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September 2019

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Vol. 19, No. 3

INSIDE



KEVIN GROENHAGEN PHOTO



Sharon Rosenow: Promoting the general welfare of current and potential federal annuitants through NARFE.

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Sharon Rosenow leads Topeka chapter of NARFE

By Kevin Groenhagen

Do you know who is the largest employer in the United States? You might answer Walmart, which, with 1.5 million workers, is indeed the largest *private* employer in the nation. However, that number is dwarfed by the nearly 2.8 million federal and postal employees who work for the federal government. Imagine an organization that represents not only these workers, but retired federal and postal employees as well. Such an organization could have a great deal of influence.

In fact, such an organization, the National Active and Retired Federal Employees Association (NARFE), does exist. The 501(c)5 membership association has about 300,000 members and over 1,300 chapters in almost every state within the United States, as well as chapters in Washington, D.C., Puerto Rico, Panama, and the Philippines.

“We’re Chapter 0002,” said Sharon Rosenow, who is in her second year as the president of the Topeka chapter. “I

don’t know if I can believe this or not, but I was told that the Topeka chapter was actually the first NARFE chapter, but we had to take number two so Washington, D.C., could be number one.”

NARFE was founded in 1921 and has the following mission statement:

- To support legislation beneficial to current and potential federal annuitants and to oppose legislation contrary to their interests.
- To promote the general welfare of current and potential federal annuitants by advising them with respect to their rights under retirement laws and regulations.
- To cooperate with other organizations and associations in furtherance of these objectives.

“We make sure that our congress-people are fighting for our benefits and not taking them away,” Rosenow said. “A major issue right now is the Trump administration’s plan to dismantle the Office of Personnel Management.”

Under the reorganization plan, the



Sharon Rosenow

Office of Personnel Management’s (OPM) responsibilities would be shifted to three other departments. According to the July issue of *NARFE*

Magazine, “[T]he overall reorganization plan shifts OPM’s programmatic functions—such as retirement ser-

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Rosenow

■ CONTINUED FROM PAGE THREE

ices, human resources, and administration of health care and insurance programs for the federal community—to a newly expanded Government Services Agency (GSA), putting vital programs at risk of not receiving sufficient attention and resources. The plan also proposes transferring OPM's personnel policy function to the Executive Office of the President, leaving it open to political influence and endangering the merit-based civil service."

Rosenow worked in the human resources office at the U.S. Department of Veterans Affairs for 36 years. She joined NARFE after retiring and has been a member for about six years.

According to Rosenow, the Topeka NARFE chapter currently has 223 members and meets the fourth Friday of the month (except November and December) at Aldersgate Village's Wesley Hall in Topeka.

"We have our lunch at every meeting and then we have a program with a speaker," Rosenow said. "Our second vice-president, Richard Wike, is a wonderful man who can find the best speakers of anyone I have ever known. The speakers come in and talk to us about various and sundry things. Speakers have included elected officials, representatives from the Topeka Police Department and Shawnee County Sheriff's Office, hospice representatives, and many others. Then each of our board members gives a report on what they have been doing. We also have some fun. We have some drawings and giveaways."

The August program featured an outreach specialist with the Alzheimer's Association's Heart of America Chapter.

NARFE started partnering with the Alzheimer's Association in 1985 and 100 percent of all contributed funds from NARFE go towards Alzheimer's research. NARFE members across the country have contributed more than \$13 million to the Alzheimer's Association, which Jerome H. Stone founded in 1980.

"NARFE is a member of the Alzheimer's Association Zenith Society," Rosenow said.

Since 1990, the Zenith Society's 86 members have collectively given more than \$143 million to further the Alzheimer's Association's mission. Four organizations are members of the Society and, of those organizations, NARFE is the top contributor.

NARFE chapters across the country will be participating in the Alzheimer's Association Walk to End Alzheimer's in September and October. Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research.

"The NARFE chapter in Topeka will participate in the Walk to End Alzheimer's on Saturday, September 28, at Lake Shawnee," Rosenow said. "The Lawrence chapter will participate in the walk on Sunday, September 29, at South Park. We'll also have a table set up at the walk in Topeka and will use that as an opportunity to sign up new NARFE members."

The Topeka NARFE chapter will also have the opportunity to earn \$1,000 for the Alzheimer's Association during this fall's Kansas City Renaissance Festival in Bonner Springs.

"We'll be prepping the food and serving it to Villagers at the Renaissance Festival from 11 a.m. to 2 p.m. every Sunday from September 1 to October 13," Rosenow said. "We'll also do the cleanup."

As a bonus, the NARFE workers at the festival are free to enjoy the festival during the rest of the day or get a pass to return on a different day.

In 2009, NARFE Chapter 0002 raised funds for Alzheimer's research by selling a "Living In Retirement" calendar. The models were federal retirees, ranging in age from 59 to 86.

The Topeka chapter of NARFE has its own Alzheimer's chair, Barbara McLain. Rosenow urges anyone who wants to help NARFE with the Walk to End Alzheimer's to call McLain at 785-272-3407.

NARFE membership is open to civilians who are or will be eligible to receive an annuity or survivor annuity from the federal retirement programs of any agency of the United States government. That includes:

- Retirees
- Current federal employees
- Spouses and surviving spouses of those eligible to join NARFE

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Rosenow

■ CONTINUED FROM PAGE FOUR

- Former federal employees
- A former spouse who is entitled to a federal survivor annuity

“We pay \$40 in dues a year to national and then we get \$11 back for our own chapter,” Rosenow said. “Membership includes our monthly magazine, free webinars, and the opportunity to receive discounts with our Affinity Partners, who provide wellness, travel, and personal services. You can join NARFE online at narfe.org. You can also call Ron Richey, our Legislative/Membership chair, at 785-234-4172 for more information about membership.”

The NARFE chapter in Lawrence (Chapter 0378) meets for lunch on the third Wednesday of the month at Conroy’s Pub in Lawrence. Thomas Huber serves as the president of the Lawrence chapter.

In addition to serving as president of NARFE Chapter 0002, Rosenow volunteers with I Care Inc., which is a food pantry in Topeka. She also serves as the pantry’s treasurer.



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A Message from Susan Harris, JAAA Executive Director

(Editor's note: Susan Harris is the executive director of the Jayhawk Area Agency on Aging. Since her column for the Summer 2019 issue of Amazing Aging, JAAA's newsletter, was inadvertently omitted, we are sharing it below.)

Summer is in full swing and although it hasn't been as hot so far as it has been in years past, we are already looking into fall. September 8, 2019 is National Grandparents Day. The official commemorative day is the Sunday after Labor Day. National Grandparents Day is a day for young and old to honor each other, and an opportunity for civic engagement for all generations. There are three purposes for National Grandparents Day: To honor grandparents; to give grandparents an opportunity to show love for their children's children; and to help children become aware of the strength, information and guidance older people can offer.



Susan Harris

On a societal level, National Grandparents Day gives us a chance to publicly affirm the identity and importance of grandparents for the vital role they play in families. I know I am blessed to still have my grandparents living and my daughter is blessed to have both grandparents and great-grandparents active in her life. I plan to honor my parents and grandparents on National Grandparents Day this year. Would you do the same for yours?

As I am writing this, the staff at Jayhawk Area Agency on Aging is gearing up for Medicare Open Enrollment. My favorite time of year! Medicare Open Enrollment runs from October 15 to December 7. You have an opportunity to review your Medicare drug coverage needs and perhaps even save a few hundred dollars in the process. This is the time where you can review your current drug coverage and compare it to the other drug plan options available. You may change your drug plan if you choose.

You can also review and compare Medicare Advantage Plans and enroll, dis-enroll, or change Medicare Advantage Plan options. Jayhawk Area Agency on Aging provides one-on-one counseling appointments to help you understand your Medicare options and provide you with the information you need to be able to understand those options to arm you with the tools to help make a decision about your Medicare coverage options. Appointments will be available Monday-Friday 9:00 a.m. to 4:00 p.m. daily during this time.

The best time to call and get an appointment scheduled will be late September and early October. The appointments fill up fast!

We will also offer Saturday walk in clinics as we have done in years past. These will be on the following dates from 9:00 a.m. to 1:00 p.m.: October 19, October 26, November 2, November 9, November 23, and December 7.

November is National Family Caregiver Month. Family Caregivers play a vital role in helping older adults remain in their home. Caregiving can be difficult and caregivers can struggle to find the time to take care of themselves. Chances are you probably know a caregiver, perhaps offer to help in some way. Perhaps you can offer to be with their loved one so that they can have some "me time" or run to the grocery store. Call them to see if they need you to pick anything up, drop by a meal so that they don't have to cook, or just call to ask how they are doing. Often caregivers could use someone to talk to (or just listen).

Jayhawk Area Agency on Aging offers a number of services to family caregivers through the Older American's Act (OAA) federal dollars. Services such as support groups, attendant care, homemaker, respite, and purchase of assistive items are available. In order to receive OAA Caregiver Support Services you must be a caregiver of any age for an individual age 60 or older.



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KABC to host annual caregiver training and meeting

The Kansas Advocates for Better Care will hold its annual caregiver training and meeting on Friday, September 13, from 12:30 to 4 p.m. The meeting will be held in the 2nd Floor Conference Room at the Lawrence/Douglas County Health Department, 200 Maine St., in Lawrence.

Presenters include:

- Secretary Laura Howard, Kansas Department for Aging & Disability Services. Secretary Howard assumed her post in January 2019 and will address issues of interest to long-term care consumers and advocates and the course she is charting for aging services.

- Amy Yeager LMSW, KU Alzheimer's Disease Center. Yeager will discuss *MyAlliance* and talk about dementia diseases, early diagnosis benefits, and stages of dementia. *MyAlliance* is an innovative approach to care, education, and support for persons with dementia and their families.

- Mitzi McFatrigh, KABC, will discuss "Advocating for the Care You Want." Advocacy for yourself and others is powerful—knowing how to advocate for yourself and advocating alongside other Kansans has real impact.

The training is underwritten by the Harriet Nehring Education Fund.

There is no cost to attend, but an RSVP is required. Please email: info@kabc.org or call the KABC office toll-free 800-525-1782 to register.

Founded in 1975, Kansas Advocates

for Better Care is a non-profit charitable organization working to improve the quality of long-term care for older adults. KABC advocates alongside older adults and families for better long-term care. Visit us at <https://www.kabc.org>.



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Friday night's festivities include free food donated by local businesses, cool prizes, and first pick on an amazing array of vinyl, CDs, audio equipment and musical instruments. Advance tickets are available for \$10 at Audio-Reader, 1120 W. 11th St. in Lawrence. They are \$15 the night of the event. New this year is an "Express Pass" ticket option for \$25. If you don't want to wait in the main

line to get into the sale you can purchase the Express Pass ticket which allows you to skip the line and walk right in through a separate "Express Line." Admission is free Saturday with many items reduced to half price after noon.

Thousands of vinyl albums, CDs and DVDs, hundreds of pieces of audio equipment and over 25 interesting instruments, including saxophones, violins, and multiple acoustic and electric guitars have been donated from residents in the Lawrence, Topeka and Kansas City region. Proceeds from the sale benefit Audio-Reader's mission of providing access to information for its listeners.

Audio-Reader is a free reading and information service for people who have difficulty reading standard print due to vision loss, physical or learning disability, mobility challenges, and age. Audio-Reader fosters independence by connecting listeners with their communities. More infor-

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Social Security celebrates Hispanic Heritage Month

By Norm Franker

Social Security District Manager in Lawrence KS

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We work hard to deliver great customer service and easy-to-access information about our important programs and the benefits we provide to millions of Americans. If Spanish is your primary language, you can visit www.ssa.gov/espanol, our Spanish-language website. It includes important information about how to get a Social Security card, plan for retirement, apply for benefits, manage your benefits once you're receiving them, and much more. Many of our offices have staff who speak Spanish, or you may call 1-800-772-1213 from 7 a.m. to 7 p.m. weekdays and select the option for Spanish.

Spanish-speaking individuals wishing to apply for retirement, disability, survivor, and other benefits, as well as Medicare, can request an appointment online at www.socialsecurity.gov/applyforbenefits for an in-person interview or telephone claim with a representative. In many cases, you can make an appointment with a bilingual representative.

Social Security also provides many publications in Spanish on popular topics like:

- Retirement, Disability, and Survivors benefits;
- Retirement planning;
- Online services information;
- Medicare; and
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EVENING PROGRAMS

IN CONVERSATION WITH KEVIN WILLMOTT

Wednesday, Sept. 11 — 7 p.m.

Kansas native and Academy Award-winner Kevin Willmott is both a renowned filmmaker and a local legend. Willmott will discuss his career as a director, screenwriter, producer, activist and KU professor.

2019 Constitution Day program

KANSAS IN THE U.S. SUPREME COURT

Thursday, Sept. 19 — 7 p.m.

The U.S. Supreme Court has granted review to three cases involving the state of Kansas in 2019. Join a panel of legal experts to explore the constitutional issues raised in each case.

VOTES FOR WOMEN:

EXPLORING THE 19TH AMENDMENT

Tuesday, Sept. 24 — 7 p.m.

One hundred years have not yet passed since the ratification of the 19th Amendment, which granted many—but not all—U.S. women the right to vote. A panel of professors examines the women's suffrage movement and the legacy and limitations of this transformative amendment.

THE LEAGUE OF WIVES: HEATH HARDAGE LEE

Tuesday, Oct. 22 — 7 p.m.

Historian and author Heath Hardage Lee explores a group of fearless military wives that bucked convention during the Vietnam War to bring their POW/MIA husbands home.

2019 Journalism and Politics Lecture

THE EVOLUTION OF TV NEWS

Wednesday, Nov. 13 — 7 p.m.

Michael Cascio and Ed Hersh examine how news has evolved, challenges facing today's outlets, and what role journalists play in today's political arena.

AFTERNOON PROGRAMS

FT. LEAVENWORTH SERIES

Sept. 4, Oct. 3, Nov. 14, Dec. 5 — 3 p.m.

PROSPECTS FOR PEACE IN AFGHANISTAN

Tuesday, Sept. 17 — 3 p.m.

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Friday, Oct. 11 — 2 p.m.

with Melinda Stanley of the U.S. Census Bureau

MARINE, PUBLIC SERVANT, KANSAN

Thursday, Oct. 17 — 3 p.m.

with Dennis Garcia and Ernest Garcia

TALIBAN SAFARI:

ONE DAY IN THE SURKHAGAN VALLEY

Thursday, Oct. 24 — 3 p.m.

with Lt. Col. Paul Darling (ret.)

BATTLE FOR THE MARBLE PALACE:

THE FORGING OF THE MODERN SUPREME COURT

Tuesday, Nov. 19 — 3 p.m.

with author Michael Bobelian

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PAINTING WITH WORDS

The Sea

By Tom Mach

Poem Title: *The Sea*, Poet: Tom Mach

One of the things that intrigues me about the sea is the way the foamy breakers gently fold over each other as if being relentlessly pushed by an invisible force before crashing on land. While we know it's the moon's action on the water, I enjoy thinking about this as a mysterious event caused by our Creator to demonstrate His awesome power. This poem is one taken from my book *So Runs the Water*:

*So runs the water,
churning at times,
forming white circles,
foaming as if angry,
pushing against craggy rocks,*

*crushing them to sand—
not all at once,
but over eons of time,
as it forms new land boundaries,
new beaches,
new beachheads,
new streams,
new rivers...*

Picture what I have written in your mind's eye and appreciate the beauty of the sea. Study a world map and become once again amazed at how much of the world's surface is covered by water.

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

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Beware of false Social Security or Medicare advertisements

By Norm Franker

Social Security District Manager in Lawrence KS

Scammers have become more aggressive and sophisticated in the digital age. With millions of people relying on Social Security and Medicare, scammers target audiences who are looking for legitimate program and benefit information. Scammers sometimes try to scare people into giving out their personal information. Never give someone who called you any personal information unless you absolutely know who they are.

The law that addresses misleading Social Security and Medicare advertising prohibits people or non-government businesses from using words or emblems that mislead others. Their advertising can't claim that they represent, are somehow affiliated with, or are endorsed or approved by Social Security or the Centers for Medicare & Medicaid Services (Medicare).

People are often misled by advertisers who use the terms "Social Security" or "Medicare." Often, these companies offer Social Security services for a fee, even though Social Security offers the same services free of charge. These

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FINANCIAL FOCUS

Leaving your job? What happens to your 401(k)?

If you're in the early stages of your working life—or even in the not-so-early ones—the chances are pretty good that you will change jobs at some point. When that happens, you'll probably leave a few things behind—but will one of them be your 401(k)?

Of course, you wouldn't really forget about your 401(k). (It does happen, however—over the period from 2004 through 2013, more than 25 million



Derek Osborn

people left at least one 401(k) or similar plan behind when they left their job, according to the U.S. Government Accountability Office.) But you will have to do something with your account.

Essentially, you have four choices:

- You can cash out your 401(k). It's your money, but if you take it out before you reach 59 ½, you will owe federal income taxes, plus any applicable state and local taxes. Also, you will likely be charged a 10% penalty for early withdrawal. Perhaps even more important, if you liquidate your 401(k) when you change jobs, you'll be reducing the amount you'll have left for retirement.

- You can leave your 401(k) with

your old employer. If your former employer permits it, you can leave your 401(k) intact, even after you move to a different job. This might be appealing to you if you like the investment choices in your account, but you won't be able to make any new contributions. Plus, you won't face any immediate tax consequences.

- You can move the money to your new employer's 401(k). You can consolidate your old 401(k) with one offered by your new employer, if allowed. You won't take a tax hit, and you might like your new plan's investment options. And you may find it easier to manage your funds if they're all held in one place.

- You can roll your 401(k) into an IRA. You don't need the permission from any employer—old or new—to move your old 401(k) to an IRA. Your money will continue to grow on a tax-deferred basis, and an IRA offers you a virtually unlimited array of investment options—stocks, bonds, mutual funds and so on. You can make either a direct or indirect rollover. With a direct rollover, the administrator of your old 401(k) sends your money directly to the financial provider that holds your rollover IRA. No tax is withheld because you never actually take possession of the money. With an indirect rollover, you're technically withdrawing the money and moving it to the IRA provider yourself. (You've got 60 days to make this transfer.) You will face a withholding of 20% of your account's assets, but

you may be able to recover most of this amount when you file your tax return. Still, for the sake of ease of movement and avoidance of all tax issues, a direct rollover may be more advantageous.

Which of these options is right for you? There's no one "right" answer for everyone. You'll have to consider several factors, and you'll certainly want to consult your tax professional before making any decision. But in any case,

do whatever you can to preserve—and hopefully grow—your 401(k) assets. You'll need these resources to help fund the retirement lifestyle you want and deserve.

- 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

What would Medicare for All mean?

With all the campaign talk about Medicare for All, it may be worthwhile to review the existing Medicare program, which was enacted more than 50 years ago (July 30, 1965).

Medicare is the government's health care plan for those over age 65 and for



Jill
Schlesinger

those who are permanently disabled; in 2018, it covered 60 million people and cost \$583 billion in net spending. There are four different parts of the program: Part A (hospital services and skilled nursing), Part B (doctor visits/outpatient services/lab work/preventative services), Part C (Medicare Advantage Plans or private insurance alternatives to Original Medicare Plans) and Part D (prescription drugs).

The combination of an aging population and rising health care costs has put Medicare under significant financial pressure. The program is financed by a combination of general revenues (43 percent), payroll tax contributions (36 percent), beneficiary premiums (15 percent), and other sources, like taxation of Social Security benefits, payments from states, and interest (6 percent).

The portion of the financing that garners the most attention is FICA payroll deductions, because American workers feel that one directly. Every employee (and employer) pays a 6.2 percent tax on earnings up to a limit, which is currently \$132,900 to fund Social Security retirement benefits. On top of that, employees and employers pay a Medicare tax rate of 1.45 percent each, for a total of 2.9 percent—and there is no limit to the wages subject to the Medicare tax.

Employee wages paid in excess of \$200,000 (\$250,000 for married couples) are subject to an extra 0.9 percent Medicare tax; employers do not pay the extra tax.

While all of that sounds like a lot, it is not enough to pay future benefits. According to the 2019 annual report of the Social Security and Medicare programs, “Notwithstanding the assumption of a substantial slowdown of per capita health expenditure growth, the projections indicate that Medicare still faces a substantial financial shortfall that will need to be addressed with further legislation.”

This Trustee statement has been relatively consistent over the past two decades and has led to a number of potential solutions that often get lumped into one headline reform plan called Medicare for All.

That said, the various ideas are all over the map, ranging from the introduction of a single national, govern-

ment-run plan that would cover every American and eliminate private coverage; to an overhaul of Medicare that would allow those under age 65 to buy in to the plan, or continue to buy private insurance, if they chose to do so; to a new public plan option that would be offered to individuals through the ACA marketplace.

To compare the various proposals, The Kaiser Family Foundation (KFF) has grouped them into five general categories, which may be useful, especially considering KFF's recent poll about major features of the Medicare for All proposals.

The findings were not surprising, given the complexity of the topic: A majority “of Americans are unaware of the kind of dramatic changes that the plans would bring to the nation's health care system.” While 78 percent correctly

understand that the various Medicare for All proposals would increase taxes, 69 percent incorrectly believe that they would continue to pay deductibles and co-pays when they use health care services and 54 percent erroneously think that they would continue to pay health insurance premiums.

As you hear about health care reform, you may be inclined to tune out, but that would be a big mistake. There's a reason that the Trustees “recommend that lawmakers take action sooner rather than later,” because the clock is ticking on the ability of the country to manage this huge and important program.

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

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Your earnings record is both your financial history and your financial future

By Norm Franker

Social Security District Manager in Lawrence KS

Social Security is an earned benefit. Your earnings history is a record of your progress toward your benefits. Social Security keeps track of your earnings so we can pay you the benefits you've earned over your lifetime. This is why reviewing your Social Security earnings record is so important.

If an employer didn't properly report just one year of your work earnings to us, your future benefit payments from Social Security could be less than they

should be. Over the course of a lifetime, that could cost you tens of thousands of dollars in retirement or other benefits to which you are entitled. Sooner is definitely better when it comes to identifying and reporting problems with your earnings record. As time passes, you may no longer have easy access to past tax documents, and some employers may no longer exist or be able to provide past payroll information.

While it's the responsibility of your employers, both past and present, to provide accurate earnings information to Social Security so you get credit for the contributions you've made through

payroll taxes, you should still inform us of any errors or omissions you find. You're the only person who can look at your lifetime earnings record and verify that it's complete and correct.

The easiest and most efficient way to validate your earnings record is to visit www.socialsecurity.gov/myaccount to set up or sign in to your own my Social Security account. You should carefully review

each year of listed earnings and use your own records, such as W-2s and tax returns, to confirm them. Keep in mind that earnings from this year and last year may not be listed yet. Notify us right away if you spot errors by calling 1-800-772-1213.

You can find more detailed instructions on how to correct your Social Security earnings record at www.socialsecurity.gov/pubs/EN-05-10081.pdf.

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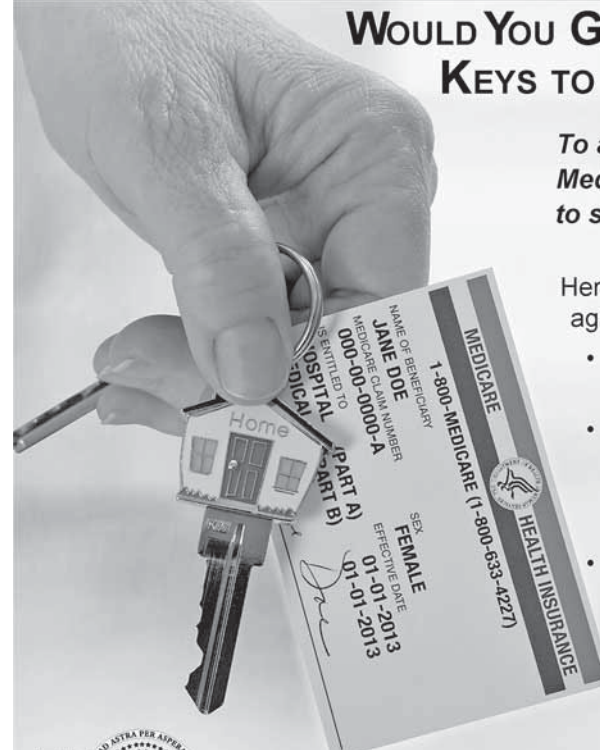
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MAYO CLINIC

Over-the-counter antihistamine a good first step in combating seasonal allergies

DEAR MAYO CLINIC: For years, my son, now 14, has had seasonal allergies, but he's never been formally tested. Every spring, he takes an over-the-counter antihistamine each morning, and his symptoms always have gone away for the most part. This spring, that's not the case. He's constantly complaining about itchy eyes and feeling stuffy. Should he try a different medication, or is it time to see his health care provider?

ANSWER: When antihistamines are not enough to control seasonal allergy symptoms, it is a good idea to see your primary care provider. He or she can do an evaluation and recommend other medications that may help. If symptoms persist, make an appointment for your son with a pediatric allergist.

Seasonal allergies, also called "hay fever" or "allergic rhinitis," flare up for many people in the spring when blooming trees release pollen—a common allergy trigger. Symptoms of seasonal allergies include a runny nose; nasal congestion; watery, itchy and red eyes; and sneezing. Using an over-the-counter antihistamine to combat seasonal allergy symptoms is a good first step. When that medication effectively controls symptoms, no further medical testing or evaluation is needed. The duration of seasonal allergy symptoms varies; it may be years or lifelong.

When an antihistamine does not adequately relieve seasonal allergy symptoms, there are other treatment options. For example, nonprescription nasal steroid sprays, such as Flonase, may reduce nasal inflammation and runny nose. But they do not work right away. It can take up to six weeks to receive the full benefit of such medications. If

your son is having a tough time managing his symptoms, he might not want to wait that long. His primary care provider may be able to offer alternatives that will offer relief more quickly.

A prescription medication called montelukast (Singulair) often can relieve nasal congestion, runny nose and sneezing. This drug works by blocking symptom-causing chemicals in the body known as leukotrienes. Typically, montelukast is used along with an antihistamine and a nasal steroid spray.

In addition to medication, there are some self-care steps you can take to reduce allergy symptoms. During spring and summer, use air-conditioning at home and in the car rather than leaving windows open. Do not hang laundry outdoors where pollen can stick to it.

Although it won't keep symptoms

from coming back, your son may receive temporary relief from nasal congestion by rinsing his nasal passages with sterile saline to flush out mucus and allergens from his nose. Squeeze bottles and neti pots designed for this purpose are available at most pharmacies.

If your son continues to struggle with symptoms despite using a combination of allergy medications, a consultation with a pediatric allergist would be in order. An allergist can conduct testing to pinpoint the specific allergens that are causing your son's symptoms.

Once the allergens have been identified, immunotherapy may be recommended if his symptoms do not improve with a combination of antihistamines, intranasal sprays and montelukast. Immunotherapy involves administering small amounts of allergen that triggers an immune response but not enough to cause an allergic reaction. Over time, the dose of allergens in the immunotherapy is increased, so the body gets used to the allergen exposure. This process is called "desensitization." The immune system builds up

tolerance to the allergens, and allergy symptoms begin to diminish. Allergy shots are continued once a month for several years.

Traditionally, shots have been used to deliver immunotherapy for allergies. But recently the U.S. Food and Drug Administration-approved sublingual tablets (different from sublingual drops) that can be taken orally have become available for allergen immunotherapy. The way they work is similar to allergy shots. But, unlike injections, they do not require an office visit for every dose. Patients usually take the first tablet at the allergist's office. After that, the tablets are taken at home. - Anupama Ravi, M.D., Pediatric Allergy and Immunology, Mayo Clinic, Rochester, Minn.

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

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HEALTH & WELLNESS

Natural bug repellents

As the hot summer comes to a close and cool fall weather begins, it is often a welcome sign that one can spend more time outside. But being outside can pose a problem due to all kinds of bugs. Besides having the nasty bites from ticks, chiggers, oak mites or mosquitoes, you are also increasing your chances of contract-

lents have strong medicinal plants in them to protect you or your family. For example, peppermint essential oil not only smells good, but it repels bugs naturally. Peppermint oil is also a great anti-inflammatory, good for the gastrointestinal system and joint pain, but is especially effective in repelling bugs, especially ants.

Tea tree oil is a very effective antiseptic, anti-inflammatory, antimicrobial or astringent, but it is also a natural way to prevent bug bites.

Lemon eucalyptus oil is a well-known natural repellent and has been used as an insect repellent for years. Eucalyptus oil has been added to mosquito repellent and has been proven to ward off mosquitoes for at least a couple of hours before needing to be reapplied.

Lavender is one of my favorite medical plants. It has been used for a number of medical ailments, including insomnia, menopausal symptoms, anxiety, and depression. Lavender oil has antiseptic, antifungal, and anti-inflammatory properties, which can help to heal minor burns and soothe irritated skin after being bit by a bug. Its fragrance can repel mosquitoes and other insects.

Citronella is an effective essential oil that works against mosquitoes.

When outside, it can be used as a main ingredient in many bug repellents. Citronella is also added to candles to ward away the unwanted critters.

Other essential oils to consider are thyme, neem, sage, cedarwood, rosemary, and cinnamon.

Even with the most effective mosquito repellent, you still can get a bug bite. When treating bug bites, you can apply tea tree oil, baking soda, or apple cider vinegar to the bite. Putting a

slice of onion or garlic on the bite can relieve the itching and act as an antibiotic to the site.

Experimenting with different ingredients to create a blended, all-natural bug repellent that's unique to you is an effective way to stay safe from bug bites and avoid harsh chemicals.

- 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

ing serious diseases such as Lyme or West Nile. While many of the over the counter bug repellents can offer protection, many of them have DEET—a chemical repellent. DEET maybe effective against some bugs. However, it is a strong chemical that you are exposing you or your family. DEET products have the potential to cause health and environmental problems. Natural bug repellents are great alternatives without the chemical exposure.

Natural bug repellents are non-toxic and can protect against a wide range of insects. Many of the bug repel-

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HEALTH & WELLNESS

Hand pain: Is it carpal tunnel syndrome?

By Maria Perdikis, OTR/L

People who have pain and/or tingling in their hand often assume they have carpal tunnel syndrome. However, there are other reasons you may have hand pain, including, for instance, arthritis and weakness. Carpal tunnel syndrome is a common condition in which undue pressure is placed upon a specific nerve, the median nerve, which runs through the

syndrome, including fractures of the wrist, arthritis, rheumatoid arthritis, and pregnancy.

Signs & Symptoms of the Syndrome

The following are eight possible signs of carpal tunnel syndrome:

- Numbness and tingling affecting primarily the palm side of the thumb, index finger, middle finger and the half of the ring finger.
- Painful burning or shooting pains along the hand, wrist or forearm.
- Cramping of the muscles of the fingers, palm, wrist and forearm
- Decreased grip strength and tendency to drop objects from hand.
- Sleep disturbances usually due to positioning of the wrists in bent positions. The accumulation of fluids in the hands and wrists may also occur while sleeping. These fluids do not drain properly while laying down and place extra pressure on the median nerve
- Muscle wasting, also called atrophy, which is first noted along the muscles under the thumb. This also occurs during the later stages due to continuous pressure on the nerve.
- Morning stiffness of the finger and hands.
- Difficulty accurately detecting hot and cold using the fingers and hand.

Take Action: Reduce Stress on Your Hands

carpal tunnel in the wrist. The carpal tunnel is made of eight wrist bones, nine tendons that run through the tunnel to our fingers, and the median nerve. Swelling and/or inflammation in this small tunnel can place pressure on the median nerve and cause the pain and tingling of carpal tunnel syndrome.

Repeated Movement: Inflammation

People who engage in repetitive activities with their hands, such as computer keyboarding or working on an assembly line, for prolonged periods of time are at greater risk for developing inflammation of the carpal tunnel. However, there are other factors that place people at greater risk for the development of carpal tunnel

There are ways to reduce the stress on your hands and wrists to decrease the risk of developing carpal tunnel syndrome. These may also assist with relieving the symptoms of the condition.

- Maintain the wrist in a neutral or straight position while at rest and during activity like computer use.
- Avoid leaning on the heel of the hand. This posture can overstretch the nerve in the carpal tunnel.
- Learn to take breaks every 10 to 15 minutes during repetitive or stressful activity using the hands.
- Use ergonomic tools such as ergonomic keyboards or ergonomic gardening tools.
- Switch hands during repetitive activities.
- Wear wrist splints while sleeping to assist with maintaining the wrist in a neutral position.
- Avoid repetitive gripping and pinching. For example: avoid wringing out washcloths with your hands.
- Reduce force during activity and relax your grip. Do not force open jars with your hands, use a jar opener tool.
- Sit or stand with good posture.

Steps to Get Help

If you feel that you may have carpal tunnel syndrome or are experiencing some of the above symptoms, consult your primary care physician. He or she may diagnose the condition based upon a combination of your medical history, the history of your symptoms and activities and a physical examination. In certain cases, your physician may have you see a specialist, usually a neurologist who is a physician dealing with disorders of the nervous system. The neurologist may complete a nerve conduction study to rule out or confirm a diagnosis of carpal tunnel syndrome. These nerve tests can help the doctor determine whether your carpal tunnel syndrome is mild, moderate or severe. In many cases, the doctor will refer you to an occupational therapist for evaluation and treatment to reduce the inflammation, increase your strength, improve your range of movement and restore you to full use of your hand.

- Maria Perdikis, OTR/L, is an occupational therapist at Lawrence Memorial Hospital.





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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

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MONDAYS

EAGLES #2700

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS

LEXINGTON PARK

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

LEGIONACRES

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

FIRST & THIRD SATURDAY OF THE MONTH

VETERANS OF FOREIGN WARS

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 LUNCHES

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

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

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

SEP 2

MEDICARE MONDAYS

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

SEP 3

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

SEP 4, OCT 3, NOV 14, DEC 5

FT. LEAVENWORTH SERIES

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

SEP 5

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records as you research your family tree. Register at www.tscpl.org/register. Shawnee North Community

Center, 300 NE 43rd St., 10-11:30 a.m. TOPEKA, 785-580-4400

SEP 9

GOOGLE IT!

Learn to use the most-visited site on the web. Search for information and images. See your house with Google Maps. Learn about even more Google apps and features. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m. TOPEKA, 785-580-4400

SEP 9-OCT 28

BILLY WILDER FILM CLASS

Explore the filmography of this brilliant filmmaker in our ongoing film study class. Comedy, romance, drama and more ... and always with an unforgettable edge. Designed like a book club but for classic film. Together we will discuss this icon through his films. Kellee Pratt, cinephile, classic film blogger and Ambassador to the Turner Classic Movies (TCM) Festival, facilitates the discussions. Lawrence Parks & Recreation. Class Code: 427449. Fee. Mondays, September 9-October 28, Pioneer Ridge Theater, 4851 Harvard Road, 6:30-8:30 p.m. LAWRENCE, 785-832-7920
lawrenceks.org/lprd/webenroll

SEP 9

COMPUTERIZED GENEALOGY

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

SEP 10

MONEY MATTERS: SOCIAL SECURITY WILL NOT BE ENOUGH

Learn about budgeting, getting rid of debt and saving for retirement to maintain the same standard of living you have while working. Presented by Housing and Credit Counseling, Inc. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 6:30-7:30 p.m.

TOPEKA, 785-580-4400

SEP 10

HEALTHY LIVING SERIES

Topic: Managing Incontinence. Dr. Heeb, Dr. Klingler, Kathy Ramirez, NP & Jamie Rogers, PT. Each month LMH Health brings you a healthy three-course supper and health seminar. Reservations required. \$5.50 for the meal. Supper: 5 p.m., Seminar: 6 p.m. LAWRENCE, 785-505-5800, lmh.org

SEP 10, 17, 24

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

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SEP 11

ALZHEIMER'S ASSOCIATION REMOTE LEARNING

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

SEP 11

IN CONVERSATION WITH KEVIN WILLMOTT

Kansas native and Academy Award-winner Kevin Willmott is both a renowned filmmaker and a local legend. Willmott will discuss his career as a director, screenwriter, producer, activist and KU professor. Dole Institute of Politics, 2350 Petefish Dr., 7 p.m. Free and open to the public.

LAWRENCE, doleinstitute.org

SEP 12

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

SEP 12

RETIREMENT & MEDICARE

Learn about Medicare from Senior Health Insurance Counseling for Kansas. They will answer questions, give unbiased counsel and help you determine how Medicare will best work for you. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 6:30-8:30 p.m. TOPEKA, 785-580-4400

SEP 14

CREATING ORAL HISTORIES

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

SEP 17

PROSPECTS FOR PEACE IN AFGHANISTAN

With Afghani diplomat Ali Ahmad Jalali. Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free and open to the public. LAWRENCE, doleinstitute.org

SEP 19

KANSAS IN THE U.S. SUPREME COURT

2019 Constitution Day program. The U.S. Supreme Court has granted review to three cases involving the state of Kansas in 2019. Join a panel of legal experts to explore the constitutional issues raised in each case. Dole Institute of Politics, 2350 Petefish Dr., 7 p.m. Free and open to the public. LAWRENCE, doleinstitute.org

SEP 22-OCT 13

FALL BOCCE LEAGUE

Bocce ball is so fun that it has been banned by both kings and the church for being a distraction. This relaxed but strategic game that can be easily learned and will be a pleasant way to spend an autumn afternoon. Each Sunday players will be matched with an opponent to play a two game match. Class Code: 327281 Fee. Holcom Park, 2700 W. 27th St. LAWRENCE

SEP 23

PUTTING YOUR ESTATE DUCKS IN A ROW

Get an easy-to-understand and practical discussion of estate planning choices from A-Z from Nancy Goodall, Certified Trust and Financial Advisor. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m. TOPEKA, 785-580-4400

SEP 24

VOTES FOR WOMEN: EXPLORING THE 19TH AMENDMENT

One hundred years have not yet passed since the ratification of the 19th Amendment, which granted many—but not all—U.S. women the right to vote. A panel of professors examines the women's suffrage movement and the legacy and limitations of this transformative amendment. Dole Institute of Politics, 2350 Petefish Dr., 7 p.m. Free and open to the public. LAWRENCE, doleinstitute.org

SEP 25

MAYOR DE LA ISLA SHARES HER STORY

Hear Mayor Michelle de la Isla share her story and the journey that led her to become mayor of Topeka. She will discuss her background in advocacy, financial literacy, time in the business world and passion to help people find their purpose and passions in life. Marvin Auditorium, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 6-8 p.m. TOPEKA, 785-580-4400

SEP 25-OCT 30

BASIC MINDFULNESS

Mindfulness is a set of skills that anyone can learn with daily practice. It has been shown in numerous studies that it can lead to lower stress, better health and greater overall happiness. This class will teach the basic elements of mindfulness practice. Instructor: Dr. Jeff Nichols. Class Code:427271. Fee. Wednesdays, Carnegie Building, 200 W. 9th St. LAWRENCE

SEP 25-OCT 30

STEPPING ON: A FALL PREVENTION COURSE

Stepping On is a research-based, scientifically proven program that offers older adults a way of reducing falls by focusing on several key issues, including fall risks, strength and balance exercises, medication review, vision, home safety, safe footwear, and what to do and how to cope after a fall. Participants are expected to attend all six weekly classes and must be willing to spend part of each class participating in exercises. Appropriate candidates for this class are those over age 60, have had a recent fall or

have a fear of falling, able to actively participate in class discussions and able to move independently on their own without the assistance of a cane or walker. This class will be held at the Lawrence Public Library, lower level meeting room. \$35. Class size is limited so enroll early. Wednesdays, 9:30-11:30 a.m. LAWRENCE, 785-505-5800, lhm.org/events

SEP 26

AARP DRIVER SAFETY

Senior Resource Center for Douglas County, 2920 Haskell Ave., 8:30 a.m.-12:30 p.m. Fee. Russ Hutchins, Instructor. Class requires reservation. LAWRENCE, 785-727-7875

SEP 26

BREAKING DOWN BRICK WALLS

Members of the Topeka Genealogical Society will share breakthroughs they have experienced in their family history research. They'll provide tips to help you break through your brick walls. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 7-8:30 p.m. TOPEKA, 785-580-4400

SEP 28

PHYSICAL AND DIGITAL TRAVEL FOR GENEALOGY RESEARCH

Learn how to use a wide range of resources to plan your physical trips and travel digitally from your home. Alisa is a master trip planner, so we get the most out of our travel dollars. However, we do more digital travel via YouTube and Google than by physical trips, and you can too! We will share our techniques and tips, based on our own experiences in the U.S. and abroad. This will be a fun, informative class! Contact the Watkins Museum for Class Registration: web site <http://www.watkinsmuseum.org/> or call 785-841-4109. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-12 p.m. Fee. LAWRENCE

SEP 30

CARFIT FOR THE OLDER DRIVER

This educational program offers older adults the opportunity to check how well their personal vehicles "fit" them for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete. Library parking lot, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-4 p.m. TOPEKA, 785-580-4400

OCT 1

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 7

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, lawrencession.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 10

BOZ SCAGGS: OUT OF THE BLUES TOUR 2019

It's appropriate that Boz Scaggs' recent album is called *Out of the Blues*, since the blues is what first sparked his five-decade musical career. Throughout the years, Scaggs has continued to mine a personalized mix of rock, blues and R&B influences, along with a signature style of ballads on such influential '70s albums as *Moments*, *Boz Scaggs & Band, My Time*, *Slow Dancer* and *1976's Silk Degrees*. The latter release spawned three top-40 hit singles: "It's Over," "Lido Shuffle" and the Grammy-winning "Lowdown." Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787

SEP 13

STORY SLAM: JOURNEY/DESTINATION

Stories told live, MOTH-style, September to May (except December). Never the same story,

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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

SEP 13 SHANE

A weary gunfighter attempts to settle down with a homestead family, but a smoldering settler/rancher conflict forces him to act. 1953|color|118 m. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 2-5 p.m.
 TOPEKA, 785-580-4400

SEP 17 BUDDY GUY

He is renowned for his raw, blistering vocals and electrifying guitar playing. He has been cited as an influence on other guitar giants, such as Eric Clapton, Jimi Hendrix and Stevie Ray Vaughan. Guy's legendary career spans over 50 years and is decorated with a plethora of awards and accolades, including eight Grammy Awards and a Grammy Lifetime Achievement Award. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787
 lied.ku.edu/calendar

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 penniless 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)
 https://wp.theatrelawrence.com/events/2019-20-season

SEP 21 THE BAND THAT FELL TO EARTH KC: A TRIBUTE TO DAVID BOWIE

Powered by up to 13 of Kansas City's most prominent rock, blues, jazz, and folk musicians, the band will perform two sets chronicling David Bowie's famed career, and feature Lawrence-based guest vocalists. Lawrence Arts Center, 940 New Hampshire St., 7:30 p.m. Fee.

LAWRENCE, 785-843-2787
 lawrenceartscenter.org/event

EXHIBITS & SHOWS

AUG 9-SEP 14 BACK TO THE GARDEN: PHOTOGRAPHS OF THE 1969 WOODSTOCK FESTIVAL

Fifty years after Woodstock, the festival is particularly interesting as a celebration and an

embodiment of what people dreamed the sixties could be. At the end of a tumultuous decade, art and culture were redemptive spaces. Marking the 50th anniversary of Woodstock, this exhibition focuses on the audience, and their experience. The aim of this exhibition is to give the viewer a sense of Woodstock as a totally unique event born of a pivotal time. Back to the Garden examines Woodstock with an emphasis on the perspective of its attendees. Lawrence Arts Center, 940 New Hampshire St. Free admission.

LAWRENCE, 785-843-2787
 lawrenceartscenter.org

SEP 8 WHEELS AND DREAMS CAR, TRUCK & BIKE SHOW

300+ antique cars and hot rods plus thousands of spectators descend on Shawnee. Shawnee Town 1929, 11501 W. 57th St., 1-4 p.m. Free.

SHAWNEE, 913-248-2360
 visitshawneeks.com/event/wheels-dreams-car-show-2019

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

SEP 21 COREFIRST BANK & TRUST JAZZ & FOOD TRUCK FESTIVAL

CoreFirst Bank & Trust presents the Rock & Food Trucks Concert! Gather in the area of 9th and Kansas from 3:30-9:30 p.m.

TOPEKA, 785-234-9336

SEP 28 OKTOBERFEST

Polka music and dancing, food, beer, contests, prizes, wiener dog races and family fun. Fairlawn Plaza, 2114 SW Chelsea Dr. Free admission.

TOPEKA, 785-221-0045

SEP 28 & 29 CIDER DAYS FALL FESTIVAL

The Cider Days Fall Festival has a 36-year tradition as Topeka's Premier Fall Celebration. Over the years, it has also grown into North-east Kansas' largest arts and crafts show. The two-day event draws thousands of visitor every year who come for its over 250 crafts exhibits,

pioneer demonstrations, unique food, live entertainment, kids rides, and animal attractions. Kansas Expocentre, One Expocentre Dr. Sep. 28, 10 a.m.-6 p.m., Sep. 29, 10 a.m.-4 p.m. Fee.

TOPEKA, topekaciderdays.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

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 BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick, easy heel screening can indicate if further testing for this potentially debilitating disease is needed. Education provided. Appointment required. \$15/person. Please call LMH Community Education (Aynsley Anderson) at (785) 505-3066 or Connect Care (785) 505-5800 to arrange an appointment.

LAWRENCE

ONGOING PERSONAL TRAINING

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

LAWRENCE, 785-832-7920

ONGOING HEALTHY STEPS MALL WALKING

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

TOPEKA

ONGOING FREE MEMORY SCREENING CLINIC

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

TOPEKA, 785-368-0744

ONGOING WELLNESS COACHING

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

LAWRENCE

ONGOING FIT FOR LIFE

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

LAWRENCE, 785-505-2712

ONGOING ZUMBA GOLD

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity

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pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Choose from three class different class schedules to meet your needs. For more information or to enroll, call the Community Building or search activity 127102 at www.lprd.org.

LAWRENCE, 785-832-7920

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

JAZZERCISE LITE

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

LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

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

TOPEKA, 785-354-5225

TUESDAYS AND THURSDAYS

FLEXERCISE

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

VACCINE CLINICS

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

TOPEKA, 785-354-6787

WEDNESDAYS

OPEN BOCCÉ BALL

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

LAWRENCE

WEDNESDAYS

FREE NUTRITION CLINIC

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

TOPEKA, 785-354-6787

WEDNESDAYS

FREE MEDICATION CLINIC

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

TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

Dr. Matthew J. Brown of Kaw Valley Hearing is

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

LAWRENCE, (785)748-8034

THURSDAYS

WELLNESS CLINIC

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

TOPEKA, 785-273-4545

FRIDAYS

BLOOD PRESSURE CHECKS

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

LAWRENCE, 785-841-6845

SECOND THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

SEP 4

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

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

LAWRENCE, 785-505-3066, lmh.org

SEP 21

LMH ANNUAL HEALTH FAIR

Free health screenings provided by local physicians and practitioners with health and wellness information exhibits and comprehensive blood work for a nominal fee. No advance registration needed or taken for the free health screenings. LMH Lower Level Meeting Rooms, 7:30-10 a.m.

LAWRENCE, 785-505-6179, lmh.org

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. LMH Main Campus, 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

■ CONTINUED FROM PAGE 23

from 6-9 p.m. at the East Lawrence Rec Center located at 1245 East 15th Street. Dances are open to everyone. Admission is \$10 per person. LAWRENCE, 785-842-8034

MONDAYS

BREAST CANCER SUPPORT GROUP

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

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

LAWRENCE, 785-838-7885
OrthoKansasPA.com

FIRST MONDAY OF THE MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

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

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

FIRST & THIRD MONDAY OF THE MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

GRIEF SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

SPOUSE/PARTNER LOSS

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

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY

MEN'S COFFEE

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

TUESDAYS

BREW HA HA!

A coffee group for anyone desiring some fun and coffee at the The Midland Care Center for Hope and Healing. The Midland Care Center for Hope and Healing, 1112 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 SW 6th St., 5:30-6:30 p.m.
TOPEKA, 785-430-2194

TUESDAYS

INTERGENERATIONAL CHOIR

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

LAWRENCE

FIRST TUESDAY OF THE MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

LAWRENCE, 785-830-8130

FIRST TUESDAY OF THE MONTH

MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE

Meets at Lawrence Memorial Hospital, 5:30 p.m.

LAWRENCE, 785-393-1256

FIRST TUESDAY OF THE MONTH

TOPEKA AREA OSTOMY SUPPORT GROUP

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

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

FIRST & THIRD TUESDAY OF THE MONTH

HEALING AFTER LOSS BY SUICIDE (HEALS)

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

WEDNESDAYS

GRIEF SUPPORT GROUP

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

FIRST THURSDAY OF THE MONTH

MAN TO MAN PROSTATE CANCER

SUPPORT GROUP - TOPEKA

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

FIRST THURSDAY OF THE MONTH

LAWRENCE AREA PARTNERS IN AGING

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

FIRST FRIDAY OF THE MONTH

STROKE SUPPORT GROUP

Meet other stroke survivors, their families, and hear guest speakers discuss topics related to recovery. Please contact Randy Williams or Lisa Rundell for more information. Kansas Rehabilitation Hospital, 1504 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 Lawrence Memorial Hospital Cardiac Rehab. Typically meets on the second Monday of the month in Room A on the lower level of LMH from 4:30-5:30 p.m. For more information, call 785-505-2850.
LAWRENCE

SECOND & FOURTH MONDAY OF THE MONTH

CHRONIC PAIN SUPPORT GROUP

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

SECOND TUESDAY OF THE MONTH

LAWRENCE ACTION CIVITAN CLUB

Civitans have been helping people since the

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

SECOND WEDNESDAY OF THE MONTH

DIABETES EDUCATION GROUP

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

SECOND THURSDAY OF THE MONTH

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

SECOND THURSDAY OF THE MONTH

NAACP MEETING-LAWRENCE CHAPTER

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

SECOND SATURDAY OF THE MONTH

HAPPY TIME SQUARES SQUARE DANCE CLUB

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

THIRD TUESDAY OF THE MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF THE MONTH

GRANDPARENT AND CAREGIVER SUPPORT GROUP

Strengthening family relationships and improv-

■ CONTINUED FROM PAGE 24

ing positive parenting skills. Meets from 6:30-8 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.

TOPEKA, 785-286-2329 or 785-231-0763

THIRD TUESDAY OF THE MONTH STROKE SUPPORT GROUP

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

LAWRENCE, 785-505-2712

THIRD WEDNESDAY OF THE MONTH BETTER BREATHERS CLUB

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

TOPEKA, 785-273-3560

THIRD WEDNESDAY OF THE MONTH CANCER SUPPORT GROUP

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

LAWRENCE

THIRD WEDNESDAY OF THE MONTH NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

A program begins at noon, followed by lunch and a short business meeting. First time lunch is free. NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.

LAWRENCE, 785-843-7481

THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

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

THIRD SATURDAY OF THE MONTH JAYHAWK MODEL MASTERS

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

LAWRENCE, 785-312-4840

jayhawkmodelmasters.com

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

TOPEKA, 785-235-1367, EXT. 130

FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

TOPEKA, 785-233-5762

tgstopeka.org

FOURTH THURSDAY OF THE MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

TOPEKA

FOURTH FRIDAY OF THE MONTH NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on

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

TOPEKA

LAST WEDNESDAY OF THE MONTH WARM UP WEDNESDAYS GROUP

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

TOPEKA, 785-430-2194

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

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

LAWRENCE

THURSDAYS

SCRABBLE CLUB - OPEN PLAY

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

LAWRENCE

SEP 23

FALL EQUINOX CELEBRATION

Join us for music, storytelling and chili to celebrate the beginning of the beautiful fall season! Tall Oaks Camp and Conference Center, 12778 189th St., 5-8 p.m. Please RSVP: Director@talloaks.org with the number in your party.

Donations are welcome.

LINWOOD, 913-301-3004

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.

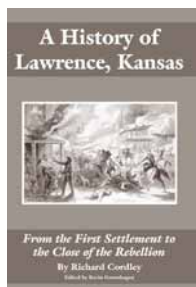
LAWRENCE, 785-550-9718

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Using DNA to knock down a brick wall

By Kevin Groenhagen

While on leave in 1985 while serving in the Marines, my father and I visited a cemetery in Forreston, Ill., to see if we could find Harm Tammen Groenhagen. We had never heard of Harm Tammen Groenhagen before a cousin told my father about him, even though lived in the same county. We found his tombstone and learned he was born in 1810 and died in 1864, which was six years before my second great-grandfather, Harm Siebelts Groenhagen (1850-1939) arrived in the United States. We knew they weren't father and son and we also knew Harm Tammen Groenhagen wasn't Harm Siebelts Groenhagen's uncle.

We later learned Harm Tammen Groenhagen came from Cirkwehrum, Ostfriesland, Germany. Harm Siebelts Groenhagen came from Manslagt,

which was just a few miles from Cirkwehrum. It seemed to us that they had to be related.

Over the next several years, I went to college and started a job in Lawrence, Kan., so I had little time available to spend on genealogy. However, my father and I learned Harm Tammen Groenhagen had four daughters, but no sons. One daughter, Ida Groenhagen, married Casper Hassebroek and the couple moved to Riley, Kan., with their children in 1870. They initially farmed and then opened a general store

there. We also learned that Ida and Casper's granddaughter, Alberta Otto, was still living in the Hassebroek home in Riley. I visited her on August 21, 1993, just eight days before her 97th birthday (she died in 1998). We had a nice visit, but were unable to determine if we were related. She did, however, call me "cousin" when I left to return to Lawrence.

Over the next 25 years, I would occasionally study the two Groenhagen branches and try to make a connection. I eventually learned that my earliest known ances-

tor, Geert Garrels (the name Groenhagen wasn't adopted until around 1811), lived just north of Emden, Germany, around 1700. I also learned that the earliest known ancestor of the other Groenhagen branch was Garrelt Nonnen, who was born before 1700. He also lived in the Emden area. Geert Garrels and Garrelt Nonnen may have had a common ancestor, but I was unable to find any records to show this.

Last year, I had my DNA tested through AncestryDNA. I then uploaded my raw DNA data from AncestryDNA to MyHeritage. After do this, I did a search for the surname Groenhagen. I received one match; a woman named Ida Helene Kowalski in Germany. According to her family tree, she is a descendant of Gerd Berends Groenhagen, Harm Tammen Groenhagen's brother.

MyHeritage also offers a chromo-



Alberta Otto (1993)

■ CONTINUED ON PAGE 29

BARK IRIS GENEALOGY



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

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

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

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

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

Brick wall

■ CONTINUED FROM PAGE 28

some browser, which is tool that allows you to see the unique DNA segments, or sequences of DNA on chromosomes, shared between you and either one genetic match or a set of genetic matches. The very first person who showed up as a “triangulated match” was Betty M. Ida, Betty, and I all share a DNA segment on chromosome 7. This was exciting for me since I have known Betty since the late 1990s. She is Harm Tammen Groenhagen’s second great-granddaughter. In addition to Betty, MyHeritage showed that Patricia G. and Lynn F. (Harm Tammen Groenhagen’s third great-granddaughters), share the same DNA segment on chromosome 7. Patricia G. is Alberta Otto’s granddaughter, so it appears Alberta was right when she called me “cousin.”

However, I saw Nhyla Y. of Minnesota also shares the same DNA segment on chromosome 7. She noted her maiden name is Doeden. She is a

descendant of Klaas Jürgens Doeden, who was born in Manslagt in 1840. Interestingly, my second great-grandmother’s name was Grace Doeden.

I have also had my DNA tested through 23andMe. Like MyHeritage, 23andMe allows users to download DNA segment information. I downloaded this information from MyHeritage and 23andMe (as well as FamilyTreeDNA) and put it all into a single spreadsheet that is sorted by chromosome number first and then the segment starting point. I found that Kiaya K., who tested through 23andMe, shares the same DNA segment on chromosome 7 as my matches on MyHeritage. I contacted her and found that her maternal grandmother was a Doeden. In fact, she is also a descendant of Klaas Jürgens Doeden and lives in Minnesota.

With the name Doeden being a common factor with three of my DNA matches, I decided I needed to take a closer look at Harm Tammen Groenhagen’s mother, Reenste Harms (1781-1821). According to records on Ancestry.com, her father was Geerd

Harms. That name also appears in my family tree. My fourth great-grandfather was Geerd Harms (1750-1810). His son, Hinderk Doeden, was Grace Doeden’s father. Since records show different mothers, I believe Reenste Harms and Hinderk Doeden were half-siblings. (I also believe Reenste Harms’ name should have been transcribed as Reenste Geerds, but that’s another story.)

It took 34 years, but DNA proves Harm Tammen Groenhagen and I are related (we’re likely first cousins 4x removed), albeit through the Doeden family and not the Groenhagen family. I’m still haven’t found a common Groenhagen ancestor to connect the two Groenhagen branches. Nevertheless, this is just one example of how DNA can be used to knock down a brick wall.



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RICK STEVES' EUROPE

Scotland's Orkney Islands: Remote rewards far from the madding crowd

By Rick Steves

Tribune Content Agency

On a recent trip to Great Britain, I decided at the last minute to snip two days off from my time in London and go somewhere I've never been before: the Orkney Islands. Perched just an hour's ferry ride north of the Scottish mainland, these islands are remote, historic, and—for the right traveler—well worth the effort.

Orkney has two draws unmatched elsewhere in Scotland: some of the finest prehistoric sites in northern Europe, and a harbor with fascinating remnants of both World Wars.

I flew into a tiny slingshot of an airport in the only sizable town, Kirkwall. My first evening, I wandered down to the town's cathedral and happened upon a stirring band of pipers and drummers. I watched as little local kids splashed in a cultural puddle cre-

ated by the band, the wail of the pipes, the towering stony church, and adoring townsfolk...and I could almost see them absorbing into their DNA what it means to be "Orkadian" (as locals are called).

With no real tradition for clans or tartans, Orkney feels not "Highlander" or even "Scottish," but uniquely Orkadian. Though Orkney was inhabited by Picts from the sixth century BC, during most of its formative history—from 875 until 1468—it was a prized trading hub of the Norwegian realm, giving it a feel more Scandinavian than Celtic.

The next day I traveled to the west coast, where I explored the Neolithic village of Skara Brae—and as the wind blew across the bluff, I understood why those early locals lived like moles in underground stone settlements. Orkney is blanketed with the remains of Neolithic communities where subterranean homes were connected by tunnels and



CAMERON HEWITT, RICK STEVES' EUROPE.

Ancient ruins on Scotland's Orkney Islands include these 5,000-year-old homes at Skara Brae.

lit only by whale-oil lamps. Standing there on that desolate bluff, all alone with these ruins, I marveled at how all of this was accomplished without the use of metal tools.

Because sandstone is a natural insulator, these spaces—while cramped and dank—would have been warm and cozy during battering storms. A

primitive sewer system, flushed by a rerouted stream, ran beneath the homes, functioning not too differently from modern sewers. The Neolithic people even created an ingenious system of giant stone slabs on pivots,

■ CONTINUED ON PAGE 31



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Rick Steves

■ CONTINUED FROM PAGE 30

allowing them to be opened and closed like modern doors.

A short drive away is Maeshowe—the finest chambered tomb north of the Alps, built around 3500 BC. From the outside, it looks like yet another big mound. But inside, the burial chamber is remarkably intact. Crouching down to squeeze through the entry passage, I kept thinking, “For 5,000 years, people have lowered their heads to enter this sacred space.” At the winter solstice, the setting sun shines through the entry tunnel, illuminating the entrance to the main cell. How prehistoric people managed to build this still puzzles present-day engineers.

Orkney’s arc of scattered islands forms one of the world’s largest natural harbors, called Scapa Flow, which was used by Britain’s Royal Navy during wartime. During World War I, dozens of old ships and fishing vessels were intentionally sunk to block the gaps between the islets that define Scapa Flow. You can still see many of these “block ships” breaking the surface today.

At the end of World War I, a fleet of 74 captured German ships was anchored here. Exactly 100 years ago—just before the Treaty of Versailles was formally enacted—the British admiral took most of his ships out on a “victory lap” patrol. Once they were gone, the German commander ordered his men to scuttle the entire fleet, rather than turn it over. The interned ships had not actually surrendered, so there were no British soldiers on board. When the British returned, 52 German ships littered the bottom of the bay. While most of the ships were later salvaged for scrap, to this day, German crockery washes up on Orkney beaches after a storm.

Perched on a little rise above this harbor is Orkney’s most fascinating WWII site: the Italian Chapel. Italian POWs imprisoned here were allowed to create a Catholic chapel to remind them of their homeland. While the front view is a pretty Neo-Baroque facade, if you circle around you’ll see that the

core of the structure is two prefab huts (similar to Quonset huts). Inside, you can see the remarkable craftsmanship of the artists who decorated the church.

Even on a short visit, Orkney can be alluring for travelers seeking a contrast to the rest of Scotland. The islands’ claims to fame—astonishing prehistoric sites, Old Norse heritage, and recent history as a WWI and WWII naval base—combine to spur travelers’ imaginations. When all else is equal, it’s always fun to try something entirely new. I’ve been exploring Europe all my life...and as my visit here proves, there are endless amazing places yet to uncover.

- 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

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Cool off with homemade ice cream that captures the essence of summer fruit

Just as summer's days begin to feel the hottest, we can enjoy peaches at their best: sweet, incredibly juicy and unbelievably refreshing. They've been around, of course, all season. But the late-summer harvest, ripened under the warm sun, always provides the best specimens of all: more intense,



Wolfgang
Puck

even a bit spicy-sweet, and so plump that when you eat one whole you can't keep its juices from dripping down your chin.

Even better, peaches seem especially abundant right now. But what can you do with them all besides just eating them by hand?

My team of chefs and I like to add peaches to fruit salads, of course. We chop them up with a little sweet onion, hot fresh chili peppers and cilantro for a fresh salsa or chutney to complement grilled poultry, seafood or meat. We'll can jars of peach jam, preserving the fruit to enjoy for months to come. Also on the menu: peach shortcake, pies and tarts. It's possible we'll even halve, pit and dry peaches to store for use chopped up in granola mixtures baked into holiday fruitcakes.

When you get down to the basics, however, for those late-summer days when the heat and humidity are at the most oppressive, there is one peach recipe that seems ideal: ice cream. Of course, it makes perfect sense to combine an iconic fruit of the season with its most iconic dessert. That's why I'm happy to share one of my favorite versions of such a recipe, dating back to Spago restaurant's early days, for peach compote ice cream.

This recipe offers a textbook lesson in how to distill the very essence of

peaches and then infuse it into a frozen dessert. It begins by making a compote of fresh peaches, subtly seasoned with cinnamon and a little lemon juice to heighten its flavor and then enhanced with sugar to help the fruit's natural sweetness shine through at freezer temperatures.

The compote is then combined with a classic ice cream base made with milk, cream, egg yolks, sugar and vanilla bean. Finally, the mixture is sieved to extract every last drop of peach flavor while ensuring that you don't wind up with hard chunks of frozen fruit.

The result is an ice cream that seems to capture the very essence of late summer. Fresh fruit, especially raspberries and sliced fresh peaches, make a perfect complement to each serving; unless, of course, you can't resist scooping the ice cream into cones!

PEACH COMPOTE ICE CREAM

Makes about 2 quarts (2 L)

PEACH COMPOTE:

3 pounds (1.5 kg) ripe peaches (about 8 large peaches), pitted and cut into thin slices

1 3/4 cups (435 mL) granulated sugar

1 whole cinnamon stick

1/4 cup (60 mL) freshly squeezed lemon juice

ICE CREAM BASE:

2 cups (500 mL) whole milk

2 cups (500 mL) heavy cream

1 vanilla bean pod, cut in half lengthwise, seeds scraped out and reserved along with the bean halves

8 large egg yolks

1/2 cup (125 mL) granulated sugar

FOR SERVING:

Sliced fresh peaches

Fresh raspberries (optional)

For the peach compote: In a large saucepan, combine the peaches, sugar, cinnamon stick and lemon juice. Cook over medium heat, stirring occasion-

ally, until the peaches are very soft and the mixture starts to thicken, about 30 minutes. During the last 10 minutes, adjust the heat, stir more frequently, and watch carefully to prevent scorching.

While the peaches are cooking, make the ice cream base. In a clean large saucepan, combine the milk, cream and vanilla bean halves and seeds. Bring to a boil over medium-high heat. Remove the vanilla bean halves.

Meanwhile, in a large mixing bowl, whisk the egg yolks until smooth. Gradually whisk in the sugar until thoroughly combined. Whisking continuously, slowly pour in half of the hot cream mixture. Then, while stirring the remaining cream mixture in the saucepan over low heat using a wooden spoon, slowly pour in the egg yolk mixture. Continue stirring continuously over low heat for several minutes, cooking just until the mixture is thick enough to coat the back of the spoon evenly. Do not overcook.

Add the peach compote to the base, removing the cinnamon stick, and stir thoroughly. Set aside to steep for 10 minutes. Then, place a sturdy wire-meshed strainer over a large mixing bowl and pour the mixture through the strainer, pressing down firmly on the

solids in the strainer to extract as much flavor as possible. Set the bowl inside a larger bowl half-filled with ice cubes and cold water, and stir the mixture occasionally until well chilled.

Freeze the strained mixture in an ice cream maker, following the manufacturer's directions. Serve immediately, or transfer to a freezer container and store in the freezer. If the ice cream has frozen solid, transfer the container to the refrigerator for about 30 minutes before scooping and serving.

Scoop the ice cream into individual chilled bowls, and garnish with sliced fresh peaches along with raspberries if you wish.

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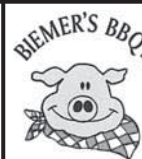


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Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.

HUMOR

One more for the money

Years ago I introduced a character named Blair Trimert. Here's the description I gave for Blair back then:

Blair Trimert was tall. His big ears, long face and loopy smile were acts of nature. Nature, perhaps to compensate, also provided Blair with superior intelligence and quick wits. Blair inherited a pile of money because of



Larry
Day

maternal nature. Blair's mom yearned for a child, but never had one, so she and her husband adopted Blair as a baby.

Blair was good-hearted and he used his wealth to benefit Letongaloosa in many ways. Once when he was in Chicago on business, Basque hoodlums saw Blair coming out of a bank with a bundle of expired stocks and bonds that he was taking to his tax preparer. The hoodlums thought they had a rich pigeon.

Two of them shoved Blair into their car.

"Gidatzeko!" (Drive!).

The car bolted into traffic. "Hold him tight. We've got rich one this time," yelled the driver in Basque.

Blair realized what was going on, and that the hoodlums didn't know he spoke Basque.

"What took you so long? Iduree said you'd be here half an hour ago," growled Blair.

The driver, yanked the wheel and nearly rammed a bus.

"Watch out, you idiot," yelled Blair.

"And who told you to make this look like a kidnapping?"

The driver, who was sharper than the other two, said, "We thought that was how it was supposed to go down."

"Well it wasn't. Drop me off at the Idonna Restaurant on Beacon and 4th."

They drove in silence to the restaurant. Blair got out. "Take this loot to Iduree," he said.

As the delighted driver pulled into traffic he yelled, "Thanks pigeon."

"You're welcome, idiot," Blair yelled back.

The Basque hoods tried to use the worthless bonds to pay off their debt to the Mob, and had to flee for their lives.

They ended up in Letongaloosa because one of them had a brother who worked as a bank teller.

The hoodlums bought cellphones to keep in touch, but the police, who had been tipped off, got a judge's permission to record their conversations. One of the cops, a good friend of Blair's, asked him to interpret the recordings.

Blair smiled when he heard the dia-

logue. "These guys are planning to rob a bank."

The police monitored their movements and prepared to capture them. The hoodlums cased the bank clandestinely, keeping contact with their teller accomplice by cellphone. They spoke Basque, thinking no one knew the language.

After casing it, the hoodlums decided that the bank was too strong for a stick-up, so they decided to rob a bank customer who withdrew a large sum of money. The inside man—the teller—would tip them off when the right pigeon was leaving the bank.

The police chose one of their female detectives to be a decoy. She pretended to be a bank customer. The policewoman was petite and didn't appear to be strong. In truth she was a military veteran who held a black belt in karate.

When everything was ready, the decoy went to the bank and withdrew a large amount of money. She purposely went to the teller who was in league with the hoodlums. She stuffed the cash into a large handbag with a shoul-

der strap and walked out of the bank. As she approached her car, Argrider stepped from behind another car and stuck a gun in her back.

"Give me the bag and you won't get hurt," he said.

The policewoman didn't reply. Instead, she stamped on Argrider's instep with her six-inch spiked heel. Then she whirled and swung a karate chop to his neck. Argrider, who was a big man, collapsed and lay on the sidewalk like a sack of potatoes.

Police swarmed the area, blocking all escape routes. A plainclothes cop handcuffed the phony teller.

"Irten ibilgailm eskuakgora" (exit the vehicle with your hands up), yelled Blair over the police car loudspeaker.

"It's the %^&*()_+&* pigeon again," said Zurion.

"Agur jaunak," yelled Blair, "25 urte inguru" (Greetings, gentlemen, we'll see you in about 25 years).

- 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

Dog suddenly attacking his longtime friend

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

Dear Cathy: My daughter and I both have rescue Shih Tzu mixed breeds dogs who have played together for the past four years.

Recently, my dog, who is three years younger than my daughter's dog, has started attacking him. There is no provocation at all. Her dog will be just lying on the floor and all of a sudden, my dog will start attacking him. I had a trainer here and she thought it was territorial issues, but I am sure that is not the case.

We are beside ourselves and do not know what to do and why this is happening. I cannot keep spending money on trainers so I thought maybe you might have some insight to our problem.

Both these dogs are calm and loving in their own environment. When you walk them outside, they are fine. They

love people and dogs alike. I hope you can help me. - Gloria, Coconut Creek, Florida

Dear Gloria: Because this is a new behavior, take your dog to the vet to rule out any medical problems that may impact how a dog behaves. Next, introduce some plug-in canine pheromones around the house and get pheromone collars for both dogs to ease tensions.

If your dog is healthy and pheromones are in place, then it's time to teach both dogs to "leave it" and "come" on command, so they learn to disengage and listen. Begin by putting a treat on the floor. (Always separate dogs during training.) Put your dog on a leash and walk him by the treat. When he looks at it, say "leave it." When he looks at you, use a reward word, like "bingo," and give him some treats. Over time, you can increase the value of what he needs to ignore, including walking him on a leash by your daughter's dog. Always reward him for doing as you asked.

I also recommend you and your daughter both walk these dogs at the same time, several times a week. The walks provide the dogs positive time together, and exercise, which can reduce negative behaviors overall. A tired dog is generally a better-behaved dog. Let me know how it works.

Dear Cathy: With summer here, we are very excited to be swimming, and we just moved into a new house with a pool. Our 8-year-old chocolate Lab, however, runs around the pool barking constantly while we are in it. I think he is worried we are drowning. He also shows no interest in swimming himself. Any advice for how to calm him down and let him know we are OK? - Matt, Las Vegas, Nevada

Dear Matt: If he won't get in the water himself, there is little you can do to convince your Lab you're OK. You

can, however, distract him by giving him something to do while you're in the pool. For example, freeze peanut butter in a Kong toy and give him the frozen treat only when you're in the pool. That should be all that's needed to settle him down for a bit.

If that doesn't work, your only other option would be to leave him in the house while you're swimming. Give him the special treat in the house as well so he is content while you are outside.

- *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

Do You Remember...September?

By Jay Wachs

One of my favorite records to play on air, at a club, or at a private party is "September" by Earth Wind and Fire.

Man I love that song.

It's fun and infectious and has a great horn section and needs to be played loud.

Do you remember September? Here are some lyrics to jog your memory if you don't:

*Do you remember the
21st night of September?*

*Love was changing the minds of pre-
tenders*

While chasing the clouds away

Our hearts were ringing

*In the key that our souls were singing
As we danced in the night*

*Remember how the stars stole the
night away*

Hey hey hey

Ba de ya, say do you remember

Ba de ya, dancing in

September

*Ba de ya, never was a
cloudy day*

"Ba de ya" can't be found in the dictionary, but it can be found in our hearts.

September also represents the beginnings of the fall season.

I love fall more than any other time of the year.

Warm days and cool nights.

Apple picking.

Leaf raking.



Bonfires.

And football!

Whether it's the KU fight song, the Notre Dame theme song or Hurt Em Bad's Monday Night Football rap the early 80s, music inspires me to get ready for a season of football fun. The thrill of victory. The agony of defeat. And memories of Howard Cosell on ABC's Monday Night Football.

All of these wonderful memories and traditions that are kept alive today.

So, let's go back to the 21st day of September and see what was popular in years past:

1999: TLC, "Unpretty"

1989: Milli Vanilli, "Girl I'm Gonna Miss You"

1979: The Knack, "My Sharona"

1969: The Archies, "Sugar Sugar"

Whatever your plans are for September, bring the music along with you.

Just remember the best months of the year are still to come with Halloween, Thanksgiving and Christmas ahead.

So many great tunes to remember and enjoy. And all of them are yours for the listening at www.lawrencehits.com, on

our free mobile APP, Tune In Radio or on our ROKU channel.

We are now in our seventh year on the air and are planning a big bash at Checkers Foods on Saturday September 7th from 10:30 a.m. to 1:30 p.m...hope to see you there.

Happy listening and remember September!

- 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.



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



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GOREN ON BRIDGE

WITH BOB JONES

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BRAVE BIDDING

Both vulnerable, North deals

NORTH
 ♠ A J 10 5
 ♥ K 2
 ♦ A J 5
 ♣ A K 4 3

WEST
 ♠ Q 7 4
 ♥ A J 10 7 6 4 3
 ♦ Void
 ♣ 10 8 6

EAST
 ♠ K 9 8 3 2
 ♥ Q
 ♦ 10 8 4 3
 ♣ Q 7 2

SOUTH
 ♠ 6
 ♥ 9 8 5
 ♦ K Q 9 7 6 2
 ♣ J 9 5

NORTH
 ♠ J 10
 ♥ Void
 ♦ Void
 ♣ A K 4

WEST
 ♠ Q
 ♥ 10
 ♦ Void
 ♣ 10 8 6

EAST
 ♠ K 9
 ♥ Void
 ♦ Void
 ♣ Q 7 2

SOUTH
 ♠ Void
 ♥ Void
 ♦ 7 6
 ♣ J 9 5

The bidding:

| | | | |
|--------------|-------------|--------------|-------------|
| NORTH | EAST | SOUTH | WEST |
| 2NT | Pass | 3NT | 4♥ |
| Pass | Pass | 5♦ | All pass |

Opening lead: Ace of ♥

West's courageous four-heart bid would probably have shown a profit. Unless the defense is clairvoyant, West would escape for down two — a good result against the cold three no trump. South was not to be bullied and he persevered with five diamonds. Could he make it?

West gave his partner a heart ruff at trick two and East exited with a trump. South now had to find a way to avoid a club loser. Declarer won the trump shift in hand and

ruffed his last heart with dummy's ace. He cashed the jack of diamonds and the ace of spades, then ruffed a spade. South started to run the diamonds, reaching this position with two diamonds left:

South cashed another diamond, shedding dummy's low club, and East couldn't defend the position. A spade discard would see South lead a club to dummy and ruff a spade, setting up the jack. A club discard, instead, would see South cash both high clubs and ruff a spade to his hand for the good jack of clubs. Well played!

(Bob Jones welcomes readers' responses sent in care of this paper. Please send your e-mail responses to tcaeditors@tribpub.com)

Boggle[®]
BrainBusters!

By David L. Hoyt and Jeff Knurek



BUPH
WOIS
COKE
AGLM

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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Find **AT LEAST 11 FOUR-LETTER ANIMALS** in the grid of letters.



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PUZZLES & GAMES

CROSSWORD

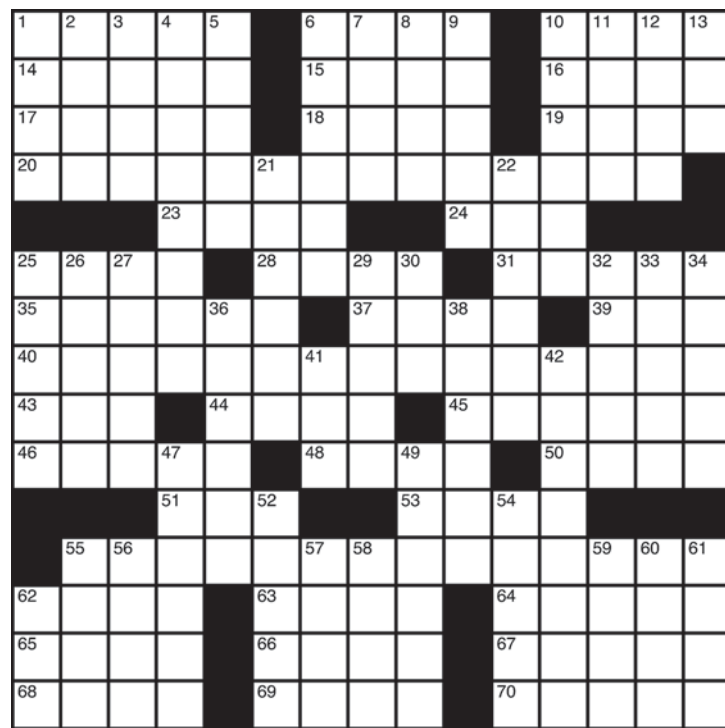
Across

- 1 “__ Secretary”: CBS drama
 6 Tense period?
 10 Studio payment
 14 Anaheim’s Honda Center, e.g.
 15 West Coast sch.
 16 Harbinger
 17 Woody Woodpecker’s creator
 18 Commuter option
 19 Skip over
 20 Circus barker turned hurler known for brushbacks?
 23 Auditorium
 24 Sound sometimes choked back
 25 Harvest-ready
 28 Wooded valley
 31 Olympics volleyball great Kerri __ Jennings
 35 Like fans after a tough win, probably
 37 Pro words

- 39 29-Down’s rock gp.
 40 Circus emcee turned fry cook?
 43 Reason to wear earplugs
 44 A, in many orgs.
 45 Saws
 46 Emmy contender
 48 French cathedral city
 50 “Not gonna happen”
 51 With 27-Down, sign on a damp bench
 53 Party leader
 55 Circus performer turned gardener?
 62 Disturbs
 63 Button on some remotes
 64 Family name in a 1936 classic
 65 Dramatic accusation
 66 Send a quick message to
 67 Contribute, as to a kitty
 68 Stinging insect
 69 Merit badge holder
 70 Baton, say

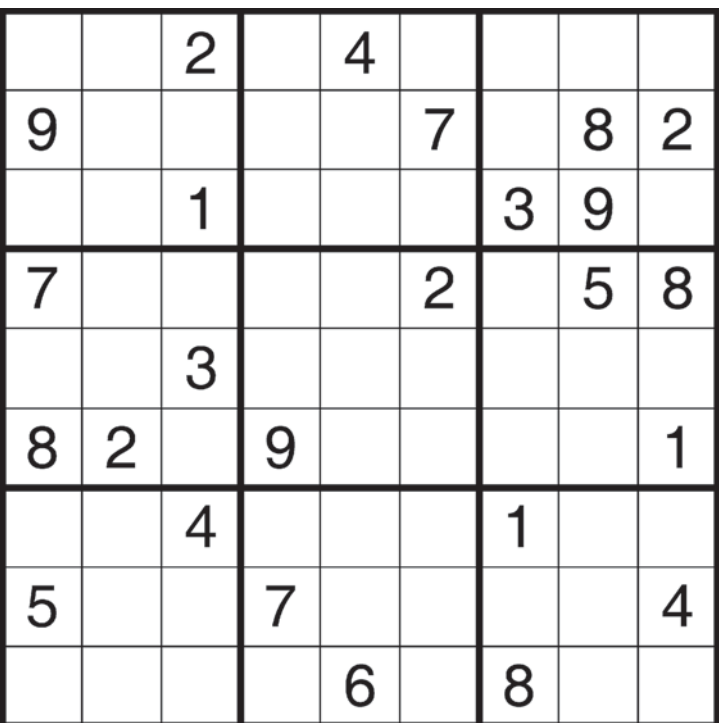
Down

- 1 West African country
 2 Ireland’s __ Islands
 3 Lairs
 4 Film noir protagonist
 5 Miata maker
 6 Prince’s “__ Rain”
 7 Berry at health food stores
 8 Narrow cut
 9 Soft minerals
 10 Disc-shaped robotic vacuum
 11 Austen classic
 12 Nuremberg no
 13 Blasted stuff
 21 Respected tribe members
 22 Tearful words
 25 Sitcom with a 1974 wedding episode
 26 Greek column style
 27 See 51-Across
 29 Jeff of 39-Across
 30 Chair part
 32 Release
 33 “To __: perchance to dream”: Hamlet
 34 Epsom Downs racer
 36 Caught
 38 __ Prime
 41 Ideology



- 42 Red-and-white topper
 47 Admits (to)
 49 Yet
 52 Estimates on weather maps
 54 Dots on a subway map
 55 Excel input
 56 Graphic __
 57 General Organa in “Star Wars: The Force Awakens”
 58 Days and Holiday
 59 Permission-seeking phrase
 60 “The Very Hungry Caterpillar” writer Carle
 61 Military status
 62 Hanukkah celebrator

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

JUMBLE

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

NPOYH
 LEHOL
 DIFELD
 GIXTAN

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



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

“ ”

SCRABBLE G R A M S

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RACK 1: A1 E1 N1 R1 R1 W4 D2
 RACK 2: A1 E1 T1 W4 M3 S1 R1
 RACK 3: A1 E1 I1 G2 W4 D2 N1 (1st Letter Double)
 RACK 4: A1 E1 E1 L1 D2 R1 F4
 RACK 5: A1 I1 O1 O1 L1 D2 V4 (Double Word Score)

PAR SCORE 260-270
 BEST SCORE 322
 FIVE RACK TOTAL
 TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 38

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

BOOGLE ANSWERS

TOAD, CRAB, MOLE, NEWT,
LION, FROG, GOAT, MULE,
DEER, BEAR, HARE

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JUMBLE ANSWERS

Jumbles: PHONY, HELLO,
FIDDLE, TAXING

Answer: After landing in Hawaii,
they got the -- "LEI" OF THE LAND

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| | | | | | | | | | | | | | |
|-----------------------------|----------------|----------------|----------------|----------------|----------------|----------------|--------------------|--|--|--|--|------------------|--|
| SCRABBLE G R A M S SOLUTION | | | | | | | | | | | | | |
| R ₁ | E ₁ | D ₂ | R ₁ | A ₁ | W ₄ | N ₁ | RACK 1 = <u>61</u> | | | | | | |
| W ₄ | A ₁ | R ₁ | M ₃ | E ₁ | S ₁ | T ₁ | RACK 2 = <u>62</u> | | | | | | |
| W ₄ | I ₁ | N ₁ | D ₂ | A ₁ | G ₂ | E ₁ | RACK 3 = <u>66</u> | | | | | | |
| F ₄ | E ₁ | D ₂ | E ₁ | R ₁ | A ₁ | L ₁ | RACK 4 = <u>61</u> | | | | | | |
| O ₁ | V ₄ | O ₁ | I ₁ | D ₂ | A ₁ | L ₁ | RACK 5 = <u>72</u> | | | | | | |
| PAR SCORE 260-270 | | | | | | | | | | | | TOTAL <u>322</u> | |

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MY ANSWER

God wants to change our ways, from inside out

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: Most people I know would say that I am a good person, but I would be so embarrassed if anyone could read my thoughts. Does everyone deal with the same fear? - F.E.

A: Our thoughts are the most reliable indication of what we are really like. And when we face our thoughts and our motives honestly, we have to admit we are not as good as we would like other people to believe.

One of the great truths in the Bible is that God wants to change us—not only our outward actions, but our innermost thoughts because He knows that when we do wrong it is because we have first allowed evil thoughts to control us.

Jesus said that out of the overflow of the heart the mouth speaks, and the evil man brings evil things out of evil stored up inside of him (Matthew 12:34-35). If we will ask the Lord to wash us clean of our sins He will change us.

Imagine a bucket of stagnant water. The only solution is to empty it and clean it—and then fill it with fresh water. That is what Christ will do if we commit our lives to Him and let His Word, the Bible, fill our hearts with His truth.

“Let us draw near (to God) with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water” (Hebrews 10:22).

Two conflicting forces cannot exist in one human heart. When doubt reigns, faith cannot abide. Where hatred rules, love is crowded out. Where selfishness

rules, there love cannot dwell. People’s hearts, though small, are big enough for Christ to live in, if we will only make room for Him.

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

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Dr. Brychel says that transparency between a patient and physician is very important. He believes that when there is a genuine relationship and understanding between them, the patient will receive the best care.

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