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KEVIN GROENHAGEN PHOTO



Gary Mehalic: Providing safer bathing options for seniors.

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Mehalic's business offers products to help seniors remain at home

By Billie David

When Gary Mehalic was looking for a business to go into, he had only to look at his interest in helping seniors and combine it with his awareness of new options that were becoming available in bathtub design.

"I had senior friends who needed help in this area," he said, referring to the need for safer bathing options. "I also had an elderly grandmother who needed help, and I saw how dangerous it was for her to safely bathe."

Being an entrepreneur at heart, Gary had seen ads for walk-in bathtubs when they first came out. So, eight years ago he put these two ideas together and opened Bath Innovations Walk-In Bathtubs and Remodeling in Overland Park.

"Bathrooms have been proven to be one of the most dangerous areas of a home, especially for seniors," he explained, adding that the danger of falls in the bathroom is increased by problems with balance, unsteadiness, side effects of medications, poor eyesight, poor lighting, objects on the floor that increase the danger of tripping, and

even something as simple as slipping on a wet spot on the floor. Simply getting in and out of the standard bathtub or shower may be a risky and potentially dangerous task for many older adults.

Falling is perhaps the greatest danger seniors face. According to the Centers for Disease Control and Prevention, over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture. Further, the National Center for Biotechnology Information notes that some reports show that up to 50% of patients with hip fracture die within six months.

"This is a very important role we play in providing seniors with bathing safely in the comfort and privacy of their own home," Gary said.

Not only seniors, but also people with injuries or disabilities can benefit from the hydrotherapy that walk-in bathtub jets provide, promoting physical well-being and healing by relieving stress and the high blood pressure that may accompany it, increasing blood flow through the warm-water jets, and relieving pain and muscle tension. It also helps clients get a good night's sleep.

"I have had clients with pain issues, such as arthritis and fibromyalgia, and they often find relief with our hydrotherapy system," Gary said. "Many people with chronic pain have difficulty getting a proper amount of sleep."

This problem can be alleviated by using a walk-in bathtub at bedtime, he

KEVIN GROENHAGEN PHOTO



Gary Mehalic

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Mehalic

■ CONTINUED FROM PAGE THREE

explained.

In addition, walk-in bathtubs can help seniors remain in their own homes, and Gary's business also offers other kinds of home remodeling to help achieve this goal.

"This can be done by making needed modifications in areas of high risk, such as bathrooms and stairways," he said, adding that remodeling can be much more cost-effective than moving to another place such as an assisted living facility.

Gary believes clients should carefully consider all their bathtub options before making a choice.

"I have had people make the remark at their first glance, 'they're all about the same, aren't they?'" he said. "That could not be further than the truth."

Some tubs are cheaply made, he explained, adding that he carries only the highest quality of tubs and that they include the following features:

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walk-in tubs are made of the highest quality materials available.

Gary said he does all his own consultations without a high-pressure sales pitch. He also promises high-quality, professional installation.

"We'll pretty much go wherever we need to go," he said. "We've installed tubs in western Kansas and down at the Lake of the Ozarks. We pretty much cover all of Kansas and Missouri. Nationwide shipping is available as well."

According to Gary, treating clients like family comes naturally for him, especially when it involves working with the senior population.

"I try to treat people like family," Gary said. "It's gotten me a lot of business, actually. They're down-to-earth, they're very transparent, and they are honest. It is very pleasant to work with them."

Gary was born and raised in Topeka and enjoys playing keyboard. He has played as a keyboardist for many Kansas and Missouri bands.

"I have also been asked to entertain seniors at some of the retirement communities," Gary said. "They like all kinds of music."

Gary will have a booth for Bath Innovations Walk-In Bathtubs and Remodeling at the Johnson County Home + Remodeling Show. The show will be held at the Overland Park Convention Center on November 1-3.

"I'll have my demonstrator tub on display for people to look at," he said.

For more information about Bath Innovations Walk-In Bathtubs and Remodeling, call Gary at 913-912-1750 or visit BathInnovationsMidwest.com.



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A Helping Hand Home Care celebrates 10th anniversary

By Billie David

With extensive experience in the field of home health care, Lori Yocum, RN, BSN, started A Helping Hand Home Care with her husband Travis Yocum in 2009. In October, they will celebrate its 10-year anniversary of helping seniors.

Lori credits the business's success in part to the versatility that is made possible by the fact that it is a family-owned and local business. According to Lori, they started their company from the ground up and are fully dedicated to the clients and families they serve.

"If an individual needs care, we work diligently to get them the care they need as quickly as they need it," Lori said. "Our efforts don't just stop at 5:00 p.m. We work every weekend and every evening and take pride in the fact that we can accommodate those in need of care.

Lori and Travis grew up in St. Marys, a 45-minute drive west of Lawrence,

and have made Lawrence their home for the past 12 years. Prior to starting A Helping Hand Home Care, Lori worked on the medical/surgical unit at an Overland Park hospital before the Yocums moved to St. Louis, where she worked on the medical/surgical unit at St. Luke's Hospital. However, Lori said she always wanted to get back to her love of providing home health services.

Eventually, she became the director of nursing for a home health agency in St. Louis. After several years of living in St. Louis, Lori and Travis knew it was time to return to Kansas to be closer to both of their families. They started A Helping Hand Home Care after returning.

Lori's love for helping seniors began while she was still in high school. She worked at a St. Marys nursing home in the housekeeping department. She later worked as a dietary aide and certified nursing assistant (CNA) at the hospital in Onaga and worked as a CNA all

through college while she was attaining her RN, BSN degree in nursing at Emporia State University. She graduated as an RN with a focus in helping seniors.

Travis, with his degree in IT and background in business administration, accounting, and home care management, made him the ideal business partner for Lori.

There is another family member who enthusiastically cheers them on.

"We have a six-year-old son named Pierce who is really growing up with us in the family business," Lori said. "He knows we help people in their homes, and he is one of our biggest supporters."

With clients in Lawrence, Topeka, Manhattan, Ottawa, Baldwin City, and the surrounding area, Lori said the agency's goal is to care for people and help those who need it.

"We provide one-on-one care within the comfort of our clients' own homes," Lori said. "We also provide care in nursing facilities as well as tailor our services to meet the specific needs of

each individual. If they need help with bathing, toileting, or getting in or out of bed, if they need a little bit of help or a lot of help, we can be there for them."

"We care for many seniors whose family members live out of state or out of town and they depend on us to be there when they cannot be," Lori continued. "Our goal is to make families feel comforted by utilizing our services and depend on us so the time they spend with their loved ones is more about quality time, such as visiting and reminiscing, and not about worrying about the laundry or if their loved one has bathed or taken their medications for the day. We want families to know it's okay to accept help for their loved ones so they can continue to be the son, daughter, or granddaughter, etc., and that it is okay for them to not have to take on the caregiver role as well."

One of the things Lori and Travis value most is knowing they have helped.

■ CONTINUED ON PAGE SEVEN

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A Helping Hand

■ CONTINUED FROM PAGE SIX

“Knowing that we can help our clients’ family members feel less overwhelmed because they know we are there is just an incredible feeling,” Lori said. “We also enjoy knowing our clients look forward to our visits and feel so much better simply after having a shower and knowing a daughter or son can sleep at night because we are there overnight with their mother or father. This is why we do what we do.”

A Helping Hand Home Care provides customized in-home services for clients with Alzheimer’s, dementia, Parkinson’s, and ALS, as well as for clients who are recovering from hip or knee surgeries or have a history of strokes and falls. Services include assistance with medication reminders, bathing, toileting, transfer assistance, and dressing. A Helping Hand Home Care also provides transportation to appointments, meal preparation, grocery shopping/errands, and light housekeeping.

According to Lori, the clients can rest assured that the agency’s caregivers go through a careful interviewing process,

complete all the necessary background checks, and are experienced in a profession they truly enjoy. The caregivers are also carefully matched with clients based on skills, qualities and expertise.

In order to tailor the care to the client’s needs, they offer a free assessment.

“We go out and meet with every individual and/or their families and do a no-obligation assessment,” Lori said. “We provide a thorough assessment process and, during this time, review what each person needs from this assessment and develop a plan of care that is unique to each individual.”

“We go anywhere the individual needs one-on-one care,” Lori continued. “If they go into a nursing home and they need that supportive care, or if a son or daughter goes on vacation, we are going to be there. We do anything from one hour to 24 hours per day, 365 days a year. There’s no limit to how long or the length of time.”

Lori also believes it is important to get the word out about who they are and what they do. She said her team enjoys going to health fairs, senior centers, and churches to let people know about the important services that are available in the communities and to be

COURTESY PHOTO



The Yocums: Travis, Pierce, and Lori

proactive in knowing what services can help them.

“I encourage anyone to call if you don’t know who we are and what we do,” she said. “You may not need help now, but you can get an idea of the resources available in the community before you need them. You also might run into somebody who does need

them and you can help to be a resource for someone else who you care about who didn’t know about our services.”

For more information about A Helping Hand Home Care, visit ahelping-handhc.com or call 785-856-0192.



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Senior Resource Center for Douglas County returns to Vermont Street

By Billie David

After two and a half years of renovations, the Senior Resource Center (SRC) of Douglas County has moved back into its downtown location at 745 Vermont Street in Lawrence, and according to feedback that staff members received during the Open House that was held on September 17, the venture was a success.

“Everyone is thrilled,” said Michelle Meier, SRC director of community engagement. “It’s so bright and cheery.”

Megan Poindexter, SRC executive director, agreed.

“I’ve heard a lot of joy,” she said. “People are saying, ‘I can’t even recognize it. It’s so different, so bright and warm.’ And we are very excited to be part of the Downtown Lawrence community. It is so much easier for people to get here.”

The move back to Vermont Street took place just in time for seniors who want help preparing for Medicare’s open enrollment period, which runs from October 15 through December 7. They will find that the remodeled building has a number of consultation rooms, and some of these rooms have larger spaces to accommodate those who wish to bring along family members to consult with the SHICK (Senior Health Insurance Counseling for Kansas) volunteers who will be on hand to offer assistance.

“We see from 800 to 1,000 seniors during those eight weeks,” Meier said. “We have multiple consultation rooms for privacy.”

The main entrance to the Vermont Street site opens onto the middle area, which houses the consultation rooms and the Connolly room, which has space for gatherings and presentations. This room will soon have T-Coil technology for people with hearing aids.

The upstairs area consists of offices for staff members, and the garden level has a large open space with a sprung floor, which seniors participating in exercise classes will find easier on their joints. There is also a kitchen, a game room, and a computer station on this level.

Another difference seniors will notice is that the name of the organization has changed from Douglas County Senior Services to the Senior Resource Center for Douglas County.

“It was rebranded so people would know we serve all seniors,” Meier said. “It’s not just meals and transportation. Lots of people are retiring, and we can help them navigate. Whether it’s health or financial, it’s a big transition for people later in life, and we are here to meet the needs of all people at all levels.”

To help pinpoint how best to meet those needs, the SRC invited input from various sources during the renovation project, including a survey for seniors.

With more space available, the SRC will be rolling out programs with its partnerships, which include LMH Health, the VNA, Lawrence Public Library, Lawrence Parks and Recreation, and the Osher Lifelong Learning

■ CONTINUED ON PAGE 10

KEVIN GROENHAGEN PHOTO



Douglas County Commissioner Michelle Derusseau, Senior Resource Center for Douglas County Executive Director Megan Poindexter, and Lawrence Mayor Lisa Larsen prepare to cut the ribbon at the Senior Resource Center for Douglas County on September 17. The SRC has returned to 745 Vermont Street after two and a half years of renovations.

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SRC

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For example, the SRC will be working with LMH and the VNA to provide health screenings and education at the Vermont Street building, where seniors may feel more at ease than in a hospital setting.

The center's partnership with Lawrence Parks and Recreation will provide lifelong recreation classes in the large Garden Room, which can accommodate activities such as meditation, Tai Chi and "Yoga for Every Body" classes.

In addition, three of the classes that Osher is offering will be held at the Vermont Street location in the fall, and the SRC has worked with the Lawrence Public Library to kick off a Keep Retirement Weird festival and a Retirement Boot Camp.

"We will have activities throughout the fall that we are co-sponsoring to better utilize both of our spaces," Meier said.

During the renovation, the SRC had been operating out of a much smaller

space at the Peaslee Technical Training Center at 2920 Haskell Avenue.

The delay in moving back was caused by numerous problems, many of which originated from the fact that the Vermont Street location was built in 1950, long before the ADA standards were in place. When the SRC moved there in 1979, only minor improvements were made, and when the current remodeling was planned, the task of bringing the building up to the ADA standards and issues such as asbestos had to be addressed.

"Architect Jay Zimmerschild was responsible for the design, and B.A. Green was the main contractor," Meier said, adding that their task was to honor the history of the building while at the

same time making it fresh and new.

"The building is on the Historic Register," she explained. "It still has all of the original windows and marble window sills, and the oak handrails are original. It's a real fusion of old and new. It has all LED lighting, water fountains that will automatically fill

water battles, and eco-flush toilets."

The SRC has changed its hours of operation as well. They are open from 8:30 a.m. to 4:30 p.m. Those who are interested in volunteering can contact Stefanie Macfarlane at 785-727-7884. A calendar of events is posted on the SRC website at www.yoursrc.org.

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It's probably safe to say that many of us are concerned about having enough money to cover our retirement years. In fact, some surveys have shown that we are more frightened of running out of money than we are of dying. What can you do to help alleviate these fears?

Your first move is to create a retirement income strategy, and you'll want to develop it well before you need to use it. While there are many ways to



Derek
Osborn

develop such a strategy, you may want to consider these three key elements:

- **Withdrawal rate** – Your withdrawal rate is the percentage of your portfolio you use every year during your retirement. So, for example, if you retire with a portfolio worth \$1 million and you choose a 4% withdrawal rate, you'll be taking out \$40,000 per

year. Your withdrawal rate will depend on several factors—your age at retirement, the size of your portfolio, potential earned income, date at which you start taking Social Security, and so on. Clearly, when deciding on a withdrawal rate, you'll want to reach the "Goldilocks" solution—not too much, not too little, but just the right amount.

- **Reliance rate** - Your reliance rate is essentially the percentage of your overall retirement income that comes from your investment portfolio—your IRA, 401(k) and other accounts. It's called a reliance rate because you rely on this portfolio for your income. The higher your reliance rate, the more you will rely on your portfolio to provide income during your retirement, and the greater your sensitivity to market fluctuations.

- **Income sources** - The more sources of lifetime income you have—such as Social Security and a pension from your employer—the less you may be relying on your investment portfolio to cover your retirement goals. However, many private employers have moved away from pensions in favor of 401(k)-type plans, and Social Security will only provide about 40% of your

preretirement income in retirement, assuming your earned income is average for U.S. workers, according to the Social Security Administration. Consequently, you may want to consider options such as annuities, which can provide lifetime income benefits.

It will take careful planning to put these three factors together in a way that can help you build enough consistent income to last throughout your retirement—which could easily extend two or three decades. And there's no single formula for everyone. For example, while an annuity could offer lifetime cash flow and help you reduce your reliance on your investment portfolio, it also involves fees and expenses, plus lower liquidity than other sources of income, so it may not be right for everyone.

Fortunately, you don't have to go it

alone when taking all your retirement income factors into account. You may want to work with a financial professional—someone who can evaluate your individual situation and then recommend retirement income solutions based on your appropriate reliance rate, withdrawal rate and potential income sources. By getting the help you need and by following a suitable long-term strategy, you can ease some of the stress that comes from wondering if your life span might eventually exceed your financial resources.

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

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JILL ON MONEY

When it makes sense to help out parents

It's time to clean out the inbox and answer your questions. Thanks to all who take the time to write to me.

Q: I am 38 years old and recently discovered that my parents are not doing as well as I had thought. They are both 70 and own their own home, which is worth \$350,000 (with a



Jill
Schlesinger

\$93,000 mortgage). My father went through a health-care issue, which prompted an early retirement and, in the process, they blew through most of their savings and have accumulated \$35,000 in credit card debt. Mom is still working and, thankfully, Dad has a pension, but they can't seem to put a dent in the debt, probably because the interest rate is more than 20 percent! I have \$280,000 in my 401(K) and was thinking about borrowing against it to pay down their outstanding debt. What's your advice?

A: It would be preferable that you avoid invading your retirement savings, unless you absolutely need to do so. I don't think that you or your parents are there yet. Before you make any sudden moves, determine if your parents can tap the equity in their home to help their situation. It may seem daunting to assume a mortgage at this point in their lives, but with the recent dip in interest rates, the numbers could work.

Emotionally, it might be a relief to them that they can take care of their own situation without turning to you for help.

Q: I am 63 and have recently inherited \$200,000. I was planning to use the money to pay off a mortgage balance of \$88,000 (our rate is 3.75 percent) so that my husband and I can retire next year debt-free. At that time, our combined Social Security benefits, as well as a small pension should cover most of our needs. We plan to use \$300,000 in an IRA for any extras. Is this a reasonable plan?

A: You didn't mention whether or not you had any money in an emergency reserve fund, so I am going to assume that you do not. Your first priority for the inheritance is to make sure that you have at least one year's worth of expenses socked away. Then, it makes more sense not to pay down the mortgage and instead use the balance of the funds to pay for your living expenses until you reach your full retirement ages. By waiting, you will be entitled to larger retirement benefits for your lifetimes.

Q: I used to receive an estimate of my Social Security benefit via snail mail, but don't recall seeing one in a while. How can I find out what to expect when I file?

A: Almost a decade ago, the Social Security Administration decided to save money by forgoing the benefit mailings. According to author and retirement expert Mark Miller, "It is now abundantly clear that this is not working out. The number of workers accessing their statements online has been just a fraction of those who once

were reached by paper statements."

If you want to see your benefits estimate and review your earnings history, go to <https://www.ssa.gov/myaccount/>, where you can create an account. One note: if you have a security freeze on your credit, perhaps as a result of one of the recent security breaches, you will need to temporarily lift it to establish the account with Social Security. You can reinstate the

freeze (or fraud alert) once the SSA account is opened.

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

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PAINTING WITH WORDS

Eternity

Poem Title: *Eternity*. Poet: Tom Mach

I think we take the idea of eternity too lightly. It is a ponderous subject. How can something have no ending and no beginning? In my poem "Eter-



Tom
Mach

*And those great souls who have lived,
Mozart, Plato, Tolstoy, and Lincoln
cannot just lie barren forever.
They have music to compose
and philosophy to study
and books to write
and slaves to free.*

*And the greatest Soul who has always
lived, had died so that we can truly be
free.*

Picture what I have written in your mind's eye and appreciate the wonder and the enigma of eternity.

If you have any questions on this or would like me to consider publishing your poem, drop me an email. Please know I will base any poem I might select on my own biases. My email address is given on my website, www.Tom-Mach.com.

nity" I look at nature for signs that will help me understand it, but I end up trying to understand resurrection. How can something that is dead return to life? Think about grass. It dies in the winter and resurrects in the spring. So if grass dies and comes back to life, then we must also. And if we understand resurrection, then we understand eternity.

*Like Whitman, I know I am deathless
and I will live on because my soul lives
on,
and the living will search for answers,
while the dead will have already found
them.
Nature gives me a clue to eternity.
The grass hides in the winter
But resurrects in the spring.*

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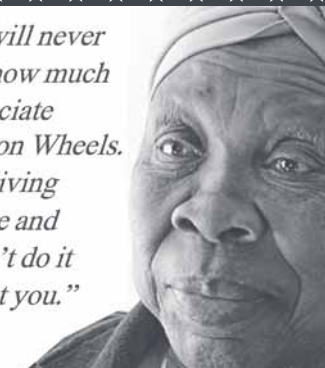
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MAYO CLINIC

Fibroelastomas don't involve cancer but still could pose health threat

DEAR MAYO CLINIC: I am an 83-year-old woman on warfarin because of atrial fibrillation, and I recently was diagnosed with a fibroelastoma. Could you give me a little information on what this is, including the treatment and prognosis?

ANSWER: Fibroelastomas are formally known as papillary Fibroelastomas, or PFEs, and are sometimes called cardiac papillomas. These small, noncancerous tumors develop in the heart—most often on one of the valves located between the heart chambers. Although they don't involve cancer, these tumors still pose a health threat, because they can increase your risk of developing blood clots that could lead to a heart attack or stroke. Treatment typically involves surgery to remove the tumor. If that's not possible due to other health considerations, then taking medication to lower the risk of blood clots is an option.

Tumors in the heart are rare, and they can be hard to diagnose accurately. Before you move forward with treatment, if your health care provider hasn't already done so, it would be wise to confirm the diagnosis by ruling out other possible conditions that can

mimic fibroelastomas.

For example, the diseases antiphospholipid syndrome and lupus can lead to heart valve masses that may appear to be fibroelastomas. Blood tests can rule out these conditions.

Also, what looks like a fibroelastoma on a standard echocardiogram, or EKG—an imaging test that shows the anatomy, structure and function of the heart—could actually be excess heart valve tissue or the tissue that formed due to an infection that has healed. Another imaging exam called a transesophageal echocardiogram, or TEE, can allow your health care provider to get a more detailed look at the heart valves to help rule out these possibilities.

If it's still hard to tell if the abnormality is a papillary fibroelastoma, your health care provider may recommend you continue taking the blood-thinning medication warfarin for six months to keep your risk for blood clots lowered. After that, the imaging exams can be repeated to see if the area in question has grown. If it's the same size after six to 12 months, it's less likely to be a fibroelastoma. If it has grown, then it is more likely to be a tumor.

To reduce the risk of blood clots and eliminate the possibility that the tumor could break off and cause other complications, it's usually recommended that fibroelastomas be surgically removed. They often can be taken out without damaging the heart valve, but the procedure typically involves open-heart surgery. In some cases—particularly those in which the tumor is on the valve that's between the chambers on the left side of the heart (the mitral valve)—a minimally invasive procedure that doesn't involve opening the chest may be an option.

Once a papillary fibroelastoma is taken out, no further treatment usually is necessary. It's rare for a fibroelastoma to redevelop after it's been surgically removed, although it happens in approximately 2 percent of patients.

If your health care provider doesn't

recommend surgery for you due to your age, your overall health condition or other factors, then taking warfarin, aspirin or another medication to reduce your risk of blood clots may be necessary long term. In that situation, you also would need to have regular follow-up appointments that would include heart imaging exams to check your heart function and monitor your condition. - Kyle Klarich, M.D., Cardiovascular Diseases, Mayo Clinic, Rochester, Minn.

- *Mayo Clinic Q & A* is an educational resource and doesn't replace regular medical care. E-mail a question to [MayoClinicQ&A\(AT SIGN\) mayo.edu](mailto:MayoClinicQ&A(AT SIGN) mayo.edu). For more information, visit www.mayoclinic.org.

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HEALTH & WELLNESS

Evening primrose oil

Evening primrose oil (EPO) is made from the seeds of evening primrose, a native North American plant. This plant has yellow flowers that bloom in the evening, hence the name evening primrose. EPO contains a fatty acid called gamma-

linolenic acid (GLA). GLA may be responsible for the healing effects of EPO. conditions such as hemorrhoids, gastrointestinal complaints, sore throats, arthritis, skin conditions, wounds, and bruises.

Currently, EPO is being used for a variety of different ailments, including acne, eczema, premenstrual syndrome, breast pain, hot flashes, nerve pain and arthritis. EPO is generally taken internally or applied topically. Medicinal benefits from taking EPO are as follows:

1. **Acne:** The GLA in EPO can reduce acne by reducing skin inflammation and the number of cells that cause acne lesions.

2. **Eczema:** Currently, many foreign countries use EPO to treat eczema. EPO may be effective in improving the elasticity, firmness, and moisture of the skin. Some studies indicate that treating eczema with EPO topically may be more effective than taking it internally.

3. **Premenstrual syndrome symp-**

toms (PMS): EPO may help with the effects of PMS, including mood swings, irritability, and bloating.

4. **Breast pain:** Studies indicate that the GLA in EPO can reduce inflammation and help inhibit prostaglandins that cause breast pain.

5. **Hot Flashes:** Hot flashes are a common complaint of woman who are going through menopause. EPO has been long used to reduce the frequency, severity, and duration of hot flashes.

6. **Nerve pain:** Peripheral neuropathy is a common side effect of diabetes and other conditions. Research has shown that taking GLA daily helps to reduce numbness, tingling, and hot and cold sensitivity due to neuropathy.

7. **Arthritis:** EPO maybe effective in decreasing inflammation associated with arthritis. Rheumatoid arthritis is a type of autoimmune arthritis that affects the joints in the body. Studies suggest that GLA may reduce the pain caused by rheumatoid arthritis and improve the function of the affected joint.

EPO can be considered as an effective treatment for a variety of different

ailments. There are certain medical conditions for which EPO may be a health risk if taken long term. This includes people who are at risk of bleeding or are on blood thinners. It is always a good idea to check with your health care provider when doing any integrative therapies.

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



Dr.
Deena
Beneda

linolenic acid (GLA). GLA may be responsible for the healing effects of EPO.

Sources of GLA can be found in foods such as soybeans, walnuts, seeds, and vegetable oils, including rapeseed, canola, and linseed oil. Throughout history, evening primrose has been used for its healing powers for medical



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HEALTH & WELLNESS

Take steps to prevent falls

By Autumn Bishop, LMH Health

According to the National Council on Aging, falls are the leading cause of fatal injury for older adults. An older adult is treated every 11 seconds in the emergency room for a fall, and every 19 minutes an older adult dies from a fall.

“The highest rate for trauma at LMH Health is related to falls,” said Jacki

before they move from a bed or chair.

“What we found is that many of our in-house falls have to do with transfer of a patient,” Aldrich said. “In our out-patient clinics, they occur while moving from the waiting room to the patient area. Patient safety is our top priority, so we want to continue to reduce the number of falls at LMH Health.”

While falls in the hospital occur from time to time, many falls actually occur at home. The good news is that many of these falls are preventable. Take some time to ensure that you and older loved ones in your life are safe and aware about what to do to prevent falls:

- Enroll in an exercise program focusing on building strength, flexibility and balance. These three components are essential to fall prevention.

- Talk with your healthcare provider and ask for an assessment for your fall risk. Always report any falls to your provider.

- Regularly review your medications with your provider and pharmacist. Make sure medication side effects do not increase your risk of falling. Always take medications as prescribed.

- Get your vision and hearing checked annually and update your eyeglass prescription, if needed.

- Make sure to wear supportive, non-skid footwear.

- Keep your home safe. Remove tripping hazards, increase lighting and install grab bars in key areas.

Participating in an exercise program

Those Yellow Socks

At LMH Health, patients at risk for falls wear yellow socks. Their sock color lets guests, nurses and physicians know they need help – from getting up, walking around and even just heading to the bathroom. Preventing falls is a main concern for patient safety.



focusing on building strength, flexibility and balance can go a long way toward preventing falls. LMH Health provides fall education for community members through “Stepping On,” a multi-week class offered at the Lawrence Public Library. Trained registered nurses from LMH Health Community Outreach & Engagement and the LMH Health Trauma team teach the class.

“Combining balance and strength exercises, as well as education about fall risk and how to reduce this, are the keys to keep older adults from having a fall,” said Aynsley Anderson,

LMH Health Community Outreach & Engagement specialist. “This program has been scientifically proven by researchers to reduce falls by over 30 percent in participants.”

The class series will be offered several times a year. Many classes will take place at the locations of community partners, including the Lawrence Public Library and the Senior Resource Center for Douglas County. The fee for the next series, scheduled for early 2020, is \$35. To learn more about the class or to enroll, visit www.lmh.org or call 785-505-5800.



Aldrich, chair of the LMH Health Fall Prevention committee. “When older patients fall, they don’t recover as well—if they recover.”

The Centers for Disease Control reports that, each year, over three million people are treated in hospital emergency departments for fall injuries. More than 800,000 people are hospitalized each year for a fall injury, many of which are head injuries or hip fractures. Many older adults die from injuries suffered in a fall, while others have a reduced ability to live independently.

LMH Health shone a light on falls during National Fall Prevention Week, September 22-28. The committee aims to make fall prevention a habit by encouraging staff to stop, take a timeout and create a conversation with a patient



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SENIOR CALENDAR

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

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

ARTS & CRAFTS

TUESDAYS THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH FIRST FRIDAY ARTWALK

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

LAST FRIDAY OF THE MONTH FINAL FRIDAYS

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

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

MONDAYS

EAGLES #2700

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS

LEXINGTON PARK

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 S.W. 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

EDUCATION

ONGOING

COOKING CLASSES

The Merc offers many healthy cooking classes every month. To learn more about classes and to register, see The Merc's website.
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

MONDAYS BEGINNING OCT 7

BEGINNERS SQUARE DANCE LESSONS

First three lessons are free to try out. Centenary Methodist Church, 245 N. 4th St., 6:30 p.m. For more information, call Kathy at 785-841-7555 or Toni and Vernon Nelson at 785-266-7048.
LAWRENCE

FIRST, THIRD & FIFTH TUESDAY OF EACH MONTH

EUDORA SQUARE DANCE WORKSHOP

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

SECOND AND FOURTH MONDAYS

LEXINGTON LUNCHEES

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

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

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

OCT 1, 8, 15, 22, 29 & NOV 5

COMPUTER & GADGET HELP

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

OCT 2

COMPUTER & GADGET Q & A

Bring your laptop, tablet or other device for hands-on help. Practice new computer skills or learn about library digital resources. Hillcrest Community Center, 1800 SE 21st St., 10-11 a.m.
TOPEKA, 785-580-4400

OCT 3

COMPUTERIZED GENEALOGY

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

OCT 3, NOV 14, DEC 5

FT. LEAVENWORTH SERIES

Robert Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free and open to the public.
LAWRENCE, doleinstitute.org

OCT 8

CARFIT KICKOFF

CarFit is a safety program that takes vehicle owners and their cars through a 12-point checklist to assess the fit of a driver's car for safety settings. Sports Pavilion parking lot, 100 Rock Chalk Lane, 9 a.m.-noon. Call for more information.
LAWRENCE, 785-505-5800

OCT 9, 16, 23, 30, NOV 6, 20

FALL 2019 DISCUSSION GROUP SERIES

"Create Change: Women, Democracy and Global Politics." With Dole Fellow Nancy Bockor and special guests. Robert Dole Institute of Politics, 2350 Petefish Dr., 4 p.m. Free and open to the public.
LAWRENCE, doleinstitute.org

OCT 9

ALZHEIMER'S ASSOCIATION REMOTE LEARNING

Learn about memory disorders and the challenges associated with managing them at sessions held the 2nd Wednesday of each month. Call 800-272-3900 to register for any session. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

OCT 10

HOW TO SIGN UP FOR MEDICARE PART D

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

OCT 11

COUNT ME IN, KANSAS

With Melinda Stanley of the U.S. Census Bureau. Robert Dole Institute of Politics, 2350 Petefish Dr., 2 p.m. Free and open to the public.
LAWRENCE, doleinstitute.org

OCT 11

AARP DRIVER SAFETY

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

OCT 12

COMPUTERIZED GENEALOGY 2

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

OCT 14

COMPUTERIZED GENEALOGY

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

OCT 17

MARINE, PUBLIC SERVANT, KANSAN

With Dennis Garcia and Ernest Garcia. Robert Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free and open to the public.
LAWRENCE, doleinstitute.org

■ CONTINUED FROM PAGE 18

OCT 19

GENEALOGICAL CASE STUDIES: DEEP ANALYSIS OF INDIVIDUALS AND FAMILIES

By request, we will show 3-4 examples of how we have explored every aspect of an ancestor's life through records and context, using this "deep dive" strategy to more fully understand and write their life story. Handouts will include checklists and examples, particularly useful for breaking down brick walls. Watkins Museum of History, 1047 Massachusetts St. Fee. Register online at watkinsmuseum.org/events/gen19. LAWRENCE, 785-841-4109

OCT 21

COMPUTER & GADGET Q & A

Bring your laptop, tablet or other device for hands-on help. Practice new computer skills or learn about library digital resources. Crestview Community Center, 1-2 p.m. TOPEKA, 785-580-4400

OCT 22

THE LEAGUE OF WIVES: HEATH HARDAGE LEE

Historian and author Heath Hardage Lee explores a group of fearless military wives who bucked convention during the Vietnam War to bring their POW/MIA husbands home. Robert Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free and open to the public. LAWRENCE, doleinstitute.org

OCT 24

TALIBAN SAFARI: ONE DAY IN THE SURKHAGAN VALLEY

With Lt. Col. Paul Darling (ret.). Robert Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free and open to the public. LAWRENCE, doleinstitute.org

OCT 29-DEC 10

PAIN UNIVERSITY

This six-week, interactive class is designed to teach you about your pain and get you moving again. Fee is \$150. Tuesdays from October 29-December 10, 2-4 p.m. No class November 19. Register online at lmh.org/pain-university or call. LAWRENCE, 785-505-5840

NOV 4

MEDICARE MONDAYS

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

ENTERTAINMENT

SUNDAYS

LAWRENCE IRISH TRADITIONAL SESSION

The Lawrence Irish Session is a lively gathering of musicians sharing Irish traditional tunes each week. Beginners and experienced players are welcome. Come to listen, learn and share tunes and songs of Ireland, and best of all, have a great time. Henry's on 8th, Upstairs in the Pub, 11 E. 8th St., 5:30-9 p.m. LAWRENCE, lawrencecession.com

THURSDAYS

JUNKYARD JAZZ

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

SATURDAYS

COMMUNITY JAM

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

SEP 20, 21, 22*, 26, 27, 28, 29*

OCT 4, 5, 6*

A GENTLEMAN'S GUIDE TO LOVE AND MURDER

Winner of four Tony Awards, including Best Musical. We are in London 1907. Monty, a pen-niles clerk, learns he is ninth in line to inherit an earldom. Mysteriously, the eight heirs ahead of young Monty meet their demise in strange and interesting ways. Meanwhile, he keeps falling in and out of love. And they sing about it. A knock-'em-dead (get it!?) uproarious hit on Broadway! Theatre Lawrence, 4660 Bauer Farm Dr., 7:30 p.m. * Matinee performances at 2:30 p.m. Fee. LAWRENCE, 785-843-SHOW (7469) wp.theatrelawrence.com/events/2019-20-season

OCT 4

STORY SLAM: ADVENTURES IN KANSAS

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

OCT 11

REBEL WITHOUT A CAUSE

A rebellious young man with a troubled past comes to a new town and finds friends and enemies. James Dean and Natalie Wood star in this classic film that is Certified Fresh by Rotten Tomatoes. 1955 | color | 111 min. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 2-5 p.m. TOPEKA, 785-580-4400

OCT 18 & 19

ROCKY HORROR

A sweet transvestite and his motley crew continue to do the time warp. Complete with sass from the audience, this deliberately kitschy rock 'n' roll sci-fi gothic will be more fun than ever! Theatre Lawrence, 4660 Bauer Farm Dr., 7 p.m. and 10:30 p.m. performances. Fee. LAWRENCE, 785-843-SHOW (7469) wp.theatrelawrence.com/events/2019-20-season

OCT 19

BLACK VIOLIN

To most people, classical, hip-hop, funk and R&B are musical genres. But to revolutionary music group Black Violin, they're ingredients for a sound like no other. Comprising classi-

cally trained violist and violinist Wil B. and Kev Marcus, Black Violin combines their classical training and hip-hop influences to create a distinctive multi-genre sound that is often described as "classical boom." The group has shared stages with top artists, including Kanye West, Aerosmith, and Tom Petty, and they have creatively collaborated with the likes of Wu-Tang Clan, Wyclef Jean, and Alicia Keys. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

OCT 24

DAVID SEDARIS

David Sedaris, beloved satirist, will read new and unpublished material on the Lied Center stage as well answer questions and sign books at the event. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

OCT 25

YESTERDAY AND TODAY: AN INTERACTIVE BEATLES EXPERIENCE

Beatlemania is coming to Theatre Lawrence! Yesterday and Today: The Interactive Beatles Experience celebrates your memories told through the Beatles music that YOU choose! 4660 Bauer Farm Dr., 7:30 p.m. Fee. LAWRENCE, 785-843-SHOW (7469) wp.theatrelawrence.com/events/2019-20-season

OCT 27

BRENTANO STRING QUARTET WITH DAWN UP SHAW, SOPRANO

Since its inception in 1992, the Brentano String Quartet has appeared throughout the world to popular and critical acclaim. "Passionate, uninhibited and spellbinding," raves the *London Independent*; *The New York Times* extols its "luxuriously warm sound [and] yearning lyricism." The Quartet has performed in the world's most prestigious venues, including Carnegie Hall and Alice Tully Hall in New York, the Library of Congress in Washington, D.C., the Concertgebouw in Amsterdam and the Sydney Opera House, among others. Lied Center of Kansas, 1600 Stewart Dr., 2 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

NOV 1

STORY SLAM

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

NOV 2

JERSEY BOYS

They had a sound nobody had ever heard...and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story—a story that has made them an international sensation all over again. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

EXHIBITS & SHOWS

OCT 5

22ND ANNUAL BASEHOR CAR SHOW

Dash Plaques, Grab Bags (1st 100 to pre-register), Door Prizes, Chairman's Choice Trophy, Best of Show Awards, Special Awards! 50/50 Pot, Food Vendors, Raffle items, Silent Auction. Basehor-Linwood High School, 2008 N. 155th St. Free for spectators. Registration information online. All proceeds benefit Basehor-Linwood Education Foundation and Basehor VFW. BASEHOR, 208-406-9429 basehorcarshow.weebly.com

FAIRS & FESTIVALS

AUG 31-OCT 14

KANSAS CITY RENAISSANCE FESTIVAL

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

OCT 4

SHAWNEE OKTOBERFEST

Guten Tag und noch ein Bier Bitte! Join Shawnee for a German celebration with authentic food and fare. 13817 Johnson Dr., 5:30-10 p.m. Free admission. SHAWNEE, 913-631-5200 visitshawneeks.com/event/oktoberfest-2019

OCT 5 & 6

APPLE FESTIVAL

Join the over 8,000 visitors who attend each year to see demonstrations of pioneer skills, blacksmiths, quilters, musicians, craftsmen, and culinary artists. Apple Festival has everything from bierocks to barbecue from sarsaparilla to green rivers, and of course, apples in caramel, pie, fritters, and cider! Arts & Crafts are available at the Peddler's Village are located in the Botanical Garden. Old Prairie Town at Ward-Meade Historic Site, 124 N.W. Fillmore. Fee, children 5 and under are free. TOPEKA, 785-251-6991

FARMERS' MARKETS

MONDAYS

MONDAY FARMERS MARKET

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

TUESDAYS, MAY 7–OCT 29

LAWRENCE FARMERS' MARKET

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

■ CONTINUED FROM PAGE 19

FRIDAYS

PERRY LECOMPTON FARMERS MARKET

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

PERRY, 785-218-7328

perrylecomptonfarmersmarket.com

SATURDAYS, APR 13-NOV 23

LAWRENCE FARMERS' MARKET

The oldest producer-only farmers' market in Kansas. 824 New Hampshire St., 7:30-11:30 a.m.

LAWRENCE, 785-505-0117

lawrencefarmersmarket.org

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

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

LAWRENCE, 785-832-7920

ONGOING

HEALTHY STEPS MALL WALKING

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

TOPEKA

ONGOING

FREE MEMORY SCREENING CLINIC

Schedule a free, confidential memory screening at the Cotton O'Neil Clinical Research Center.

The screening takes about 20 minutes. You will receive a copy of your results and they can be made available to your physician. By appointment Monday-Friday, 9 a.m.-3 p.m.

TOPEKA, 785-368-0744

ONGOING

WELLNESS COACHING

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

LAWRENCE

ONGOING

FIT FOR LIFE

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

LAWRENCE, 785-505-2712

■ CONTINUED ON PAGE 21



NEW in 2019!

ALL NEW! Viking Invasion **ALL NEW! Aerial Act**

**Daily Full Combat Jousting · Magical Photo Ops
Craft Beer · Mermaids, Knights, Unicorns & more!**

2019 *Kansas City*
**Renaissance
Festival**

Weekends · August 31st - October 14th
Labor Day & Discovery Day
10am-7pm · Rain or Shine · 913-721-2110

FREE Parking!



KCRenFest.com



■ CONTINUED FROM PAGE 20

ONGOING

ZUMBA GOLD

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

DAILY

EXERCISE CLASS

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

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

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

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

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

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TUESDAYS

FREE BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZEXERCISE LITE

Fitness that's invigorating, not intimidating. This 60-minute class pairs moderate aerobics with exercises designed to improve your

strength, balance, and flexibility. 10:20-11:20 a.m. at 3115 W. 6th St.

LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

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

TUESDAYS AND THURSDAYS

FLEXEXERCISE

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

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS

VACCINE CLINICS

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

WEDNESDAYS

OPEN BOCCE BALL

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

WEDNESDAYS

FREE NUTRITION CLINIC

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

WEDNESDAYS

FREE MEDICATION CLINIC

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

THURSDAYS

WELLNESS CLINIC

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

FRIDAYS

BLOOD PRESSURE CHECKS

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

SECOND THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

FOURTH THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

OCT 1-31

WALK-TOBER

A free fitness challenge program that you do on your own or with a group of your own choosing during the month of October. Registered participants will also receive wellness tips and healthy recipes a few times during the month. In addition, optional group walks may be offered a few times during October. Meet the monthly activity goal and receive a small reward. Two ways to register to participate in WALK-tober: enroll at lmh.org or send an e-mail to aynsley.anderson@lmh.org. If you are participating as part of a group from a business or other organization, only the team leader needs to officially enroll. Then he/she can send the names of their team members to Aynsley Anderson Sosinski at a later date.
LAWRENCE, 785-505-3066, lmh.org

OCT 2

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

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

OCT 21

SENIOR LIFE WII BOWLING

If you are 55 or better and looking to get out and socialize, Wii Bowling is a great opportunity.

Have fun with us whether you're a bowler or not. No experience necessary! Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

NOV 6

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

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

MONTHLY

SHAWNEE SWINGERS

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

SUNDAYS

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

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

MONDAYS

BREAST CANCER SUPPORT GROUP

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

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

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class times are 6:30 a.m., 9 a.m., and 5 p.m. 1112 W. 6th St., Ste. 124. LAWRENCE, 785-838-7885
OrthoKansasPA.com

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

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

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

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

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

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by the Senior Resource Center for Douglas County, 745 Vermont St., 2:15-3:45 p.m. LAWRENCE, 785-842-0543

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

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

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

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

**TUESDAYS
BREW HA HA!**

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

**TUESDAYS
GENERAL GRIEF SUPPORT GROUP**

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

**TUESDAYS
INTERGENERATIONAL CHOIR**

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

**TUESDAYS & THURSDAYS
WATER AEROBICS CLASSES**

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

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

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

**WEDNESDAYS
GRIEF SUPPORT GROUP**

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

**FIRST & THIRD WEDNESDAY OF THE MONTH
DEPRESSION BIPOLAR SUPPORT ALLIANCE**

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

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

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

**FIRST THURSDAY OF THE MONTH
GRIEF SUPPORT GROUP**

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

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

Networking group. Call Ashley at 785-842-0543 for more information. \$12.00 to attend (includes lunch). 11:30 a.m.-1 p.m.
TOPEKA, 785-235-6600

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

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

**SATURDAYS
LAWRENCE BRIDGE CLUB**

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

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

Volunteer service club.
LAWRENCE, 785-331-4575

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

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

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

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

**SECOND & FOURTH MONDAY OF THE MONTH
DEPRESSION BIPOLAR SUPPORT ALLIANCE**

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

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

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

**SECOND TUESDAY OF THE MONTH
BETTER BREATHERS CLUB**

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

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

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

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

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

**SECOND THURSDAY OF THE MONTH
LMH HEALTH OSTOMY SUPPORT GROUP**

An affiliate of the United Ostomy Associations of America, the LMH Health Ostomy Support Group meets on the second Thursday of each month at 5:30 p.m. in Conference Room D North. No registration required. Free.
LAWRENCE, 785-505-6265
<https://bit.ly/32g2FEK>

**SECOND THURSDAY OF THE MONTH
MEADE FLOWER AND GARDEN CLUB**

The Meade Flower and Garden Club is made up of amateur gardeners who get together with others who are interested in gardening and exchange information. Meets in the Ward Meade House, 124 N.W. Fillmore Street (Old Prairie Town), in the Preston Hale Room at 6:30 p.m.
TOPEKA, 785-817-4835

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

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

**SECOND THURSDAY OF THE MONTH
NAACP MEETING-LAWRENCE CHAPTER**

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

**SECOND SATURDAY OF THE MONTH
HAPPY TIME SQUARES SQUARE DANCE CLUB**

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

**THIRD TUESDAY OF THE MONTH
LAWRENCE PARKINSON'S SUPPORT GROUP**

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

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

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

**THIRD TUESDAY OF THE MONTH
STROKE SUPPORT GROUP**

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

■ CONTINUED FROM PAGE 22

THIRD WEDNESDAY OF THE MONTH BETTER BREATHERS CLUB

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

THIRD WEDNESDAY OF THE MONTH CANCER SUPPORT GROUP

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

THIRD WEDNESDAY OF THE MONTH NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

THIRD SATURDAY OF THE MONTH JAYHAWK MODEL MASTERS

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

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on

Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 S.W. Gage Blvd., 1 p.m. TOPEKA, 785-235-1367, EXT. 130

FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

FOURTH THURSDAY OF THE MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF THE MONTH NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

LAST WEDNESDAY OF THE MONTH WARM UP WEDNESDAYS GROUP

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

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

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

THURSDAYS

SCRABBLE CLUB - OPEN PLAY

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

NOV 8

HARVEST DINNER & BAZAAR

Chicken fried steak, mashed potatoes and gravy, green beans or corn, salad, roll, homemade pie or cake, and drink. \$8.00 Adults, \$3.50, children under 10. Fellowship Hall at Kansas Avenue

United Methodist Church, 1029 N. Kansas Ave. in NOTO, 4:30-6:30 p.m. TOPEKA, 785-234-0507

TOURS/TRIPS

THURSDAYS

BEHIND THE BRICKS: WATKINS MUSEUM TOURS

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

FIRST SATURDAY OF THE MONTH

DISCOVER WITH DOLE

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

LAWRENCE, 785-864-4900, doleinstitute.org

SECOND SATURDAY OF THE MONTH FREE STATE EAST SIDE BREWERY TOUR

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

LAWRENCE, 785-550-9718 shop.freestatebrewing.com/collections/frontpage/products/brewery-tour

OCT 5

15TH ANNUAL KAW VALLEY FARM TOUR

The Kaw Valley region offers a wealth of sights, tastes, and traditions. Tickets on sale online, at farms on the tour and at The Merc Co+op, Lawrence Visitors Center and K-State Extension and Research, Baldwin City Chamber Commerce, K-State Research and Extension-Douglas County, 2110 Harper St. LAWRENCE, 785-843-7058 kawvalleyfarmtour.org

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RICK STEVES' EUROPE

Malta: A citadel of many cultures in the middle of the Mediterranean

By Rick Steves

Tribune Content Agency

Sailing into the stony harbor of the island of Malta, surrounded by ramparts and turrets, you realize that this strategic and much fought-over rock midway between Sicily and Africa has had a long and difficult history. But its parade of foreign rulers (Phoenician, Roman, Greek, Arab, Norman, Sicilian and British—to name a few) make it a fascinating place to explore today.

The imposing capital city of Valletta is a monument to this hard-fought past. Government buildings seem to demand obedience. Walking on the ramparts of the heavily fortified harbor, I'm reminded of Malta's importance—whoever controls Malta controls trade routes across the Mediterranean.

Of the many cultures that shaped it,

perhaps the most obvious is its British heritage. Malta spent 150 years as part of the British Empire. In World War II it was a key allied naval base before it was devastated by German bombs. (Much of it has been rebuilt in recent years.) And while it gained its independence in 1964, Malta retains its British flavor with English-style pubs and food, statues of queens, driving on the left, and even red phone booths.

Aside from its British vibe, Valletta has a distinct fortress-city feel, thanks to the Knights of St. John (a.k.a. the Knights of Malta). For centuries, these religious/military knights were based on the island of Rhodes in the eastern Mediterranean. In 1523 they were defeated by the Ottoman Turks, so they retreated to Malta, where they set up their new capital and built a huge fortress in anticipation of another Turkish attack. In 1565 Malta's



According to tradition, the colors of these Maltese fishing boats represent a fisherman's home village.

stout walls—many of them incorporated into existing limestone cliffs—survived a siege of 40,000 Ottoman soldiers. Today, a good way to get a sense of this fortress city is with a tour of the harbor in a dghajsa—a Maltese gondola.

From 1530 to 1798, the Knights

of Malta ruled the island. During this era, known as the “Knight's Period,” they ornamented the city with delightful architecture, including the colorful, characteristic enclosed balconies, called gallarija. The stately Grand Mas-

■ CONTINUED ON PAGE 27



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Rick Steves

■ CONTINUED FROM PAGE 26

ters' Palace was one of the first buildings they constructed.

Another grand structure from this period is St. John's Co-Cathedral, one of Malta's two cathedrals. While austere outside, it's fabulously Baroque inside. Inlaid marble slabs honor several hundred Knights of Malta. This military order was divided into eight language groups—and each had a chapel here at the order's high church.

Paintings tell the 17th-century story of how the Knights were originally “serving knights,” whose mission was to care for pilgrims venturing to the Holy Land, and how they later evolved into a military power with a mighty navy. They also depict how Christianity would ultimately “triumph” over Islam. A cathedral highlight is The Beheading of St. John the Baptist, the largest canvas ever painted by the artist Caravaggio, who fled Rome in 1606 after killing his opponent in a duel, eventually ending up in Malta.

Within a short drive from Valletta are low-key sights, from charming towns with oversized churches and laid-back locals to tiny, remote harbors hiding out along the rugged coastline. The hillsides are studded with family farms—some with terraces that have been here since ancient times. The terraces' rock walls defend against erosion. Without them, the thin layer of topsoil would be lost to the steady Mediterranean wind.

The timeless landscape is dotted with prehistoric ruins dating back 5,000 years. Megalithic sites like Hagar Qim are evidence that, in roughly 3000 BC, settlers from Sicily arrived in search of arable land. While the humble, mud-brick village that once surrounded its temple is long gone, stones from the temple still stand. Archaeologists

believe it was dedicated to a fertility goddess and that it functioned as a celestial calendar, much like Stonehenge. Artifacts from this and other prehistoric sites are housed in the National Museum of Archaeology in Valletta.

Near Hagar Qim is the fisherman's harbor of Marsaxlokk. A favorite with cruise travelers, it is home to a fleet of typical Maltese fishing boats. While Marsaxlokk has a fine main square and church, the action is along the harbor—especially during the Sunday fish market.

The shape of the boats goes back eight centuries before Christ to when Malta was a Phoenician colony. These colorful boats pop in the dazzling sunlight, seeming to celebrate yet another distinct heritage of the Mediterranean world.

A visit to Malta is one more vivid example of how you can never exhaust Europe of its fascinating sights. And, as with any great Mediterranean destination, the cruise ship crowds may congest its most famous attractions, but the rewards are great for those who under-

stand some of the history of the place they're exploring and take the initiative to venture away from the crowds—to the lonesome stone circles, desolate castle ruins, and inviting back lanes.

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

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WOLFGANG PUCK'S KITCHEN

Japan meets Italy with this Asian-fusion pasta dish

The following dish perfectly combines the home-style pleasures of a classic Italian pasta dish with the kind of sit-back-and-enjoy-yourself fare served in izakayas, the popular Japanese pubs that specialize in foods meant to be eaten with lots of beer, the rice wine known as sake or the potent distilled beverage called shochu.



Wolfgang
Puck

Hallas' inspiration for the dish was linguine with clams. It's something you'll see many people enjoying in Italian trattorias: Fresh clams in the shell, quickly steamed with olive oil or butter, lots of garlic and white wine, and then tossed with linguine.

Instead of the usual garlic, however, Hallas' recipe substitutes leeks, scallions and shishito peppers, the long, dark-green, mildly spicy Japanese chilies, now widely available in well-stocked markets, that have recently become the rage when seared as an appetizer. Adding more flavor and rich body to the sauce: a generous splash

of sake and a couple of teaspoons of white miso paste, which you'll find in the refrigerated section of many markets. All those ingredients join together to capture a savory, undeniably appealing quality the Japanese define with the word: umami. Or, as Hallas puts it, "they give this typically Italian dish a very distinct Japanese flavor profile."

I'm very proud that such a simple, yet creative recipe developed within one of my restaurants. It reflects a spirit of openness to new flavors and culinary experimentation that harks back to the early days of my Chinois on Main restaurant in Santa Monica, where in 1983 my chefs and I began combining Chinese traditions, contemporary French cooking techniques and fresh California ingredients to create a cuisine that came to be known as Asian-fusion.

I hope this recipe will inspire you, too, as you entertain casually, not just right now but throughout the year.

JAPANESE-STYLE LINGUINE WITH CLAMS

Serves 4

3 pounds (1.5 kg) fresh Manila or littleneck clams

Kosher salt

8 fresh shishito peppers

2 green onions, trimmed
3/4 pound (375 g) dried linguine
4 tablespoons unsalted butter
1/3 cup sake
2 teaspoons white miso paste

Rinse the clams thoroughly under cold running water to remove any sand or dirt from the outside of their shells. Then put them in a large basin of cold salted water, and leave them to soak for about 15 minutes, agitating them occasionally, rubbing them together and changing the water several times to eliminate any dirt of sand they might expel. Drain well.

Bring a large pot of lightly salted water to a boil.

Meanwhile, use a sharp knife to cut the shishito peppers crosswise into slices about 1/4 inch (6 mm) thick, leaving the seeds in the slices for a little heat. Set aside in a bowl.

Separate the white and green parts of the green onions. Cut them crosswise into slices about 1/8 inch (3 mm) thick, setting the white and green pieces aside in separate bowls.

When the water is boiling, add some salt and cook the linguine until al dente, tender but still slightly chewy, following the suggested cooking time on the package, usually 9 to 11 minutes.

As soon as the pasta starts cooking, heat a large saute pan, with a lid, or a pot over medium heat. Add 2 tablespoons of the butter and, as soon as it has melted, add the sliced shishitos and the sliced white scallion pieces; saute, stirring frequently, until they begin to soften, 2 to 3 minutes.

Raise the heat to high, and add the sake, miso and clams. Stir well to dissolve the miso. Cover and cook until the clams have opened, shaking the pan occasionally to promote even cooking, about 5 minutes.

Use a slotted spoon or tongs to divide the clams among four warmed shallow pasta serving bowls, discarding any unopened clams and leaving the clam broth and vegetables in the pan. Return the pan to the heat, and add the sliced green onion and remaining butter. Immediately drain the pasta, and add it to the pan, tossing it with tongs to coat it thoroughly with the sauce. Season to taste with more salt.

With tongs, divide the pasta evenly among the plates of clams. Spoon the remaining juices and vegetables from the pot over each serving. Serve immediately.

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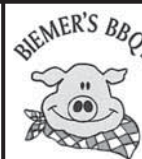
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HUMOR

Eloise Simplekins: Union Organizer

For years, Eloise Simplekins was a cleaning lady for wealthy women of Letongaloosa's upscale enclave called La Mancha. One day she realized that wealthy women in town were hiring pre-cleaning ladies to clean-up their husbands' messy bathrooms before the regular cleaning ladies arrived.



Larry
Day

Eloise figured that if women in La Mancha did it, then upper-class women throughout the U.S. also hired pre-cleaning ladies. She founded a pre-cleaning business and sold franchises nationwide. Eloise made a fortune.

Not comfortable being a wealthy socialite, Eloise remained engaged in everyday workplace issues. She noted trends in corporate workplace flexibility. Corporations were working with employees to develop ways of increasing productivity and employee wellbeing.

Most recent practices include work schedules: employees are encouraged to set schedules that take in to account their personal responsibilities and inclinations: some work better at night, some early in the morning, and some at midday. Corporate joined employees

in supporting compressed workweeks, telecommuting, working from remote sites, job sharing, time sharing, phased return from leaves and phased retirements.

Noting these trends, Eloise asked herself, "What workplace flexibility could be offered to cleaning ladies? They can't telecommute or work remotely—the houses won't clean themselves. Insurance and neighborhood-watch issues would arise if cleaning ladies chose odd working schedules—late at night, very early in the morning. Job sharing would be a problem—some homes are large, and their mistresses give explicit instructions; some homes are smaller, and their mistresses leave cleaning issues to the cleaning ladies.

Eloise pondered. That left "phased return from leave" and "phased retirement." She realized that cleaning ladies couldn't get phased return from leave if they didn't receive guaranteed leave in the first place. Phased retirement had to do with regulations on government-mandated retirement.

Eloise decided that what cleaning ladies needed was a collective bargaining unit to represent them and guarantee that their rights were fully respected at the negotiating table.

Setting up a union for hundreds of thousands of cleaning ladies all around the country seemed a daunting task. Eloise did some research and found that Right-to-Work Laws do not aim to provide general "guarantee of employ-

ment" to people seeking work, but rather are a government ban on contractual agreements between employers and union employees requiring workers to pay for the costs of union membership. Decades ago, coming out of the employee-scarce period of World War II, unions gained what was known as "union shop" agreements. The union shop agreements required all employees in a company to belong to a union and to contribute part of their earnings to the union. The Taft-Hartley Act of 1947 made such requirements illegal. Union membership was to be voluntary.

How was Eloise going to contact the nation's cleaning ladies and convince them to join her labor union? Research gave her these ideas: "think about what people share, as well as what they say they want; include links to resources and influential people who are on the Internet; post your article and promote it with well-prepared graphics; spend some money for ads on Facebook; have a store of material that is ready to post.

Eloise followed advice from the research. She began to receive a trickle of responses to her Internet posts. She

wrote personal notes to early responses. That led to more and more contacts.

Before long, Eloise had more than enough cleaning-lady contacts to form a union. She studied all the information available on the topic and then set up her organization: "The United States Cleaning-Ladies Union," and invited the nation's cleaning ladies to join. The membership applications flowed abundantly. Not surprisingly, applications came in from overseas, so Eloise formed another organization titled: "The Worldwide Cleaning Ladies' Association."

Since she was already wealthy and didn't want any income tax problems, Eloise donated all the proceeds from the worldwide association to charities that she and Bret Timert and Sir Jeremiah Teancrumpets had organized. Doing good and doing well, she decided, can be both mutually inclusive, and socially responsible.

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

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MY PET WORLD

A vet who does house calls may help reduce pet's fear

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: I have a 12-year-old German shorthair pointer. She has arthritis in her hind legs and is being treated. This sweet pup is terrified of going to the veterinarian's office. I would like to find a vet to come to the house. Do you have any suggestions of how to go about finding one? -Kathy, Kings Park, New York

Dear Cathy: Visit the vet locator at <https://www.vetlocator.com/housecallvets.php> and plug in your ZIP code to find a mobile clinic or house call veterinarian near you. I found several options within a 25-mile radius of your town. Just know, these veterinarians often see fewer patients in one day, so their office visits may cost a little more.

Most veterinarians will provide medication to give to pets for their visit to veterinary clinics, so that is an option. Even with a house call, your dog may still need to be medicated to reduce her stress.

Another option may be to find a Fear Free veterinary clinic near you. These clinics go the extra mile to reduce a pet's stress, from bringing them in a quieter entrance to spraying pheromones on their clothing to calm the pet during an exam. I checked and while there are no Fear Free clinics near you, there may be a veterinarian certified in the Fear-Free program that can help. You can search at <https://fearfreepets.com/certified-practice-directory>.

Dear Cathy: I started out with three feral cats more than eight years ago. I got them fixed and sheltered them. A large white cat recently appeared and intimidates my other cats. They run away and sometimes miss meals. I don't feed this cat and chase it away. How can I get it to stay away? - Mary, Las Vegas, Nevada

Dear Mary: There are not a lot of options when a "bully" shows up, but here are a few things to try.

If the white cat is only around occa-

sionally, try feeding your colony cats at other locations or times to throw off the white cat. I also recommend trapping and fixing the white cat because it can reduce some aggression and territorial behaviors. It may take a week after the surgery before things settle down.

When you trap the cat for his/her spay-neuter surgery, have the vet's office scan for a microchip. If the cat belongs to someone else, your problem is solved. If not, another option is to relocate the cat. Do not dump or abandon the cat. Instead, look for someone who may want a barn cat or a business who may want a shop cat to handle rodents in exchange for feeding and sheltering the feline. This "re-homing" may be the best way to go.

Dear Cathy: In a previous letter, Deborah from Allentown's wording for her "question" to you about cats and fireworks was so rude and unfair that I am moved to write a quick and first-time note to you. Deborah's triple play of questioning your authenticity with "You call yourself an animal advocate" along with her audacious suggestions that you don't know that "cats are animals too" and that "cats even exist" are just too much.

Why couldn't she just have written you something like "My cat's behavior changes at fireworks time, too, and I could use some tips, please"? You cover cats a lot in your column; always with obvious affection and understanding. I often think after enjoying your feature, "What a compassionate and nice person this writer is!"

Your column educates me, calms me and/or leaves me with a "wow" feeling. The advice you give is smart, creative and user-friendly. We need more people like you in the world! - Nancy, Telford, Pennsylvania

Dear Nancy: You're sweet to respond. I have worked in the animal welfare field for 30 years and written pet advice columns since 2003. Occasionally, a reader will disagree or be upset with me over something. If I publish the letter, I don't delete the negative comments, so my readers know they can trust me to

share their frustrations.

On the flip side, I generally don't share letters of appreciation. I am making an exception today to assure you (and other readers) that a tough tone and unkind remarks won't keep me from using a letter if I think the content might provide some value to other readers or give me a chance to revisit a problem with solutions I might have missed or not had room for in a previous column.

Thank you for your kindness, Nancy.

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

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JAY'S MUSICAL MEMORIES

Red, orange, yellow and brown leaves

By Jay Wachs

Welcome to October!

This is a special month for me because my oldest daughter was born on October 1st. This year will be our 23rd celebration of her life and she is as musically inclined as I am. You can listen to her show weekdays from 9 a.m. to noon on LawrenceHits.com. Happy Birthday, Melanie!

Melanie isn't the only thing that is special about October 1st.

In 1982, Sony introduced the first digital CD player, which sold for a whopping \$650 at the time. Radio stations didn't begin using CDs until 1987 or so. The first CD I played on the air was the 1987 Michael Jackson CD "Bad." This was significant because the only way you could access the track "Leave Me Alone" was off the CD because it was a bonus track. I played it at Z-103 in Columbus and it became so popular that it was eventually released in wider distribution. That record was also my first gold record award as a radio program director.

On October 15, 1977, Debby Boone's single "You Light Up My Life" became the number one song in the US and stayed there atop the charts for 10 weeks. That was enough for it to become the number one song of 1977. I bought the 45 of this record in 1977 at Peaches Records and Tapes at Southgate USA in Maple Heights, Ohio, for 99 cents. That shopping center attained national notoriety because it hired Ted Knight (Ted Baxter of Mary Tyler Moore fame) to be its spokesperson. Later, when Knight passed away, Tim Conway replaced him as the spokesperson.

October is also the month where we play all of our Halloween favorites on Lawrencehits.com. If you are looking to create a home playlist for trick or treat events, here are our top 10 recommendations:

10. Danny Elfman "This is Halloween" from Tim Burton's "A Nightmare Before Christmas"
9. Ray Parker Jr. "Ghostbusters"
8. Ramones "Pet Sematary"
7. Rockwell "Somebody's Watching Me"

6. Warren Zevon "Werewolves of London"
5. Van Halen "Running With The Devil"
4. Blue Öyster Cult "Don't Fear The Reaper"
3. AC/DC "Highway to Hell"
2. Bobby Pickett "Monster Mash"
1. Michael Jackson "Thriller"

Enjoy the month of October and all of its splendid glory. The fall colors are my favorite and I enjoy the smells of cinnamon and apples wafting through the air. I am also partial to Mounds Bars

and Reese's Peanut Butter Cups in case you desire to send me some goodies this Halloween. See you in November!

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

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GOREN ON BRIDGE

WITH BOB JONES

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TIMING IS KEY

Both vulnerable, North deals

NORTH

♠ 8 7
♥ A
♦ K Q 10 9 8
♣ K Q J 10 4

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

EAST
♠ K J 5 4
♥ J 10 2
♦ A J 6
♣ 9 8 6

SOUTH

♠ A 10 2
♥ K 9 7 4 3
♦ 7 5 3 2
♣ A

The bidding:

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

Opening lead: Three of ♠

South's decision to bid two no trump rather than raise his partner's diamond suit was questionable, and that question was sure to be asked if South failed to come up with nine tricks in his no trump contract. South needed to presume a 4-4 spade split, but that wasn't enough. There were

nine tricks, but the two singleton aces made them hard to take. There was no apparent entry back to the king of hearts, but South found a way to enlist his opponent's help.

South won the opening spade lead with his ace, cashed the ace of clubs, and crossed to dummy with a heart to the ace. He cashed all of dummy's clubs, discarding three hearts and a diamond. The king of diamonds was led from dummy, which East chose to duck, although that didn't matter.

Had declarer continued with another diamond, the contract would have failed. He led a spade, instead, and gave the opponents their three spade tricks. It didn't matter which opponent won the last spade, he would have to give dummy the queen of diamonds or lead a heart to declarer's king — nine tricks either way. Problem solved, and the poor split in diamonds meant that a diamond slam would have failed. South could hold his head high about the auction.

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



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By David L. Hoyt and Jeff Knurek



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

BOGGLE POINT SCALE

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

YOUR BOGGLE RATING

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

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Across

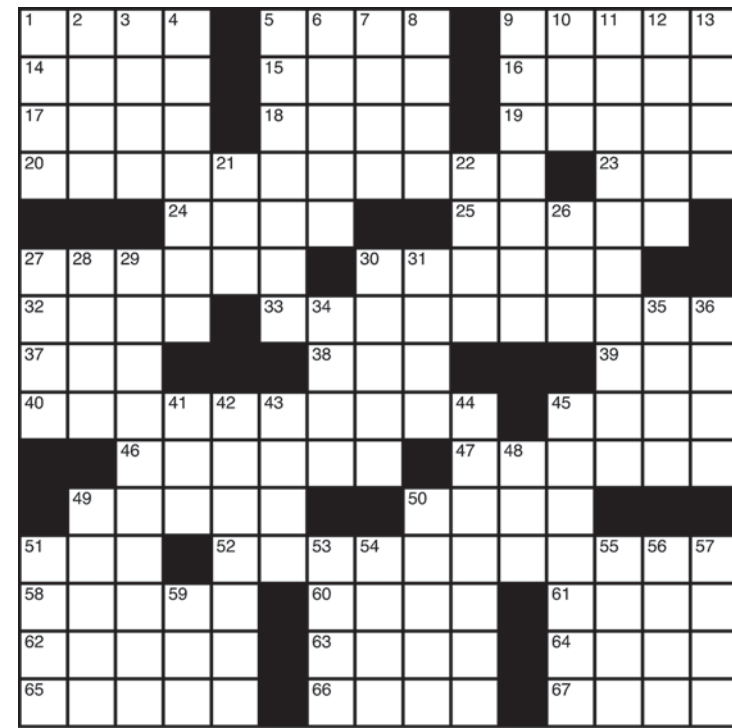
- 1 Words before "Tricked you!"
- 5 Whirled
- 9 Exxon merger partner
- 14 Musk of Tesla Motors
- 15 Syllables from Santa
- 16 Get away from, as pursuers
- 17 Tooth anchor
- 18 Border on
- 19 Female 33-Across
- 20 Bovine skin once used as a painting surface by Native Americans
- 23 Nocturnal flier
- 24 Partner
- 25 Peruvian peaks
- 27 Music room system
- 30 Zsa Zsa, to Eva
- 32 Toasty
- 33 Untamed equines
- 37 Baba who outwitted thieves
- 38 Actor Mineo
- 39 Med. care option

- 40 Rio Grande feeder
- 45 Italia's capital
- 46 Halloween goodies
- 47 Equal to, with "with"
- 49 Like sheep sans wool
- 50 Pained cry
- 51 Guerrilla Guevara
- 52 Stack for the book-keeper to pay ... or, literally, what 20-, 33- and 40-Across' first words constitute
- 58 Western writer Bret
- 60 Many
- 61 Tidy
- 62 "Know what ___?"
- 63 Rural storage cylinder
- 64 Scarlett O'Hara's home
- 65 IRS examination
- 66 Go berserk
- 67 "Not great, not bad"

Down

- 1 Basil or rosemary
- 2 Baseball family name
- 3 Pig's foot part
- 4 Insect nest with tunnels

- 5 Perfect for wading
- 6 N'awlins sandwich
- 7 "Nope"
- 8 "The Little Red Hen" denial
- 9 Souvenir
- 10 Eggs in a lab
- 11 Clip joint?
- 12 Imagination output
- 13 For fear that
- 21 Stein filler
- 22 Pinch from a chef
- 26 German article
- 27 Trade
- 28 "Cautionary" account
- 29 Leif's father
- 30 Poles and Serbs
- 31 Not doing much of anything
- 34 "What time ___?"
- 35 Poet Lazarus
- 36 Fly high
- 41 Guatemala gold
- 42 Eden tempter
- 43 Rajah's mate
- 44 Santa's landing spot
- 45 Met by chance
- 48 Catch, as a crook
- 49 SeaWorld orca
- 50 Dough in a wallet
- 51 "Pet" with Smiley and Winky versions



- 53 Young lady
- 54 Model Nordegren once married to Tiger Woods
- 55 Radiator problem
- 56 Tomb Raider's ___ Croft
- 57 Stick around
- 59 Mai ___

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

JUMBLE

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

YUJIC

NEPDU

BEBOWL

TAGRYE

Answer here: -

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

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

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A1 U1 D2 D2 R1 L1 L1 3rd Letter Triple

A1 E1 Y4 D2 G2 G2 R1 Double Word Score

A1 I1 O1 D2 L1 R1 K5

A1 E1 U1 T1 R1 P3 M3

A1 E1 O1 P3 N1 D2 T1

PAR SCORE 260-270

BEST SCORE 320

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

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

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

FIVE RACK TOTAL

TIME LIMIT: 25 MIN

Answers to all puzzles on page 34

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

BOOGLE ANSWERS

RED, TAN, GRAY, TEAL, PINK, GOLD, BLUE, GREEN, BEIGE

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JUMBLE ANSWERS

Jumbles: JUICY, UPEND, WOBBLE, GYRATE

Answer: The barber who cut the Beatles' hair in 1963 did a -- BANG-UP JOB

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SCRABBLE GRAMS SOLUTION												
D ₂	U ₁	L ₁	L ₁	A ₁	R ₁	D ₂	RACK 1 =	<u>61</u>				
R ₁	A ₁	G ₂	G ₂	E ₁	D ₂	Y ₄	RACK 2 =	<u>76</u>				
K ₅	I ₁	L ₁	O ₁	R ₁	A ₁	D ₂	RACK 3 =	<u>62</u>				
T ₁	E ₁	M ₃	P ₃	U ₁	R ₁	A ₁	RACK 4 =	<u>61</u>				
N ₁	O ₁	T ₁	E ₁	P ₃	A ₁	D ₂	RACK 5 =	<u>60</u>				
PAR SCORE 260-270								TOTAL <u>320</u>				

MY ANSWER

Keep your guard up against anger, which can only be harmful

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: After several years on the job I was recently fired. The company told me that I didn't get along with people and it hindered my performance in the office. Am I really supposed to suppress my anger just because I am a Christian? - J.U.

A: Situations often come into our lives that seem unfair. As believers it is important to first ask where we might have gone wrong—a self-examination of sorts. This is difficult but it pleases God because the Bible says that every man seems right in his own eyes but the Lord weighs the heart (Proverbs 21:2). If we are willing to do this we will gain wisdom and make better choices in the future.

Then there are times that we are

indeed treated unfairly in the work place. Remember, for those who love God and are called according to His purpose, He causes all things to work for good (Romans 8:28). By keeping this truth in focus, it will guard us against bitterness and anger which only destroy. The Bible tells us that we must not allow bitter roots to sprout up in our lives because it causes us trouble (Hebrews 12:15). We must not give the devil a foothold in our lives. When we let circumstances cause us to react in an ungodly way, we are contributing to his success—no Christian wants that.

Often our self-esteem is tied to our work. In our culture, men and women often define themselves by their jobs. A job tells you nothing about a person's character or value. Be an overcomer and realize that God may be using what seems detrimental as a stepping

stone to something better. Remember the story of Joseph: "You meant evil against me; but God meant it for good" (Genesis 50:20).

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

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Understanding Social Security spouses' benefits

By Norm Franker

Social Security District Manager in Lawrence KS

Marriage is a tradition that exists on every continent and in nearly every country. Having a partner not only means creating a family unit, it means sharing things like a home and other property. Understanding how your future retirement might affect your spouse is important. When you're planning for your retirement, here are a few things to remember:

Your spouse's benefit amount could be up to 50 percent of your spouse's full retirement age amount, if you are full retirement age when you take it. If you qualify for a benefit from your own work history and a spouse's record, we always pay your own benefit first. You cannot

receive spouse's benefits unless your spouse is receiving his or her retirement benefits (except for divorced spouses). If you took your reduced retirement first while waiting for your spouse to reach retirement age, when you add spouse's benefits later, your own retirement portion remains reduced, which causes the total retirement and spouses benefit together to total less than 50 percent of the worker's amount. You can find out more about this at www.socialsecurity.gov/OACT/quickcalc/spouse.html.

On the other hand, if your spouse's retirement benefit is higher than your retirement benefit, and he or she chooses to take reduced benefits and dies first, your survivor benefit will be reduced, but may be higher than what your spouse received.

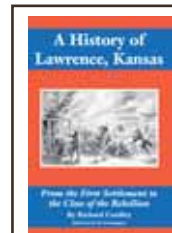
If the deceased worker started receiv-

ing reduced retirement benefits before their full retirement age, a special rule called the retirement insurance benefit limit may apply to the surviving spouse. The retirement insurance benefit limit is the maximum survivor benefit you may receive. Generally, the limit is the **higher of:**

- The reduced monthly retirement benefit to which the deceased spouse would have been entitled if they had lived, or
- 82.5 percent of the unreduced

deceased spouse's monthly benefit if they had started receiving benefits at their full retirement age (rather than choosing to receive a reduced retirement benefit early).

Knowing how your finances affect your spouse's benefit can help both of you avoid future impacts on your incomes. We have decades of experience, and the information to go with it. Access a wealth of useful information and use our benefits planners at www.socialsecurity.gov/planners.



The History of Lawrence, Kansas

by Richard Cordley

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

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For the "2020 Senior Resources Directory," a special pull-out section that will be available in the January 2020 issue of Kaw Valley Senior Monthly.

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Contact Kevin at 785-841-9417
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An online form is available at www.seniormonthly.net/directory.html

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Matthew Bihlmaier, DO Internal Medicine Specialist

Dr. Bihlmaier, a board-certified internal medicine physician specializing in geriatrics, earned his bachelor's degree at the University of Kansas and his medical degree at Kansas City University of Medicine and Biosciences. He also earned an M.B.A. in healthcare leadership from Rockhurst University. Dr. Bihlmaier completed his internal medicine residency at the University of Missouri-Kansas City and a fellowship in geriatrics at Truman Lakewood Hospital in Lee's Summit.

Dr. Bihlmaier says that the best thing about being a doctor is being a partner in his patients' lives. "We are with them at their most critical times as someone they can talk to or simply hold their hands." Dr. Bihlmaier says it is an honor to be that person. Outside of work, he enjoys spending time outdoors with his family.

To schedule an appointment, call **785-505-5635**.
Watch the video: www.lmh.org/bihlmaier.

"I have seen patients who are 103 years old and on only 1-2 medications. They say their secret is to stay active and enjoy life. Getting back to this philosophy can improve health for a lot of patients."

**Reed Internal Medicine
is now open at 7 a.m.
Monday-Friday.**



404 Maine Street
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