance or employment searches, or inquiries you make into your own credit report or score.) The score also includes the mix of credit that is available to you and your credit history.

Because credit scoring is used to determine the cost of borrowing and also for apartment rental purposes, the data used to compile it must be accu-

rate and complete. That’s why it is important to check your credit report at least annually at AnnualCreditReport.com. If you find errors, you can dispute any information by contacting the company whose report you wish to dispute.

The good news is the process should become easier, because of the National Consumer Assistance Plan (NCAP), which was launched in 2015 by the three nationwide consumer credit reporting companies—Equifax, Experian and TransUnion—after a class-action lawsuit demonstrated that consumers were harmed from bad data.

The purpose of NCAP is to make credit reports more accurate and make it easier for consumers to correct any errors. As of July 1, the credit reporting companies are enforcing stricter rules

about the accuracy of the data they collect, including the reporting of civil judgments and tax liens, which could help boost the credit scores of millions of Americans by 10 to 40 points.

Meanwhile, FICO’s competitor, VantageScore Solutions, recently announced the release of the fourth generation of their score, which will become available from the three credit reporting agencies in the fall of 2017.

According to credit expert John Ulzheimer, VantageScore’s score is “game changer,” because it will consider “trended” credit data, which accounts for whether borrowers are paying their credit card balances in full each month or if they’re just making a token payment and adding to their monthly balances. The data will reflect historical balances and the amount borrowers paid going back 24 months. This makes sense because “people who do not pay their cards in full each month are riskier than people who do pay them off in full

each month,” says Ulzheimer.

So paying your bill in FULL each month is likely to become even more important. “Notwithstanding the fact that you’re paying interest on the unpaid balance, now by not paying your balance in full your VantageScore 4.0 score is likely to be lower because you’re a riskier consumer.” Conversely, those who do pay off their balances in full each month will likely enjoy a higher score.

Before you get too excited about the new score’s rollout, it is important to know that VantageScore is number two in the market—FICO still reigns supreme. But Ulzheimer believes that the VantageScore 4.0 is better for consumers and better for lenders. “It’s rare that a new scoring system is a true win-win for consumers and lenders ... and VantageScore 4.0 is just that.”

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

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MAYO CLINIC

Legs may not be equal in length following hip replacement

DEAR MAYO CLINIC: Is it normal for my legs to feel uneven after a hip replacement? I had a second hip replacement three months ago and feel like I need a shoe insert just to walk normally because of the difference, but my health care provider told me not to use one. Why would that be an issue?

ANSWER: Equalizing leg length in people who have hip replacement surgery can be tricky. Various methods are used to restore equal leg lengths, but they don't always work perfectly. While making leg lengths exactly equivalent after surgery is desirable, it is not always possible. And, in some cases, having slightly different leg lengths may be necessary to achieve the best result for long-term stability in the hip joint.

Hip replacement surgery, also called total hip arthroplasty, involves remov-

ing the hip joint and replacing it with an artificial joint that typically consists of metal, ceramic and hard plastic. For most people who undergo the surgery, hip replacement successfully relieves hip pain and restores hip function.

There are a few reasons why legs may not be equal in length after hip replacement. First, arthritis is one of the most common conditions that can damage hip joints and lead to hip replacement. As a result of the arthritic process, space within the joint is lost, and arthritis eventually can cause bone loss, as well. These changes may cause shortening of the leg affected by arthritis. When the joint is restored with hip replacement surgery, the leg is returned to the length it was before arthritis set in. That can result in the sensation of a longer leg after surgery.

Second, other medical conditions, such as scoliosis in the spine, can change a person's body mechanics after hip joint replacement, and that may affect leg length.

Third, and possibly the most common reason leg lengths are unequal after hip surgery, is the need for stability within the replaced joint. As part of hip replacement, the soft tissues surrounding the joint must be stretched to the appropriate tightness to ensure that the joint stays in place. That can result in a slightly longer leg length. It is usually a matter of a few millimeters, and many people don't notice it. But, in some cases, the difference may be more obvious.

Reconstructing the hip to ensure its stability is critical to successful hip replacement. It serves no purpose to have equal leg lengths if every time you sit down after surgery the joint dislocates because the soft tissues are too lax to hold it in place. In short, stability trumps exact equal leg length because a chronically unstable hip requires another surgery to correct the problem—a painful and expensive process.

The fix for a leg that is too long is a

lift in the other shoe. There's no medical reason not to use a shoe lift, and it can be an affordable and useful way to correct the disparity. If you feel more comfortable with a shoe lift in your shoe, use it.

If you notice other symptoms developing, such as ongoing discomfort or pain in the hip that was replaced, make an appointment to have that assessed as soon as possible, preferably with the surgeon who originally performed your hip replacement. Although leg length differences after hip replacement do not need additional treatment, the hip shouldn't be painful. Pain after the surgery could signal an underlying problem that needs to be identified and treated promptly. - Richard Claridge, M.D., Orthopedic Surgery, Mayo Clinic, Phoenix

- 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

Culinary herbs with powerful benefits

The use of medicinal plants dates back centuries. The medicinal importance of these herbs was well known before the culinary use. In this column, I will discuss several culinary herbs that taste great, but also have powerful medicinal benefits.



Dr.
Deena
Beneda

Cinnamon is a well-known spice. It is found in all sorts of recipes from main cuisines to desserts. The main ingredient in cinnamon is a chemical called

cinnamaldehyde, which is responsible for the many beneficial effects of this plant. Cinnamaldehyde can lower blood sugar levels and improve insulin sensitivity in the body. Cinnamon has powerful antioxidant activity that helps fight inflammation and helps to lower lipid levels in the body. Research has shown that cinnamon may be effective in treating Parkinson's disease by helping to protect or improve motor nerve function. It is also effective in fighting tooth decay and bad breath. And, finally, cinnamon may help to fight various kinds of infections, including upper respiratory infections.

Peppermint is another favorite herb used in cuisines and has medicinal properties. Peppermint can be found in desserts, drinks, side dishes, and candy.

Studies have shown that peppermint oil can improve pain management in irritable bowel syndrome. Therapeutically, peppermint works by relaxing the smooth muscles in the colon, which relieves pain and reduces abdominal bloating.

Turmeric is a very common spice that is often found in curry dishes. Turmeric gives curry its yellow color. Turmeric has several compounds in it that have medicinal properties, but the most important is curcumin. Curcumin is a remarkable antioxidant, anti-inflammatory, and antimicrobial. Studies suggest that it can improve brain function, reduce risk of heart disease, and lower cholesterol. Curcumin is a strong antimicrobial and can be found in many supplements to boost the immune system.

Sage is often used in main dishes, especially in the fall and winter months. It is well-known in history for its healing properties, especially during the middle ages to help prevent and treat the plague. Some research suggests that it may improve brain function and memory, especially in people

with Alzheimer's disease.

Cayenne pepper is a type of chili pepper used to prepare spicy dishes. Its active ingredient is called capsaicin, which reduces appetite and increases fat burning in many studies. Due to its fat burning properties, it is a common ingredient in many weight-loss formulas.

Finally, ginger is a popular spice found in many types of cuisines, beverages, baked items, and even candy. Ginger has been used to treat nausea associated with morning sickness, seasickness, and chemotherapy. It is a strong anti-inflammatory and can manage pain. It has been found to be especially effective in calming an upset stomach.

Mentioned above are a group of medicinal plant that are often used in cuisines. If you are thinking of using a medicinal plant or any new therapies, it is always advisable to check with your health provider.

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



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HEALTH & WELLNESS

The health benefits of water exercise

By Becky McClure PT, MOMT

Are you looking for a way to jazz up your exercise routine or just to get started on an exercise program? Whatever your age or physical condition a water program can be tailored to your specific needs. You do not need to know how to swim to exercise in water or put your head in the water. Pool exercise programs are done in the shallow end of a pool or in a pool that doesn't have a deep area.



Water exercise may be just what you are looking for to burn a few extra calories, take stress off your joints and have fun while doing it. Thanks to the natural resistance and buoyancy of water you will get an invigorating workout that's low-impact and less painful. This makes exercising in water a good choice for those with arthritis, back problems, recovering after musculoskeletal surgery, pregnant women or seniors.

Let's look a little more closely at how exercising in the water can be advantageous.

Movement in the water is helpful for those with disabilities. People with arthritis or physical challenges can move muscles and joints without pain,

injury or fear of falling. This can be empowering for those that are unable to exercise on land.

Recover with Support

After a back, knee, hip, ankle injury or surgery the water's buoyancy will assist in supporting body weight. Reducing gravitational forces in the water will make it easier to stand, walk and do strength exercises while reducing pain and decreasing the risk of injury to healing structures.

Baby on Board

Pregnant women find water to be wonderfully relaxing. The buoyancy of the water counters the heaviness and lack of balance during pregnancy. Strengthening arms, legs and lower back is vital in preparing for the upcoming bending, lifting and carrying required in the care for the new little one.

Senior Wellness

Seniors will benefit psychologically and physically from water exercise. Exercise can counter the stiffening and slowing down that comes with age. It is often difficult to take long strides, jump or hop due to physical aging.

In the water people have less fear of falling, feel less inhibited and learn to trust their own improved reflexes. Increased confidence in water builds increased confidence on land. Seniors who exercise are more likely to go out and do things for themselves.

Water Running

Finally, suppose a person wants to

strengthen leg muscles, increase endurance and improve aerobic function. Why not try water running? Never mind how far or fast you go, just run in the water for half the time you would run on land. You will find your legs will get stronger, your heart will work more efficiently and best of all you won't end up with sore knees or feet from pounding the pavement.

Fun Physics: Why Water Exercise Works

The human body is less dense than water and so we can float in water. Water offers greater resistance against body movement than air, so muscles get a workout in the water. Yet there is little strain on the muscles and joints because that same resistance slows down movement and lessens the effect of gravity. Muscles move, stretch and build without bearing as much weight as they would on land.

1. **Being in water is like being in an atmosphere with very little gravity.** Think about scuba divers wearing weight belts to balance the buoyancy of the water. We can leap, stride and hop much further in water than we can on land.

2. **Motion in the water is slower than motion on the land.** Think again about the scuba divers slow, graceful movements. The motions performed in water are smooth and there is less risk of sudden jolting movements that can cause muscle strain or injury.

3. **The viscosity of the water offers greater resistance to muscle movement than air.** The water is resisting the forward motion of the body. Overcoming this resistance builds strength and endurance while minimizing strains to the muscle.

4. **The water's hydrostatic pressure decreases swelling in joints that often results after an injury or with many arthritic disorders.**

The water pressure also improves joint position and body awareness. The hydrostatic water pressure actually is pushing down on your body producing forces perpendicular to the body's surface. This pressure provides positional awareness to better sense where a foot or hand is while in the water.

5. **The warmth of the water can be very relaxing.** Exercising in warm water, about 87 degrees, relaxes muscles, increases blood flow and reduces overall stiffness.

Some folks are not candidates for water exercise.

People with open wounds or with bowel/bladder incontinence are not candidates for water exercise. Those with heart disease should get clearance from their physician prior to starting water exercise.

- Becky McClure PT, MOMT is a physical therapist at Lawrence Memorial Hospital; and a specialist in manual therapy, orthopedic therapy and aquatic therapy.

Know an interesting senior who would be a great subject for a Senior Profile? Please call Kevin at 785-841-9417.



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SENIOR CALENDAR

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

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

ARTS & CRAFTS

TUESDAYS

THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWALK

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

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

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

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

MONDAYS

EAGLES #2700

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS

LEXINGTON PARK

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

LEGIONACRES

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

FIRST & THIRD SATURDAY OF THE MONTH

VETERANS OF FOREIGN WARS

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SECOND AND FOURTH MONDAYS

LEXINGTON LUNCHES

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

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical

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

JUL 1

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

JUL 7

KC UFO SIGHTINGS

Margie Kay, author of *The Kansas City UFO Flaps*, will discuss fascinating close encounters with UFOs in the Kansas City area. Find out what has been going on in ufology the past few years, and hear about extraterrestrials sightings and what to do if you have sighting. Marvin Auditorium, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 3-5 p.m.
TOPEKA, 785-580-4400

JUL 8

RESUME HELP FOR VETERANS

We'll answer questions to help military veterans create a winning resume in this hands-on session. If you have a draft resume, bring it. Laptops provided or bring your own. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 2-3 p.m.
TOPEKA, 785-580-4400

JUL 9

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 3-4 p.m.
TOPEKA, 785-580-4400

JUL 11

HOW TO SIGN UP FOR MEDICARE PART D

Learn how to use the Medicare.gov website and plan finder to help you make an informed decision regarding your Medicare Part D drug coverage every year. This event requires registration. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 9:30-11 a.m. This event requires registration.
TOPEKA, 785-580-4400

JUL 13

CREATING ORAL HISTORIES

Learn how to use the library's oral history kits to preserve and enhance your own family and community history. Registration required. Topeka Room, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 11 a.m.-1 p.m.
TOPEKA, 785-580-4400

JUL 15

INTERNET INTRODUCTION

Learn basic internet functions and visit a variety of sites for information and entertainment. Anton Room 202, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

JUL 16

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 3-4 p.m.
TOPEKA, 785-580-4400

JUL 20

MOON LANDING MEMORIES

Share your memories, thoughts, experiences and stories of the moon landing on July 20, 1969. Stories will be video recorded. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 11 a.m.-3 p.m.
TOPEKA, 785-580-4400

JUL 22

DOWNSIZING IN A SELLERS MARKET

Seniors Real Estate Specialist Carol Ronnebaum will share tips on what to do when you're ready to downsize your living space. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

JUL 23

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 3-4 p.m., 6-7 p.m.
TOPEKA, 785-580-4400

JUL 25

FUN KANSAS FACTS FOR GENEALOGY

Wendi Bevitt from Buried Past Consulting will provide information about the 105 Kansas Counties that may help with researching your ancestors. Sponsored by the Topeka Genealogical Society. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 7-8:30 p.m.
TOPEKA, 785-580-4400

JUL 26

AARP DRIVER SAFETY

Senior Resource Center for Douglas County at Peaslee Center, 29th and Haskell, 8:30 a.m.-4:30 p.m. Fee. Russ Hutchins, Instructor.
LAWRENCE, 785-312-4627

JUL 27

WHAT CAN ASTROLOGY DO FOR YOU?

Astrologer Dianne Lawson will discuss what real astrology is and what a real astrologer does. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 2:30-3:30 p.m.
TOPEKA, 785-580-4400

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JUL 27

EXTRAORDINARY RELATIONSHIPS THROUGH ASTROLOGY

Astrologer Dianne Lawson will discuss how astrology can help you in general, and in relationships, specifically. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 4-5 p.m.
TOPEKA, 785-580-4400

JUL 30

COMPUTER & GADGET HELP

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

JUL 30

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 3-4 p.m.
TOPEKA, 785-580-4400

JUL 31

CUTTING THE CABLE CORD

Learn about some of the alternatives to traditional cable or satellite TV, and the benefits and drawbacks of streaming TV and HDTV antennas. Anton Room 202, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 11 a.m.-12 p.m.
TOPEKA, 785-580-4400

AUG 1

COMPUTERIZED GENEALOGY

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

AUG 5

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of

Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

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, lawrencesession.com

THURSDAYS

JUNKYARD JAZZ

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

SATURDAYS

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

JUL 5

E.T.: THE EXTRA TERRESTRIAL

Watch this classic Steven Spielberg sci-fi adventure about a homesick alien and the kids who help him. Starring Henry Thomas and Drew Barrymore. Certified Fresh by Rotten Tomatoes. 1982 | PG | 114 min. Marvin Auditorium, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 10 a.m.-12 p.m.
TOPEKA, 785-580-4400

JUL 5

THE MARTIAN

An astronaut (Matt Damon) becomes stranded on Mars. After his team assumes he's dead, he must rely on his ingenuity to find a way to signal to Earth that he is alive. Certified Fresh by Rotten Tomatoes. 2015 | PG-13 | 144 min.

Marvin Auditorium, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1:30-4 p.m.
TOPEKA, 785-580-4400

JUL 5-AUG 10

SINGIN' IN THE RAIN

The toe tapping, splashy adaptation of the celebrated and beloved film. Each unforgettable scene, every memorable moment from the

film and a downpour of unforgettable songs will have you singing and dancing in and out of Topeka Civic Theatre. 3028 S.W. 8th Ave. Dates vary. Fee.
TOPEKA, 785-357-5211
topekacivictheatre.com/event/singin-in-the-rain

■ CONTINUED ON PAGE 20



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

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

Kaw Valley
Senior Monthly

THE FIRST APARTMENTS

“Home without the hassles”

A self-supporting community for 62 and older & under 62 100% disabled.

- Affordable Studio and 1 Bedroom Apartments
- Rent assistance available
- All electricity, water, trash, lawn care paid
- 24 hour on-site staff
- Restricted entrance
- Lit parking lot with surveillance
- On city bus route
- Beauty salon
- First Floor Laundry Room
- Multiple resident activities
- Meals on Wheels Congregate meal site
- On site maintenance
- Library Red Carpet Services
- Service Coordinator
- Walking distance to multiple churches, grocery store and pharmacy

Call 272-6700 to schedule a tour and pick up an application.
3805 SW 18th St. • Topeka • www.thefirstapartments.org



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JUL 12

COOL HAND LUKE

A laid-back Southern man, played by Paul Newman, is sentenced to two years in a rural prison, but refuses to conform. Certified Fresh by Rotten Tomatoes. 1967 | PG | color | 126 min. Marvin Auditorium, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 2-5 p.m.
TOPEKA, 785-580-4400

JUL 12

SPACEBALLS

A rogue star pilot and his trusty sidekick must come to the rescue of a princess and save the galaxy from a ruthless race of beings known as Spaceballs. Starring Mel Brooks, Rick Moranis, Daphne Zuniga, Bill Pullman and John Candy. PG | 1987 | 96min. Marvin Auditorium, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 6-8:30 p.m.
TOPEKA, 785-580-4400

JUL 14

MOVIE ON THE LAWN - SINGIN' IN THE RAIN

Gene Kelly, Debbie Reynolds and Donald O'Connor star in *Singin' in the Rain*, one of the greatest and most successful musicals ever filmed - filled with memorable songs, lavish routines and Kelly's fabulous song-and-dance number performed in the rain. 1952 | G | color | 102 min. Kansas State Capitol South Lawn, 6:45-9 p.m.
TOPEKA, 785-580-4400

JUL 19

THE DISH

This comedy features quirky characters in a remote Australian community that plays a key role in the first Apollo Moon landing. Certified Fresh by Rotten Tomatoes. PG-13 | 2000 | 97 min. Lingo Story Room, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-3 p.m., 5-7 p.m.
TOPEKA, 785-580-4400

JUL 27

WIZARD OF OZ

Kansas Ballet's The Wizard of Oz: A Ballet Benefit for Underserved Youth in Topeka. Follow the yellow brick road to this magical presentation of a beloved Kansas classic. All proceeds benefit Kansas Ballet's youth outreach programs for USD 501 and Boys and Girls Clubs of Topeka. Topeka Performing Arts Center, 214 S.E. 8th Avenue, 7 p.m. Fee.
TOPEKA, 785-383-7918
tututix.com/client/kansasballet

JUL 28

HITCHHIKER'S GUIDE TO THE GALAXY

Watch this trippy cosmic joyride with an earthling (Martin Freeman) and an alien (Mos Def). Adapted from the Douglas Adams sci-fi tales. PG | 2005 | 110 min. Marvin Auditorium 101BC, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 6-8 p.m.
TOPEKA, 785-580-4400

AUG 2

STORY SLAM

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

EXHIBITS & SHOWS

MAY 31-AUG 15

MODEL FIGURES: HOW THE GREAT DEPRESSION CHANGED EDUCATION

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

JUL 15-AUG 18

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

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

JUL 19-21

43RD ANNUAL MERIDEN THRESHING SHOW

Join us for our 43rd Summer Threshing and Antique Tractor Show! There will be tractors, engines, threshing, baling, tractor parades, history, antique automobiles, and tractor pulls. Tour Cottonwood Station, our reproduction living history of an early day Kansas town. We will be sawing lumber at the saw mill and grinding grain in the flour mill each day. Our blacksmiths will be hard at work in the Blacksmith Shop. Stop by the General Store for a Sarsaparilla and attend church on Sunday in the Bloomfield Church. Visit our vendors. Don't miss the antique tractor pull on Saturday and the garden tractor pulls each day. Meriden Antique Engine and Threshers Association, 8275 K-4 Hwy, 8 a.m.-12 a.m. Fee.
MERIDEN, 785-633-9706
meridentreshers.org

FAIRS & FESTIVALS

JUL 16-20

86TH ANNUAL FIESTA MEXICANA

Celebrate Topeka's Mexican culture during this annual event that includes a parade downtown and five nights of traditional Mexican food,

music, dancing and even a jalapeño eating contest in the Oakland neighborhood every July—near Our Lady of Guadalupe Church Our Lady of Guadalupe Church, 201 N.E. Chandler.
TOPEKA, olgfiestamexicana.org

FARMERS' MARKETS

MONDAYS

MONDAY FARMERS MARKET

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

TUESDAYS, MAY 7–OCT 29

LAWRENCE FARMERS' MARKET

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

FRIDAYS

PERRY LECOMPTON FARMERS MARKET

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

SATURDAYS, APR 13–NOV 23

LAWRENCE FARMERS' MARKET

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

FOURTH OF JULY

JUL 4

SPIRIT OF KANSAS BLUES FESTIVAL

The Topeka Blues Society is proud to annually present the Spirit of Kansas Blues Festival, scheduled every 4th of July at Reynolds Lodge, Lake Shawnee. Music starts at noon, and continues until dark. A spectacular nightworks show then lights up the sky, reflecting over the lake. Attendees may bring shade tents (there will be a designated area), coolers/food, blankets and chairs. The Topeka Blues Society has added a food tent in the festival area. All proceeds benefit the Topeka Blues Society and this festival. Starts at 12 p.m. Free.
TOPEKA

HEALTH & FITNESS

ONGOING

BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick, easy heel screening can indicate if further testing for this potentially debilitating disease is needed. Education provided. Appointment required. \$15/person. Please call LMH Com-

munity Education (Aynsley Anderson) at (785) 505-3066 or Connect Care (785) 505-5800 to arrange an appointment.
LAWRENCE

ONGOING

PERSONAL TRAINING

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

ONGOING

HEALTHY STEPS MALL WALKING

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

ONGOING

FREE MEMORY SCREENING CLINIC

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

ONGOING

WELLNESS COACHING

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

ONGOING

FIT FOR LIFE

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

ONGOING

ZUMBA GOLD

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Choose from three class different class schedules to meet your needs. For more information or to enroll, call the Community Building or search activity 127102 at www.lprd.org.
LAWRENCE, 785-832-7920

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DAILY**EXERCISE CLASS**

Lexington Park, 1011 SW Cottonwood Ct., 10 a.m.

TOPEKA, 785-273-4545

FIRST MONDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

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

TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS**A.M. WALKING CLUB**

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

LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS**PICKLEBALL - OPEN PLAY**

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

LAWRENCE, 785-832-7950

MONDAYS, WEDNESDAYS, & FRIDAYS**SENIOR EXERCISES**

Seaman Community Church, 2036 NW Taylor. 9:30-10:15 a.m.

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

FIRST TUESDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

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

TOPEKA, 785-354-6787

TUESDAYS**FREE BLOOD PRESSURE CLINIC**

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

TOPEKA, 785-354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS**JAZZEXERCISE LITE**

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

LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS**HEALTHWISE EXERCISE CLASS**

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

TOPEKA, 785-354-5225

TUESDAYS AND THURSDAYS**FLEXERCISE**

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS**FREE BLOOD PRESSURE CLINIC**

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS**VACCINE CLINICS**

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

TOPEKA, 785-354-6787

WEDNESDAYS**OPEN BOCCIE BALL**

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

LAWRENCE

WEDNESDAYS**FREE NUTRITION CLINIC**

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

TOPEKA, 785-354-6787

WEDNESDAYS**FREE MEDICATION CLINIC**

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

TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH**FREE HEARING CONSULTATIONS**

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

LAWRENCE, (785)748-8034

THURSDAYS**WELLNESS CLINIC**

Blood pressure checks, weights. Lexington Park, 1011 SW Cottonwood Ct., 12:30 p.m.

TOPEKA, 785-273-4545

FRIDAYS**BLOOD PRESSURE CHECKS**

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

LAWRENCE, 785-841-6845

SECOND THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

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

TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

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

TOPEKA, 785-354-6787

JUL 10**CHOLESTEROL AND GLUCOSE****SCREENING**

Fingerstick cholesterol and glucose screening. Fasting is required. No advance registration or appointments needed or taken. Just drop in. There may be a short wait depending on how many others are in front of you. \$20. Exact cash requested please, or check made payable to LMH Health. We are sorry but we cannot accept credit cards for community screening events. Wednesdays. Outside LMH Gift Shop, 8-9:30 a.m.

LAWRENCE, 785-505-3066, lmh.org

HISTORY/HERITAGE**JUL 15****TOPEKA CEMETERY HISTORY**

Learn about Topeka's 160-year-old historic site and the fascinating people who chose it as their final residence. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

LAWRENCE PUBLIC LIBRARY BOOKMOBILE**MONDAYS**

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

Presbyterian Manor, 1429 Kasold Dr., Lawrence, 10:30-11:30 a.m.
Vermont Towers, 1101 Vermont St., Lawrence, 1-2 p.m.**WEDNESDAYS**

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

Arbor Court, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m.

Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.

FRIDAYS

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

Wyndam Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.

Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

MEETINGS**MONTHLY****SHAWNEE SWINGERS**

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

TOPEKA, wesquaredance.com

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

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

LAWRENCE, 785-842-8034

MONDAYS**BREAST CANCER SUPPORT GROUP**

Meets at Presbyterian Manor, 1429 Kasold, 5:30 p.m. Call Dena for more information.

LAWRENCE, 785-979-8362

MONDAYS, WEDNESDAYS & FRIDAYS**WATER AEROBICS CLASSES**

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

LAWRENCE, 785-838-7885

OrthoKansasPA.com

FIRST MONDAY OF THE MONTH**INDIVIDUAL BEREAVEMENT SUPPORT**

First Monday between 5:30 and 7:30 p.m. Individual appointments are also available, as well as phone support. No cost. Call Terry Frizzell.

TOPEKA, 785-271-6500; 785-230-6730

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

■ CONTINUED ON PAGE 22

■ CONTINUED FROM PAGE 21

**FIRST & THIRD MONDAY OF THE MONTH
GRIEF SUPPORT GROUP**

Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital. LAWRENCE, 785-505-3140

**FIRST & THIRD MONDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information. LAWRENCE MEMORIAL HOSPITAL 4-5 PM, 785-840-3140

**FIRST & THIRD MONDAY OF THE MONTH
SPOUSE/PARTNER LOSS**

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

**FIRST & THIRD MONDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**

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

**EVERY TUESDAY THROUGH FRIDAY
MEN'S COFFEE**

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

**TUESDAYS
BREW HA HA!**

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

**TUESDAYS
GENERAL GRIEF SUPPORT GROUP**

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

**TUESDAYS
INTERGENERATIONAL CHOIR**

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

**FIRST TUESDAY OF THE MONTH
LAWRENCE AREA COALITION TO
HONOR END-OF-LIFE CHOICES**

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services.

Meets at 3 p.m. in Conference E of LMH. LAWRENCE, 785-830-8130

**FIRST TUESDAY OF THE MONTH
MAN TO MAN PROSTATE CANCER
SUPPORT GROUP - LAWRENCE**

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

**FIRST TUESDAY OF THE MONTH
TOPEKA AREA OSTOMY SUPPORT GROUP**

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

**TUESDAYS & THURSDAYS
WATER AEROBICS CLASSES**

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

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

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozez Education Center, 1505 S.W. 8th St. TOPEKA, 785-478-4947 or 785-296-8349

**WEDNESDAYS
GRIEF SUPPORT GROUP**

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m. TOPEKA, 785-430-2194

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

Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m. TOPEKA, 785-230-4422

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

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

**FIRST FRIDAY OF THE MONTH
STROKE SUPPORT GROUP**

Meet other stroke survivors, their families, and hear guest speakers discuss topics related to recovery. Please contact Randy Williams or Lisa Rundell for more information. Kansas Rehabilitation Hospital, 1504 SW 8th Ave. TOPEKA, 785-235-6600

**SATURDAYS
LAWRENCE BRIDGE CLUB**

Bring a partner and join us for an evening of bridge, snacks and prizes. Annual membership fee. First two visits are free. Kaw Valley Bridge Center, 1025 N. 3rd Street, 6:30 p.m. LAWRENCE, 785-760-4195

**SECOND MONDAY, SEP-MAY
LAWRENCE CLASSICS, GENERAL
FEDERATION OF WOMEN'S CLUBS**

Volunteer service club. LAWRENCE, 785-331-4575

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

Being a caregiver can be incredibly stressful, but you don't have to do it alone. Come meet and talk to others who are in the same situation as you. Moderated by April Maddox, caregiver support specialist at Jayhawk Area Agency on Aging. Topeka & Shawnee County Public Library, Anton Room 202, 3:30-4:30 p.m. Free. TOPEKA, 785-580-4662

**SECOND MONDAY OF THE MONTH
LMH HEART BEATS**

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

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

Come meet others who have similar struggles in a supportive and understanding group. Group Leader: Annie Ross, Certified Peer Specialist. Lawrence Memorial Hospital Conference Rm. D-North (on lower level), 3:30-4:30 p.m. LAWRENCE, 785-218-8848

**SECOND TUESDAY OF THE MONTH
LAWRENCE ACTION CIVITAN CLUB**

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

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

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

**SECOND THURSDAY OF THE MONTH
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
DEMENCIA SUPPORT GROUP**

Support group specifically for spouses of those with dementia. Meets at the Senior Resource

■ CONTINUED ON PAGE 23

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■ CONTINUED FROM PAGE 22

Center for Douglas County, 2920 Haskell Ave., 11 a.m.-noon. Call for questions or to RSVP. LAWRENCE, 785-218-4083

SECOND THURSDAY OF THE MONTH NAACP MEETING-LAWRENCE CHAPTER

Meets at the United Way building, 2518 Ridge Ct., Room A, at 6:30 p.m. LAWRENCE, 785-841-0030, 785-979-4692

SECOND SATURDAY OF THE MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB

Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8 p.m., Mainstream 8-10 p.m. Contact Frank & Betty Alexander. LAWRENCE, 785-843-2584 happytimesquares.com

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. Meets at 4-5:30 p.m. For more information call LMH Kreider Rehab Center. LAWRENCE, 785-505-2712

THIRD WEDNESDAY OF THE MONTH BETTER BREATHERS CLUB

BBC Support group is to improve the quality of life and functional status for members. It will provide disease specific education and emotional connection. Angels Care Home Health Lower Conference Room, 5375 SW 7th St., 11:30 a.m. TOPEKA, 785-273-3560

THIRD WEDNESDAY OF THE MONTH CANCER SUPPORT GROUP

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

THIRD WEDNESDAY OF THE MONTH NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of the month at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by

lunch and a short business meeting. First time lunch is free. NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman. LAWRENCE, 785-843-7481

THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

THIRD SATURDAY OF THE MONTH JAYHAWK MODEL MASTERS

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

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

FOURTH THURSDAY OF THE MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF THE MONTH NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Topeka chapter of the National Active and

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

LAST WEDNESDAY OF THE MONTH WARM UP WEDNESDAYS GROUP

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m. TOPEKA, 785-430-2194

MISCELLANEOUS

MONDAYS SCRABBLE CLUB - OPEN PLAY

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

THURSDAYS SCRABBLE CLUB - OPEN PLAY

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

TOURS/TRIPS

THURSDAYS BEHIND THE BRICKS: WATKINS MUSEUM TOURS

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

FIRST SATURDAY OF THE MONTH DISCOVER WITH DOLE

Drop by the Dole Institute on the first Saturday of each month for an interactive, kid-friendly visit to discover uniquely themed items in the museum and archives. Activities include crafts, puzzles, coloring, and museum gallery activi-

ties. Families with young children encouraged! All programs and events at the Dole Institute are free and open to the public. Dole Institute of Politics, 2350 Petefish Dr., 10 a.m.-12 p.m. LAWRENCE, 785-864-4900, doleinstitute.org

SECOND SATURDAY OF THE MONTH FREE STATE EAST SIDE BREWERY TOUR

Free State Brewing Co.'s East Side Brewery offers tours on the second Saturday of the month at 2 p.m. Tours are free, and open to the public, but you will need to reserve your place by registering online. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd. LAWRENCE, 785-550-9718 shop.freestatebrewing.com/collections/frontpage/products/brewery-tour

JUL 25 GRANDPARENT CAMP: TREE TREASURES

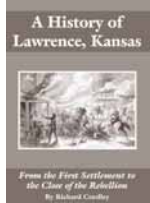
Share the love of tress with a child. This class is designed for adults and children to attend together. Learn about our many types of trees, how to identify them and what makes a State Champion. This trip features a little tree biology and some tree stories. We will tour Lawrence in an air-conditioned bus, and take a few short walks for a close look at familiar and unusual trees. Instructor: Jon Standing. Rain date: August 1. Class Code: 327468. Fee. Leaves from Holcom Recreation Center, 2700 W. 27th St., 9-11 a.m. LAWRENCE, 785-832-7909

JUL 30 LPRD LIFELONG TRAVEL SHOW

Be the first to hear about travel opportunities for the second half of the year-day trips, regional travel and a spring 2020 trip to Santa Fe. Registration opens on-site. RSVPs encouraged—785-832-7909 or gsgurdson@lawrenceks.org. Holcom Recreation Center, 2700 W. 27th St., 2 p.m. LAWRENCE

AUG 6 GRANDPARENT CAMP: STADIUM TOUR - CHILDREN'S MERCY PARK

Inspire your soccer player or soccer fan. Join us for a tour of Children's Mercy Park-home of Sporting Kansas City. Our tour includes stops on the pitch, in the locker room and media area. Recommended for kids age 6 and older, an adult must attend with a child, or two. Class Code: 327328-A. Fee. Leaving from Holcom Park Rec Center, 2700 W. 27th St., 8 a.m.-12 p.m. LAWRENCE, 785-832-7909



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RICK STEVES' EUROPE

Driving Europe's open road

By Rick Steves

Tribune Content Agency

It's easy to travel through Europe without a car, but there are times when I enjoy the freedom of having my own wheels. I don't drive in big cities, but having a car can be the best—and, sometimes, only—way to get off the beaten path. When exploring small towns or the countryside, I connect the dots with a rental car.

Last spring, for example, a great little car helped me get around the white-washed hill towns of southern Spain and the beach towns of Portugal's Algarve region. I rode cheap public transportation out to Sevilla's airport, picked up my car, and got on my way.

There's nothing exotic about driving in Europe. Sure, southern Europeans seem to make up their own rules of the road, and you'll need to adjust to some

unfamiliar signage, but it's all part of the experience. Here are some tips for making the most of the open road.

The Basics: While the British and Irish drive on the left, everyone on the Continent drives on the same side that we do in the USA. Filling the tank is just like back home, except it's euros and liters rather than dollars and gallons. Don't overreact to Europe's high cost of fuel. Over there, cars get great mileage and distances are short.

Signs: All of Europe uses the same simple set of road symbols, which you can easily find online or through your rental agency. Any sign that's red usually means "don't"—such as don't enter or don't pass. A blue sign typically is telling you "do"—such as "go right" or "exit here." Make educated guesses if you don't know for sure (a red sign with an exclamation mark is telling you "be ready for anything").

CAMERON HEWITT, RICK STEVES' EUROPE



Driving the back roads (as here, in Dartmoor, England) yields surprises by the mile.

Passing: After a few minutes on Germany's autobahn or France's autoroute, you'll quickly learn that the fast lane is used only for passing—cruise in the left lane and you'll soon have a Mercedes up your tailpipe.

When you do pass other drivers, be

bold but careful. On winding roads, the slower car ahead of you may use turn-signal sign language to indicate when it's OK to pass. Be sure you understand the lane markings: In France a single, solid, white line in the middle of the road

■ CONTINUED ON PAGE 27

SOMEONE COULD USE HELP WITH



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Rick Steves

■ CONTINUED FROM PAGE 26

means no passing in either direction; in Germany it's a double white line.

Traffic Circles: For many first-time European drivers, traffic circles are a high-pressure event that require a snap decision about something you don't completely understand: your exit. Take an extra loop around to explore your options. Don't worry—no other cars will know you've gone around enough times to get dizzy.

Speeding: In many countries, car speed is monitored by automatic cameras that click photos and send speeders very expensive tickets by mail (they'll find you through your rental agency). It's smart to know—and follow—the area speed limit.

Drinking and Driving: The legal blood-alcohol limit is lower in Europe than in the U.S., and punishment ranges from steep fines to imprisonment. In France, all cars must have a Breathalyzer on board (supplied if your rental starts in France). Europe takes its DUI laws seriously, and so should you.

Expressways and Tolls: Most of Europe is laced with freeways. In Germany and throughout most of northern Europe, these expressways are toll-free. In France and countries to the south, these superhighways usually come with tolls. I always feel that toll freeways are a good value in terms of time saved, mileage improved, and

relative safety enjoyed.

Maps and GPS: A good map is a must-have on any European road trip. Don't rely blindly on your phone's mapping app or a GPS device for directions; always have at least a vague sense of your route. Keep a paper map handy, and pay attention to road signs so you can consider alternatives, if you feel the GPS route is Getting Pretty Screwy. I navigate by town names because road numbers on maps often don't match the signs.

No-Go Areas: Cities across Europe (London, Stockholm, Oslo) discourage urban driving by charging congestion tolls, and some places (Rome, Naples, Florence, Pisa) ban car traffic altogether. In general, old town centers can be difficult to drive in, with one-way streets and narrow roadways. Many cities provide efficient "park & ride" lots at the end stops of trams and subways, just outside the old center and often near the freeway exit. Park, take public transit into town, and save yourself time and money.

Venturing onto the open road in Europe gives you the freedom to make discoveries as you go, following an intriguing road sign or poking up an inviting lane. Wherever you drive, relax and enjoy the ride.

- 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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Chutney is the perfect standby to make grilled foods taste special

Enjoy celebrating the start of the warm-weather grilling season by encouraging you to make a big impression when you cook outdoors. But let's face it: Sometimes, at the end of a busy workday or week, you want to relax and enjoy a great meal by simply tossing some burgers, steaks, chops, chicken, kabobs or fish on the grill.



Wolfgang
Puck

That doesn't mean you can't make such basic fare seem extra special. All it takes is adding the right accompaniment, such as fruit chutney.

You're probably familiar with the term "chutney." It comes from the Hindi word chatni, literally meaning "to lick," and appropriately refers to the wide range of sweet and spicy relishes and other condiments that add so much lip-smacking variety and delight to Indian cooking.

If you order any meal in an Indian restaurant, it will probably be served with one or more chutneys—from refreshing, pesto-like mixtures of pureed mint to fiery red chili pastes to tart-sweet tamarind sauces to mildly spiced fruity mixtures of mango and fresh ginger. Chutneys are irresistible for dipping Indian breads or appetizers, and they really come into play when spooned on the side of your plate to add variety to every bite of a spicy stew or tandoori-style grilled food.

You don't have to cook a curry, however, to enjoy the pleasures of a good chutney. During summer, when so much wonderful produce is available, I like to make batches of my own chutney rather than spooning a commercial version out of a jar.

The following recipe for spicy mixed fruit chutney recipe is incred-

ibly versatile. For example, you can vary the mixtures of fruit (plus peppers and onion for a balance of sweet and savory) based on what you like best in the market. And while I've come up with what I think is a pleasing balance of seasonings for the chutney mixture, you can certainly adjust that once you've tried the recipe as it is written.

Most importantly, you can use the chutney itself in a great variety of ways. Spoon some on top of a chicken piece or fish fillet as a sort of chunky sauce; or use it to replace the mustard on your burger or hot dog; or scoop a little on the side of your plate, seasoning each bite as you like. The chutney is also delicious stirred into some plain yogurt to make a refreshing dressing for salads topped with grilled food.

This recipe makes a batch that will last up to three weeks in your refrigerator. But one taste may have you licking your lips so enthusiastically that you'll be making more much sooner than that!

SPICY MIXED FRUIT CHUTNEY

Makes about 4 cups (1 L)

1 teaspoon extra-virgin olive oil
1/2 medium red bell pepper, cored, seeded, and cut into 1/8-inch (3-mm) dice

1 jalapeno chile, cored, seeded, and cut into 1/8-inch (3-mm) dice

1 large red onion, cut into 1/8-inch (3-mm) dice

1/4 cup (60 mL) plus 2 teaspoons packed brown sugar

1 tablespoon finely diced, 1/8 inch (3 mm), fresh ginger

1 large garlic clove, cut into 1/8-inch (3 mm) dice

1/2 cup (125 mL) dried currants

1/4 teaspoon mustard powder

1/4 teaspoon cayenne pepper

1/4 teaspoon ground turmeric

1/4 teaspoon kosher salt

3/4 cup (185 ml) Champagne vinegar

1 pound (500 g) apples (about 2 medium), peeled, cored, and cut into

1/8-inch (3-mm) dice

1 pound (500 g) mangos (about 2 medium to large), peeled, fruit sliced from the pit and cut into 1/8-inch (3-mm) dice; or peeled and diced nectarines, peaches, or other stone fruit in season

1/2 pound (250 g) pears (about 1 large pear), peeled, cored, and cut into 1/8-inch dice

In a large stainless-steel or enamel saucepan, heat the olive oil over medium heat. Stir in the red pepper, jalapeno, onion, 2 teaspoons of the brown sugar, the ginger and the garlic. Saute, stirring occasionally, until the vegetables have softened, 6 to 8 minutes.

Stir in the currants, remaining brown sugar, mustard, cayenne, turmeric, salt and vinegar. Continue cooking for 10 minutes longer, stirring occasionally.

Stir in the apples and cook for 2 minutes. Stir in the mangos or stone fruit and the pear. Continue cooking, stirring occasionally, until all the fruit is tender, 5 to 7 minutes longer.

Scoop up a small spoonful of the chutney mixture and taste it. If necessary, stir in a little more salt or sugar, the smallest pinches of any of the other spices, or a splash more of vinegar to

adjust the balance of flavors to your liking.

Remove the pan from the stove, and leave the chutney to cool to room temperature. Then transfer it to one or two nonreactive containers, cover and refrigerate until needed. Serve with grilled or roasted meat, poultry or seafood. The chutney will keep in the refrigerator for up to three weeks.

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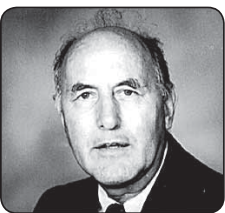
Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.

HUMOR

Kaybe and Four-Finger Fanny

The doorbell rang. When I saw Four-Finger Fanny I knew that I was needed at The Enchantment.

The Enchantment is a dingy roadhouse on the outskirts of Letonga-loosa. It's the kind of place every college town needs to maintain



Larry
Day

academic accreditation. I go to the Enchantment to have a soft drink and chat with friends—some of whom live here and some, like my robot alien friend KB 11.2, live a long, long way from here.

As you may remember, my friend Kaybe looks like a giant tuna fish can. Erector Set arms sprout from the curved sides of his body. Three spindly legs drop from the flat underside of his stainless steel torso. He has ball bearing wheels for feet, and three sensor-eyes wave at you from the ends of floppy antennae on the top of his lid.

Kaybe is from the Milky Way galaxy, but his home planet is several parsecs closer than the Earth to the center of the galaxy. And his people have solved the problem of traveling faster than the speed of light.

Kaybe speaks telepathically. His words form letters in your mind. Four-Finger Fanny is also from outer space, but she just looks like a middle-aged woman who has spent too much time on her feet.

Kaybe and Four-Finger Fanny communicate telepathically, but Four-Finger Fanny also speaks human. I'm really glad she does, because I'd rather not converse telepathically. It's tiring and I tend to get a headache when I spend too much time communicating telepathically.

"Hi, Fanny," I said. "What's up?"

"Kaybe and I need your help," she said. "Last time he stopped by Mars, Kaybe picked up a rock the size of my fist." Fanny unwrapped the rock.

"Kaybe needs a new rheostat and I need to retire and get off my feet," she said. "We thought you could contact the National Space Administration and see if they want to buy the rock."

So off I went to our nation's capital, and to our five-sided military complex.

I had put the rock into a red cloth bag and the bag into a corsage-sized box that I held on my lap. As I watched, I could see no recognizable pattern as to who got treated kindly and who got ignored or invited to take a long walk on the mall. Some people who looked like hicks were ushered into offices immediately, while some well-dressed folks were treated like a dog catcher's assistant.

Then I saw a large, tall man in a military uniform with enough fruit on his chest to open a market. As he walked down the hall, people parted like the waters of the Red Sea parted for Moses.

"That's my guy," I said to myself, and fell in behind him.

I'm short and narrow, and he was big, tall and self-absorbed. I sailed along in his immediate wake like a dingy behind a cruise ship. And, believe it or not, he walked right up to the offices of NASA and entered.

I melted in behind him and tapped him on the back.

There was a pause. Then he turned—a giant redwood wearing shiny black shoes.

"You want to buy a moon rock, general?" I asked, opening the box and bag and holding them up to somewhere near his chest.

"Let me look at that," he said in a voice that sounded like a thunder clap in an echo chamber.

"Where did you get this?"

"My friend, an alien from outer space, picked it up on Mars.

"I'll give you ten thousand dollars for it."

"How do you know it's real?"

"It's real. I was an astronaut. I own the only other rock like this on earth." He reached into his pocket and pulled out a horse-choking wad of large denomination bills

And that, as the man said, was that. What a joy for Fanny and Kaybe!

Nowadays when I roll into The Enchantment, folks sometimes applaud.

- 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.

ENT

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MY PET WORLD

Mom moving pair of felines wonders how to prepare them for new baby too

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: I have a pair of feline siblings who are 2 years old. They are strictly indoor cats. We are moving from a studio apartment to a house and would appreciate any tips on making the move easier for them. Also, I will be having a baby right before we move, and I'm worried about them jumping into the cradle. They love to cuddle. - Alexandra, New York, NY

Dear Alexandra: There are lots of life changes going on in your life right now, and I am glad you're thinking ahead about how your cats will respond.

Let's begin with moving. When the movers arrive, put your felines in an empty room or bathroom, and make sure they have their carriers, beds, cat trees, food and water bowls, litter box, and any favorite beds, so they are comfortable in the room. Turn on a fan or soft sound machine to mask the outside activity. Put a sign on the door that says "do not open, cats inside" to prevent the movers from opening the door.

When the movers leave, pack your cats and all their accoutrements and drive them to your new home. Again, secure them in a bathroom or empty room with their stuff before the movers arrive. When the movers leave, you may be tempted to let them roam the house, but I suggest keeping them in

a quiet room for a day or two until you can get unpacked and get things a little more set up. Put plug-in pheromones around the house or get them pheromone collars for them to wear to help them adjust.

In regard to the baby, set up the nursery a few months in advance so they can get used to the room. Keep the nursery door closed unless you can be in there with them to correct them if they try to jump in the crib. Keep some foil on the mattress (their feet won't like landing on that) or shake a can of coins to interrupt the behavior.

This is all pre-baby training. Because there are no guarantees with cats, I replaced the door to my son's nursery with a screen door, so I could check on him visually, and used a baby monitor to listen for his cries. My cats were allowed in the room if I was in the room but ushered out whenever my son took a nap or went to bed for the night.

One more thing: never take a cat over to meet the new baby. Cats need time to observe the new arrival from afar. Some cats will keep their distance for



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

many months, and some will be curious and approach right away. Let them meet the baby in their own time.

- 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

Summer songs

By Jay Wachs

It's July already.

And that means summer picnics, fireworks and celebrations of our heritage as Americans.

Most people accept The Star Spangled Banner as our national anthem.

They would be correct.

It was officially adopted as our national anthem by Congress in 1931 and is now sung before every sporting and other event imaginable.

The song actually came from a poem written by Francis Scott Key in 1814.

It was not set to music until 1889, when an interpolation of the melody for "To Anacreon in Heaven" was used.

Curiously enough, the song "America," which we know as "My Country 'Tis of Thee," also used an interpolation of the British version of "God Save Our Queen" as its melody.

Even more fascinating is the fact that the melody's original origin is German...Saxon to be specific.

We also salute our flag and our country with the songs "America The Beautiful," "God Bless America," and "This Land Is Your Land."

Everyone has their favorite version of each of these songs.

From Kate Smith to Ray Charles to Whitney Houston to Celine Dion, we play them over and over again.

My favorite is not on the list.

It's "America" by Neil Diamond and every time I do a soundtrack for fire-

works, this song takes center stage.

It wouldn't be summer without patriotism.

Speaking of summer, July is usually the month that births the song of the summer.

This would be the anthem that everyone remembers fondly when they remember the summer of (insert year here).

Some of these summer songs aren't played very often anymore.

Here are a few examples of those songs that dominated the pop charts in these summers:

1968: Herb Alpert "This Guy's In Love with You"

1978: Andy Gibb "Shadow Dancing"

1988: Steve Winwood "Roll With It"

1998: Brandy & Monica "The Boy Is Mine"

2008: Katy Perry "I Kissed A Girl"

That's as far as I go.

Whatever you do this summer, bring a portable record player or boom box or your blue tooth speaker along with you and let the music add that extra dimension of fun to your summer spirits.

And if you think of any good summer songs, send us a note at briarcliffgroup@gmail.com

If we don't play it, we'll add it through Labor Day...but that's when the white pants and shoes go back in the closet along with those songs.

Stay cool!

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



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GOREN ON BRIDGE

WITH BOB JONES

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MISSED THE EASY ONE

Neither vulnerable, South deals

NORTH

♠ Q 8 6
♥ K
♦ K Q J 8 7 2
♣ A 5 3

WEST
♠ K 9 5
♥ 8 7 6 2
♦ A 4 3
♣ K Q 7

EAST

♠ 10 7 4 3
♥ 10 5 4 3
♦ 9 6 5
♣ 10 4

SOUTH

♠ A J 2
♥ A Q J 9
♦ 10
♣ J 9 8 6 2

The bidding:

SOUTH	WEST	NORTH	EAST
1♣	Pass	1♦	Pass
1♥	Pass	2♠*	Pass
2NT	Pass	4♦	Pass
4♠	Pass	5♣	All pass

*Artificial, fourth-suit forcing

Opening lead: Five of ♠

North in today's deal used Fourth-Suit Forcing improperly. The idea is that the bid of the fourth suit creates a game force and it is not necessary to make jump bids after the force is created. North should have bid three diamonds rather than four

diamonds and the partnership could have settled in the superior contract of three no trump. Note that this is the only auction where the Fourth-Suit Forcing bid must be a jump, to avoid confusing it with a natural bid of one spade. All other fourth-suit bids are at the two level or higher. South showed that he was aware of the old bridge maxim: Before you criticize partner for poor bidding, make sure he can't criticize you for poor play.

The opening spade lead went around to declarer's jack and the 10 of diamonds lost to West's ace. West led a heart to dummy's king and South led a low club to his eight and West's king. A diamond from West was won on the table as South shed his low spade. Declarer crossed to his hand with a spade to the ace and led the jack of clubs, pinning East's 10, and showing us all how to handle this weak trump combination for only one loser.

"Now about the bidding," said South.

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

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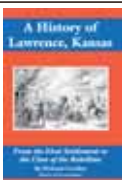
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PUZZLES & GAMES

CROSSWORD

Across

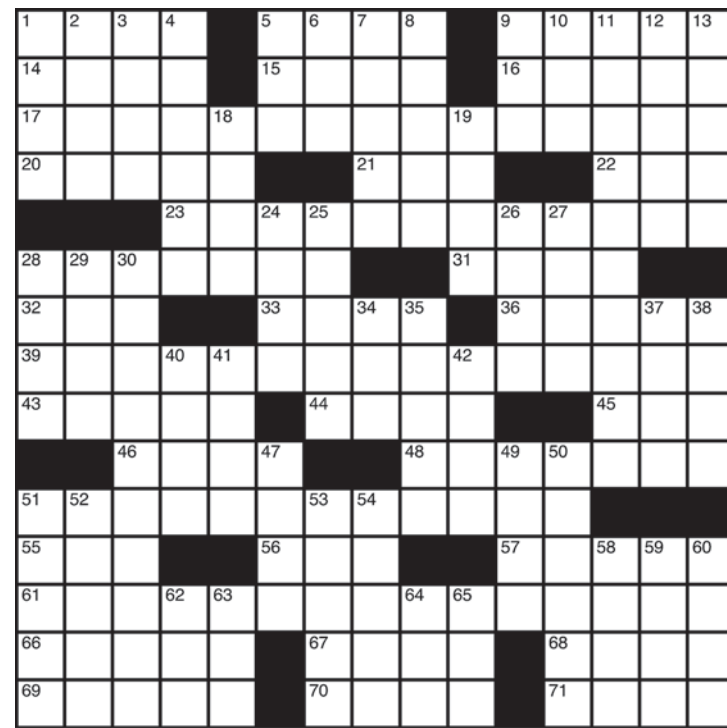
- 1 ___ salad
- 5 Maddux who won four consecutive Cy Young Awards
- 9 Prominent feature of toondom's Droopy Dog
- 14 Efficient
- 15 Dunkirk dream
- 16 2003 LPGA Rookie of the Year
- 17 Sight
- 20 Cuttlefish pigment
- 21 "Homeland" org.
- 22 Wyo. neighbor
- 23 Hearing
- 28 Acting sister of Lynn
- 31 Big biceps, at the gym
- 32 Form 1040 calc.
- 33 Like law school trials
- 36 Befuddled
- 39 Smell
- 43 Burns art?
- 44 Omission in logic
- 45 Ltr. holder
- 46 Macy's department

- 48 Sierra ___
- 51 Touch
- 55 Led
- 56 ___ Park Lincoln of "Knots Landing"
- 57 Playgroup demand
- 61 Taste
- 66 Reno-___ Intl. Airport
- 67 Magnate
- 68 Goddess of discord
- 69 Cape Ann's county
- 70 Bottom lines
- 71 Energetic

Down

- 1 Crosswords are often solved in them
- 2 Black wind
- 3 Observation in a tower
- 4 Playgroup warning
- 5 Garden product word
- 6 Call the game
- 7 Throw out
- 8 Powerful lamp contents
- 9 Average beverage?
- 10 Text-scanning technology, briefly

- 11 Like some conditionally ordered stock
- 12 Mr. Wrong?
- 13 Didn't act
- 18 ___ Ski Valley, site of Kachina Peak
- 19 Sharpness
- 24 Camp Pendleton letters
- 25 "The Phantom of the Opera" role
- 26 Esse ___ videri: North Carolina motto
- 27 Biblical preposition
- 28 Siren
- 29 Currency exchange fee
- 30 Three quarters
- 34 A.L. Central team
- 35 He played Kevin in "The Devil's Advocate"
- 37 Lombardy Castle city
- 38 Off-rd. rides
- 40 Discounted, perhaps
- 41 Four-fifths of a pop band?
- 42 Adopt-___ .com: humane online gp.
- 47 Songs for singles
- 49 Chevy named for a star
- 50 Pops up
- 51 Steamed
- 52 Law office workers



- 53 Contest
- 54 Contest lure
- 58 Car sticker letters
- 59 Prime minister before Rabin
- 60 "Whoever you are, find whatever you're into" website
- 62 Iowa campus
- 63 T. ___
- 64 Pic taker
- 65 Jun. gown wearers

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

JUMBLE

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

LECOL

○ ○ ○ ○ ○

YAROL

○ ○ ○ ○ ○

FLUDON

○ ○ ○ ○ ○

WONIDW

○ ○ ○ ○ ○

A: ○ ○ ○ ○ ○

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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A₁ E₁ U₁ N₁ R₁ S₁ W₄

A₁ I₁ U₁ L₁ L₁ D₂ F₄ Triple Word Score

A₁ I₁ W₄ R₁ D₂ M₃ S₁

A₁ E₁ O₁ D₂ H₄ W₄ T₁

A₁ E₁ E₁ I₁ T₁ M₃ D₂ 3rd Letter Double

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BEST SCORE 332

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TIME LIMIT: 25 MIN

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Answers to all puzzles on page 34

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: CELLO, ROYAL, UNFOLD, WINDOW

Answer: After the circus ended, some of the performers liked to -- CLOWN AROUND

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SCRABBLE G R A M M S SOLUTION													
U ₁	N ₁	S ₁	W ₄	E ₁	A ₁	R ₁	RACK 1 =	60					
F ₄	L ₁	U ₁	I ₁	D ₂	A ₁	L ₁	RACK 2 =	83					
M ₃	I ₁	S ₁	D ₂	R ₁	A ₁	W ₄	RACK 3 =	63					
T ₁	O ₁	W ₄	H ₄	E ₁	A ₁	D ₂	RACK 4 =	64					
M ₃	E ₁	D ₂	I ₁	A ₁	T ₁	E ₁	RACK 5 =	62					
PAR SCORE 260-270							TOTAL	332					



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

MY ANSWER

The promise of Christ is an important step to recovery for a drug user

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: My friend's young adult daughter is ruining her life with drugs. It is an epidemic particularly in our present world. This young lady comes from a good family and has been a good girl growing up. How does this happen and what can we do to help her? - C.F.

A: Since earliest times, people have experimented with drugs in an effort to escape reality. Today hundreds of millions of people use drugs in some form. Anyone can become physically and psychologically addicted to any drug if exposed to high dosages for a sufficient period of time.

Drug users come from all walks of life. Many of the roots of dependency are to be found in insecurity, fear, guilt, disappointments, immorality and deviant sexual behavior, frustration, stress,

peer pressure and intense competition, as exemplified in professional sports. Add to these the great spiritual vacuum which has resulted in a breakdown of moral standards, the disintegration of the home, global turmoil and the staggering availability of drugs. Drug dependency is a problem of the whole person—spiritual, physical, emotional and social. Once addicted, the dependent lives in an illusory world characterized by paralyzed feelings and emotional responses, mental denials

and delusions, social isolation, and spiritual limbo. For many it is a help-less state, a life of no return.

There are three ways to help. One: Reach out with the salvation message that Jesus Christ offers to everyone. His forgiveness brings a freshness to life and strength to endure the difficulties life can bring. Two: Help put them in touch with drug rehabilitation centers where skilled workers can help others begin the process of withdrawal and recovery. Three: Stay in touch with the person by offering support and encouragement, and pray for them.

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

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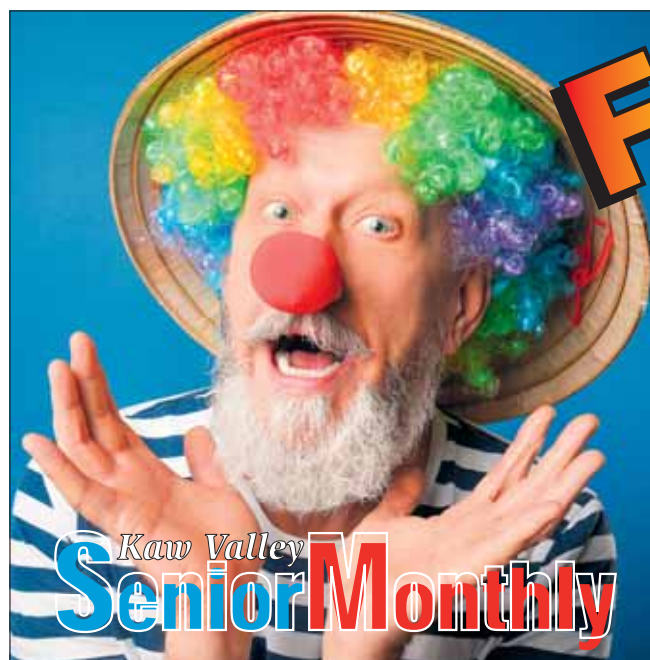


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BARK IRIS GENEALOGY



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

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

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

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

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



Meet John Galligan, MD Foot & Ankle Specialist

Dr. Galligan, a board-certified orthopedic surgeon, specializes in treating foot and ankle problems. He is a born and raised Midwesterner who earned his medical degree from Creighton University School of Medicine in Omaha, Nebraska. He completed residency training in orthopedic surgery at the University of Missouri-Kansas City in 2005, and fellowship training in foot and ankle surgery at the Foundation for Orthopaedic, Athletic and Reconstructive Research in Houston, Texas, in 2006. He completed an additional fellowship in hip and knee arthroplasty in 2016 in New Zealand.

Dr. Galligan has practiced as a foot and ankle specialist for 13 years in Omaha. He enjoys orthopedics because of how significantly it can impact people. With orthopedic help, patients can see results and go from immobility to mobility. He believes the results of orthopedic treatment are very achievable, and he enjoys seeing his patients heal and improve their quality of life.

To schedule an appointment with Dr. Galligan, call **785-843-9125**. To learn more and watch Dr. Galligan's video, visit the OrthoKansas website at www.lmh.org/galligan.

“My philosophy of care involves really listening. It’s a huge team effort to help someone get better, and the patient is the center of it all.”



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