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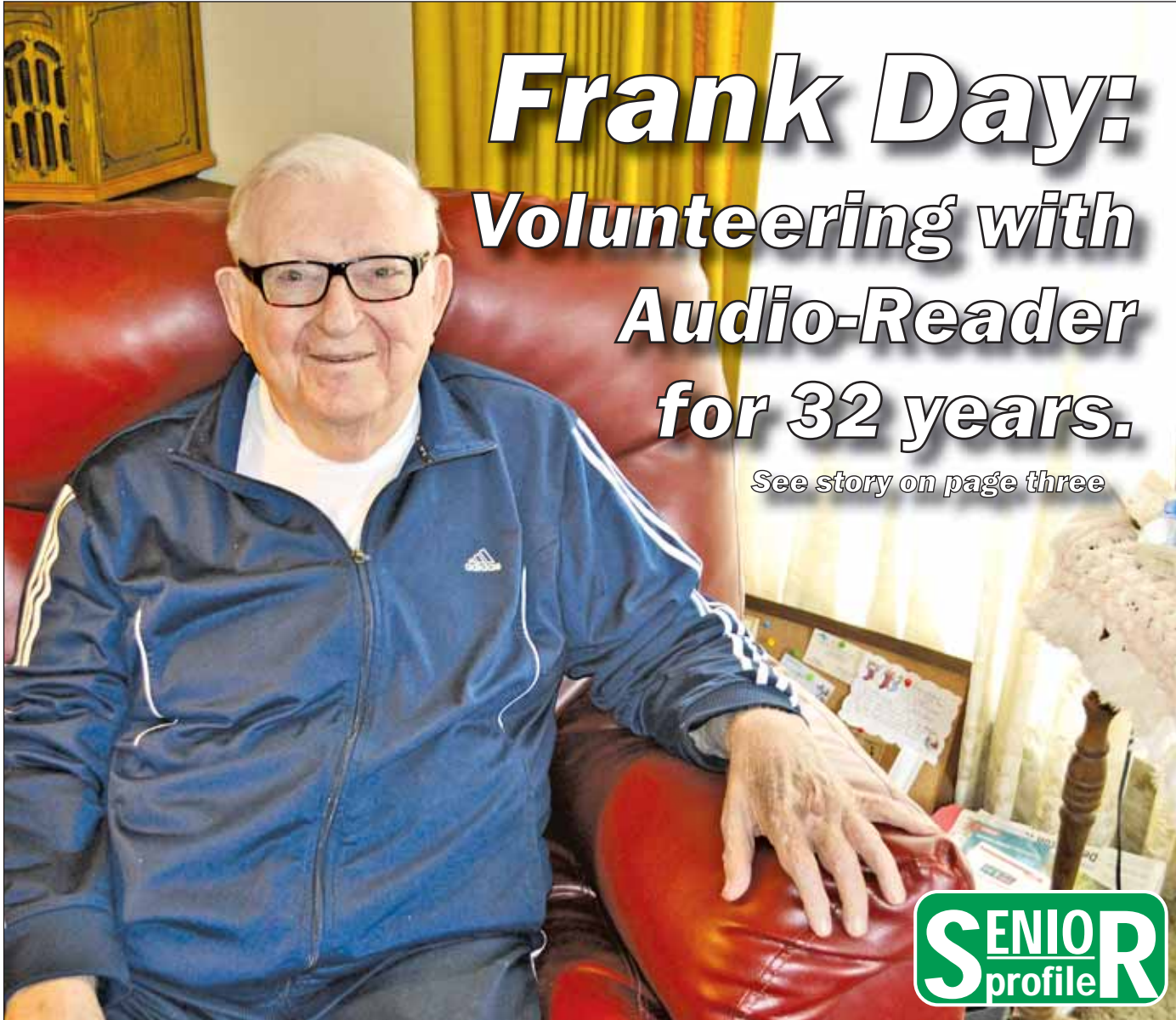
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Vol. 17, No. 11

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KEVIN GROENHAGEN PHOTO



Frank Day: Volunteering with Audio-Reader for 32 years.

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Day in fourth decade as Audio-Reader volunteer

By Kevin Groenhagen

Frank Day spent quite a bit of time riding in the trunk of a car during the 1950s. Were all the seats in the car taken and Frank always drew the short straw to ride in the trunk? No. Actually, the only other person in the car was the driver, Edna Lorentzen.

“Edna and I met in the psychiatric ward of the hospital at the Naval Surface Warfare Center Corona Division in California,” Frank said. “We were both working there, thank you. She was a Navy nurse and I was a Navy corpsman. As a corpsman, I gave medicines, did spinal taps. I wasn’t supposed to, but the doctor said I could. We also started group therapy.”

A Navy corpsman is an enlisted medical specialist who may also serve in a U.S. Marine Corps unit. As a Navy nurse, Edna was an officer. Military officers and members of enlisted ranks are typically prohibited from personally associating outside their professional duties. Such relationships are characterized as fraternization.

“When I wanted to go someplace or he wanted to go someplace, we’d put him in the trunk of my car to get him through the gate,” Edna said.

Frank and Edna had plenty of places to visit, including the beach and the mountains. In fact, the United States Naval Hospital in Corona was originally a luxury resort called the Norconian Resort Supreme. The developer, Rex Brainerd Clark, dubbed the area “Norco” because of its location North of Corona. Clark’s engineer, Cuthbert Gulley, laid out streets and installed pumps and reservoirs. Gulley, while drilling a well, struck hot mineral water, giving rise to the idea of a health spa that would ultimately become The Norconian. The Norconian Resort Supreme opened on February 2, 1929, and immediately became a success with film and sports stars such as Buster Keaton and Babe Ruth. Unfortunately, the stock market crashed on October 29, 1929, and the Great Depression forced the Norconian to close in 1933. The Navy



Frank Day reading at Audio-Reader on April 19. Day has been a volunteer at Audio-Reader for more than 30 years.

bought the resort during the fall of 1941. The day after Pearl Harbor, the resort was commissioned the United

States Naval Hospital in Corona.

In 2011, Kevin Bash and Brigitte

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$8.50 for 12 monthly issues.

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Frank Day

■ CONTINUED FROM PAGE THREE

Jouxtel published *The Navy in Norco*, which is a book that is part of Arcadia Publishing's "Images of America" series. A photo of a young Frank Day is featured on page 73, opposite of a photo of actress Ida Lupino.

"That seems like 100 years ago," Frank said.

Eventually, the couple decided they had to acknowledge their secret relationship.

"I had to go to her commanding officer to ask for permission to marry Ensign Lorentzen," Frank said. "She, of course, said, 'Sure.'"

Frank and Edna married in 1956. However, they would no longer work together at the hospital. The Navy sent Petty Officer Second Class Day to Camp Pendleton, where he joined a Marine Corps unit.

"I had a Marine Corps uniform with Navy insignia," Frank said. "Talk about confusing people! I had the

best time because the Marines knew if something happened to them, the corpsman would take care of them. So, they liked me."

While in California, Frank and Edna's first daughter, Diana, was born.

"The doctor scared me half to death," Frank said. "He came walking down the hall with blood smeared all over his apron. I thought he was going to tell me that Edna or the baby was dead. Instead, he said, 'Edna wants you to hold her watch.' I could have hit him."

Frank and Edna separated from the Navy shortly after that and the family initially settled in Carthage, Missouri, the county seat of Jasper County. Edna was born near Avilla, a rural village in the same county.

While the doctor who delivered their first daughter scared Frank, he also gave him some good advice.

"He said, 'Go to KU,'" Frank said. "It's a good school."

So, the family moved west to Lawrence, where Frank studied psychology at the University of Kansas. Edna became a supervisor at Lawrence Memorial Hospital (LMH).

"There was a fish pond in front of the entrance of the original building," Frank said. "That pond isn't there anymore."

Edna left LMH and then worked for Dr. Howard F. Joseph, a urologist, for 30 years. The couple's second daughter, Amanda, was born in Lawrence. Both daughters followed their mother's footsteps and became nurses. Diana passed away two years ago.

After earning a degree at KU, Frank went to work at the Topeka State Hospital. He later worked as a manager at Howard Johnson's in Wichita, where he received numerous awards for sales. He also built rockets for Hercules, Inc. at the Sunflower Army Ammunition Plant in De Soto, Kansas.

"They closed that plant not too long after I went to work there," Frank said.

For the past 32 years, Frank has been a volunteer with Audio-Reader. Launched by the late Petey Cerf in 1971, the Audio-Reader Network is a reading and information service for blind, visually impaired, and print disabled individuals in Kansas and western Missouri. Volunteers such as Frank

read daily newspapers, magazines, and best-selling books on the air and on the Internet. They also offer automated newspaper readings by telephone. Services are offered free of charge to anyone in Audio-Reader's listening area who is unable to read normal printed material.

Over the years, Frank has read countless books and articles in newspapers and magazines. He currently reads for the "Missouri News Hour."

"It takes me two hours to do it, but it's called the Missouri News Hour," Frank said.

Frank was also a charter member of the Vintage Players and performed with the group for several years. The Vintage Players perform readings and short skits at area retirement communities and clubs. They also run the Kids at Heart program, which is an intergenerational reading program with local second-grade classes.

The Days visited the Soviet Union in 1977. Frank recalled an incident with a young man and a treat Americans take for granted.

■ CONTINUED ON PAGE FIVE

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Frank Day

■ CONTINUED FROM PAGE FOUR

“We were on a hydrofoil boat on the Dnieper River,” Frank said. “There was a little boy sitting in front of us. I asked the tour guide to ask his mother if it was all right for me to give him a pack of spearmint chewing gum. The woman had no idea what it was. So, I gave the gum to the boy. He then gave me a little plastic tank. In Russia, if you give someone something, they have to give you something in return.”

Last year, the Days took a trip that was a little closer to home when they went on an Honor Flight to Washington, D.C. Honor Flights are conducted by non-profit organizations dedicated to transporting United States military veterans to see the memorials of the respective wars they fought in.

“Edna was the only female veteran on the airplane,” Frank said. “They pushed us in wheelchairs everywhere we went, which was nice because it was 97 degrees in Washington that day. My

favorite part was the changing of the guard at the Tomb of the Unknown Soldier at Arlington National Cemetery.”

On the topic of memorials, Frank said he had to get something off his chest. Last year, during the debate concerning Confederate monuments, Stacy Abrams, a gubernatorial candidate in Georgia called for the removal of the massive high-relief sculpture of Confederate leaders General Robert E. Lee, Jefferson Davis, and General Thomas “Stonewall” Jackson from the side of Stone Mountain. The memorial, the largest bas-relief sculpture in the world, was conceived by Mrs. C. Helen Plane, a charter member of the United Daughters of the Confederacy (UDC). The Venable Brothers, owners of the mountain, deeded the north face of the mountain to the UDC in 1916. Gutzon Borglum was commissioned to do the carving, but he abandoned the project in 1925 and later went on to begin Mount Rushmore. The U.S. Mint issued a 1925 commemorative silver half dollar with the words “Stone Mountain” as part of a fundraiser for the monument. Work on the sculpture

was done by several sculptors over several decades, including more than three decades during which no work was done at all. The monument was finally completed in 1972.

“I think they should leave Stone Mountain alone,” said Frank, who grew up nearby in Covington, Georgia, and climbed the mountain many times as a child. “It would cost millions to remove that memorial.”

In fact, Ben Bentkowski, president of the Atlanta Geological Society, believes removing the monument from Stone Mountain would require months, if not years, of environmental impact and engineering feasibility studies. Like Frank, Bentkowski believes it would “take millions of dollars to do it safely and not leave just a blast-scarred face of the mountain.”

After talking about climbing Stone Mountain as a child, Frank, the consummate storyteller, was reminded of an incident involving his Uncle Tubby.

“We called my uncle, Cornelius Peoples Lee, son of Robert E. Lee—not *the* Robert E. Lee, but my grandfather—Uncle Tubby. He would

bring the turkey down from Atlanta for Thanksgiving. His wife would prepare the turkey, but she wouldn’t come because she didn’t like the rest of the tribe. During one Thanksgiving, he stopped at my house first and my father gave him an iced tea glass full of moonshine. Uncle Tubby drank the whole thing. By the time he got to grandma’s house, he was snookered. Grandma sat at the head of the dinner table. Uncle Tubby sat at the foot of the table, weaving a bit. He reached to the middle of the table, grabbed a turkey leg, and ripped it off. He asked, ‘Anyone for dark meat?’ and tossed the leg into the air. He hit grandma right in the chest. She screamed, ‘Heavenly Father!’ We all got sent to the back room because Uncle Tubby had fallen off the wagon. That was Thanksgiving in Georgia.”

The former Navy enlisted man and the former Navy officer will celebrate their 62nd anniversary later this year. Who is the boss today?

“She thinks she still outranks me, but we know better,” Frank said with a laugh.

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Manor Care will be announcing a new community initiative and a new educational series during the next few weeks. For more information, please contact the facility.

"We would be happy to have people tour the facility," Ziph said. "If you would like to set up a time, contact Mike Emmert at 785-271-6808, or 785-554-2685."

KEVIN GROENHAGEN PHOTO



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Shawnee County Extension Master Gardeners will hold their 10th annual plant sale Saturday, May 5, from 9 a.m. to noon. The public event will take place at the Shawnee County Extension parking lot, located at 1740 SW Western, Topeka.

Volunteer gardeners have been planning and planting since November to provide local residents with plants that grow well in our challenging environment. Grown from seed in our green house or transplanted perennial divisions from the yards of Master Gardeners, these plants should do well for our shoppers.

Native plants, including milkweeds, asters and goldenrod, will be available for those interested in helping support the butterflies and other pollinators. Home gardeners also can pick up free butterfly garden design

plans and visit with Master Gardeners for additional information on helping pollinators.

Mixed planters and patio pots spilling over with color are a perfect gift just in time for Mother's Day. Annuals, perennials, vegetables and herbs will be ready to take home. Information booths will be available to answer questions about your purchased plants.

Garage sale enthusiasts will enjoy a visit to the Garden Shed thrift shop, where gently used tools, garden art, and accessories will be available in the barn next to the plant sale. Some house plants will be offered there as well.

The Shawnee County Extension Master Gardeners mission is to improve community through horticulture. Plant sale proceeds support the Master Gardener program, including free public educational programs, events, scholarships and demonstration gardens to educate and motivate the citizens and visitors of Shawnee County.

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A photograph of an elderly couple embracing outdoors. The woman, with short grey hair, is wearing a red long-sleeved shirt and has her arms around the man's shoulders. The man, with a mustache and grey hair, is wearing a yellow shirt and a plaid jacket. They are both smiling warmly. The background is a soft-focus outdoor setting with trees and a bright sky.

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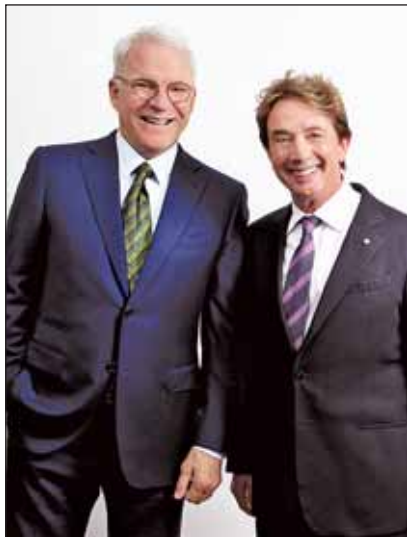
Lied Center of Kansas announces 25th anniversary season

The Lied Center of Kansas announced the 2018–19, 25th Anniversary Season to the Friends of the Lied at the Season Announcement Party on April 29. The milestone season will be unlike any other at the Lied Center, packed with Broadway hits, Grammy Award-winning artists, comedy legends, renowned classical artists, motion picture and television stars, family-friendly shows and much more.

A few highlights of the upcoming season include Steve Martin & Martin Short, Joshua Bell (violin), FINDING NEVER-

LAND, Michael McDonald and a world-premiere performance by the Jazz at Lincoln Center Orchestra with Wynton Marsalis celebrating 15 KU basketball luminaries. The Lied Center is also continuing the popular Folk Series, which was introduced in the 2017–18 season.

“We are ecstatic to celebrate our silver anniversary by hosting many of the world’s most acclaimed artists. Over half will be making their Lied Center debut, and we invite everyone to join us in this season-long celebration,” said Derek Kwan, executive



Steve Martin and Martin Short

director of the Lied Center.

To kick-off the exciting 25th Anniversary Season in the fall, the Lied Center will host a free festival in appreciation of the community and in honor of Christina M. Hixson, the sole trustee of the Lied Foundation Trust. The “Lied Loves Lawrence” event

will take place on September 14–15 and will include free performances, live music, family-friendly activities, treats, behind-the-scenes workshops and more.

See lied.ku.edu/calendar for more information about the events featured in the 25th anniversary season.



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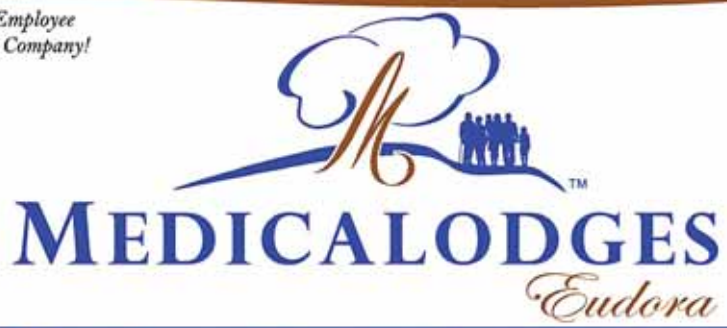
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Dixon

Dr. Dixon joined a pre-medicine group in college on a whim and found his passion and calling in life.

“I have always enjoyed working with my hands,” said Dixon. “But

being able to see immediate relief for patients who have yet to find success in relieving their pain has been my favorite part of working in medicine.”

Dr. Dixon received his medical degree at the University of Colorado, Denver, Colorado, in 2008. He completed his general surgery residency at West Virginia University, Morgantown, West Virginia, in 2014 and his minimally invasive surgery fellowship

at St. Vincent Hospital, Indianapolis, Indiana, in 2015.

“The general surgery field is in a state of major transition,” said Dixon. “With an emphasis on minimally invasive procedures, patients are often pleasantly surprised to find out that their procedure is either outpatient or requires a very short hospital stay.”

He enjoys spending time with his wife and two young children, playing

card games and spending time outdoors hiking, biking and skiing.



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By Norm Franker


Social Security District Manager in Lawrence, KS

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Gene Foltz, Blue Cross and Blue Shield of Kansas receive Meals on Wheels awards

Meals on Wheels honored volunteers at their annual Volunteer Recognition Luncheon at the Big Gage Park Shelter House on April 13. In addition to lunch provided by Atria Hearstone Senior Living and comments from Shawnee County Commissioner Shelly Buhler, volunteer awards were presented by Heidi Pickerell, President & CEO.

Meals on Wheels honored Gene Foltz with the Karl and Irene Reuter Award for exceptional service to the clients of Meals on Wheels for 18 years. The award was established in 1992 to recognize an individual or individuals for exceptional service to Meals on Wheels and to the homebound clients in Shawnee County. The Reuters, for whom the award is named, devoted many years of service to Meals on Wheels. During Karl Reuter's years of service, he drove 40,000 miles for the agency.

Blue Cross and Blue Shield of Kansas received the Corporate Citizen award for their nearly 25-year commitment to the clients we serve and the many other ways they support

Meals on Wheels.

Currently, Meals on Wheels serves approximately 1,000 daily hot, nutritious meals Monday through Friday to homebound and congregate dining centers. Meals on Wheels service

helps clients remain independent in their homes, avoid hospitalizations/readmissions, prevent premature nursing facility placements, and assist in the management of chronic illnesses. In addition, Meals on Wheels volun-

teers provide a daily safety check that has been proven to defend against health crises and to provide reassurance to loved ones. For more information about our program, please visit our website at www.mowks.org.

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NAVIGATING THE MEDICARE MAZE

Avoid the sticker shock of Medicare billing

If you're scheduled for surgery or a medical procedure, learning how Medicare billing works may help prevent a serious case of sticker shock later.

It's important to know that not all doctors bill the same way. Some doctors accept Medicare Assignment and agree to the rates Medicare sets and takes those amounts as full payment. Other doctors participate in the Medi-



*Chris
Chapin*

care program but do not accept Medicare Assignment. Some other doctors don't accept Medicare at all. They can charge whatever they want.

Accepting Medicare Assignment

Doctors who accept Medicare Assignment agree to be paid by Medicare. They submit the claim to Medicare and agree to accept the Medicare-approved dollar amount for a procedure. They can't charge you more than that amount.

You may still be responsible for deductibles, copays and coinsurance, but your share is limited by what Medicare pays.

For example, Medicare agrees to pay a doctor \$500. The doctor agrees to accept \$500 as full payment. You will likely be charged coinsurance, often 20 percent. So you would be responsible for \$100.

Not Accepting Assignment

Some doctors participate in the Medicare program but do not agree to accept Medicare Assignment.

Medicare pays these doctors a slightly lower rate. But under the rules of Medicare Part B, doctors are allowed to charge you a maximum of

15 percent of that rate. The additional amount would be the responsibility of the patient.

For example, if Medicare pays a doctor who accepts Medicare Assignment \$500, it could pay a doctor who doesn't accept assignment \$475. Then that doctor could charge you \$71.25. This is called an excess charge or balance billing. This amount is added to any coinsurance charge, which is often 20 percent. In our example, you would be responsible for \$166.25 or 35 percent of \$475. You or your supplemental plan would pay the bill. You may also have to pay the amount upfront and submit your own claim to be reimbursed.

The best way to find out whether or not your doctor accepts Medicare is to call the doctor's office directly. Call and ask them if they accept Medicare's payment as payment in full.

The best way to eliminate billing surprises is to call your doctor's office and ask if they take Medicare Assignment or they balance bill before your next appointment.

One final note. Medicare is removing social security numbers from Medicare cards. The change is to help protect your personal identity. Your Medicare coverage and benefits will stay the same and continue without interruption.

Medicare will mail you a new Medicare card with a special Medicare number that's unique to you. Your Social Security number will no longer appear on your Medicare card. People enrolling in Medicare for the first time will get the new card from the start.

New cards will be mailed out in waves from April 2018 through April 2019. Each wave will include mailings to people with Medicare in select states.

- If you are new to Medicare and have questions about what your options are, call Stephens-Chapin Insurance, 785-841-9538. Ask for Bill Woody, Jr or Chris Chapin.



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HEALTH & WELLNESS

Marshmallow root is healthy for you

At some point in your life, you have probably sat around a campfire and roasted marshmallows or made a s'more. Or perhaps you tasted marshmallows in a cup of hot chocolate in front of the fireplace on a cold winter day. This simple, sticky treat is typically thought of as an empty-calorie snack, but marshmallow root, from which marshmallows are made, is actually very healthy for you.



*Dr.
Farhang
Khosh*

Since ancient times, marshmallow was used for many medicinal ailments. For example, during the Renaissance period, marshmallow was used for toothaches, stomach problems, and coughs. It was thought to have magical properties and those that burned it as incense could acquire special powers.

Marshmallow comes from the root of the marshmallow plant. It is one of the most valuable medicinal plants for treating the gastrointestinal, respiratory and urinary tract. Its scientific name is *Althaea officinalis*. Common names for marshmallow include white mallow, common marshmallow, mallow, sweet weed, and mallards. The plant is native to Europe, western Asia, and the United States. It can be seen growing in the northeastern states, as well as in Nebraska and North Dakota.

The roots of the plant produce a thick mucilage or slimy liquid. This slimy liquid has medicinal benefits. It protects mucous membranes directly in the digestive tract, urinary tract, and upper respiratory tract. Therefore, it can be used effectively to treat many conditions in the gastrointestinal tract, including heartburn, stomach ulcers, constipation,

diarrhea, leaky gut syndrome, gastro esophageal reflux disorder (GERD), stomach pain, irritable bowel disease, Crohn's disease, and ulcerative colitis.

In the urinary system, marshmallow has been used to soothe pain in the bladder and treat urinary tract infections, cystitis, decrease water retention, and kidney stones.

Marshmallow is used to treat inflammation of upper respiratory system. It can soothe irritated airways and calms an irritated dry cough. In addition, research shows that marshmallow can act as an antitussive and a bronchodilator. It reduces congestion and soothes a sore throat. It has been used to treat tonsillitis, bronchitis, and asthma. Other uses of marshmallow include it being used for skin infections, bed sores, leg ulcers, decrease inflammation, weight loss, heal wounds, eczema, dermatitis, hypersensitive skin, dry mouth, joint pain, and possibility being used in high cholesterol and lower blood sugar. Marshmallow can be found in different medicinal forms, including tea, supplements, lip balms, hair products, sunburn products, gargle, and as an ointment.

So the next time you enjoy your hot chocolate with marshmallows on top of it in front of the fireplace or roast marshmallows by a campfire, remember this yummy treat may actually be good for you.

- Dr. Farhang Khosh, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. He can be reached at 785-749-2255.

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HEALTH & WELLNESS

Core story: Strengthen your body

By Kim Squire, PT

Jill just celebrated her birthday. She works sitting at a computer and has stopped going to her Zumba class because she has constant low back pain. Friends and family urge her to “get into shape.” A quick search on the Internet indicates that “core weakness” may be contributing to her problem. “Core” is probably a common word to anyone who has had treatment for back



pain, exercises regularly or performs in any sport activities. This word can be confusing. What exactly is your core? Should I be doing more sit-ups? How can I get help with strengthening?

Core: Supports the Spine

The “core” has many interpretations. Gary Gray, PT, states the “core has everything to do with everything we do,” and others from his institute describe it as “everything from your nose down to your toes.” According to Wikipedia, the core is broadly defined as the torso. It consists of a long list of muscles that make up the areas of the belly, mid and lower back, shoulders, hips and neck. It also includes the pelvic floor and diaphragm. Some

describe the core as a “corset” of muscles that provide stability for movement and protection of the spine.

Moving from Your Core

The core has more than a few roles in our body. It provides stability to our body so that we may effectively move our arms and legs. It allows us to posture ourselves to efficiently align our skeleton to transfer forces. You may have heard the phrase “neutral spine,” which refers to the position of your spine where all three curves are in proper alignment and there is the least amount of stress placed upon the spine joints. Our core allows us to find and maintain that position. Weakness or inefficiency in the core muscles can lead to inefficient movement patterns, injury, and/or pain.

Exercise is Good: Activate the Core First

Listening to the advice of others, Jill decides to join a gym. There she makes some common mistakes doing her exercises: standing with slumped posture, holding her breath during exercises, holding her stomach muscles tight during exercise and performing some high intensity exercises before understanding how to correctly activate the muscles of her core. The exercises with her trainer made her feel more in shape, but the back pain still persisted, especially while sitting at work. This predicament motivated Jill to visit her doctor who asked her to see a physical therapist for evaluation and treatment.

Physical Therapists: Evaluate Pat-

terns of Movement

Physical therapists evaluate core strength and posture, locate muscle imbalances and assess faulty movement patterns among other things. We work with our patients to make goals and a specific plan to reach those goals; and identify which exercises that are specific to activities or sports. If you are an active tennis player, you need to do exercises that strengthen your core to give you power during serving the ball. A therapist will help you focus your exercises to get the most benefit for your needs.

Posture: Using our Core Muscle Strength

Often physical therapists find that a person has strong core musculature, but the patient may not be able to activate the muscles effectively. For instance, Jill may not have the ability to find and maintain her spine in a good posture to use the muscles she has. Just knowing how to posture yourself and how to “turn on” the core muscles can make a huge difference with back pain. It takes training and awareness to correct your own posture and then real core conditioning to hold your good posture while working all day.

How Can You Activate Your Core?

Activation of your core muscles can be done multiple ways. One method is to gently draw lower abdominals toward your spine in a slow controlled manner. This is gentle and subtle, not too hard or forceful. Another way to locate and activate your key core muscles is to lie on your back and relax with your legs bent. Take a moment to breath in and out to relax. Now find your core abdominal muscles by placing your fingers on each side of your belly button. You can practice tight-

ening the muscles without movement and then relax the muscles alternating. Once you feel your muscles without movement, try to hold the contractions for 10 seconds. Keep breathing! When you can hold for 10 seconds, start mixing it up by doing this exercise in sitting and then standing. Remember to have the spine in a good position with chest up, ears in line with the tips of the shoulders and low back.

Progressing Exercises to Condition Core Muscles

Jill’s PT taught her how to find the muscles of her core and how to activate them. When she was able to locate them and hold a contraction, the therapist had her work on using her core muscles in sitting, standing, while reaching, and while lifting. Jill was surprised that within two weeks she was able to use her core muscles without thinking about it or reminding herself. Jill progressed to performing arm and leg movements first on level surfaces then uneven surfaces such as a balance board and a foam pad. Jill was having less back pain and felt that she was less tired at the end of her workday. She also made some changes at work. Initially, she started with a lumbar support in her chair to help her sitting posture, then progressed to sitting on a ball at her desk. She started setting her watch every 30 minutes to stand or walk around the office. Jill consciously found her core muscles and engaged them throughout her day and her back pain no longer stopped her from being active. She was able to be more energetic after work and rejoined her Zumba class.

- Kim Squire, PT, is a physical therapist at Lawrence Memorial Hospital. She can be reached at Kim.Squire@lmh.org.

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MAYO CLINIC

Alternatives to suprapubic catheter may be available

DEAR MAYO CLINIC: I am 80 years old and had prostate cancer treatment several years ago. I later had several urine blockages requiring catheters, and doctors finally decided on a suprapubic catheter, which has functioned as expected for three years. Would it be possible for me to have the catheter removed and return to a normal manner of urinating? I am otherwise in good health and am wondering what complications may arise with such a procedure.

ANSWER: When a suprapubic catheter is needed long-term, returning to normal urination usually isn't feasible. In some cases, however, it may be possible. Working with your urologist, you can see if it might be an option in your situation. If not, and if you would still like to get rid of the catheter tube, other alternatives are available.

A urinary catheter is a small plastic tube that drains urine from the bladder. A suprapubic catheter is a type of urinary catheter placed into the bladder through a small hole in the abdomen. The tube carries the urine outside of the body and is connected to a drainage bag that collects the urine.

The need for a suprapubic catheter is relatively uncommon. Generally, they are used only when the passage that carries urine from the bladder to the outside of the body, the urethra,

becomes severely blocked and cannot be effectively opened again. That can happen as a result of scar tissue buildup after radiation therapy for prostate cancer.

When you've used a suprapubic catheter for several years, the likelihood that you will be able to switch back to normal urination is low. If you're interested in trying, though, talk to your doctor about capping the catheter. When that's done, the urine will accumulate inside your bladder. If there is a path for the urine to get through the urethra, it will do so. If it does, then you could get rid of the catheter.

If the urine doesn't have a path out of the bladder, and you need to return to the suprapubic catheter, you have several alternatives. First, you could ask your doctor about surgical procedures to open the urethra. For most people who have a suprapubic catheter, however, those techniques were attempted before the catheter was placed. If you went through such a procedure already and it failed, then trying it again would not be recommended.

Second, the catheter could be replaced with a urinary diversion. It involves surgery that uses a piece of your intestine to create a tube that runs from your kidneys to your abdominal wall. The urine then drains out a hole in your abdomen. You would still need to wear a bag to collect the urine.

There are several benefits to transitioning from a suprapubic catheter to a urinary diversion. With urinary diversion, you no longer need to deal with changing the catheter on a regular basis. You also eliminate the possibility of developing complications that can accompany long-term suprapubic catheter use, including chronic urinary tract infections and increased risk of a type of bladder cancer called squamous cell cancer.

Creating a urinary diversion does involve a complex surgery. In some older adults, particularly those who have other health concerns, such a procedure may pose more risks than benefits. If you are in good physical health, though, it may be a reasonable option.

Talk to your doctor about your interest in moving away from suprapubic catheter use. For most people, there's no harm in capping the catheter to see if urination through the urethra is possible. If that doesn't work, then discuss your other options with your urologist to see what may be best for you. - Paul Young, M.D., Urology, Mayo Clinic,

Jacksonville, Fla.

- *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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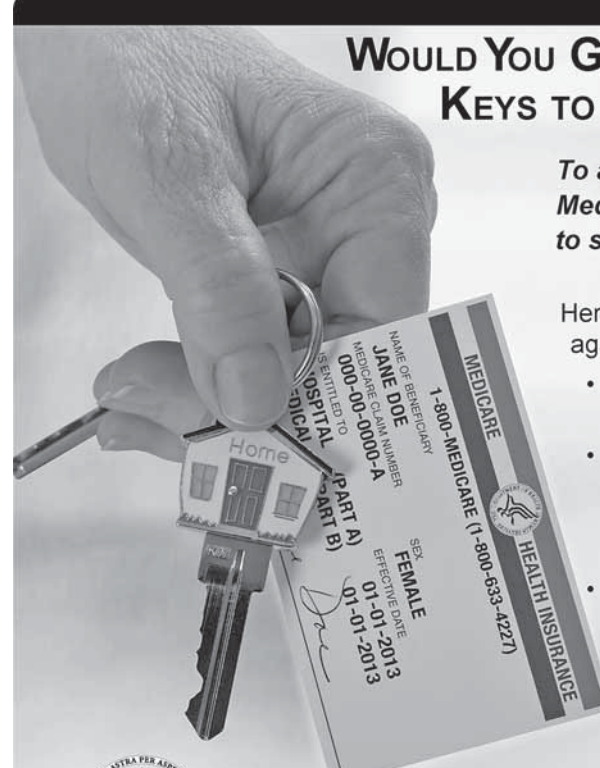


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This project was supported, in part by grant number 90MP0087, from the U. S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged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

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FINANCIAL FOCUS

Mother's Day - Financial gifts for your adult children

Mother's Day is almost here. If you're a mother with grown children, you might receive flowers, candy, dinner invitations or some other type of pleasant recognition. However, you might find that you can get more enjoyment from the holiday by giving,



Derek
Osborn

rather than receiving. The longest-lasting gifts may be financial ones—so here are a few moves to consider:

Contribute to your child's IRA. If your children have earned income, they are eligible to contribute to an IRA, which offers tax benefits and an almost unlimited array of investment options. You can't contribute directly to another person's IRA, but you can write your child a check for that purpose. This could be a valuable gift, as many people can't afford to contribute the maximum yearly amount, which, in 2018, is \$5,500, or \$6,500 for those 50 or older.

Give gifts of stock. You know your children pretty well, so you should be familiar with the products they buy. Why not give them some shares of stock in the companies that make these products? Your children will probably enjoy being "owners" of these companies, and if they weren't that familiar with how the financial markets work, having these shares in their possession may greatly expand their knowledge and lead to an even greater interest in investing.

Donate to a charity in your child's name. You might want to donate to a charitable organization that your child supports. In years past, such a donation might have earned you a tax deduction, but the new tax laws, which include a

much higher standard deduction, may keep many people from itemizing. Still, it's possible for a charitable gift to provide you with a tax benefit, depending on your age. If you're 70 ½ or older, you must start taking withdrawals from your traditional IRA and your 401(k) or similar employer-sponsored plan, but by moving the withdrawal directly to a qualified charitable group, the money won't count as part of your adjusted gross income, so, in effect, you can get a tax break from your generosity.

Review your estate strategy. Like virtually all parents, you'd probably like to be able to leave some type of legacy to your children, and possibly your grandchildren, too. So, if you haven't already started working on your estate strategy, consider using Mother's Day as a launching point. At the very least, you'll want to write your will, but you may need much more than that, such as a living trust, a durable power of attorney and other documents. And don't forget to change the beneficiary designations on your life insurance and retirement accounts if you've experienced a major life change, such as divorce or remarriage. These designations are powerful and can even supersede whatever instructions you might have left in your will. As you can guess, estate planning can be complex, so you almost certainly will want to work with a legal professional to get your arrangements in order.

Mother's Day is a good opportunity for your children to show their love for you, and you can do the same for them by helping bolster their long-term security through financial gifts and legacy planning.

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

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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 ARTWORK

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

MAY 6

ANNUAL ART IN THE PARK

One of Lawrence's premiere art events, Art in the Park is an annual juried outdoor exhibition that draws more than 150 artists. Along with the finest work from area artists and craftspeople, the event features live music, food vendors and family activities. Art in the Park is the Lawrence Art Guild's primary fundraiser. South Park, 1130 Massachusetts, 10 a.m.-6 p.m. Fee.
LAWRENCE

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

3800 SE Michigan Ave, 6:30 p.m.
TOPEKA, 785-267-1923

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

LEGIONACRES

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

FIRST & THIRD SATURDAY OF THE MONTH

VETERANS OF FOREIGN WARS

2806 North 155th, 7 p.m.
BASEHOR, 913-526-0080

DAY TRIPS/TOURS

THURSDAYS

BEHIND THE BRICKS: WATKINS MUSEUM TOURS

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

FIRST SATURDAY OF THE MONTH

DISCOVER WITH DOLE

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

Politics, 2350 Petefish Dr., 10 a.m.-12 p.m.
LAWRENCE, 785-864-4900
doleinstitute.org

SECOND SATURDAY OF THE MONTH

FREE SATE EAST SIDE BREWERY TOUR

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 the brewery reserves the right to cap the tour size at a manageable level, if necessary. 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
freestatebrewing.com

JUN 2

CHAMPION TREES OF LEAVENWORTH COUNTY

Large trees are beautiful, historically significant and have a mystique that draws our gaze upwards. Trees in Kansas serve as guideposts on the prairie, once guiding pioneers to their destinations and now marking historic locations. The Kansas Champion Tree program works to identify these trees so they can be preserved and enjoyed by all. The historic Leavenworth area is home to many Kansas State Champion trees. On this trip we will have a full day to learn about the Champion Tree program, view some of these beautiful, giant trees and hear stories about "hunting for the big ones!" Tour Guide: Jon Standing. You may register for this trip at any Lawrence recreation center, or on-line at www.lprd.org. For more information, please contact Gayle Sigurdson, Lifelong Recreation programmer. Class Code: 327867-A. Fee. Registration Deadline: May 16.
LAWRENCE, 785-832-7909

EDUCATION

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

ONGOING

FREE INSURANCE COUNSELING

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

FRIDAYS

HEALTHWISE TV

"HealthWise TV" offers interviews on health and wellness topics of interest to seniors and caregivers, as well as a 20-minute, low-impact exercise segment. Aired from 9 to 9:30 a.m. on WIBW-TV, Channel 13.

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

MAY 5

FOSSIL FIELD TRIP

Visit a 300 million year old marine site near Lawrence where everyone will find marine fossils to add to, or start, a collection. Learn about the diverse fauna and why it fossilized and was concentrated in this locality during the Pennsylvanian Period. The site requires only a short walk. Sturdy footwear, a hammer and durable collection bag are recommended. Class Code: 227436-A. Fee. Registration is required. You may register for the class at any Lawrence recreation center, or on-line at www.lprd.org. For more information, please contact Gayle Sigurdson, Lifelong Recreation programmer, at 785-832-7909. Meet at East Lawrence Center, 9 a.m.-12 p.m.
LAWRENCE

MAY 7

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 1-3 p.m.
TOPEKA, 785-580-4400

MAY 8

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, May 8, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Heart Center at 929 SW Mulvane. For information call 785-270-4593, sign up at our website <http://centuryinsuranceagencykys.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided.
TOPEKA

MAY 8

SENIOR SUPPER AND SEMINAR

This month's topic: "Combatting Stroke" Presented by Caleb Trent, MD. On the second Tuesday of each month, seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are required due to limited seating and must be made at least 24

■ CONTINUED FROM PAGE 20

hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connect-care@lmh.org.

LAWRENCE, 785-505-5800, lmh.org

MAY 9

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. Registration is required at tscpl.org/register. Topeka & Shawnee County Public Library, Computer Training Center, 1515 SW 10th Ave., 9:30-11 a.m.

TOPEKA, 785-580-4400

MAY 10

SENIOR SESSION: MARY HUNTOON

Join Museum docent Sharyn Brooks Katzman for a discussion about Topeka's own Renaissance woman, Mary Huntoon. Learn about her life and work as a painter, printmaker, art therapist, author, administrator, and teacher. Senior Sessions are designed for senior citizens but open to everyone. Spencer Museum of Art, Brosseau Learning Center, 1301 Mississippi Street, 10 a.m. Free.

LAWRENCE, 785-864-4710

spencerart.ku.edu/calendar/date/2018-05-10

MAY 14

HEALTHWISE SENIOR SUPPER

"Laughter: The Best Medicine" will entertain audiences at the monthly Stormont Vail Health-

Wise Senior Supper from 5:15 to 7 p.m. The Senior Class, Topeka Civic Theatre's improv troupe, will perform. \$5 per person for the meal. Reservations required by Wednesday, May 9. Register online at <https://stormontvail.asapconnected.com/> or please call.

TOPEKA, 785-354-5225

MAY 21

MYSOCIAL SECURITY SIGNUP: WHAT YOU NEED TO KNOW

Social Security Administration staff will teach how to use your mySocialSecurity account to view your benefit estimates, verify your earnings history and make it a part of your retirement planning and management. Topeka & Shawnee County Public Library, Computer Training Center Adults, 1515 SW 10th Ave., 12:30-2 p.m.

TOPEKA, 785-580-4400

MAY 22

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, May 22, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Heart Center at 929 SW Mulvane. For information call 785-270-4593, sign up at our website <http://century-insuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided.

TOPEKA

MAY 24

SENIOR SESSION: MARY HUNTOON

Curator Stephen Goddard explores humankind's deep connections and fascination with the plant kingdom through various works of art in the exhibition Big Botany: Conversations with the Plant World. Senior Sessions are designed for senior citizens but open to

everyone. Spencer Museum of Art, Brosseau Learning Center, 1301 Mississippi Street, 10 a.m. Free.

LAWRENCE, 785-864-4710

spencerart.ku.edu/calendar/date/2018-05-24

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

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

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Lawrence, KS 66046

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MAY 24

HEALTHY LIVING SERIES

This month's topic: "Stroke Recovery." A stroke diagnosis may mean many things; the rehabilitation team has the experts to help navigate through recovery. Hear presenters Trena Triplett, Speech-Language Pathologist, and Ellen Kearns, Certified Occupational Therapist Assistant, both of LMH Therapy Services as they describe stroke recovery from each of their own perspectives. Brief question & answer session to follow. No fee. No registration necessary. LMH Auditorium, 7-8:30 p.m. LAWRENCE, 785-505-5800, lmh.org

JUN 1

SENIOR CAR FIT CHECK LANES

Free, interactive and educational program that teaches participants how to make their personal vehicles "fit" them to increase safety and mobility on the road. Checkups take about 20 minutes. Register online at <https://stormontvail.asapconnected.com/> or please call. 9 a.m. to noon at Hummer Sports Park, S.W. 6th and Oakley. TOPEKA, 785-354-5225

JUN 4

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 1-3 p.m. TOPEKA, 785-580-4400

JUN 6-20

INTRODUCTION TO SKYGAZING

Enjoying the outdoors includes looking up! Join us as we explore the sky and learn general astronomy of both night and day skies. Evening classes will look at what there is to see in the Cosmic Zoo using the naked eye, binoculars and telescopes. Instruction will include use of planispheres, star charts, and apps. Instructor is Rick Heschmeyer, president of the Astronomy Associates of Lawrence, a NASA/JPL Solar System Ambassador, and Master Outreach Award winner from The Astronomical League. Registration fee includes planisphere, astronomy flashlight, solar viewing glasses and education materials. Class Code: 327450-A, Fee. Registration is required. You may register for the class at any Lawrence recreation center, or on-line at www.lprd.org. Baker Wetlands, Discovery Center, Wednesdays, 7:30-9 p.m. For more information, please contact Gayle Sigurdson, Lifelong Recreation programmer. LAWRENCE, 785-832-7909

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

JOHN JERVIS, CLASSICAL GUITAR

Classical guitar player, John Jervis, who plays every Saturday morning, 8-11 a.m. at Panera, 23rd St. and Louisiana St. Enjoy wonderful classical and baroque music. LAWRENCE

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

MAY 11

STORY SLAM: GRAND SLAM

Stories told live, MOTH-style, the second Friday of each month. Never the same story, or evening, twice. Adults, 18+ only. Live music & social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. May's theme: Grand Slam. Lawrence Arts Center, 940 New Hampshire St. Free. LAWRENCE, 785-843-2787 lawrenceartscenter.org/event

FAIRS/FESTIVALS

MAY 5

5TH ANNUAL KANSAS FOOD TRUCK FESTIVAL

This one-day festival will feature dozens of regional food trucks with cuisine from across the world. Featuring live music & entertainment, this fundraiser for Just Food will include fun inflatables, games & activities, and so much more! Warehouse Arts District, 900 Block of Pennsylvania, 4 p.m.-12 a.m. Fee. LAWRENCE, 785-856-7030 ksfoodtruckfest.com

MAY 12

LENEXA ART FAIR

The Lenexa Art Fair is the perfect outing for art enthusiasts, jazz lovers and wine or beer connoisseurs. This one-day, outdoor, juried art fair features about 50 fine artists from the region, live jazz music throughout the day, food trucks, and a wine and craft beer tasting featuring local wineries and breweries in the evening. Lenexa Civic Campus, 17101 W. 87th Street Parkway, 10 a.m.-7 p.m. LENEXA, www.lenexa.com/artfair

MAY 25

11TH ANNUAL LAWRENCE BUSKER FESTIVAL

Over 25 different acts scheduled and lots of surprises on the streets. Performers include

jugglers, magicians, fire eaters and fire dancers, aerial artists, contortionists, musicians, poets, acrobats and break dancers. Free to attend. Performers pass the hat after each show for your tips. Great food vendors, beer and moonwalks make it a complete festival for downtown Lawrence! Friday 5-11 p.m., Saturday 12-11 p.m., Sunday 12-6 p.m. Free. LAWRENCE, 785-330-5110 lawrencebuskerfest.com

MAY 31-JUN 3

OLD SHAWNEE DAYS

Join friends and neighbors for a weekend of fun and entertainment the whole family can enjoy with music, a carnival, contests, games, parade (on Saturday), crafts, shopping, food and so much more. Shawnee Town 1929, 11600 Johnson Drive, 6-10 p.m. Free. SHAWNEE, 913-631-6545 oldshawneedays.org

JUN 2 & 3

GERMANFEST

In addition to great music, the festival will have food like kraustrudels, sauerbraten, German sausage and sage balls and noodles. See website for schedule. Sacred Heart - St Joseph Parish, 312 NE Freeman Ave. TOPEKA, 785-234-3338 sacredheartstjosephcatholic.org

JUN 2

CAPITOL CITY FAMILY & FOOD TRUCK FESTIVAL

Food trucks, vendors and more will be positioned in an L shape around the Capitol -- from SW 10th Ave. between Harrison and Jackson and from Jackson from 10th to 9th, 11 a.m.-5 p.m. Admission to Festival is FREE. Food trucks will charge. TOPEKA, 785-296-3966 visittopeka.com/foodtruck

FARMERS' MARKETS

APR 14-NOV 17

LAWRENCE FARMERS' MARKET - SATURDAYS

As Kansas' oldest and largest producer market, the Lawrence Farmers' Market offers a festive, bustling atmosphere with the freshest, healthiest food produced within 50 miles of Lawrence. 824 New Hampshire St. April 14-August 25, 7-11 a.m., September 1-November 17, 8 a.m.-noon. LAWRENCE, lawrencefarmersmarket.org

APR 21-OCT 27

LENEXA FARMERS' MARKET

Visit the new Lenexa Farmers Market for a wide selection of fresh products including vegetables, fruit, meat, eggs, baked goods, flowers and more from over 20 locally based vendors. Saturdays. Lenexa Civic Campus, 17201 W. 87th Street Parkway, 8 a.m.-12 p.m. LENEXA, lenexa.com/farmersmarket

MAY 8-OCT 23

LAWRENCE FARMERS' MARKET - TUESDAYS

As Kansas' oldest and largest producer market, the Lawrence Farmers' Market offers a festive,

bustling atmosphere with the freshest, healthiest food produced within 50 miles of Lawrence. Parking Garage by Lawrence Public Library, 707 Vermont St., 4-6 p.m.

LAWRENCE, lawrencefarmersmarket.org

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

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

ONGOING

HEALTHY STEPS MALL WALKING

Walk in a safe, climate-controlled setting at West Ridge Mall, Topeka, 1801 S.W. Wana-maker. Mall walking hours are Monday-Saturday 7 a.m. to 9 p.m. and Sunday 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 ainsley.anderson@lmh.org. LAWRENCE

ONGOING

FIT FOR LIFE

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

ONGOING

ZUMBA GOLD

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

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your needs. For more information or to enroll, call the Community Building or search activity 127102 at www.lprd.org.
LAWRENCE, 785-832-7920

FIRST MONDAY OF THE MONTH

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

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

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

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

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

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TUESDAYS

FREE BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZEXERCISE LITE

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

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

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

TUESDAYS AND THURSDAYS

FLEXERCISE

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

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS

VACCINE CLINICS

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

WEDNESDAYS

OPEN BOCCÉ BALL

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

WEDNESDAYS

FREE NUTRITION CLINIC

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

WEDNESDAYS

FREE MEDICATION CLINIC

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

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

Dr. Matthew J. Brown of Kaw Valley Hearing is pleased to announce that every first Wednesday of the month he will be offering free hearing consultations. Call today to schedule your desired appointment time or stop in the first Wednesday of the month. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids.
LAWRENCE, (785)748-8034

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

MAY 1

HEALTHY STEPS CELEBRATION

Join us at the monthly Healthy Steps Celebration at West Ridge Mall, 1801 S.W. Wanamaker. 9 to 10 a.m. at the lower level center court. Free blood pressure screenings, snacks and goodies, and prize drawings are included. Come hear Susan Bullock, executive director of Homestead Assisted Living, discuss aging issues. Free and open to all.
TOPEKA

MAY 2

KNOW YOUR NUMBERS - CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Main Campus (West Lobby), 325 Maine St., 8-9:30 a.m.
LAWRENCE, 785-505-5800, lmh.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

SUNDAYS

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

OURS dances are held every Sunday evening from 6-9 p.m. at the Eagles Lodge, 1803 W. 6th St. Dances are open to everyone. Admission is \$7 per person. Carry-in meal served at 7:15.
LAWRENCE

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

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

FIRST & THIRD MONDAY OF THE MONTH

BEREAVEMENT SUPPORT GROUP

LAWRENCE SENIOR CENTER
2:15-3:45 PM, 785-842-0543

FIRST & THIRD MONDAY OF THE MONTH

GRIEF SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

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

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

TUESDAYS

GRIEF SUPPORT GROUP

Center for Hope and Healing, 1112 SW 6th St., 5:30-6:30 p.m. For more information, please contact Elizabeth.

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-sonabromeit@ku.edu. Rehearsals at Babcock Place, 1700 Massachusetts St., 12:30-1:30 p.m.
LAWRENCE

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

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3 p.m. in Conference E of LMH.
LAWRENCE, 785-830-8130

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

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

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

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

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

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

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

WEDNESDAYS

GRIEF SUPPORT GROUP

Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m. For more information, please contact Elizabeth.

TOPEKA, 785-430-2194

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

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

FIRST THURSDAY OF THE MONTH

LAWRENCE AREA PARTNERS IN AGING

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

**FIRST THURSDAY OF THE MONTH
PARKINSON MEETING**

Midland Care, 200 SW Frazier, 5:30-7 p.m.
LAWRENCE, 785-235-1367 or (800) 798-1366

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 10:30 a.m. Please call for start dates and information packet.

TOPEKA, 785-232-2044

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 5:30 p.m. Please call for start dates and information packet.

TOPEKA, 785-232-2044

FIRST FRIDAY OF THE MONTH

STROKE SUPPORT GROUP

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

SATURDAYS

LAWRENCE BRIDGE CLUB

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

LAWRENCE, 785-760-4195

ONE SATURDAY EACH MONTH

LAWRENCE DEATH CAFE

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death. A Death Cafe is a discussion group about death rather than a grief support or counseling session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact cwhiston@sunflower.com or visit www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl.

LAWRENCE

SECOND MONDAY, SEP-MAY

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

Volunteer service club.

LAWRENCE, 785-331-4575

SECOND MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

SECOND MONDAY OF THE MONTH

LMH HEART BEATS

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

LAWRENCE

SECOND TUESDAY OF THE MONTH

LAWRENCE ACTION CIVITAN CLUB

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

LAWRENCE, 785-691-8520

SECOND WEDNESDAY OF THE MONTH

MEMORY SUPPORT GROUP

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2 p.m. For more information, please call Amy Homer.

LAWRENCE, 785-832-9900

SECOND WEDNESDAY OF THE MONTH

DIABETES EDUCATION GROUP

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

LAWRENCE, 785-505-3062

SECOND WEDNESDAY OF THE MONTH

**SOROPTIMIST INTERNATIONAL OF
TOPEKA**

Soroptimist International's mission is to improve the lives of women and girls in local communities and throughout the world. Meets at 6:30 p.m. at the Topeka-Shawnee County Public Library. Guests welcome. Please email info@soroptimisttopeka.org for more information.
TOPEKA, 785-221-0501
soroptimisttopeka.org

SECOND THURSDAY OF THE MONTH

DEMENTIA SUPPORT GROUP

Support group specifically for spouses of those with dementia. Meets at the Senior Resource Center for Douglas County, 2920 Haskell Ave., 11 a.m.-noon. Call for questions or to RSVP.
LAWRENCE, 785-218-4083

SECOND THURSDAY OF THE MONTH

NAACP MEETING-LAWRENCE CHAPTER

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.

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

SECOND & FOURTH FRIDAY OF THE MONTH

**ALZHEIMER'S/CAREGIVER SUPPORT
GROUP**

Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m.

LAWRENCE, 913-831-3888

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, LAWRENCE, 2 PM

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

**PARENTS OF ESTRANGED ADULT
CHILDREN SUPPORT GROUP**

Meets at the Topeka & Shawnee County Public Library, Anton Room 202, 6:45 to 8:15 p.m. For more information. Please contact Jeff Landers.
TOPEKA, 785 224 5946.

THIRD TUESDAY OF THE MONTH

STROKE SUPPORT GROUP

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

LAWRENCE, 785-505-2712

THIRD WEDNESDAY OF THE MONTH

CANCER SUPPORT GROUP

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

LAWRENCE

THIRD WEDNESDAY OF THE MONTH

**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

■ CONTINUED FROM PAGE 24

is free. NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.

LAWRENCE, 785-843-7481

THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

TOPEKA, 785-271-6500

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m.

LAWRENCE, 785-235-1367 or (800) 798-1366

THIRD SATURDAY OF THE MONTH JAYHAWK MODEL MASTERS

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

LAWRENCE, 785-312-4840

jayhawkmodelmasters.com

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

TOPEKA, 785-235-1367, EXT. 130

FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

TOPEKA, 785-233-5762

tgstopeka.org

FOURTH THURSDAY OF THE MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

TOPEKA

FOURTH FRIDAY OF THE MONTH 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 SW 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, call Jim Miller.

TOPEKA, 785-478-0651

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

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

LAWRENCE

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

After the big kids are off to school, bring your lil' ones to the Discovery Center for special activities just for them. Preschoolers can explore their senses, create crafts and learn about the different animals at the Discovery Center. Parents, guardians, and child care providers can meet other parents and talk with early childhood professionals. Free coffee is available. 4400 SW 10th Ave., 10:30 a.m.-12 p.m.

TOPEKA, 785-783-8300

kansasdiscovery.org

MAY 12

MONARCH WATCH'S SPRING OPEN HOUSE & PLANT SALE FUNDRAISER

At the Open House you can learn about creating Monarch Waystations and see the magnificent butterfly and pollinator garden maintained by the Douglas County Master Gardeners. There will be games for the kids inside and out and they can make "seed balls" containing seeds of milkweeds and other butterfly plants that can be used to create habits for monarchs and other butterflies. They can also see lots of different insects and spiders, watch videos, or complete a variety of activities. All are welcome to tour our garden and lab space. We will have live demonstrations, and, of course, monarch butterflies! Refreshments will be provided. 2021 Constant Avenue, West Campus/ University of Kansas 8 a.m.-2 p.m. Free.

LAWRENCE, monarchwatch.org/openhouse

MAY 19

SPRING ELECTRONIC RECYCLING EVENT

The City of Lawrence invites residents and small businesses to recycle unused or obsolete electronic equipment. Electronic equipment may contain hazardous components such as lead, mercury and cadmium. Recycling your unwanted electronic equipment keeps these hazardous components out of the landfill. KU Park & Ride east parking lot, Clinton Pkwy. & Crestline Dr., 9 a.m.-1 p.m.

LAWRENCE, 785-832-3032

lawrenceks.org/swm/electronicrecyclingevent

MAY 24-26

SHRINE RODEO & DEMO DERBY

It's the greatest sport on dirt! The Shrine Rodeo & Demo Derby stampedes into Tonganoxie with rodeo action. There's something for everybody at the Shrine Rodeo and Demo Derby! Concessions on the grounds. Tickets available at the gate, online at www.ShrineRodeo.com, and at Brothers Market in Tonganoxie. For

more information, visit www.ShrineRodeo.com or call 913-362-5300. Thursday, May 24 is First Responders and Military Appreciation Night. All First Responders (police, firefighters, and EMTs) and military (retired and active) will receive free admission to the rodeo that night, along with their families. Please bring ID. Leavenworth County Fairgrounds, 22618 McLouth Road, 7 p.m. Fee. TONGANOXIE, shrinerodeo.com

Healthy Living

To shed pounds, eat salad

Starting a meal with a healthy salad provides you with some good nutrients and can help cut the total number of calories in the meal if you choose ingredients carefully.

The right stuff

- Avoid high-fat foods, such as cheese, bacon and croutons
- Combine various greens with other low-fat veggies and fruits, such as peppers, cucumbers, carrots, celery and apples
- Dress the salad with high-quality olive oil and vinegar or other healthy dressing; avoid high-fat creamy ones

Source: U.S. Department of Agriculture, TNS Photo Service



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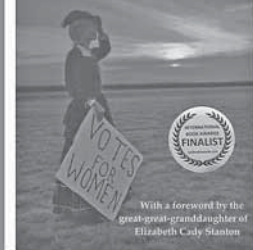
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GROEN ZONE

Fake news is not harmless

By Kevin Groenhagen

Remember James G. Watt? If you do, you're probably my age or older. If you don't remember Watt, he served as the U.S. Secretary of the Interior from 1981 to 1983.

Being that Watt left government 35 years ago, you don't hear much about him in the media today. Nevertheless, Leonard Krishtalka, the director of the Biodiversity Institute and professor in the department of ecology and evolutionary biology at the University of Kansas, wrote a bit about Watt in a column entitled "Conspiracy theories are not harmless" in the April 24 issue of the *Lawrence Journal-World*:

Repeated end-times pronouncements pose another danger: the insidious notion that we no longer need to take the long view of human affairs, of wisely stewarding the state of the nation or the planet. Such crackpot notions can reach the highest levels of government and policymakers. Remember James Watt, President Reagan's secretary of the interior? Charged with stewarding the nation's natural lands, parks, forests and wildlife, he famously defaulted, proclaiming that we don't have to protect the environment because the end times are at hand.

This characterization of Watt's position on the "end of times" seemed suspect to me, so I emailed the esteemed professor to see if he could share his source(s) with me.

"References for his views include his testimony before the House Interior Committee and articles in the *Washington Post* and *NY Times* when he was secretary," Krishtalka responded. He provided no links.

I then emailed Krishtalka and said if he cannot substantiate his claim with a source, he should consider asking the *Journal-World* to publish a correction.

"My statement about Secretary Watt is supported by the record," he responded. "You are free to disagree,

which I respect."

There is a reason why Krishtalka could not provide a link to a source. Contrary to his claim, the record simply does not support his statement. In fact, during testimony in February 1981 before the very same committee Krishtalka mentioned in his email, Watt said the following:

That is the delicate balance the Secretary of the Interior must have, to be steward for the natural resources for this generation as well as future generations. I do not know how many future generations we can count on before the Lord returns, whatever it is we have to manage with a skill to leave the resources needed for future generations.

This statement is extremely different from what Krishtalka claimed Watt proclaimed. In fact, Watt's statement sounds much like what Krishtalka said during an online chat hosted by the *Journal-World* in 2005: "If we do not steward the environment and its natural resources more wisely than we are now, we won't survive for another million years."

So, how did Krishtalka get it so egregiously wrong?

The mischaracterization of Watt's position on being a steward of the nation's natural resources goes back several years and has been covered extensively by John Hinderaker, a contributor to the Powerline blog. In 2004, Powerline played a major role in ending Dan Rather's career at CBS News after the anchor tried to pass off phony documents regarding George W. Bush's Texas Air National Guard service as authentic.

Watt contacted Hinderaker in 2005 after the *Minneapolis Star Tribune* published as an op-ed the text of a speech liberal commentator Bill Moyers delivered when the Center for Health and the Global Environment at Harvard Medical School presented him with the fourth annual Global Environment Citizen Award. In the speech, Moyers said

the following: "Remember James Watt, President Ronald Reagan's first secretary of the interior? My favorite online environmental journal, the ever-engaging *Grist*, reminded us recently of how James Watt told the U.S. Congress that protecting natural resources was unimportant in light of the imminent return of Jesus Christ. In public testimony he said, 'after the last tree is felled, Christ will come back.'"

Indeed, *Grist* magazine did report what Moyers said in his speech. In an October 28, 2004 article, Glenn Scherer wrote the following:

But a scripture-based justification for anti-environmentalism — when was the last time you heard a conservative politician talk about that?

Odds are it was in 1981, when President Reagan's first secretary of the interior, James Watt, told the U.S. Congress that protecting natural resources was unimportant in light of the imminent return of Jesus Christ. "God gave us these things to use. After the last tree is felled, Christ will come back," Watt said in public testimony that helped get him fired.

On February 4, 2005, *Grist* offered this correction: "In fact, Watt did not make such a statement to Congress. The quotation is attributed to Watt in the book *Setting the Captives Free* by Austin Miles, but Miles does not write that it was made before Congress. *Grist* regrets this reporting error and is aggressively looking into the accuracy of this quotation."

A week later, *Grist* offered Watt and its readers an apology: "*Grist* has been unable to substantiate that Watt made this statement. We would like to extend our sincere apologies to Watt and to our readers for this error."

Moyers and the *Star-Tribune* also issued corrections.

Miles Austin, a former circus ringleader, published *Setting the Captives Free: Victims of the Church Tell Their Tales* in 1990. An obscure environmentalist magazine picked up his bogus quote and added another layer of fabrication. Bill Moyers then repeated *Grist's* embellished fabrication.

It's not clear where Krishtalka found

the gross mischaracterization of Watt's position. He could have gotten it from the *Grist* article or any of the numerous atheist blogs that have repeated *Grist's* fabrication. He certainly didn't get it from the *Washington Post*, which he mentioned in his email. After all, Watt himself corrected the record on the op-ed page of that newspaper on May 21, 2005. "I never said it," Watt wrote. "Never believed it. Never even thought it. I know no Christian who believes or preaches such error. The Bible commands conservation—that we as Christians be careful stewards of the land and resources entrusted to us by the Creator."

It is also not clear if Krishtalka was unaware of *Grist's* debunked article and merely failed to do even a little research. If that is the case, it doesn't reflect well on his research skills. After all, Watt's 1981 testimony before Congress is readily available on C-SPAN's website. Krishtalka—as well as *Grist*, Moyers, the *Minneapolis Star Tribune*, and others who have shared the debunked article—could have easily found that Watt did not say what they claim he said.

Or is it possible that Krishtalka knew the article had been debunked and included the mischaracterization anyway because it fit with the argument he was attempting to make in his column? If that is the case, it doesn't reflect well on his integrity.

But one thing is clear: Krishtalka refuses to acknowledge his error, even after learning of the fabricated quote attributed to Watt.

Yes, Prof. Krishtalka and the *Lawrence Journal-World*, conspiracy theories are not harmless. But neither is fake news. Consider the May 9, 2005, issue of *Newsweek*, in which the magazine reported that American interrogators at the detention facility at Guantanamo Bay, Cuba, had flushed a copy of the Koran, the sacred Muslim text, down a toilet. *Newsweek* retracted the story and apologized several weeks later, but only after rioting in Afghanistan left at least 15 dead.

Fortunately, in Krishtalka's case, it is unlikely anyone will die as a result of his dissemination of fake news. However, following the lead of a circus ringleader does make him look like, well, a clown.

Social Security honors the nation's heroes on Memorial Day

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

On Memorial Day, we honor service members who have given their lives for our nation. Social Security acknowledges the heroism and courage of our military service members, and we remember those who have given their lives to protect our country. Part of how we honor these heroes is the way we provide Social Security benefits.

The loss of a family member is difficult for anyone. Social Security helps by providing benefits to protect service members' dependents. Widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. You can learn more about Social Security survivors benefits at www.socialsecurity.gov/survivors.

It's also important to recognize those service members who are still with us, especially those who have been wounded. Just as they served us, we have the obligation to serve them. Social Security has benefits to protect veterans when an injury prevents them from returning to active duty or performing other work.

Wounded military service members can also receive expedited processing of their Social Security disability claims. For example, Social Security will provide expedited processing of disability claims filed by veterans who have a U.S. Department of Veterans Affairs (VA) Compensation rating of 100 percent Permanent & Total (P&T). The VA and Social Security each have disability programs. You may find that you qualify for disability benefits through one program but not the other, or that you qualify for both. Depending on the situation, some family members of military personnel, including dependent children and, in some cases,

spouses, may be eligible to receive Social Security benefits. You can get answers to commonly asked questions and find useful information about the application process at www.socialsecurity.gov/woundedwarriors.

Service members can also receive Social Security in addition to military retirement benefits. The good news is that your military retirement benefit

generally does not reduce your Social Security retirement benefit. Learn more about Social Security retirement benefits at www.socialsecurity.gov/retirement. You may also want to visit the Military Service page of our Retirement Planner, available at www.socialsecurity.gov/planners/retire/veterans.html.

Service members are also eligible for Medicare at age 65. If you have health

insurance from the VA or under the TRICARE or CHAMPVA programs, your health benefits may change, or end, when you become eligible for Medicare. Learn more about Medicare benefits at www.socialsecurity.gov/medicare.

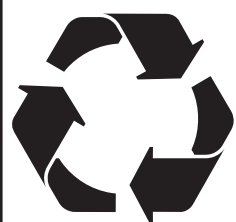
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RICK STEVES' EUROPE

Europe's best border-busting day trips

By Rick Steves

Tribune Content Agency

With borders so close and transportation a delight, it's easy to throw a change of scenery and culture into your European itinerary. Here are some of my favorite cross-border day trips.

London to Paris. Zipping on the bullet train from London to Paris (or vice versa), deep below the English Channel (a.k.a. "Chunnel"), is exciting—and takes just 2.5 hours. Catch an early train, spend about 10 hours in the City of Light, and be back by bedtime.

This journey between two of Europe's greatest cities is almost as fun as the destination. At 190 mph, the train is so fast that when the tracks parallel the highway, the cars look as if they're standing still.

Dubrovnik to Mostar. While many travelers come to Croatia for Dubrovnik and the coast, for me, a trip inland to Mostar (Bosnia-Herzegovina), is one of Europe's richest experiences. Visiting these two pieces of the former Yugoslavia is like turning a history and politics textbook inside out, shaking its contents all over the earth, and then playing in it. Mostar is a haul from Dubrovnik (three hours by car—hire a driver, rent a car, or join an excursion), but well worth the trip.

During the 20th century, Mostar was inhabited by Catholic Croats, Orthodox Serbs and Muslim Bosniaks, all enjoying an idyllic mingling of cultures. Their differences were sym-

bolically spanned by a 400-year-old, Turkish-style stone bridge. But as the country unraveled in the early 1990s, Mostar became an icon of the Bosnian war, fought among those same peoples. Bombarded by (Croat Catholic) artillery shells from the hilltop above, the bridge collapsed into the river.

By 2004, the bridge had been rebuilt and the city began to thrive again. Surveying the town from the crest of the bridge is a powerful experience. The cityscape is a symbol of Mostar's past religious conflict. Minarets pierce the city's skyline like proud exclamation points, while the bell tower of the Catholic Church soars over them. On the hilltop above town stands a bold cross, marking the place from where Croat forces shelled the Bosniak side of the river.

Exploring Mostar is a delight. The city's Ottoman influence is evident, from traditional Turkish-style houses (including several open to visitors), to lively Copper-smiths' Street (with the flavor of a Turkish bazaar), to the call to prayer, echoing throughout the city five times a day.

Helsinki to Tallinn. A trip between the capital cities of Finland and Estonia gives a Baltic twist to a Nordic itinerary. Tallinn is just a two-hour boat ride from Helsinki, but a long way culturally. While Helsinki is more modern—a spruce-and-stone wonderland of stunning 19th- to 21st-century architecture—Tallinn is cobbled and quaint, with an Old World ambience and the best-preserved medieval center in the north of Europe.

Tallinn's walkable Old Town, divided into lower and upper towns, is surrounded by a remarkably intact wall. On a one-day visit, explore the Old Town's cobblestoned lanes, gabled houses, historic churches and main square with a cancan of colorful old buildings and touristy eateries.

For amazing views, head up to Toompea, the upper town, where you can climb some of the original wall towers and visit the Russian Orthodox cathedral. It's a beautiful building, but most Estonians don't like this church, as it was built to face the Estonian parliament building and clearly designed to flex Russian cultural muscles during a period of Estonian national revival. It's just one of the many layers that make Tallinn a fascinating destination.

Spain to Morocco. For me, the most exciting day trip in Europe is ... to Africa. From the town of Tarifa in southern Spain, it's just 35 minutes by boat to Tangier, offering a legitimate taste of North Africa and an authentic slice of Islam. While guided excursions make things easy, I find them full of clichés, from belly dancers to snake charmers. I prefer taking the

boat on my own, and hiring a local guide to meet me at the port.

Tangier is a feast for the senses. The old town (medina) is a twisty mess of narrow stepped lanes, dead-end alleys and local life spilling into the streets. Wander the colorful produce market (souk); check out the workshops of various artisans, from mosaic tile makers to tailors and sip a mint tea on the little square called Petit Socco—the same place that drew Jack Kerouac and his Beat Generation buddies.

Recently, I stood at the edge of the Grand Socco—the bustling square between the new town and the old town—admiring this affluent, successful, peaceful Islamic city, just living its life the way it wanted to, successfully. It was a beautiful moment—and a reminder of how border-hopping can create new experiences and perspectives.

- 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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JAY'S MUSICAL MEMORIES

My golden moment

By Jay Wachs

I am turning 50 this month on the 10th.

Before you tell me how young I am and that this is only beginning of the best part of my life, accord me a moment or two to reminisce on the first half.

The fact that I said first half should give you pause that I don't see this as the beginning of the end, but rather as a half-way point in a marathon.

My grandmother lived to be 101.

My goal is to outlive her, so I have time.

As I reflect on the first 50 years of my life, I instantly recall the impact that music has had on me.

My late mother told me that when I was born, she was listening to Mel Tormé on the radio singing "Haven't We Met?" How appropriate.

My parents, like many of yours I suspect, came out of the Big Band era. My father was born in '27 and my

mother was born in '33, so that music was part of the core 100 of their listening habits. Our record library was stocked full of every big band record you could imagine. It comes as no surprise that my first concert was Benny Goodman at The Front Row Theater in Cleveland, Ohio, in 1973. He was an old man by then, but he could still play.

As my youth rolled on, my parents and I would see many concerts together. One of the most memorable was Ella Fitzgerald and Oscar Peterson

on Mother's Day 1978 at The Palace Theater in downtown Cleveland. It was bawdy, people were drunk, but Ella controlled the crowd and did not disappoint.

My parents introduced me to The 5th Dimension, Donna Summer, The Manhattan Transfer, and more. Those musical introductions continued into my early adult life when my mother found an obscure Polish singer in 1987 by the name of Basia. I would go on to interview her, emcee her concerts and collect every single recording all thanks to Mom.

I am older now.

Both parents have been gone for a long time now.

Today I share my love of music with my children and they with me.

While I may not "love" all of today's hit music, I do listen and find myself sharing my own memories of where samples came from and what current songs remind me of songs from my past.

This year, in addition to celebrating my 50th, we are also

celebrating my 33rd anniversary in radio and television broadcasting and the fifth anniversary of our flagship Internet radio station, LawrenceHits.com.

Please share your memories with me. I love to hear stories about concerts, broadcasts and artists that have impacted your lives and see pics of tickets and concerts and events from the past. Your stories are a part of history and that's what this piece is all about. History and memories.



PHOTO COURTESY OF ALAN LIGHT

Mel Tormé

Email me at jay@lawrencehits.com and if you ever want to chat, I'm usually at Z's Divine Espresso in Lawrence at 9th and New Hampshire.

Say hi and wish me a happy birthday please and make plans to join us at Six Mile Chophouse on Friday, June 1, from 5 to 10 p.m. for a free parking lot concert and party to celebrate all of the above. Kim Murphree of Kim and The Quake will headline an evening

that includes five bands and a DJ with food, beverages, and fun for all.

- Jay Wachs is the owner and operator of both LawrenceHits.com and Baldwin City Radio which are APP and website based oldies streaming radio stations. Wachs also handles public relations, marketing and advertising for over 55 locally owned and operated Douglas County, Kansas businesses.



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HUMOR

Kaybe and the Six-Million-Dollar Project

The phone rang at our home one evening recently. On the line was my friend Four-Finger Fanny, an alien from outer space. Fanny works as a waitress at The Enchantment. I listened then said, "I'll be right there."

I asked a young waitress to tell Fanny I was there, and then went to my booth in the back.

The Enchantment is a dingy roadhouse on the outskirts of Letongaloosa.



Larry
Day

Every college town needs a joint like the Enchantment to maintain its academic accreditation. I go there quite often to relax with a soft drink.

That night, however, I was there on urgent business. Another being from outer space, my friend KB2.11, (I call him Kaybe for short) had contacted me. He needed \$6 million for a charity project that leaders at our end of the Milky Way galaxy were sponsoring.

"What's up?" asked Fanny.
"Can you get in touch with Kaybe? I'm helping him raise money for a galaxy charity project and I need to know how and where to send the funds."

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

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

Kaybe speaks telepathically. His

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

Kaybe and Four-Finger Fanny communicate telepathically, but Four Finger Fanny also speaks human. That's good, because I'd rather not converse telepathically.

Some wealthy friends—people who have appeared in previous columns, Blair Timert, Eloise Simplekins, and Sir Jeremiah Teancrumpets—had agreed to donate two million dollars each to the galaxy charity project.

Blair Timert was adopted by wealthy Basque parents who lived in Letongaloosa. Their Basque name was unpronounceable for most people, so they retained Blair's birth name. Blair learned to speak Basque. In one adventure, Blair bested some

Basque hoodlums who tried to kidnap him.

Eloise Simplekins was a cleaning lady for wealthy women of the wealthy La Mancha neighborhood. She realized that wealthy women in town hired pre-cleaning ladies to clean up their husbands' messy bathrooms before the regular cleaning ladies arrived. Eloise figured that other upper-class women in the U.S. also hired pre-cleaning ladies. She founded a pre-cleaning business and sold franchises nationwide. She made a fortune.

Sir Jeremiah Teancrumpets was a British billionaire. He used to become angry at even the slightest irritation. His neighbor, a physician, taught Sir Jeremiah to laugh when he became angry, instead of becoming apoplectic. The laugh-it-off formula probably saved Sir Jeremiah from death by heart attack. But hearing Sir Jeremiah's laugh causes some people fear and consternation.

Sir Jeremiah is a tightwad, but he hates paying income taxes. So he takes inflated income tax write-offs for donations he makes to charitable causes.

"How do we transfer these funds to Kaybe?" I asked Fanny.

"Well," she said, "you just..." Then with a look of consternation, she added, "Wait. I'll have to get back to you on that."

A week later the phone rang.
"I've got an answer, but you'll have to come to the Enchantment."

"I'm on my way," I said.

When I got to my booth, Four-Finger Fanny handed me a soft drink and said, "What I'm going to tell you is top secret. You have to guard this information with your life."

She then gave me the name of a bank, a routing number, and the name and the number of the account. The electronic transfer went through flawlessly.

Sometime later I got a message saying that the donation had been received and that everyone involved was most grateful.

- 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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WOLFGANG PUCK'S KITCHEN

More than meats the eye: If you're trying to eat less meat, this recipe is for you

Almost every day, guests in my restaurants tell me they're following the paleo diet, a way of eating based on the belief that the way our bodies digest the foods we eat has evolved very little in the past couple of million years. So, the best way to maintain optimum health and weight, paleo fans say, is to eat whatever cavemen could hunt, catch or gather, concentrating on meats, poultry, seafood, fresh vegetables and fruit, eggs, nuts and seeds,



Wolfgang Puck

along with healthy fats like olive, walnut, avocado and coconut oils.

While I can see some genuine benefits in those rules, I myself aim to eat a more balanced, well-rounded diet. But I also respect my guests and give them the best possible versions of foods they request. We serve paleo eaters a lot of fire-grilled, grass-fed steaks, fresh salads and simply cooked farmers' market vegetables.

Many people today, whether they've gone Paleo or not, wonder if they're maybe eating a little too much red meat, and ask for alternatives. That's when I suggest they try fresh tuna.

To me, a good sushi-grade ahi tuna steak is the closest thing you can eat from the sea that tastes like a great piece of beef. Deep rosy red in color, firm in texture, and richly robust in flavor, fresh tuna is definitely the fish you want to eat if you're trying to take a break from meat. Unlike red meat, it also provides heart-healthy omega-3 fatty acids (though it isn't as high in them as fattier fish like salmon).

To enjoy ahi at its best, I cook it no more than medium rare, leaving a definite layer of deep red at its center. That ensures the relatively lean fish doesn't

dry out, yielding the best possible taste and texture. I prepare it simply, too, seasoning it with a sprinkling of salt and a layer of crushed black peppercorns like you'd find on a classic beefsteak cooked in the French au poivre (with pepper) style before quickly searing it over high heat.

Of course, I also like to add a finishing touch in the form of a sauce, first deglazing the pan with a little port wine and cognac (the high heat evaporates most of the alcohol) and then whisking in some butter—just half a tablespoon per serving. While those ingredients aren't strictly paleo, they fall under the small indulgences all but the most inflexible paleo plans allow.

Of course, if you aren't following a paleo diet but are simply trying to cut down on how much red meat you eat and find healthy alternatives, then this recipe may also be just what you're looking for too.

SEARED TUNA STEAK AU POIVRE

Serves 4

1/4 cup (60 mL) black peppercorns
4 sushi-grade ahi tuna steaks, about 6 ounces (185 g) each

Kosher salt

1/3 cup (85 mL) port

1/4 cup (60 mL) cognac

3/4 cup (185 mL) good-quality low-sodium chicken stock or broth, or vegetable stock or broth, briskly simmered until reduced to about 1/2 cup (125 mL)

2 tablespoons unsalted butter, cut into 3 or 4 pieces

2 teaspoons bottled green peppercorns, drained

Put the peppercorns in a small sealable food storage bag. Seal the bag, squeezing out any air. Place the bag flat on a work surface. With a meat mallet or the bottom of a heavy skillet, press down on the peppercorns to crack them into coarse pieces.

Season the tuna steaks lightly on both

sides with salt. Pour the cracked peppercorns onto a large plate or a sheet of wax paper and press each steak into the pepper, turning to coat both sides evenly.

In a small saucepan, combine the port and cognac. Place the pan over medium-high heat and simmer briskly, stirring occasionally, until the liquid reduces to only about 2 tablespoons. Pour in the reduced stock or broth and continue simmering until the mixture thickens to a consistency thick enough to coat the back of a spoon.

Remove the pan from the heat and briskly whisk the butter a piece at a time into the reduced liquid. Adjust the sea-

soning to taste with a little more salt, if needed. Cover the pan and keep warm.

Heat a nonstick skillet large enough to hold the 4 tuna steaks in a single layer over high heat. Add the tuna to the hot skillet and sear on both sides until rare to medium-rare, 45 seconds to 1 minute.

To serve, cut each tuna steak crosswise into slices 1/2 inch (12 mm) thick. Spoon the sauce in the center of four warmed serving plates and arrange the tuna slices on top, overlapping them slightly. Garnish with green peppercorns. Serve immediately.

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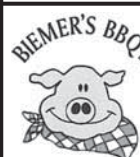


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MY PET WORLD

Helping an anxious dog adjust to a new groomer

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

Dear Cathy: Our loving little Westie turns into a Jekyll/Hyde (a nervous wreck) when it comes to professional grooming, and everyday brushing. We give her a mild tranquilizer (5 mg of Acepromazine) prescribed by our vet when we need to groom her. Sadly, the wonderful woman who groomed her passed away eight months ago. She had been Katie's "Westie Whisperer" for 13 years.

We have since tried various groomers, using the same medication, but to no avail. Recently, we took her to a veterinary hospital where she was groomed under anesthesia. Katie was very matted, as she did not tolerate grooming for eight months, and had to be sheared. She has worn sweaters and coats all winter.

Can you give us some advice as to how to calm Katie enough to have her properly groomed once her hair grows back and we can brush her daily? - Elaine, Franklin Square, NY

Dear Elaine: Poor Katie. Change can be challenging, and 13 years is a long time to have the same groomer. You may be able to conquer some of her fears of grooming and grooming tools, however, by retraining her as if she was a puppy; a dog is never too old to learn.

Start by showing her the brush and giving her some high value treats—treats she doesn't normally get, but absolutely loves. Do this for several days. Then one day, touch her with the brush (no brushing yet) while giving those same treats. Give her lots of verbal encouragement in happy and approving tones.

Eventually, she should become more relaxed when she sees the brush because she knows she will also get those treats. When you get to that point, brush her for a minute or two,

several times a day, rather than one long session. By taking these training baby steps, Katie should eventually accept some light brushing in exchange for a few high value treats. Incorporate some calming scents in the house like lavender or plug-in canine pheromones, which can also help relax her.

Getting her used to a new groomer is much trickier, since you can't pay a groomer for this incremental training. If you can get her to where you can brush her though, you can then hire a groomer to come to the house where she may feel more comfortable. Be patient though, as this could take many weeks to do.

Dear Cathy: All my adult life I've only had male cats. My current babies are about 4 years old. Soon a 1-year-old female cat will be joining us along with her "daddy," which might provide some comfort for her. Along with that, my daughter is moving out, and so I think they may experience (change) overload. I know change can be traumatic, and I know I will have to isolate the new cats for a while. Everyone is fixed or will be fixed. What should I do? - Pat

Dear Pat: If you can, keep the cats

separated until everyone is fixed. Set up a room where the two new cats have food, water, toys and a litter box, and will be isolated from the other cats. Spend at least 60 minutes over the course of the day in the room playing with and petting the new cats. This will help calm the new cats and facilitate the transfer of scents between the cats as you go back and forth between them. You also can facilitate a scent swap by taking a blanket or toy in and out of the room or encourage the cats to play "paws" with each other under the door.

A few days later, use carriers to move your two cats into the room and let your new cats out to explore the house (without them meeting). After a week, introduce the female cat, then the other male cat a day or two later. Don't leave them all alone until you know they are getting along. There may be some hissing, hiding, running, posturing, meow-

ing and guttural noises until everyone re-establishes their new territories in the home. However, if they fight or look like they might fight, separate them and try introductions again the next day.

Scent can play a part in creating a calmer environment, so plug in cat pheromones around the house to reduce everyone's stress before you begin. If you give your cats time to adjust and don't rush things, they should learn to live together peacefully. P.S. Be sure to have one more litter box than you have cats in the home.

- *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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MEMORIES ARE FOREVER

*Friends: There will be no more contributions from folks for this column, as it is being phased out. However, for the June, July, and August issues, I will include an excerpt from my published memoir, **Persistence, Then Peace**. I sincerely hope you have enjoyed these columns over the past three years. Memories are indeed forever and I have cherished reading the ones that were published. Thank you, and I wish you well. - Tom Mach*



Tom
Mach

No need to hunt for memories

By Pat Ellebracht

I do believe that having lived on this Earth for almost 85 years, I have had experiences that today's millennials have missed. I was born in 1933 during the Great Depression; however, my parents and I didn't do without the necessities of food because we raised meat on a 400-acre stock farm. I had to be creative in finding ways to entertain myself. Since I had no siblings, I spent much of my time playing with a cat and dog on our property. My cat was particularly fond of me until one warm summer day when I had filled a large

washtub full of water to cool myself off. I took pity on our cat, so I baptized him in the tub. From then on, the cat had a great mistrust of me.

My childhood years were spent in nearby Mason, Texas, where I attended my first eight grades. By the time I was nine, the United States was engaged in a war against Germany and Japan. It was tough for us kids to play games because of rubber shortages, which meant no balls and no tennis shoes. We lived 200 yards off the main highway and five miles from town. I spent some of my time counting the number of Army trucks going by and trying to estimate how many soldiers were going off to war. I imagined myself going off with them to do battle. But the only thing I did was to take a hammer and kill the ants that lined up on the ground, pretending they were German soldiers. I guess I was lucky that I didn't end up being a serial killer.

When I was in the fourth grade, I couldn't make out what the teacher put on the blackboard. As a consequence, my parents had me fitted with a special pair of glasses. They also taught me to swim and let me and my friends swim unsupervised in our stock pond.

When I wasn't swimming, I looked around for something with which I could occupy my mind. One day, I decided to paint my name on the side of the barn. My friend thought I would be in big trouble and so did I. But to my amazement, my parents shrugged it off as if it were no big deal. Sometimes one of my friends would come by on a Saturday, and we would go see a

double feature movie in the afternoon. I especially remember when I was only six when a movie starring Gene Autry came to the theater in Mason. I pictured myself riding on his beautiful sorrel-colored horse named Champion.

Not only did I picture myself as Gene Autry chasing the bad guys on the frontier, I also pictured myself as a hunter. I'd hunt small game like rabbits and armadillos and, surprisingly, none of us had an accident. I remember the time a friend of mine brought a .22 caliber single shot rifle to school. He had to take it to the principal's office. The principal, in turn, handed it to the school bus driver. The driver returned it to my friend when we got off the bus. If this sort of thing happened these days, a school would have a no-tolerance policy, which meant my friend would have been suspended or expelled.

After finishing the eighth grade at the age of 13, my parents sent me to the Schreiner Institute in Kerrville, Texas. Even though Schreiner was a strict

military school, I had to walk off one demerit in my freshman year, but did not have a perfect record in my remaining three years as well. While at the school, I belonged to a radio club and the Civil Air Patrol as I had a particular interest in listening to radio broadcasts coming in from other countries.

When I was a junior at school, the Schreiner Institute held a beauty contest that would be mentioned in the yearbook. The boys in school would enter a photo of either their girlfriend or their sister. From the photos the judges would select the prettiest one. My friend from Maracaibo, Venezuela, entered a photo of a girl from the same location, and that photo was chosen as the winner.

After I graduated in 1950, I was faced with the decision of what to do with the rest of my life. But to this day, those first 17 years of my life would always be dear to my heart. You can't erase great memories, nor do you ever want to.



Pat Ellebracht

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GOREN ON BRIDGE

Junior gem

With Bob Jones

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Neither vulnerable, South deals

NORTH

♠-K 10 8

♥-10 7 5 2

♦-9 7 5

♣-J 10 5

WEST

♠-Q 6 4 3

♥-K J 6 4

♦-K 6

♣-8 7 6

EAST

♠-J 7 2

♥-A 9 8 3

♦-10 2

♣-K 9 3 2

SOUTH

♠-A 9 5

♥-Q

♦-A Q J 8 4 3

♣-A Q 4

The bidding:

SOUTH	WEST	NORTH	EAST
1♦	Pass	1♥	Pass
2NT	Pass	3♦	Pass
3NT	All pass		

Opening lead: Three of ♠

The World Junior Championships were held late last year in conjunc-

tion with the World Championships in Poland. The bridge federation of Norway makes awards to Norwegians who have performed with distinction. The award for the best play by a junior was given to Christian Bakke, who was West in today's deal.

We're not sure why North bid three diamonds. Many would have passed, if not over one diamond, then surely over

two no trump. The final contract was aggressive, but it had chances. Bakke got off to the normal, though unfortunate, spade lead. South captured East's jack of spades with the ace at trick one and then led a spade to dummy's 10. This was followed by a diamond to the queen, won by Bakke with the king. East followed suit with the 10 of diamonds, indicating a doubleton. Bakke, after some thought, led the only card in his hand that would defeat the contract—the king of hearts!

The king felled the queen in declarer's hand, so the defense quickly took four heart tricks to go with a diamond for down one. Nice shift! How did Bakke find this shift? He could count

five diamond tricks and three spades for declarer. Should South have the ace of hearts, the contract was cold. Even if South had as little as the queen of clubs, the defense couldn't hurt him in clubs. South couldn't have three hearts or he would have shown them in the auction. Once Bakke was forced to play his partner for the ace of hearts, the king couldn't hurt and it might be a big winner. It was!

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

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

SUDOKU SOLUTION

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

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C ₃	O ₁	R ₁	N ₁	E ₁	A ₁	L ₁	RACK 1 =	59
A ₁	I ₁	R ₁	F ₄	A ₁	R ₁	E ₁	RACK 2 =	60
B ₃	A ₁	T ₁	F ₄	I ₁	S ₁	H ₄	RACK 3 =	65
M ₃	I ₁	M ₃	I ₁	C ₃	R ₁	Y ₄	RACK 4 =	82
B ₃	E ₁	C ₃	L ₁	O ₁	A ₁	K ₅	RACK 5 =	71
PAR SCORE 265-275							TOTAL	337

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JUMBLE ANSWERS

Jumbles: PANTS, DIVOT, FORAGE, MISUSE

Answer: They weren't sure what it would be like sailing in the Mediterranean, so they went -- OUT TO "SEE"

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MY ANSWER

The world needs a change of heart, which can only come from God

(Editor's note: Rev. Billy Graham died on February 21 at the age of 99. Tribune Content Agency has been the distributor of Rev. Graham's "My Answer" column since its debut in 1952. The syndicated column, "My Answer," will carry on. It will be based on the thoughts, words and works of Rev. Graham, and it will be compiled and edited by his associates.)

By Billy Graham
Tribune Content Agency

Q: I used to believe that if we just worked hard enough and tried to understand each other, we'd make the world a peaceful place, but I'm not so sure anymore. Does the Bible give us any hope for a better world? - D.N.

A: Yes, the Bible does promise us a better world when Jesus Christ comes again to establish His rule. In that day, all evil will be destroyed, and we will

live in perfect justice and harmony. Even nature itself will be at peace: "The wolf will live with the lamb, the leopard will lie down with the goat" (Isaiah 11:6).

We can barely imagine what this will be like, because right now so much is wrong with the world. As soon as one problem gets solved, another crops up that often threatens to be even more dangerous. Yes, we have made great strides in technology and medical science, and we should be grateful for this. But how often have we turned something that could be good into something evil? In spite of our educational and scientific advances, wars and conflicts continue to ravage the world.

Nor will this change, no matter how hard we try. What's the problem? The problem, the Bible says, is within each one of us, within our own hearts and minds. Jesus said, "For it is from within, out of a person's heart, that evil thoughts come - sexual immorality,

theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly" (Mark 7:21-22).

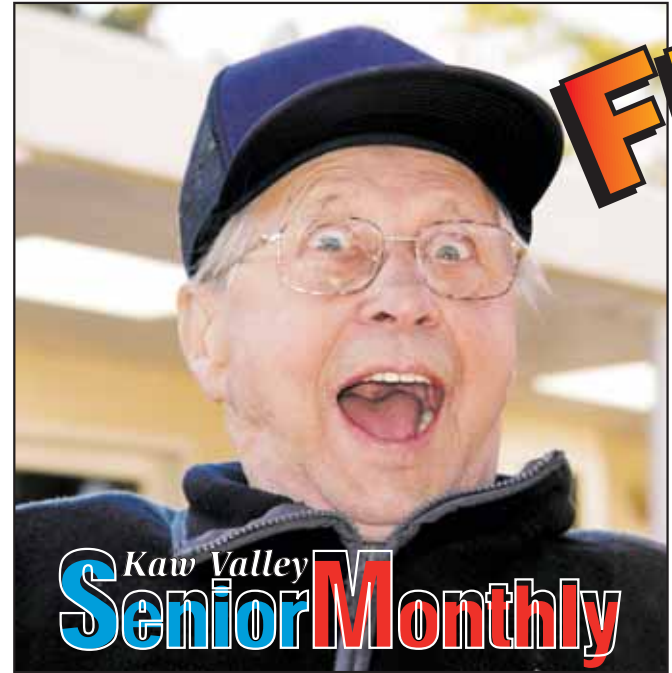
Only God can change our hearts, and He made this possible by sending Jesus Christ into the world to forgive us and transform us. He alone is our hope, for He alone has the power to remake us from within. Have you committed your life to Him?

- Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham Parkway, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: www.billygraham.org.

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