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Vol. 19, No. 9

INSIDE

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Mike Hartnett: Dealing with the long-term consequences of crime.

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Hartnett writes about evil and murder in a small town

By Kevin Groenhagen

For the past four years, Mike Hartnett, Lawrence, has spent every Thursday afternoon at the Douglas County Jail, where he serves as a co-leader of the Men's Writing Group. Hartnett, a law-abiding citizen, seems to have a special connection with the inmates.

"Brian Daldorph, another co-leader of the group, thinks that one reason why I get along so well with the inmates is because they and I, in our own ways, are dealing with the long-term consequences of crime," Hartnett said.

Hartnett, who grew up in Chicago, has been dealing with the consequences of another person's crimes for nearly half a century.

"I graduated from the University of Illinois in 1968, married Barbara the next day, and the day after that we moved to Peoria, where we took teaching jobs in the public schools," Hartnett said. "I taught English and speech and directed plays for four years while

getting our master's degrees. When we got our degrees, we got hired by Lincoln College."

Hartnett had earned a master's degree in counseling, while Barbara earned her master's degree in psychology.

Lincoln College at that time was a private college with about 500 students and offered two-year degree programs. It is located in Lincoln, Ill., which had a population just over 17,000 during the early 1970s. The town has the distinction of being only the town in the United States that was named for Abraham Lincoln before he became president (Lincoln practiced law there from 1847 to 1859).

"During Barbara's first year at Lincoln, she was a dorm director at one of the women's dorms," Hartnett said. "After one year, she got a job teaching psychology at the community college in Peoria."

At Lincoln College, the dean had created a new position—housing director—for Hartnett.

"The first couple of years, we just loved Lincoln, both the college and the town," Hartnett said. "Then one year we had a string of burglaries in the dorms. We were convinced that they were being done by this one student named Russ Smrekar, but we could never prove it. We searched his room, but never found any of the stolen goods. So, the year ended and the dorm directors and I hoped the culprit had either graduated, flunked out, or trans-



Mike Hartnett

ferred to another college. Well, sure enough, during the first week of the fall semester in 1975, someone burglarized another dorm room. I thought, 'Oh, God, here we go again!'"

However, students caught a fellow student trying to dispose of stolen items the next day after the most recent burglary.

"Three guys from Carol South Hall came into my office and said, 'We've cracked the case. We've got the stolen

goods. We know who did it,'" Hartnett said. "They had record albums and said they caught Mike Mansfield."

According to Hartnett, Mansfield, a sophomore, was a quiet honor student. He couldn't imagine that he was the master burglar.

"I went to Mansfield's room to talk to him in private and asked him to tell me the whole story," he said.

Mansfield said he had gotten the

■ CONTINUED ON PAGE FOUR

Kaw Valley
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Kevin L. Groenhagen
Editor and Publisher

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Mike Hartnett

■ CONTINUED FROM PAGE THREE

albums from Smrekar shortly after the burglary. He became nervous about the albums and was trying to dispose of them when he got caught. Hartnett advised Mansfield to tell the police what he had just told him about Smrekar. Hartnett also told Mansfield he would recommend probation instead of expulsion to the college's Judicial Board. Mansfield did receive probation. Smrekar's punishment was more severe.

"The students on the Judicial Board weren't lawyers, but they caught Smrekar in four or five inconsistencies," Hartnett said. "So they expelled Smrekar from the school. The dorm director watched Smrekar pack up his car and drive off. We assumed he was going to his home in Joliet, Illinois, which is about 100 miles north of Lincoln. Well, three days later we were reading the newspaper and saw that he had been arrested for shoplifting three pieces of meat from a local grocery store. It's still a mystery concerning why he was still in Lincoln."

Two grocery store employees ran after Smrekar, who threw the meat under a car that he thought was unoccupied in the parking lot. Ruth Martin stepped out of the car and told the employees that Smrekar had thrown something under her car.

Smrekar was arrested on October 1, 1975, and now had a shoplifting charge against him in addition to the charge connected to the dorm burglaries, which included the theft of albums and a guitar. But then the first petty theft case took two unexpected turns.

"Mansfield was supposed to testify against Smrekar for the dorm burglary case on January 5, 1976," Hartnett said. "But on the afternoon of New Year's Eve, he got a phone call and told his family in Rolling Meadows, Illinois, that he'd be gone for about an hour. He stepped outside and has never been seen again. Then, believe it or not, the police station, which was a rickety, old building, was broken into and the evidence, the record albums and guitar, were stolen yet again. So, the state's attorney dropped the dorm burglary charge because there was no evidence and no witness. He had no case."

For Hartnett, life largely returned to normal in Lincoln during the spring semester of 1976, although he was troubled by Mansfield's unexplained disappearance. But then a real estate agent went missing in June. The real estate agent was Ruth Martin, who saw Smrekar throw the shoplifted meat packages under her car eight months earlier. The police believed she was probably dead because of the large amount of blood found in her garage and inside the trunk of her car, which was found 30 miles north of Lincoln at the Holiday Inn in Bloomington.

Later that summer, Michael Drabing, a Charles Manson fan, broke into a farmhouse on the outskirts of Lincoln

and stabbed to death Lloyd and Phyllis Schneider and one of their three daughters. Unfortunately, these would not be the last murders in Lincoln that year.

"In October, this young couple was out celebrating a birthday or something else like that," Hartnett said. "They came back to their house and someone with a shotgun was waiting for them in their living room. He shot them both at point-blank range."

Hartnett had read about the murders, which occurred on a Friday night.

"The police called me on Sunday and said I had to come down to the station to talk," he said. "They asked me to check around campus to see if anyone had seen Smrekar. I said, 'Smrekar? That was last year!'"

The two police officers, who looked as if they hadn't slept since the murders occurred, had stunned looks on their faces.



"One of the officers said, 'Mike, the husband who was shot to death was one of the employees at the grocery store,'" Hartnett said.

Hartnett hadn't yet made the connection between Smrekar and Jay Fry, the grocery store manager, and his pregnant wife, Robin. Both Jay Fry and Ruth Martin were scheduled to testify against Smrekar, who was facing trial on misdemeanor charges in the shoplifting case.

On October 18, police arrested Smrekar for the murders of the Frys when he arrived for his third petty theft trial date.

During Smrekar's 1977 trial, two Macon County Jail inmates testified that Smrekar bragged that he had killed the Frys and Martin. One of the inmates also had some information that concerned Hartnett.

"Smrekar and the inmate both thought the other inmate would get out of jail soon," Hartnett said. "Smrekar offered the other inmate thousands of dollars if he would kill the other grocery store employee. He also offered him thousands of dollars to kill me."

Smrekar was attempting to eliminate all the witnesses in his petty theft cases. A conviction in any of those cases

■ CONTINUED ON PAGE FIVE

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Mike Hartnett

■ CONTINUED FROM PAGE FOUR

likely would have resulted in little, if any, time in jail. Instead, the judge sentenced him to 300 years in prison.

“Smrekar died in prison in 2011, but, just before he died, he admitted to killing Mike Mansfield and Ruth Martin,” Hartnett said. “But their bodies have never been found.”

Lincoln College wasn’t the same for Hartnett after the murders.

“I was filled with a lot of guilt,” he said. “Maybe if Mike Mansfield hadn’t taken my advice to testify, he might still be alive.”

Hartnett decided to leave his position with Lincoln College.

“I had been writing sometime for the Lincoln and Bloomington newspapers and I enjoyed that work,” he said. “I got hired to be the assistant editor for a trade magazine for the arts and crafts industry. I didn’t know what an assistant editor did, I never heard of a trade magazine, and I wasn’t familiar with the arts and crafts industry, but they

hired me anyway.”

Hartnett later became the editor of the trade magazine. In 1981, he also began writing about his experiences with Smrekar and Lincoln College.

“Getting the basics out exorcised a lot of the guilt I had,” he said.

Hartnett also received encouragement to write his book from a surprising source.

“A friend of mine had a party, handed me a book, and said it was one of the best books he had ever read,” Hartnett said. “The book is set in Lincoln, Illinois. It’s called *So Long, See You Tomorrow* by William Maxwell. It turns out that Maxwell was a fiction editor at *The New Yorker*. So, I read the book and was just blown away by it. The main character of the book was on the periphery of a murder and came away from it feeling guilty. That’s me! I wrote my one and only fan letter to Maxwell. I also sent him a summary of my story. I never thought I would hear back from him.”

Hartnett received a letter from Maxwell several days later. Maxwell encouraged Hartnett to write his story

and invited him to visit him if he ever came to New York. A few months later, Hartnett was in New York to cover an industry event and visited Maxwell in his apartment on the Upper East Side.

“He was adamant that I write a memoir and not a third-person piece,” Hartnett writes in his book. “‘Anyone,’ he said, ‘with the time and the money could go to Lincoln, interview everyone, and write, in effect, a report. No one could write your story but you.’”

Hartnett continued writing his story. In fact, he wrote 21 chapters during the early 1980s. But then he realized his burning desire to get his story down on paper had waned a bit.

“So, I put the manuscript aside—for about 35 years,” he said.

Hartnett and his wife, now retired, moved to Lawrence in 2013 to be closer to relatives. With more time for writing, Hartnett decided to finish his book. He published *And I Cried, Too: Confronting Evil in a Small Town* last year. The title comes from a poignant scene—which is actually a moment of wonder and triumph—that Hartnett writes about at the end of his book.

While Hartnett is haunted by his memories of Smrekar, he is inspired by the inmates he works with at the Douglas County Jail and is reminded that beauty can be found even in the unlikely of places.

“Virtually every week, I’m blown away by something the inmates write,” he said. “Sometimes it’s sad, sometimes it’s funny, sometimes it’s romantic. The most romantic poem I have read anywhere was written by an inmate named Eddie. It’s called ‘Lonely’:

*If lonely men were allowed to dream
And lonely dreams come true
I’d force myself to sleep at night
So I could dream of you.
If lonely men were granted wishes
But were granted only two
I’d wish for you to always love me
And I’d save the second wish for you.*

For more information about Hartnett’s book, *And I Cried, Too: Confronting Evil in a Small Town*, visit meadowlark-books.com, Amazon.com, or barnesandnoble.com.



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LAPA to hold 15th annual Resource Fair for Seniors

By Billie David

While making sure that your future includes aging in place is certainly worth the effort, getting there can require a lot of planning and running around to gather all the information and resources you need so that you are ready when the time comes.

That's one reason why the Lawrence Area Partners in Aging (LAPA) holds its annual fair for seniors and their families, so that people can find the information they need all in one place.

This month will mark LAPA's 15th Annual Lawrence Area Partners in Aging Resource Fair for Seniors, scheduled for Tuesday, March 10, from 10 a.m. until 2 p.m. at the Sports Pavilion located at 6100 Rock Chalk Drive.

"It's for seniors and their caregivers who are needing in-home services or wanting to research the aging-in-place concept before they need it," said LAPA's Michele Dillon. "Local businesses and organizations serv-

ing Douglas County seniors will have booths and displays where information will be available on home-care agencies, financial planning, home remodeling, estate planning and other resources, and representatives from the VA will also be there.

"This is our big event for the year," she continued, adding that LAPA is also gearing up for the Second Annual Alzheimer's walk, which will be held at Rock Chalk Park in September.

The Resource Fair for Seniors is free and provides a one-stop opportunity to gather information about what's available to area seniors and what they need to know about planning for their future. In addition to freebies, handouts, brochures and giveaways that can be found at the booths, drawings will also be held for grocery store gift cards.

"Visitors can come and go as needed," Dillon said. "You don't need to be there the whole time."

LAPA was started in 2003 by Laura

KEVIN GROENHAGEN PHOTO



Gary Mehlic of Bath Innovations Walk-In Bathtubs & Remodeling talks with attendees of the 2019 Resources Fair for Seniors.

Bennetts and Kimberly Hoffman of Lawrence Therapy Services and Seth Movsovit of Kansas Elder Care, with the goal of improving communication

among professionals who support, advocate for and care for Lawrence seniors and helping them to connect

■ CONTINUED ON PAGE SEVEN

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Resource Fair

■ CONTINUED FROM PAGE SIX

with those seniors, their families, and volunteers to improve their quality of life.

“LAPA is a group of professionals who work in the aging industry,” Dillon explained. “They get together and talk about things in the aging industry, including things that are coming up, so we can better serve seniors. We have 35 to 40 members—organizations and individuals,” she said, adding that LAPA membership is a requirement for having a booth at the fairs.

The members meet at Maceli’s on the first Thursday of each month from 11:30 a.m. to 1 p.m. In addition to lunch, the program provides networking opportunities and a program relating to seniors.

As for the future of senior care, Dillon says that it is an ever-changing environment, and in the near future will include new State of Kansas legislation and new ways to help people age in place, including developments

in tele-help and more in-home services being offered.

Another change is that increasing numbers of people in the community from the boomer generation are aging, and the challenge is how to respond to this different generation that is more physically active, not as frail, and more comfortable using technology.

“The group coming into the aging world, most of them have smartphones, and they are more technologically savvy,” Dillon said. “They are in a better position to get their health information, but then does it increase isolation?”

This is an especially relevant question, she explained, as transportation for people in their senior years can be more difficult to obtain, and there is less interaction nowadays with neighbors, which tends to add to the isolation.

More information about the 15th Annual LAPA Resource Fair for Seniors is available by calling 785-839-0754 and asking for Michele Dillon or by emailing LawrenceAreaPartnersinAging.com.

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Foundation honors residents for service to health care, LMH Health

At its annual meeting on February 20, LMH Health Foundation honored winners of the 13th annual Elizabeth M. Watkins Community Caring Award, which celebrates people and organizations who have provided significant service to LMH Health and community health care.

Honorees are community members Jan Breithaupt, Teresa Mulinazzi Kempf, Gary Sollars, and Eleanor Woodyard. Here's a closer look at the Watkins honorees:

- **Jan Breithaupt** celebrated her retirement from LMH Health in 2019 after 45 years of service. She most recently served as communications specialist in marketing and communications, following roles in admissions, patient accounts, accounting and nursing administration, as well as other areas including the foundation. During her time at LMH Health, she was happy to see the hospital develop and provide medical services that had previously not been available locally and proved to be very beneficial to the community. Jan served on the LMH Health Foundation's board of directors from 1993 to 1998, providing assistance to the staff and volunteering for the many foundation-sponsored events, including the very first Penny Jones Golf Tournament. In her free time, she enjoys being outside on her farm, doing yardwork and flower gardening, and spending time with her grandchildren.

- **Teresa Mulinazzi Kempf** has been a member of the Lawrence community since 1979. She became more involved in the community after joining Ameriprise Financial Services in 1996 and becoming a franchise owner in 2009. Through the years, she has witnessed the growth and prosperity of our local community hospital and watched it achieve numerous milestones. Teresa served on the LMH Health Foundation board of directors and as president in 2015. She currently enjoys her supportive role on the finance committee and where needed. She feels strongly

■ CONTINUED ON PAGE NINE

15th Annual Lawrence Area Partners in Aging

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Foundation

■ CONTINUED FROM PAGE EIGHT

that donors do not give to organizations because organizations have needs; they give because organizations meet needs. She has supported a number of key projects at LMH Health, including the new LMH Health West Campus.

• **Gary Sollars** is a longtime LMH Health Foundation advocate. In 2019, he completed his second term as a member of the board of directors, having served as president from 2016 to 2017. He and his wife, Connie, have provided support to many LMH Health Foundation initiatives, including the fourth floor renovation and the cardiac cath lab. Gary is a retired insurance executive. He joined Charlton-Manley Insurance, Inc. in the late 1970s and ultimately became the company's CEO. He is heavily involved in the community, serving as a member of the Baker University Board of Trustees, the Bert Nash Community Mental Health Center Endowment, the Junior Achievement of Lawrence Advisory Board, the Cottonwood Inc. Foundation Board of Trust-

ees, Plymouth Congregational Church Endowment Board and the board of University National Bank. He is a past chairman of the Lawrence Chamber.

• **Eleanor Woodyard** has been active in the Lawrence and KU communities for many years, volunteering and supporting a number of organizations, including University Women's Club, League of Women Voters, Sister City Organization, L.I.N.K., Friends of the Dole Center, Friends of the Lied Center, Meadowlark Garden Club and Immanuel Lutheran Church. She serves on the board of the University of Kansas Libraries, and she has supported Boys and Girls Club of Lawrence and the Lawrence Humane Society. Eleanor has been very supportive of the LMH Health Foundation, including making possible the new entryway into radiation oncology and helping to launch the new East Heights Clinic. She graduated from Valparaiso University and was married to George Woodyard, KU professor of Spanish and specialist in Latin American Theater, for 50 years before his passing. They have four grown children and eight grandchildren. Eleanor is an avid gardener.

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FINANCIAL FOCUS

Will your money last as long as you do?

What do your fellow citizens fear most? Almost half of them—49%—are most afraid of running out of money during retirement, a higher percentage than the 44% whose chief concern is failing health, according to a recent survey by Aegon Center for Longevity and other groups.



Derek
Osborn

What steps can you take to help ensure your money will last as long as you do?

Here are a few suggestions:

- **Estimate your longevity.** None of us can say for sure how long we'll live. However, you can make some educated guesses based on your health and family history. And once you do have at least a ballpark figure, you can then determine about how much money you may need

to last the rest of your lifetime. A word of caution: It's probably going to be more than you think. Health care costs alone can run into the hundreds of thousands, even with Medicare.

- **Determine when you'll retire.** Your retirement age will have a big impact on how long your money can last. The longer you work, the more you can contribute to your retirement plans, such as your IRA and 401(k). Plus, if you have health insurance through work, you should be able to cover some of the out of pocket health care costs you'd normally have to pay if you're retired.

- **Invest as much as you can in your retirement.** During your working years, contribute as much as you can afford to your IRA and your 401(k) or similar employer-sponsored retirement plan. And every time you get a raise, try to increase the amount you put into your employer's plan.

- **Protect yourself from long-term care costs.** If you're fortunate, you'll never need any type of long-term care, such as an extended stay in a nursing home or the services of a home health

care provider. Still, there are no guarantees, and long-term care expenses can be big enough to threaten your retirement savings. The average cost for a private room in a nursing home is about \$100,000 per year, while a home health aide costs about \$50,000 per year, according to the insurance company Genworth. Medicare typically pays just a small portion of these amounts, so you may want to purchase a long-term care insurance policy that will pay for qualified long-term care costs. Or you might consider a "hybrid" policy, which combines long-term care protection with life insurance. So, if you never needed long-term care, your hybrid policy would pay a death benefit to your beneficiary, but if you did need the care, your policy would pay benefits toward those expenses.

- **Choose an appropriate withdrawal**

rate. During your retirement, you'll need to withdraw money from your IRA, 401(k) and other retirement accounts. But you'll want to avoid taking out too much each year, especially during the early years of your retirement. It's important to establish an annual withdrawal rate that's appropriate for your needs, taking into account your age, sources of income, lifestyle and other factors.

The thought of running out of money during retirement is scary indeed—but by making smart choices, you can go a long way toward alleviating this fear and enjoying your life as a retiree.

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

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JILL ON MONEY

Good reasons to consider refinancing now

A year ago, the Federal Reserve, economists and realtors were bracing for higher mortgage interest rates for 2019. The rationale was simple: The economy was growing and, as a result, the 10-year Treasury bond, the benchmark for most mortgages, was likely to remain elevated.



Jill
Schlesinger

The economy is still growing, but the pace has slowed, which means that home loan rates have dropped by almost a full percentage point—30-year mortgages have fallen from nearly 4.5% to 3.6% today, according to Freddie Mac.

The slide has prompted another round of the perennial question: Is it time to refinance? According to mortgage analytics firm Black Knight, more than 8 million homeowners could refinance for an average savings of \$270 per month. Here are some of the reasons homeowners should consider a refinance right now.

Lower monthly payments: Maybe your current loan has a high interest rate or perhaps you originally had a 15-year

loan and realize that you need more cash flow flexibility and want to move to a 30-year to improve your ability to fund other goals, like retirement or college. One big caveat: The costs of the refinancing (usually 2% to 5% of the loan amount) must be incorporated into your analysis. If closing costs are \$5,000 and you will save \$270 per month, it will take you 18.5 months to break even. If the monthly savings are lower, it will take longer to break even, which may or may not make sense depending on how long you think you will be in the house.

Free up equity: If the equity in your home is tempting you to renovate a kitchen, pay an upcoming big bill or pay off another outstanding debt, be very careful. The Tax Cuts and Jobs Act that went into effect in 2018 changed the tax deductibility rules, limiting interest you pay on a loan secured by your main home or second home to buy, build or substantially improve your main or second home. So if your re-fi is used to pay off another debt, that amount would not be deductible. Additionally, the tax cut act placed a new dollar limit on total qualified residence loan balances. If you refinance, you can only deduct interest on up to \$750,000 in qualifying debt.

Convert to fixed rate from an adjustable or balloon loan: If you purchased a home with an adjustable rate mort-

gage, last year's increase in rates may have spooked you. With rates lower, now may be a good time to lock in a loan that will never cause palpitations when rates rise in the future. For those who have balloon loans, (a loan with a fixed rate for a specific period of time, which "balloons" at the end of the term, when a lump-sum payment, equal to the remaining balance of what you owe, is due), perhaps circumstances have changed and you plan to be in the house longer than you expected or you do not want to use your cash to pay off the loan at the end of the term. If that's the case, a re-fi could be the answer.

Get out from private mortgage insurance: If you purchased your home with

less than the "standard" 20% down payment, you are paying for PMI, which can tack on 0.3% to 1.5% of the original loan amount every year, depending on your credit score and the size of your down payment. If the value of your home has increased since the original purchase and you now have 20% equity, a refi may reduce your interest rate and release you from that PMI payment.

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

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PAINTING WITH WORDS

The Road Not Taken

Poem Title: The Road Not Taken
Poet: Robert Frost

There is great imagery in this poem by Robert Frost. The yellow wood. The undergrowth. The leaves. I remember taking a walking tour through a



Tom
Mach

wooded area and being suddenly confronted with two paths, one to the left and one to the right. There are no signs telling me which to take. But this poem has far more to offer us than to describe a leisurely walk in the woods. I would give this poem a spiritual interpretation. Obviously, the person in this poem is traveling to get somewhere eventually. For me, that "somewhere" is heaven itself. I have often come to divergent paths and had to make a decision as to which to take. In the past, I've taken the road most traveled because that seemed easiest. I'd make a decision based on income and prestige. After all, that's what the secular media always talks about. If you rise to the top level of your company and make a lot of money, you're successful. I don't like that road anymore. I want to take

the one less traveled with no prestige and monetary riches in sight. I want the road that takes me to heaven, even if it's the road less traveled. It's the road of selfless love and kindness. Here's the poem by Mr. Frost:

The Road Not Taken By Robert Frost

*Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;
Then took the other, as just as fair,
And having perhaps the better claim
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,
And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.
I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.*

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

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MAYO CLINIC

Calf muscle injury common in runners over 40; can heal with time

DEAR MAYO CLINIC: I tore my calf muscle while running a few months ago and went to physical therapy for treatment. It seemed to heal well, but last weekend I tried running for the first time since the injury. After a couple of miles, I felt a strain in my calf. Is there anything else I can do, or will I have to give up running? I am a 51-year-old male.

ANSWER: Your situation is common, especially for runners your age. You probably won't have to give up running. But you may need to ease up a bit, and you will need to give your body more time to heal. Additional physical therapy can help as you work through that process.

Calf muscle injuries are among the most common for runners over 40, particularly men. This type of soft tissue injury can heal, but it's going to take time. For younger runners, recovering from a calf muscle injury usually takes about six to eight weeks. At 51, however, you've lost some flexibility and elasticity in your soft tissue. That means recovery is going to take longer—possibly 12 weeks or more.

Taking it slow is key to a successful recovery. A general recommendation for returning from this kind of injury is to start at just 15 minutes of running every other day, and stay at that level for one week. If you are able to do that without pain, in the second week, move up to 20 minutes of running every other day. Once you can comfortably achieve that, add another five minutes to your runs each week. At that time, you also can add one more day to your weekly running schedule. If at any point you feel discomfort, take your running down to the previous level you were able to achieve without pain. Recognize that even when you are completely healed, you may not be able to run as far or as fast as you once did.

As you work on returning to running, you also may want to incorporate cross-training into your exercise routine to help you stay fit without raising your risk

of another injury. An elliptical trainer or a stationary bike, swimming, or outdoor biking can provide quality workouts.

At this time, it would be wise to see your physical therapist for additional evaluation and therapy. He or she can provide guidance on exercises that may be useful for strengthening your calf muscle, such as eccentric exercises that focus on lengthening contractions in the muscle. An example of this type of exercise involves standing on a step with your heels hanging over the edge, and then slowly lowering your heel down, so you control the descent of your leg with the calf muscles.

You may want to consider undergoing a runner's evaluation, too. A physical therapist or sports medicine physician can conduct this assessment while you run on a treadmill. As you run, your provider will watch your gait for signs of biomechanical issues that could raise your risk for injury. Correcting those issues could reduce your chances of future injuries.

Another step you can take to help prevent additional injury is to ensure you always warm up thoroughly before you start running. It can be as simple as taking a few minutes to walk before you run. A warm-up allows for more blood flow to your muscles, making them more elastic and less likely to strain.

If running is a priority for you, using a slow, measured approach with guidance from a physical therapist is the best method for recovering from this type of injury. It will take some time, but with discipline and patience, you'll likely be able to enjoy running again. - Matthew Butters, M.D., Physical Medicine and Rehabilitation, Mayo Clinic, Scottsdale, Ariz.

- *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

Essential oils

Essential oils have been used throughout the centuries, dating back to ancient times. Recently, however, we have seen a resurgence in essential oils being used for everything, including aromatherapy, flavoring in foods and beverages, and to treat various ailments.



Dr.
Deena
Beneda

Very early physicians, such as Avicenna, used essential oils such as mint to treat conditions such as stomach ailments, including pain, gas, nausea, and vomiting. In Egyptian times, the use

of aromatic essential oils was used for various purposes, such as mummification.

In recent years, essential oils have seen a resurgence with the oils being used in massage, acupuncture, and diffusers. Essential oils can be used in perfumes, soaps, hand lotions, shampoos, cosmetics, flavoring, cleaning products, and candles, and diffusers, especially during the winter. Pest control products ranging from ant to mosquito control now include essential oils in their formulas. Medically, essential oils can be used to treat skin conditions, upper respiratory infections, migraines, nausea and vomiting, pain, ear infections, and menstrual disorders, such as premenstrual syndrome and menopause. One of the most effective ways to treat lice is to use essential oils.

Research shows that essential oils have antimicrobial, antibacterial, and antifungal properties.

Some of the most common essential oils are lavender, cinnamon, mint, eucalyptus, tea tree oil, frankincense, myrrh, and thyme. Lavender essential oil has been used for a variety of different conditions, including anxiety, depression, irritability, stress, panic attacks, insomnia, and fatigue.

Cinnamon has been used for blood sugar issues, including hypoglycemia or hyperglycemia. In addition, it has been used for cardiovascular health, including high cholesterol.

Mint is used for nausea, vomiting, digestion, heartburn, gas, bloating, improved circulation, and fatigue.

Eucalyptus is a common essential oil used in the winter to treat a variety of upper respiratory problems, including sinusitis, cold, flu, and cough.

Tea tree oil is an antibacterial, antiviral, and antifungal. The most common use of tea tree oil is as an antifungal for conditions such as foot fungus. It is

also an especially effective medicinal plant in treating lice.

Frankincense is an older essential oil used for many conditions, including headache, allergies, depression, upper respiratory conditions, mental fatigue, and to enhance the immune system.

Myrrh is used for sinus congestion, cough, sore throat, upper respiratory conditions, and to treat skin conditions.

Thyme can boost the immune system, treat upper respiratory ailments, and can be used for effective pest control and.

Essential oils have proven their use in medical history. These oils have stood the test of time and have been used in the treatment of many conditions. As we see a renewed interest in essential oils, we will no doubt see many new clinical studies examine their use and efficiency, including new uses for old therapies.

- 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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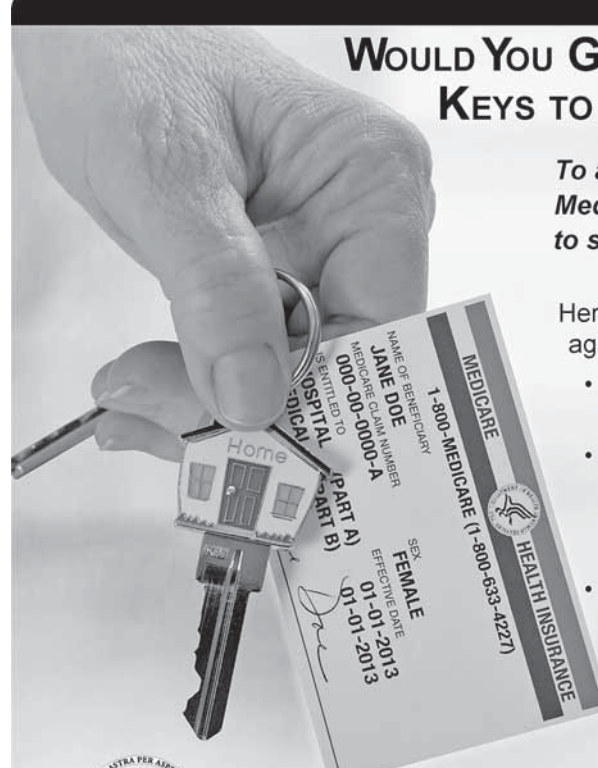
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HEALTH & WELLNESS

Help! I'm dizzy!

By Roseanne Smith

LMH Health Therapy & Wellness

Martha woke up in bed one morning, sat up, and became so dizzy she almost fell. She sat on the edge of her bed, hanging on for dear life until her room stopped spinning. She finally was able to stand up and begin her day. Off and on for the rest of the day, she felt dizzy, nauseated or sometimes both. Martha discovered that if she

moved much she had vertigo, so she spent most of her day sitting still in her chair. What should she have done?

Unfortunately, there are many causes for dizziness or vertigo. If you are so dizzy you are unable to get up, dial 911. Otherwise, a good place to begin looking for help is your doctor's office. Your doctor can look at your medications to see if that may be the cause of your dizziness. They also can examine you for significant medical problems such as stroke or a tumor that could cause vertigo. If these major culprits aren't the problem, dizziness also can occur due to blood pressure changes, an inner ear problem or a variety of other medical issues.

The most common cause of intermittent dizziness is Benign Paroxysmal Positional Vertigo or BPPV. It accounts for about 30% of dizziness caused by inner ear problems. People with BPPV move and become dizzy, but the symptoms usually last for less than a minute, at least until you move again. Dizziness resulting from BPPV is usually associated with head movement. People become nauseated and throw up, particularly during the first few days. Some people have this problem once in their lives, but others have this problem once every three

days. Symptoms usually last for one to two weeks but the length varies from person to person.

BPPV is a mechanical problem. The inner ear contains the vestibular labyrinth, which is used to orient yourself to gravity and motion. There are a couple of areas in the inner ear that contain calcium carbonate crystals that are attached to tiny hair cells. The weight of the crystals pulls on the hair cells, which sends a signal to your brain and causes you to orient your head to gravity. If you shed too many crystals or fall and hit your head and knock a whole lot off at once, you are more likely to have BPPV. The crystals can then roll into the semicircular canals, usually at night when you are sleeping on your side. Once in the canals, they create havoc with your normal perception of how fast or how far you have moved your head.

Part of the concern about BPPV is that it can also affect balance. When you have BPPV, the labyrinth for one ear is usually affected and sends bogus information to your brain. The brain coordinates information from your vestibular system, vision and sensation from your body to keep you oriented well in space. If one of these systems is malfunctioning, it can affect your bal-

ance and lead to falls. Approximately 10% of people over age 65 who have difficulty with balance have BPPV. When the BPPV is treated, their balance also improves.

Who treats BPPV? If you see an otolaryngologist, also known as an ear, nose and throat specialist, they will often have someone in their office who will treat you by performing an Epley maneuver. There are also physical therapists at LMH Health who can perform a detailed evaluation and treat the BPPV using the positioning maneuver.

If you have had BPPV for some time, it is likely that some of your visual reflexes have been affected. A therapist can provide you exercises to help correct those reflexes. Physical therapists are trained to evaluate balance and gait problems, so making an appointment is a great first step toward improving those issues.

Though our friend Martha is fictional, her story is one shared by many patients. It is likely that Martha slept on her side. While sleeping some loose crystals rolled into the semicircular canals, causing her BPPV. When she sat up, the change in position caused the crystals to move and gave her the illusion that the world was spinning. Every time she moved her head, it happened again.

Our recommendation is that Martha make an appointment to see her doctor and then visit a physical therapist who treats patients with BPPV. This will help her on the road to recovery to get back to performing normal activities. Martha has more important things to do than to just sit still at home.

- Roseanne Smith is a physical therapist with LMH Health Therapy & Wellness.



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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

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215 15th St. Game play: 7 p.m.
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AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

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924 Walnut, 12:30-1 p.m.
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WEDNESDAYS

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3110 S.W. Huntoon, 6:30 p.m.
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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.
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FRIDAYS

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Mini Bingo 6:30 p.m., Regular Bingo 7 p.m.
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LAWRENCE

FIRST, THIRD & FIFTH TUESDAY OF EACH MONTH

EUDORA SQUARE DANCE WORKSHOP

A great opportunity to practice the calls you are having trouble with. Callers: Lynn Nelson (fall/spring), Beth Neidecker (winter). Suggested donation: \$3/person. Please bring your own water. Contact Nancy Wickersheim. Eudora Parks & Recreation Center, 1630 Elm St., 1-2:30 p.m. Mainstream, 2:30-2:45 p.m. Plus (if enough dancers).
EUDORA, 785-393-4036

SECOND AND FOURTH MONDAYS

LEXINGTON LUNCHE

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

MAR 2

MEDICARE MONDAYS

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

MAR 4

FT. LEAVENWORTH SERIES | THE AISNE-MARNE COUNTEROFFENSIVE, 1918: THE TURNING POINT OF WORLD WAR 1

Late in the first World War, the Aisne-Marne Counteroffensive saw a shift in the fortunes for both sides of the conflict. Dr. Richard Faulkner will discuss this transformational moment in a long and deadly war, a part of the 2020 Ft. Leavenworth Series theme of "Turning Points." Dole Institute of Politics, 2350 Petefish Dr., 3-4:30 p.m. Free.
LAWRENCE, 785-864-4900
doleinstitute.org/events

MAR 5

THE DOLE FORUM | A POWERFUL, PREVAILING TRUTH: WOMEN IN POLITICS A CENTURY AFTER SUFFRAGE

In the century since women gained the vote with the ratification of the 19th amendment, the role of women in the political sphere has increased dramatically in some ways with little advancement in others. This panel of women elected officials will share their experiences as women in politics and the importance of women in public service and the political realm. This event is co-sponsored by the Political Science Department of KU. Dole Institute of Politics, 2350 Petefish Dr., 7-8:30 p.m. Free.
LAWRENCE, 785-864-4900
doleinstitute.org/events

MAR 5 & APR 2

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records. Shawnee North Community Center, 300 N.E. 43rd St., 10-11:30 a.m.
TOPEKA, 785-580-4400

MAR 7

DNA, ETHNICITY AND BUILDING YOUR FAMILY TREE

Many people start their genealogy research with a DNA test, often because they are interested in their ethnicity. We will explore that topic and provide basic information to help you use DNA results to begin or further your genealogy research. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-noon. Fee.
LAWRENCE, 785-841-4109
watkinsmuseum.org/dna-ethnicity

MAR 7

HOW OLD IS THAT TREE?

This is the most frequently asked question in our tree classes. On this tour, we'll explore the different ways to establish tree age, while viewing some old heritage trees at several locations around Lawrence. A highlight will be a visit to the McGregor Herbarium where we'll study tree rings from core samples of living trees, learn about tree growth, and tour the herbarium. Instructor: Jon Standing. Class Code: 127461-A. Fee. 10 a.m.-12:30 p.m.
LAWRENCE, 785-832-7920, lawrenceks.org/lprd

MAR 9

COMPUTERIZED GENEALOGY

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

MAR 9

RETIREMENT & MEDICARE

Learn about Medicare from Senior Health Insurance Counseling for Kansas. They will answer questions, give unbiased counsel and help you determine how Medicare will best work for you. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 7-8 p.m.
TOPEKA, 785-580-4400

MAR 9

SENIOR SOCIAL

This time is reserved for 55+ to explore new crafts, games, or activities. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 12:30-2 p.m.
TOPEKA, 785-580-4400

MAR 10

SENIOR SUPPER AND SEMINAR

Topic: "Colorectal Cancer Prevention." Dr. Stuart Thomas. Each month LMH Health brings you a healthy three-course supper and health seminar. Reservations required. \$5.50 for the meal. Supper: 5 p.m., Seminar: 6 p.m.
LAWRENCE, 785-505-5800, lmh.org

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MAR 10, 17, 24, 31

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., 2-3 p.m.
TOPEKA, 785-580-4400

MAR 10

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., 7-8 p.m.
TOPEKA, 785-580-4400

MAR 11

ALZHEIMER'S ASSOCIATION REMOTE LEARNING

Learn about memory disorders and the challenges associated with managing them at sessions held the 2nd Wednesday of each month. Call 800-272-3900 to register for any session. Marvin Auditorium 101A, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.
TOPEKA, 800-272-3900

MAR 13

AARP DRIVER SAFETY

Senior Resource Center for Douglas County, 745 Vermont St., 9 a.m.-2 p.m. Contact Larry Woydziak to register. Fee.
LAWRENCE, 785-727-7875

MAR 14

CREATING ORAL HISTORIES FOR GENEALOGY

Learn how to use the library's oral history kits to preserve and enhance your own family and community history. Registration required. Topeka Room 204, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 11 a.m.-1 p.m.
TOPEKA, 785-580-4400

MAR 15

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

MAR 16

HOW TO SIGN UP FOR MEDICARE PART D

Learn how to use the Medicare.gov website and plan finder to help you make an informed decision regarding your Medicare Part D drug coverage every year. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2:30 p.m.
TOPEKA, 785-580-4400

MAR 20 & 27

RESILIENT FALLING

This unique class combines instruction and active practice. Explore the components of balance: strengthening leg and core muscles, mindfulness, and being aware of hazards in your surroundings. We will actively practice balance challenges, falling safely and getting up. Participants must be able to get up from the floor with relative ease in order to participate fully. Instructor: Susan Rieger. Class Code: 127322-A. Fee. East Lawrence Recreation Center, 1245 E. 15th St., 2-4 p.m.
LAWRENCE, 785-832-7920, lawrenceks.org/lprd

MAR 20

LINE DANCING WORKSHOP

Join instructor Mike Salerno and learn to dance to all types of music from Country, Swing, Pop, Latin, to Oldies and R&B. Sports Pavilion Lawrence, 100 Rock Chalk Ln., 6:30-9 p.m. Fee. Register online.
LAWRENCE
<http://lprd.org/activity?n=214141>

MAR 20-APR 24

INTRO TO IPADS

Thinking about getting an iPad or already own one and not sure if you are getting the most out of it? This class will be a demonstration and learning session, so please bring your device with you. iPads will also be available during class. We will cover the basic operation of the device and apps for recreation, health, education, finance, and socializing. Instructor: Karen Johnson | Class Code: 127604-A. Fee. Community Building, Computer Room, 115 W. 11th St., Fridays, 10-11:30 a.m.
LAWRENCE, 785-832-7920, lawrenceks.org/lprd

MAR 21-APR 4

COMPUTER 101

This class is designed for beginners or those with limited or no experience. It will cover computer components, basic computer terminology, moving and copying folders and files, desktop shortcuts, and an introduction to the Internet with hands on work at every lesson. Take home curriculum included. Instructor: Sharon Gan. Class Code: 127147-A. Fee. Community Building, Computer Room, 115 W. 11th St. Saturdays, 2-3:30 p.m.
LAWRENCE, 785-832-7920, lawrenceks.org/lprd

MAR 22

JEWELRY RESTORATION AND REPAIR

Do you have pieces of broken jewelry that you no longer wear because they need repair or updating? Have you had single earrings, broken or sentimental pieces sitting in your jewelry box forever, but can't get rid of them? Bring three to four of those pieces, cleaned and sorted to make the best use of your time and learn how to restore or redesign them into something that you can proudly wear again. This is a hands on class so please bring scissors and needle nose pliers, prepared to create new designs from your materials. Ear wires, clasps, restringing materials and adhesive will be available. Instructor: Julie Kingsbury. Class Code: 127323-A. Fee. Community Building, Art Room, 115 W. 11th St., 1:30-3:30 p.m.
LAWRENCE, 785-832-7920, lawrenceks.org/lprd

MAR 23

SENIOR CYBER SAFETY

Learn about cybersecurity, password management, common internet scams and threats, and get cyber safety resources. Based on the Cyber Generations senior citizens cyber safety initiative. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 11 a.m.-12 p.m.
TOPEKA, 785-580-4400

MAR 25

BLACK WOMEN IN KANSAS POLITICS

Hear a panel discussion of African American women from the Making Agreements Oral History Project. Marvin Auditorium 101AB, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 7-8:30 p.m.
TOPEKA, 785-580-4400

MAR 26

CEMETERY HEADSTONES

The Topeka Genealogical Society will host Fred Holroyd's, a volunteer at Mount Hope Cemetery in Topeka, discussion of funeral and burial customs, and his work to get government headstones for veterans buried at the cemetery. Marvin Auditorium 101B, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 7-8:30 p.m.
TOPEKA, 785-580-4400

MAR 26

AUTHOR SERIES | THE AGE OF EISENHOWER: AMERICA AND THE WORLD IN THE 1950S

The ute will welcome Dr. William Hitchcock, the William W. Corcoran Professor of History at the University of Virginia, as he shares his insights about one of the most highly regarded military and presidential figures in American history, Dwight D. Eisenhower. Hitchcock's book, *The Age of Eisenhower*, a New York Times bestseller, has been hailed as the "definitive account of this presidency," drawing extensively on declassified material from the Eisenhower Library, the CIA and Defense Department, and troves of unpublished documents. Dole Institute of Politics, 2350 Petefish Dr., 7-8:30 p.m. Free.
LAWRENCE, 785-864-4900
doleinstitute.org/events

APR 2

FT. LEAVENWORTH SERIES | GUADALCANAL, 1942: THE TURNING POINT OF THE PACIFIC THEATER IN WORLD WAR II

While Midway is often considered the battle that swung the advantage in the Pacific Theater toward the allies, Dr. John Kuehn will argue that Guadalcanal was in fact the definitive moment as a part of the 2020 Ft. Leavenworth Series theme of "Turning Points." Dole Institute of Politics, 2350 Petefish Dr., 3-4:30 p.m. Free.
LAWRENCE, 785-864-4900
doleinstitute.org/events

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, lawrencecession.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

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

YOURS, ANNE

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

MAR 13

STORY SLAM: BROKEN

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

MAR 13

CLASSIC FILM SERIES: SPELLBOUND

A psychiatrist protects the identity of an amnesia patient accused of murder while attempting to recover his memory. Stars Ingrid Bergman, Gregory Peck and Michael Chekhov. 1945 | black & white | 111 min. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 2-4 p.m.
TOPEKA, 785-580-4400

MAR 15

IN MY LIFE - A MUSICAL THEATRE TRIBUTE TO THE BEATLES

In My Life—A Musical Theatre Tribute to the Beatles is the Award-winning musical biography of the Beatles through the eyes of manager Brian Epstein, featuring the live music of renowned tribute band Beatles For Sale. The show is widely considered by industry insiders

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to be the most unique Beatles show in decades. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

MAR 22

SENIOR CLASS

Our senior improv company is made up entirely of 55+ year old actors from our community. They define life in the golden years as a terrifically fun-filled trip! Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 2 p.m. Fee. TOPEKA, 785-357-5211 topekacivictheatre.com

APR 2-4

WIFI FILM FESTIVAL

Featuring films about and by pioneering women in history and film. Washburn University, 1700 S.W. College Ave. Free. TOPEKA, 785-670-1807, washburn.edu/wifi

EXHIBITS & SHOWS

MAR 28

2020 SUSTAINABLE GARDENING GARDEN SHOW

Since we all realize the importance of our lands remaining diverse and productive over time, the 2020 Garden Show presented by the Douglas County Extension Master Gardeners will focus on sustainability. The Garden Show includes expert speakers, educational booths, a bird house and feeder building workshop, a garage sale filled with garden related items, outdoor craft items, vendors, food trucks, a theme garden and raffle items. Douglas County Fairgrounds, 2110 Harper Street, 9 a.m.-3 p.m. Free admission. LAWRENCE

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

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

ONGOING

HEALTHY STEPS MALL WALKING

Walk in a safe, climate-controlled setting at West Ridge Mall, Topeka, 1801 S.W. Wanamaker. 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 different class schedules to meet your needs. For more information or to enroll, call the Community Building or search activity 127102 at www.lprd.org. LAWRENCE, 785-832-7920

DAILY

EXERCISE CLASS

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

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

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

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

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

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 8:30-9:30 a.m. at West Ridge Mall (Food Court, near the restrooms), 1801 S.W. 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 one 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

THURSDAYS

WELLNESS CLINIC

Blood pressure checks, weights. Lexington Park, 1011 S.W. 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

FEB 3-MAR 5

WELLNESS CHALLENGE PROGRAM - DRIVE AWAY THE WINTER DOLDRUMS

Challenge yourself and help drive away any winter "doldrums" you might have by participating in this free, do-on-your-own wellness

■ CONTINUED FROM PAGE 20

challenge program. Participants complete a minimum of six weekly challenges and receive a reward at the end of the program. Challenges include health screenings, fitness, nutrition and personal wellness goals. The program runs February 3-March 5. Register at www.lmh.org/events. Enrollment deadline is January 31.
LAWRENCE, 785-505-3066

MAR 4

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

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

MAR 24-APR 28

WHY WEIGHT; A WEIGHT MANAGEMENT COACHING, SUPPORT AND EDUCATION SMALL GROUP

A six-week support and education group designed to support and educate about healthy eating and successful weight management strategies, plus receive coaching and support with setting achievable goals to move forward in weight management or healthier eating journey. \$75. LMH Health, 330 Arkansas, Tuesdays, 6-7 p.m.
LAWRENCE, 785-505-3066, lmh.org/events

HISTORY & HERITAGE

MAR 2

KANSAS AFRO-AMERICAN HISTORICAL & GENEALOGICAL SOCIETY

KAAHGS meets to learn about African American family history and genealogy with guest speakers. Find more info at www.kaahgs.org. Topeka Room, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 5:30-7:30 p.m.
TOPEKA, 785-580-4400
facebook.com/KansasAAHGS

MAR 8

CELEBRATING THE CENTENNIAL OF THE 19TH AMENDMENT

Consider where we've been, where we are, and where we're going as women in our society. Panel discussion features historians Deborah Dandridge and Valerie Mendoza, and Shelbie Konkel, Chief of Staff for Lt. Gov. Rogers. Introduction by the League of Women Voters of Topeka and Shawnee County. Topeka and Shawnee County Public Library, Marvin Auditorium 101ABC, 1515 S.W. 10th Ave., 2-3:30 p.m.
TOPEKA, 785-580-4400

APR 3 & 4

2020 HEARTLAND FAMILY HISTORY CONFERENCE

The Topeka Genealogical Society (TGS) is hosting its first Heartland Family History Conference. Although TGS has been successfully hosting annual genealogy conferences for nearly 50 years, its 2020 Conference will be a landmark event. Register online. Maner Conference Center & Capitol Plaza Hotel, 1717 SW Topeka Blvd. Fee.
TOPEKA, 785-233-5762, tgstopeka.org

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

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

MEETINGS

MONTHLY

SHAWNEE SWINGERS

Square dancing is a social activity for all ages and benefits the body and the mind. Shawnee Swingers has monthly dances and sponsors lessons in the Fall. For more information, call or text 785-845-2357 or email shawneeswingers@gmail.com. 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 Holcom Rec Center, 2700 W. 27th 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 SPOUSE/PARTNER LOSS

The Midland Care Center for Hope and Healing, 1112 S.W. 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, 745 Vermont St., 2:15-3:45 p.m.
LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY MEN'S COFFEE

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

FIRST TUESDAY OF THE MONTH

TOPEKA AREA OSTOMY SUPPORT GROUP

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

TUESDAYS

BREW HA HA!

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

TUESDAYS

GENERAL GRIEF SUPPORT GROUP

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

TUESDAYS

INTERGENERATIONAL CHOIR

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

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

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

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

WEDNESDAYS

GRIEF SUPPORT GROUP

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

FIRST & THIRD WEDNESDAY OF THE MONTH DEPRESSION BIPOLAR SUPPORT ALLIANCE

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

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

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

FIRST THURSDAY OF THE MONTH

GRIEF SUPPORT GROUP

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

FIRST THURSDAY OF THE MONTH

LAWRENCE AREA PARTNERS IN AGING

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

FIRST FRIDAY OF THE MONTH

STROKE SUPPORT GROUP

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

SATURDAYS

LAWRENCE BRIDGE CLUB

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

SECOND MONDAY, SEP-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
LAWRENCE, 785-331-4575

SECOND MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

■ CONTINUED ON PAGE 22

■ CONTINUED FROM PAGE 21

SECOND MONDAY OF THE MONTH LMH HEART BEATS

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

SECOND & FOURTH MONDAY OF THE MONTH DEPRESSION BIPOLAR SUPPORT ALLIANCE

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

SECOND & FOURTH MONDAY OF THE MONTH CHRONIC PAIN SUPPORT GROUP

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

SECOND TUESDAY OF THE MONTH BETTER BREATHERS CLUB

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

SECOND TUESDAY OF THE MONTH LAWRENCE ACTION CIVITAN CLUB

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 facebook.com/lawrenceactioncivitan or call Jason. LAWRENCE, 785-691-8520

SECOND WEDNESDAY OF THE MONTH DIABETES EDUCATION GROUP

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

SECOND THURSDAY OF THE MONTH LMH HEALTH OSTOMY SUPPORT GROUP

An affiliate of the United Ostomy Associations of America, the LMH Health Ostomy Support Group meets on the second Thursday of each month at 5:30 p.m. in Conference Room D North. No registration required. Free.
LAWRENCE, 785-505-6265
<https://bit.ly/32g2fEK>

SECOND THURSDAY OF THE MONTH MEADE FLOWER AND GARDEN CLUB

The Meade Flower and Garden Club is made up of amateur gardeners who get together with

others who are interested in gardening and exchange information. Meets in the Ward Meade House, 124 N.W. Fillmore Street (Old Prairie Town), in the Preston Hale Room at 6:30 p.m.
TOPEKA, 785-817-4835

SECOND THURSDAY OF THE MONTH DEMENTIA SUPPORT GROUP

Support group specifically for spouses of those with dementia. Meets at the Senior Resource Center for Douglas County, 745 Vermont St., 11 a.m.-noon. Call for questions or to RSVP.
LAWRENCE, 785-218-4083

SECOND THURSDAY OF THE MONTH NAACP MEETING-LAWRENCE CHAPTER

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

SECOND SATURDAY OF THE MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB

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

THIRD TUESDAY OF THE MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF THE MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.
TOPEKA, 785-286-2329 or 785-231-0763

THIRD TUESDAY OF THE MONTH STROKE SUPPORT GROUP

For those recovering from a stroke, and/or their family and friends. For more information, call LMH Health Therapy Services.
LAWRENCE, 785-505-2850

THIRD WEDNESDAY OF THE MONTH BETTER BREATHERS CLUB

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

THIRD WEDNESDAY OF THE MONTH CANCER SUPPORT GROUP

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

THIRD WEDNESDAY OF THE MONTH NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of the month at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free. NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.
LAWRENCE, 785-843-7481

THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

THIRD SATURDAY OF THE MONTH JAYHAWK MODEL MASTERS

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

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at the Topeka-Shawnee County Public Library, 7 p.m. No meeting in April, November or December.
TOPEKA, 785-233-5762
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 S.W. 6th St., 3-4 p.m.
TOPEKA, 785-430-2194

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. Clinton Place, Senior Resource Center for Douglas County, 745 Vermont St., 1-4 p.m. For more information call or text 785-505-0893.
LAWRENCE

THURSDAYS

SCRABBLE CLUB - OPEN PLAY

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

MAR 10

LAPA RESOURCE FAIR FOR SENIORS

This is the 15th annual event that seniors and their caretakers will be talking about all year. Freebies, handouts, brochures, drawings for grocery store gift cards (courtesy of Lawrence Area Partners in Aging), and more. Free. Sports Pavilion at Rock Chalk Park, 10 a.m.-2 p.m.
LAWRENCE, 785-832-0754

ST. PATRICK'S DAY

MAR 17

LEAVENWORTH ST. PATRICK'S DAY PARADE

Parade route is 1.5 miles long in Historic Downtown Leavenworth with plenty of viewing areas for you and your family to enjoy. The parade usually enjoys well over 60 entrants from area participants. Enjoy the parade and stay for the day. Many festivities going on in town afterwards as well. 11 a.m. Free.
LEAVENWORTH, 913-758-2948

■ CONTINUED FROM PAGE 22

MAR 17

LAWRENCE ST. PATRICK'S DAY PARADE

This year's parade will be the 32nd annual, and you won't want to miss it! More than 100 local businesses and families enter their floats for your entertainment and a chance at the top prize. Expect to see green horses, extravagant floats, roving musicians and much more. Downtown Lawrence, Massachusetts Street, 1 p.m. Free.

LAWRENCE, 785-749-6677

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 ute on the first Saturday of each month for an interactive, kid-friendly visit to discover uniquely themed items in the museum and archives. Activities include crafts, puzzles, coloring, and museum gallery activities. Families with young children encouraged! All programs and events at the ute 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

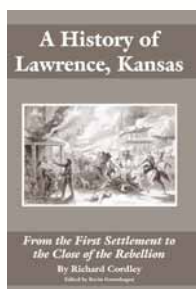
FREE STATE EAST SIDE BREWERY TOUR

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



The History of Lawrence, Kansas

by Richard Cordley

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

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- Email us at subscribe@seniormonthly.net to have each new issue emailed to you.
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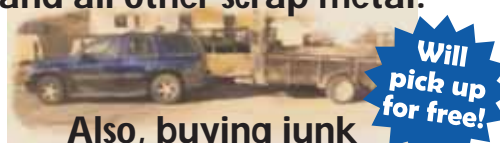
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Day Dreaming: Tales from the Fourth Dementia



Larry Day's *Day Dreaming* features humorous short stories, which have disparate plots, topics and characters. This book is divided into the following theme sections: Media Marvels, Weird Rich Folks, Clueless, Alien Encounters, Marital Blitz, Hilarious Higher Ed, Home Town Folks, Fairy Tales Redus, Luv a Guvmint. Available at Amazon.com.

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RICK STEVES' EUROPE

What's new in Great Britain for 2020?

By Rick Steves

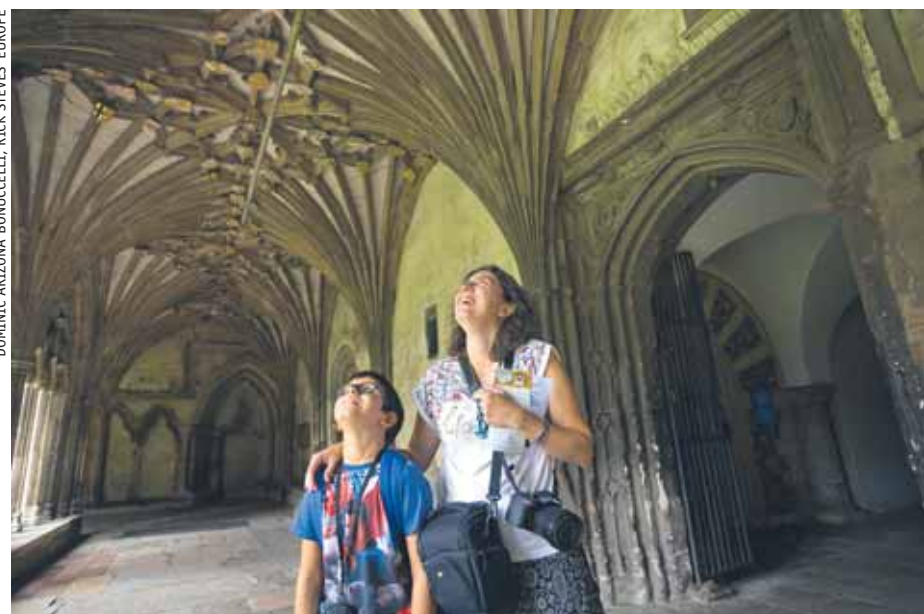
Tribune Content Agency

Britain, while engulfed in Brexit politics, is constantly investing in first-class projects to share its heritage—and, in so many ways, Britain's heritage is linked to our heritage. While many travelers are understandably curious about how Brexit is affecting tourists, from my experience it isn't. The only impact I've found is that the tourism industry seems to respect visitors more than ever. (And, for those who like to talk politics, the topic is a fascinating conversation starter.) Here's a rundown on the latest for travelers going to Britain in 2020:

The city of London has been busy upgrading its offerings. At Westmin-

ster Abbey, the latest addition is the Queen's Diamond Jubilee Galleries, which took over a balcony area that had been previously closed for 700 years. It offers fine views over the nave and a small museum with objects from royal coronations, funerals, and more. A timed-entry ticket is required to see the galleries; it's a good idea to buy this in advance (www.westminster-abbey.org).

Timed-entry tickets and advance reservations are becoming increasingly popular throughout Europe due to growing crowds. Besides the abbey, it's worth considering advance tickets, especially in peak season, for these London sights: Churchill War Rooms, Houses of Parliament, St. Paul's Cathedral, Tower of London, and the



DOMINIC ARIZONA BONUCCELLI, RICK STEVES' EUROPE

Canterbury Cathedral, a masterpiece of English Gothic architecture, will soon have a new welcome center.

London Eye.

Several London sights have temporarily closed for renovations. The Orangery at Kensington Palace is undergoing a multi-year restoration; during this time, its famous tea service

will be hosted at the equally elegant Kensington Palace Pavilion. The Courtauld Gallery, which exhibits medieval to Post-Impressionist paintings, will remain closed until 2021. The Museum

■ CONTINUED ON PAGE 27

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Rick Steves

■ CONTINUED FROM PAGE 26

of the Home (formerly known as the Geffrye Museum), which covers the history of making, keeping, and being at home over the past 400 years, will reopen this summer.

Improving transportation continues to be a focus in London. Travelers connecting London to Amsterdam can now do so by Eurostar train in four hours (three direct trains per day). However, travelers going in the other direction—Amsterdam to London—must change trains in Brussels for passport control (plans to eliminate this stopover have been delayed). Also, construction of the Elizabeth Line (a new train line also called Crossrail), promises to relieve congestion on some of London's main subway routes, while providing a faster public-transit option to Heathrow Airport, though its opening has been pushed back to 2021.

Elsewhere in England, several big sights are undergoing changes. At Canterbury Cathedral—the mother church of the worldwide Anglican Communion—a new welcome center complex is set to open this spring.

Cornwall's dramatic Tintagel Castle, where King Arthur was supposedly born, now requires timed-entry tickets, which are best booked ahead at busy times. The castle also has a new steel footbridge that spans the chasm between the two parts of the castle (once joined by a natural land bridge that collapsed several centuries ago).

In England's idyllic Lake District, poet William Wordsworth's home—Dove Cottage—is currently closed for restoration. It will reopen as Word-

sworth Grasmere this spring, marking his 250th birthday, with updated museum exhibits.

Scotland is also busy spiffing up its sights. The Scottish National Gallery in Edinburgh is currently undergoing a major renovation. A new main entrance recently opened, and construction on a bigger and better gallery space for its core collection of Scottish art is in the works.

Scotland's second city of Glasgow is working on improvements to its city center. For instance, Sauchiehall Street, a shopping street that cuts through the heart of the city, and a few surrounding streets have been revamped with wider sidewalks, more trees and seating, and improved bike lanes to make them

more cycle- and pedestrian-friendly. To help cut back on traffic, parking and bus routes are being reduced on some streets.

Sauchiehall Street is also home to the historic Willow Tea Rooms, designed by architect Charles Rennie Mackintosh and opened in 1903. Closed for several years of restoration, it has now reopened as the Mackintosh at the Willow and represents a replica of Mackintosh's original Art Nouveau tearoom. Visitors can eat or have tea at the Mackintosh, or pay to browse the exhibit about the history of this place.

An interesting aspect to Brexit is that many in Scotland seem determined to stay in the European Union (Scotland voted to remain in the EU in the 2016


referendum). As the UK leaves the EU, the issue of Scotland leaving Britain may be reignited. It's a good idea to read up on all of this before traveling to Scotland so you'll be able to keep up with potential pub mates.

In Britain, as anywhere in your travels, if you equip yourself with good information and then use it, you'll get more out of your vacation time and money. That's especially true in 2020.


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

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WOLFGANG PUCK'S KITCHEN

Black Forest ham and goat cheese pizza

Nowadays, pizza is more than just an Italian specialty. You'll find people enjoying it wherever you travel around the world, from America to England to Japan to Qatar and beyond.

I'm happy to have played some part in spreading that popularity, since I first began giving pizzas a new contemporary California spin at the first location



Wolfgang
Puck

of Spago I opened in Hollywood back in early 1982. Before then, not many people could have imagined pizzas topped with such gourmet and internationally influenced ingredients as duck sausage, smoked salmon with caviar, chicken with Mexican jalapeno peppers, or even something as far removed from most pizza lovers' thinking as Peking duck! But we decided from the beginning to be inventive and have as much fun making pizza as people have eating it. The results definitely caught on.

Black Forest ham is a high-quality deli meat produced in the mountainous Black Forest region of southwestern Germany. I've always enjoyed its hearty yet refined, sweet and slightly spicy flavor, which results from curing, aging, cold-smoking and air-curing the meat over several weeks. Being prepared at cool temperatures, true Black Forest ham looks like a raw food rather than a cooked product, and it's generally eaten like the similarly appearing Italian prosciutto, cut into thin, almost translucent slices. Those are the sort of slices you should start with for the pizza, either cut for you to order at a deli counter or purchased pre-sliced in a vacuum-sealed package at most well-stocked supermarkets.

To complement this featured ingre-

dient, my pizza also includes silky, earthy slices of pan-grilled or sauteed slender Japanese or Asian-style eggplants, which have a milder flavor and fewer seeds than the larger globe varieties. Along with the mixture of Italian fontina and mozzarella cheeses I enjoy on just about all my pizzas, I also add some fresh, creamy goat cheese like French chevre or one of the excellent varieties now produced in America.

This eclectic combination of toppings adds up to a worldly pizza that feels at once both sophisticated and down-to-earth, refined and heartily comforting—a perfect casual main dish for you to warm up with when the weather outside feels cold and blustery.

BLACK FOREST HAM AND GOAT CHEESE PIZZA

Makes 4 individual pizzas

1 batch Wolfgang's Pizza Dough (recipe follows), divided into 4 balls

All-purpose flour or semolina, for dusting

2 tablespoons extra-virgin olive oil

1 teaspoon crushed red pepper flakes

1 cup (250 mL) shredded fontina cheese

2 cups (500 mL) shredded mozzarella cheese, about 1/2 pound (250 g), or an equivalent weight in thinly sliced fresh mozzarella

2 small slender Japanese eggplants, trimmed and cut lengthwise into 1/4-inch (6-mm) slices, brushed with oil and grilled until tender, or sauteed in olive oil; or 1/2 pound large cultivated mushrooms or cremini mushrooms, cut into 1/4-inch (6-mm) slices and sauteed in olive oil until golden

1 cup (250 mL) crumbled fresh goat cheese

4 ounces (125 g) thinly sliced Black Forest ham, cut into thin julienne strips

1 bunch fresh basil leaves, 4 small sprigs reserved for garnish, remaining leaves chopped

Set an oven rack at the highest level,

place a pizza stone or baker's tiles on the rack, and preheat to 500 F (260 C).

Roll or stretch each piece of pizza dough into a circle 8 inches (20 cm) in diameter.

One at a time, place a circle of dough on a wood peel (paddle) or rimless baking sheet lightly dusted with flour or semolina. Brush with oil and sprinkle with some pepper flakes to taste. Arrange a quarter each of the fontina and mozzarella on the dough, leaving a narrow rim. Arrange a quarter each of the eggplant, goat cheese and ham on top. Sprinkle with chopped basil.

Slide the pizza from the peel onto the baking stone. Bake until the cheese is melted and bubbly and the rim is deep golden brown, 10 to 12 minutes.

Using the peel, remove the pizza from the oven. With a pizza wheel, mezzaluna, or large sharp knife, cut into slices, then transfer to a serving platter. Garnish with a basil sprig. Serve immediately, letting guests take individual slices.

Assemble, bake and serve the three remaining pizzas the same way.

WOLFGANG'S PIZZA DOUGH

Makes 4 balls, each about 6 ounces (185 g)

1 package active dry or fresh yeast

1 teaspoon honey

1 cup (250 mL) warm water, 105 F to 115 F (40 C to 46 C)

3 cups (750 mL) all-purpose flour

1 teaspoon kosher salt

1 tablespoon extra-virgin olive oil

In a small bowl, dissolve the yeast and honey in 1/4 cup (60 mL) of the warm water.

In a food processor, combine the flour and salt. Add the oil, the yeast mixture, and the remaining water, and process until the mixture forms a ball.

Turn the dough out onto a clean work surface and knead by hand 2 or 3 minutes longer. The dough should be smooth and firm. Cover with a clean, damp towel and let rise in a cool spot for about 2 hours. (When ready, the dough will stretch as it is lightly pulled).

Divide the dough into 4 equal balls. Work each by pulling down the sides and tucking under the bottom. Repeat four or five times. Then on a smooth, unfloured surface, roll each under the palm of your hand until the top is smooth and firm, about 1 minute. Cover with a damp towel and let rest 1 hour. At this point, the balls can be wrapped in plastic and refrigerated for up to two days.

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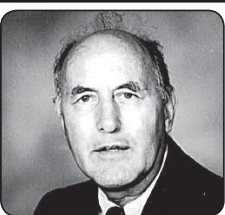
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HUMOR

Dr. Farseer solves a dilemma

Dr. Ima Farseer had been chair of the Department of Et. Al., Et. Al. at Letongaloosa Community Junior College for a long time. Her long tenure became a problem. She had done such a good job as dean under three LCJC presidents that none of them would approve the promotion to which she aspired. Dr. Farseer wanted to be provost at LCJC, but the presidents refused to let her change positions.



Larry
Day

The presidents were all ambitious men. They all wanted to rise higher. They all wanted to move away from Letongaloosa and acquire more prestigious academic positions. For that to happen they needed Dr. Farseer to use her administrative skills to keep the university sailing smoothly and successfully semester after semester.

“No, Ima,” they said. “You are too valuable to the university where you are. We can’t take the chance of promoting you. If something went wrong administratively, where would we be?”

“If I quit, where will you be?”

“We can give you a raise.”

“My salary is already at the upper limits. The state won’t approve any higher salary for me. So that’s not an option.”

“Ima, Ima, please! You need to work with us!”

“No. The point is, YOU need to work with ME.”

“Look, it’s nearly the weekend. Give us until Monday to see if we can come up with something that will work for everyone.”

“You’d better come up with something good. Otherwise I’m out of here.”

Up against it, the men put in some heavy thinking (not for them an easy thing to do). Finally one of them brightened. He didn’t actually shout “Eureka!,” but he might as well have done so.

“We’ll promote Ima to provost but we’ll fold the dean’s duties into the description of the provost’s responsibilities. She will report to whichever of us is still here at the university.”

The following Monday the designated speaker (the one who pulled the short straw) met with Dr. Farseer.

“We came up with an excellent solution to this quandary,” he said.

“I’ll bet it stinks,” said Ima with calculated insolence.

“On the contrary, it’s a ball of fire.”

“Don’t burn the place down.”

“You have your promotion.”

“What’s the catch?”

“No catch. It just required a small rewrite of your position statement.”

Dr. Farseer remained silent.

“You have your promotion.”

“As I said, ‘what’s the catch?’”

“Your duties will include you’re

doing the work of dean of Et. Al., Et. Al., as well as those of Provost, which position will be redefined to accommodate all the things you require. That, I think, meets all the requirements of the situation.”

“Excuse me, sir. Are you high on something?”

“Yes, indeed I am. I’m high on the desire for the University to continue to benefit from your invaluable administrative skills, but at the same time reward you with the promotion you so richly deserve.”

“And you guys would continue to use the university as a springboard to better, more rewarding academic positions in the great outside world. A world that’s a million light years from Letongaloosa.”

“A jaundiced view,” he said.

“Accurate, not jaundiced.”

The president nodded in acquiescence.

“You’re saying I can write my own ticket.”

“Within the requirements of academic responsibility and in keeping with the viable demands based on the importance of institutional stability.”

“Persiflage.”

“Beg pardon?”

“Balderdash! Baloney! Let me hear you say that in plain English.”

“My dear Ima, we are members of the academic community. Our profession is awash with ambiguity. None of us is capable of saying things accu-

rately. If we were capable of straightforward speech we’d be working in the real world making real money. Does anyone around here make real money?”

“No! That’s the point. All you geeks get your ticket punched in academe. Then you look for a real job.”

“You’re a hard woman, Ima, if you’ll pardon my saying so.”

“Hard but accurate when you strip away all the baloney. So that leaves us with a quote from the gospel according to St. Ima.”

“Which is?”

“Go soak your head.”

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



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MY PET WORLD

Training a dog to hold off on urinating until he is walked

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: Our rescue dog has been diagnosed with kidney problems. He is only 4 and takes medication for his condition. The vet does not want us to restrict his water. The problem is, when left alone during the day, he will pee in the same spot at the end of the day. This seems to happen as we pull up or he hears us at the door. On rare occasions, he is able to control his bladder.

Is there something we can do to train/encourage him to wait until he gets outside to relieve himself? - Chris, Rio Rico, Arizona

Dear Chris: I am not sure if your dog is submissive peeing upon your arrival or it is associated with you being away from the house for too long. If it is submissive peeing, I recommend plugging canine pheromones around your home to ease any stress he might be feeling and toning down your arrival greeting so he doesn't get overexcited.

Walk into the house and out the back door so he can relieve himself (even if he already peed in the house), and then reward him with a treat to reinforce the desired behavior.

If it's not submissive urination, he will learn that you will take him out as soon as you come home and may learn to hold it.

If it's not submissive urination, he also may need some bladder training. Option one is to put him on a schedule. Make sure he is taken outside to relieve himself at the same times every day. It sets a routine, which dogs love and depend on.

If you know your dog needs to pee after five hours, then you should let him outside or walk him every four hours. Of course, you can't be home all the time to do this, so you may need to hire a dog walker to come over at designated times to take him out. Over time, he will come to expect that he can relieve himself at the same time every day.

That might be a bit restrictive on your time and pocketbook, however, so option two involves determining your dog's threshold by noting how long until he has to urinate and making sure he gets outside to relieve himself before it happens. For example, if your dog has an accident after five hours, then you know he needs a break around the four-hour mark. This gets ahead of his five-hour window.

You can let your dog out to relieve himself before you leave the house and know you have four hours to return or for a dog walker to arrive so he can go outside again.

These things can work, but only if you are consistent and aren't confusing

him by putting pee pads on the floor of your home. If you use pee pads, it can be difficult to get your dog to understand he needs to hold it until you get home. However, if all else fails and you can't get him on a schedule, then put a pee pad down on his favorite spot and be aware that you might have to refresh it daily.

- *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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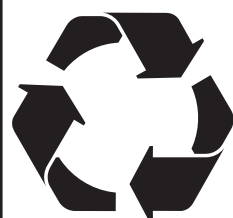
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JAY'S MUSICAL MEMORIES

Think green!

By Jay Wachs

How can it be March already? Did you remember to say "Rabbit Rabbit" when you woke up on the first day of March? It's a silly tradition but it is supposed to bring good luck.

I love the month of March because it signals the start of Spring.

It also brings us St. Patrick's Day and the Lawrence St. Patrick's Day Parade.

Join your friends at the corner of 7th and Mass by Liberty Hall with Kay Traver and Phil Bradley announcing the parade.

With spring upon us, it's time to think GREEN!

This year I was challenged to find songs or bands that included the word green in their band name or title from

each of the four decades of music that we play at LawrenceHits.com. Surprisingly, the hardest decade to research was the 1980s. Lots of purple (thank you Prince) but not a lot of green. That being said, let's journey down way of Green Acres (see what I did there) and start with the 1960s.

Our 1960s feature this month comes from The Lemon Pipers. The Oxford, Ohio, band had a number one song in late 1967/early 1968 with "Green Tambourine." The song represented the powerful influence of the emerg-



ing psychedelic sound with its fade in and out echoes on the word tambourine. Original drummer Bill Albaugh

passed away in 1999 at the age of 53.

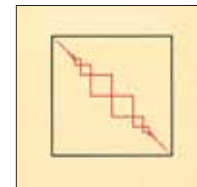
The 1970s boasted 13 top 40 hits for soul crooner Al Green. Green started his career as a gospel singer and returned to gospel full time in 1980. The biggest hit of his career on the charts was the mid-tempo jam "Let's Stay Together," which went to number one on the pop charts in 1971 and spent nine weeks on the R&B charts.



Tina Turner's cover of that song helped to launch her solo career in 1984. Green had a minor R & B hit in 1987 and continues to record both gospel and secular music, including an acclaimed duet with Annie Lennox covering the 60s classic "Put A Little Love In Your Heart." Green is still active and performing at the age of 73.

In 1982, new wave alternative band New Order released a song called "Everything's Gone Green." The song came off their 1981 album titled "Movement" and actually charted on the dance/club play singles chart at

number 34. The band's most easily recognized hit was the 1983 dance floor smash "Blue Monday." New Order continues to be active on the electronic dance music scene and is celebrating its



fourth decade of making music.

Finally, the 90s belonged to Billie Joe Armstrong and his pop-punk rock band Green Day. Their biggest 90s hit came in 1994 with the song "When I Come Around" which spent seven weeks at number one on the modern rock charts and reached number 6 on the pop charts in December 1994.

Whatever your shade of green, wear it loud and proud in March and it will bring us good luck for a warm and prosperous season of great oldies, baseball, apple pie and all the good stuff.

- Jay Wachs is the owner and operator of LawrenceHits.com, an APP and website based oldies streaming radio station which helps promote locally owned and operated Douglas County, Kansas businesses.



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STEPPING STONE

East-West vulnerable, South deals

NORTH

♠ J 6 4
♥ K 10 6 2
♦ 3
♣ A K 7 5 3

WEST

♠ 10 9 7 3
♥ Q 9 7
♦ Q 10 6 5 2
♣ 8

EAST

♠ 5
♥ A 5 4 3
♦ J 9 4
♣ J 9 6 4 2

SOUTH

♠ A K Q 8 2
♥ J 8
♦ A K 8 7
♣ Q 10

NORTH

♠ Void
♥ K 10
♦ Void
♣ A K 7

WEST

♠ Void
♥ Q 9
♦ Q 10 6
♣ Void

EAST

♠ Void
♥ A 5
♦ Void
♣ 9 6 4

SOUTH

♠ Void
♥ J 8
♦ K 8
♣ 10

The bidding:

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

Opening lead: Eight of ♣

South in today's deal was Barbara Travis, one of Australia's leading players. Travis recognized the opening lead in dummy's suit as an obvious singleton. She also reasoned that East held the ace of hearts. Why would West lead a singleton in dummy's suit if she held that ace? Partner wouldn't be able to gain the lead and give her a club ruff. Should

declarer draw trumps and cash the 10 of clubs, there would be no sure entry to dummy's clubs, as East might have the queen of hearts as well as the ace.

Travis captured East's jack of clubs with the queen, cashed the ace of diamonds, and ruffed a diamond. She then drew trumps in four rounds and cashed her last trump. This was the position:

She cashed the king of diamonds discarding the 10 of hearts from dummy. East was forced to shed his low heart. Travis then cashed the 10 of clubs and led a heart to dummy's king and East's ace, using East as a stepping stone to get to the ace-king of clubs. Well played!



By David L. Hoyt and Jeff Knurek



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

BOGGLE POINT SCALE

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

YOUR BOGGLE RATING

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

Boggle BrainBusters Bonus

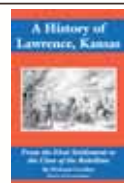
We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST SEVEN FIVE-LETTER BIRDS in the grid of letters.

Answers to Last Sunday's Boggle BrainBusters:

SNAKE CAMEL BISON DINGO HYENA LEMUR MOOSE MOUSE

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The History of Lawrence, Kansas

By Richard Cordley

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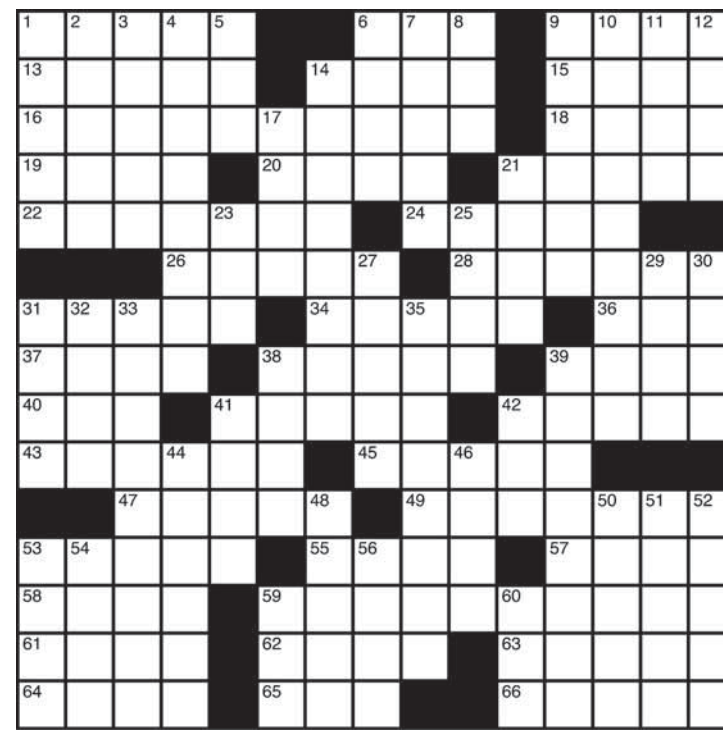
Across

- 1 Welcomed at the door
- 6 "Shame on you!"
- 9 German trick-taking card game
- 13 St. Teresa's town
- 14 Use as a source
- 15 Egg on
- 16 Shade lighter than jade
- 18 Reckless act instigator
- 19 Witty Bombeck
- 20 Euros replaced them
- 21 Buffoons
- 22 Target Field, e.g.
- 24 Nowhere near cool
- 26 N.L. mascot whose head is a large baseball
- 28 Cracks up
- 31 Finnish telecommunications company
- 34 Lindsay of "Freaky Friday" (2003)
- 36 Bud's partner
- 37 Exclude from the list
- 38 Shrewd ... and a phonetic hint to this

- puzzle's four longest answers
- 39 Creatures of habit?
 - 40 Like Mars, visually
 - 41 Storybook elephant
 - 42 Sneaks a look
 - 43 Points of view
 - 45 Sleeping giant
 - 47 Actors memorize them
 - 49 Riddle-ending question
 - 53 Chew out
 - 55 "Now it makes sense"
 - 57 One-named supermodel
 - 58 ___ Scotia
 - 59 London co-creator of the Names Index
 - 61 Meryl's "it's Complicated" co-star
 - 62 Chevy subcompact
 - 63 Pasta tubes
 - 64 Skip a turn
 - 65 Headed up
 - 66 Infuriated with

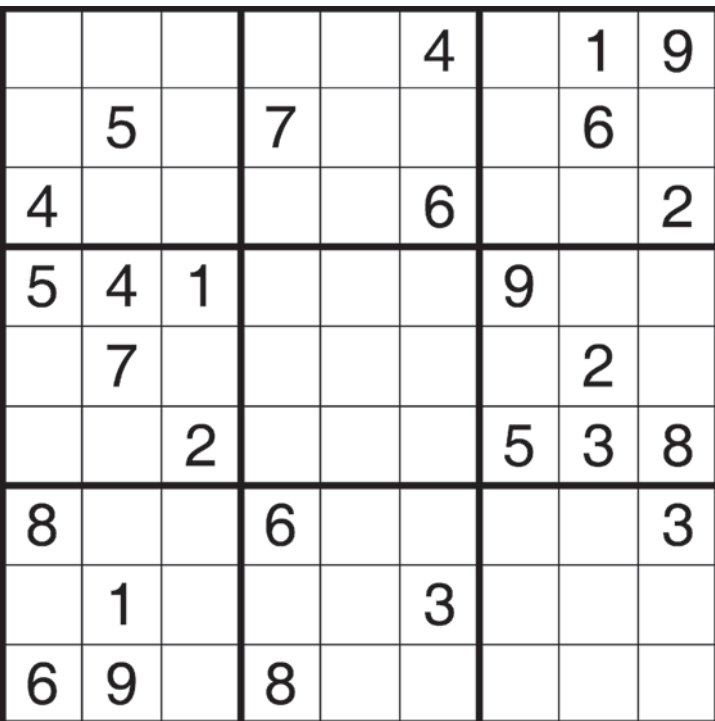
Down

- 1 Sushi bar brews
- 2 Prevent
- 3 Bedrock wife
- 4 Words starting a confession
- 5 Lawmaker's rejection
- 6 22-Across level
- 7 Energetic mount
- 8 He's a doll
- 9 Numbers game
- 10 Super-strong adhesive brand
- 11 Soil-related prefix
- 12 Pro shop bagful
- 14 Forensics facility
- 17 Feeling blue
- 21 Cereal component
- 23 Nest egg letters
- 25 Big name in facial scrubs
- 27 Forum robes
- 29 Traffic alert
- 30 Puzzle (out)
- 31 Screenwriter Ephron
- 32 It may be a bad sign
- 33 Extreme care
- 35 "Fasten your seatbelts"
- 38 Violin protector
- 39 "Swell suggestion!"
- 41 Calisthenics movement



- 42 After-school org.
- 44 Shrubs with lavender blooms
- 46 Perlman of "Cheers"
- 48 Colander cousin
- 50 Change, as a motion
- 51 Old Testament food
- 52 Illustrator's close-up
- 53 Easy-peasy task
- 54 Picnic soft drink
- 56 Neighbor of Nor.
- 59 ___ Kan pet foods
- 60 Tach reading

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

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

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

RIKHE

SACEE

DULCED

YAWONH

Oh, my. I feel like a house landed on my skull.

I made you a nice potion to help.

7/15

AFTER A LONG DAY OF CASTING SINISTER SPELLS, THE EVIL WITCH HAD A ---

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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Triple Word Score

3rd Letter Double

PAR SCORE 250-260
BEST SCORE 323
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

Answers to all puzzles on page 34

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

BOOGLE ANSWERS

ROBIN, EAGLE, CRANE, GOOSE, EGRET, FINCH, STORK

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JUMBLE ANSWERS

Jumbles: HIKER, CEASE, CUDDLE, ANYHOW

Answer: After a long day of casting sinister spells, the evil witch had a -- WICKED HEADACHE

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SCRABBLE G R A M S SOLUTION									
C ₃	O ₁	R ₁	P ₃	O ₁	R ₁	A ₁	RACK 1 =	<u>83</u>	
A ₁	M ₃	P ₃	O ₁	U ₁	L ₁	E ₁	RACK 2 =	<u>64</u>	
R ₁	E ₁	T ₁	R ₁	A ₁	C ₃	T ₁	RACK 3 =	<u>59</u>	
C ₃	A ₁	N ₁	N ₁	O ₁	L ₁	I ₁	RACK 4 =	<u>59</u>	
G ₂	R ₁	A ₁	N ₁	T ₁	O ₁	R ₁	RACK 5 =	<u>58</u>	
PAR SCORE 250-260								TOTAL	<u>323</u>

MY ANSWER

Mankind's power is minuscule compared to God's

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: Why do people call hurricanes, earthquakes and various other storms "acts of God"? - A.G.

A: An "act of God" is defined as "a natural hazard outside human control for which no person can be held responsible." It is most used by insurance companies. But the key phrase is "outside of human control."

Mankind takes great pride in being in control. But let a tsunami ravage ocean fronts and all of the sudden people resort to silence when it comes to diverting such storms. It is out of our control. So why do we doubt God's power? Why do we question His sovereignty in the world?

We applaud the power and strength of mankind daily. It is claimed that Caruso, the great opera singer, shattered glass with his powerful voice. Marconi, known as the inventor of radio, enabled man to turn a little dial and transmit voices on the other side of the globe. It is claimed that one strongman lifted 500 pounds with his little finger.

But the strong man Jesus Christ did what no man has ever done or will ever do. He spoke "Peace, be still" and the raging sea quieted and brought relief to a boatload of frightened disciples who gave glory to the master of the sea, saying "Even the wind and the sea obey Him!" (Mark 4:39-41).

Many are on troubled and treacherous seas. Many are being battered around on little boats that are about to

sink. Invite the master of the sea into your life. With the power of His gentle voice He can calm the storms and bring quiet peace to the soul.

God takes the weak and makes them strong. He takes the vile and makes them clean. He takes the worthless and makes them worthwhile. He takes the sinful and makes them sinless. Only a gracious and loving God can do this.

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

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

"The 50+ demo accounts for half of all consumer expenditures — yet a shockingly small 10 percent of marketing dollars are targeted toward 50+.

Clearly, the numbers don't add up, and overlooking the 50+ demographic is a major marketing mistake. Targeting the 50+ demo, marketers will see serious payoff when it comes to benefitting their bottom line."

Source: Huffington Post, huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html

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With advanced technology, colonoscopies are more effective and comfortable than ever. So don't wait. Talk with your healthcare provider today about scheduling your screening for colon cancer. It's easy and it saves lives.

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