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April 2014

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## Marty Edwards: Sharing her lifelong love for music

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# Marty Edwards and the Melodears entertain area residents

By Kevin Groenhagen

Marty Edwards, Topeka, says she can't remember not singing. Her mother, who played the piano, taught her songs, which she sang at age four or five. She grew up in Goodland, Kan., where she started taking private lessons when she was 13. Her teacher made her memorize every song she learned and, to this day, she can remember most of those songs.

Edwards started singing in the Methodist Church chancel choir when she was 14. The choir sang many of the old "classics" by Bach and Handel. She later began directing church choirs.

"My husband, Tim, who also grew up in Sherman County, was on the Kansas Highway Patrol and we moved all over the western part of the state," Edwards said. "So I directed church choirs in Goodland, Phillipsburg, Atwood, and WaKeeney. When Tim was transferred to Topeka in 1963, I started at Washburn University to earn my degree in Music Education. We had five sons at home, ages three to 17, and lived only a few blocks from the campus. I was able to earn my diploma in five years by not only taking classes

during the day, but some evening and summer classes. I had full support from my husband and boys for this undertaking, and couldn't have done it without their help."

Edwards started teaching in the Topeka public schools in 1968, first at Jardine Junior High, then Capper Junior High, McEachron, Quentin Heights, and Monroe Elementary Schools. She taught music the last year Monroe was open. Monroe is now used as the Brown v. Board of Education National Historic Site in Topeka. She received her Master's Degree in 1975. The retired teacher continues to stress how important it is for young people to start singing good music early.

Edwards has directed about six different church choirs in the Topeka area over the years. And, at 89, she belongs to four music groups: the Civic Music Club; the Music Study Club; Sigma Alpha Iota; and the Melodears, which is a three-part harmony chorus that formed at the Woman's Club of Topeka.

"The Woman's Club had a chorus that sang just at the club when I joined," Edwards said. "When I took over the direction of the chorus, I recruited



Marty Edwards (right) directs the Melodears during a March 17 program at the First Apartments in Topeka.

additional women from outside the club. And then we started singing for retirement homes, nursing homes, and other organizations. We've been doing that for 14 years now."

The youngest member of The Melodears is about 60, while Edwards

describes the oldest as a "young" 92. The chorus currently has 23 members, including the director and the accompanist.

"No vocal ensemble can be really successful, with the exception of bar-

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## Kaw Valley Senior Monthly

Kevin L. Groenhagen  
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$7.50 for 12 monthly issues.

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# Marty Edwards

■ CONTINUED FROM PAGE THREE

bershop harmony, without a good accompanist," Edwards said. "Our chorus has had three, Mary Coverdale, Donna Collins, and now, Anita Miller. Joan Waetzig substitutes when needed."

The chorus starts practicing every year on the Monday after Labor Day.

"We start working on new music, but still sing for various functions using the previous program for awhile until we're ready with the new one," Edwards said. "We have a patriotic program we sing in November, and we know a number of Christmas songs for programs in December."

The Melodears began singing their current spring program on March 17 at the First Apartments in Topeka. Since it was St. Patrick's Day, they sang "When Irish Eyes Are Smiling" with the audience joining in on the chorus. They also added "It's Not Easy Being Green" to its program of 10 songs. The chorus has 10 additional performances

scheduled this spring, ending with a program at the Brookside Assisted Living Retirement Center in Overbrook on May 19.

In addition to singing at retirement communities and nursing homes, the Melodears have sung for the Festival of Trees, which is a fundraiser for Sheltered Living, Inc. held every December. Sheltered Living Inc. supports the efforts of individuals with intellectual disabilities to achieve independence and actively participate in the community. In addition, the Melodears sang for a fundraiser for Doorstep, Inc., which helps Topekans survive crises, improve their way of life, and become self sufficient.

The Melodears have also performed for senior groups in churches, the Topeka Area Retired Teachers Association, the Active Prime Timers, Inc., and at patriotic and holiday events. They will perform at the Topeka and Shawnee County Public Library's "Green Fair" on Saturday, April 19, at 1:30 p.m.

"We've also sung for several funerals," Edwards said. "We do know some

sacred music. Besides hymns, we have really nice arrangements of 'Amazing Grace,' 'Make Me A Channel Of Thy Peace,' and 'Bless This House.'"

The Melodears currently have a repertoire of 160-170 pieces, and change their programs every year. While many of the pieces have already been arranged for three-part harmony, Edwards arranges some of the music herself. She did this for "When You're Smiling" and "Dear Hearts and Gentle People," which are part of this spring's program.

"We have some classical numbers from operas and other productions, but mostly our audiences prefer light, happy music," Edwards said. "So we sing songs that make them feel good. Our programs aren't really 'sing-alongs.' We perform in the three parts and some times we ask the audience to join us on a chorus." Edwards did this during the chorus of "When Irish Eyes Are Smiling" at the First Apartments.

While performing at nursing homes, Edwards has noticed that residents with Alzheimer's disease and other forms of

## Songs for the Melodears' 2014 Program

1. "When You're Smiling"
2. "Blue Skies"
3. "Oh, What a Beautiful Mornin'"
4. "Dear Hearts and Gentle People"
5. "It's a Big, Wide, Wonderful World"
6. "Five Foot Two"
7. "Boogie Woogie Bugle Boy"
8. "Maggie Blues"
9. "Jamaica, Farewell"
10. "Toot, Toot, Tootsie"

dementia, who have impaired episodic memory, know the lyrics and can sing along with the Melodears. This is a

■ CONTINUED ON PAGE FIVE

# Marty Edwards

■ CONTINUED FROM PAGE FOUR

very common observation. According to Dr. Oliver Sacks, a professor of neurology and psychiatry at Columbia University, "The past, which is not recoverable in any other way, seems to be sort of 'embedded in amber,' if you will, in music. Having severe dementia means one can remember very little of one's past. But one will always remember familiar songs that one has listened to and sung."

In addition to music, Edwards enjoys quilting.

"We have a quilting group at our church, the First United Methodist Church, and people give us the polyester material that we use," she said. "Using a rotary cutter, I've cut 8.5-inch by 8.5-inch square blocks from that material. I must have made 50 to 60 quilt tops during the past two years. I've done that work at home. On Tuesday mornings, I work with others and we put the quilt tops together with the cotton batting and backing using large safety pins to hold them together. After we tie them together with yarn, we stitch the binding around on the sewing machine. We made many quilts for single beds, and then the need was for quilts for cots, so we made those. We give all the quilts to the Topeka Rescue Mission in December. I think we had 35 quilts last December."

Edwards also belongs to the Women's Kansas Day Club (WKDC,) which works with the Kansas Historical Society in the collection and preservation of Kansas historical records, written

## Melodears 2014 Spring Performance Schedule

March 17	First Apartments	3855 SW 18th	Topeka	10:00 a.m.
March 24	Presbyterian Manor Chapel	4712 SW 6th	Topeka	10:30 a.m.
March 31	Rossville Healthcare	500 E. Perry	Rossville	10:30 a.m.
April 7	Lexington Part Asst. Living	1021 SW Fleming Ct.	Topeka	10:00 a.m.
April 16	First Church of the Nazarene	10th & Buchanan	Topeka	11:30 a.m.
April 19	Topeka Shawnee Co. Pub. Library	10th & Washburn	Topeka	1:30 p.m.
April 28	Homestead	5820 SW Drury Lane	Topeka	
May 1	Women's Club	West Drive & Fairlawn	Topeka	10:15 a.m.
May 5	McCrite's	1600 SW 37th	Topeka	10:00 a.m.
May 12	Aldersgate Asst. Living	3124 SW Landsdown	Topeka	10:30 a.m.
May 19	Brookside Asst. Living	702 W. 7th	Overbrook	10:00 a.m.

articles, and worthwhile projects. In 2010, WKDC began collecting blocks from each of Kansas' 105 counties to assemble a quilt that measures eight feet by nine feet.

"It took us four years because we didn't know people in some counties to ask them to make a block," Edwards said. "Actually, there are 108 blocks since three counties have two blocks. I made 35 of the blocks so that we could get the quilt done. I had to get on the computer and look up what some of those counties are known for."

"After we finally collected all of the blocks, I took them to my friend, Pat Schremmer, who owns a quilt shop, Stitching Traditions, in the Brookwood Shopping Center," Edwards continued. "She and her staff put the quilt top together, no charge for labor, fixed the batting and backing, and arranged to have it machine quilted. The quilt was

displayed at the WKDC annual meeting on January 25. The quilt will be displayed at some later date at the Kansas Historical Museum, and then placed in the archives."

If your group is interested in having

the Melodears perform for you, please contact Marty Edwards at (785) 271-8508 or [timmartyed@sbcglobal.net](mailto:timmartyed@sbcglobal.net)

"We don't charge or sell tickets for our performances," Edwards said. "We sing because we enjoy it."



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# Hillsdale Place, a Home Plus residence, opens

By Billie David

Hillsdale Place, a Home Plus residence that recently opened in Topeka, is the result of a dream that owner Tammy Gonzalez had after she graduated from Washburn University with a BA in human services and began a 17-year stint working in long-term care facilities in the area.

That experience convinced her that nursing homes were simply not a good fit for everyone. Many seniors who were happy living in the privacy of their own homes have difficulty accepting the institutional feel of a nursing home, she said.

So Gonzalez decided to do something about it and opened her first Home Plus facility, Tammy the Pro Plus.

“Five years ago, I decided to open my own place and provide seniors with another option to nursing homes,” she said. “When I worked at the larger facilities, a lot of the seniors I worked

with didn’t want to live in larger, long-term care facilities. I always knew there were other options for them in smaller settings.”

One of those options was the Home Plus concept.

An increasingly popular option for seniors, Home Plus operates on the idea of offering seniors a family-like living situation in a residence that can house up to eight people. This means that there is a smaller staff-to-resident ratio, leading to more personalized care, respect for the rights of residents, and more ability to balance appropriate care with the need for independence. The homes are licensed by the State of Kansas and are required to pass a yearly inspection. With an age-in-place concept, Home Plus facilities offer a place where seniors can live out their lives with dignity and independence.

Gonzalez and her husband owned a three-bedroom rental house on the west side of Topeka in a neighborhood setting, where she opened her first Home

KEVIN GROENHAGEN PHOTO



**Hillsdale Place, a Home Plus residence, offers seniors a family-like living situation in a residence that can house up to eight people.**

Plus facility, called Tammy the Pro Home Plus, which was so successful she decided to open another one with a capacity for seven people and call it Hillsdale Place.

“Today, seniors tell me it’s so nice, peaceful and quiet,” Gonzalez said.

“It’s less stressful. Larger facilities can be over-stimulating, especially for people who are memory-impaired. Here they receive individual care, and they get a lot more choices. I often hear from the elderly that they are 89 or so

■ CONTINUED ON PAGE SEVEN

# Hillsdale Place

■ CONTINUED FROM PAGE SIX

years old, and they don’t want people telling them what to do.”

Working with seniors comes naturally for Gonzalez. “My grandmother was my best friend when I was little, and I lost her at an early age,” she said.

Hillsdale Place, like Tammy the Pro Home Plus, is located on the west side of Topeka, across the street from Hillsdale Park, where residents can watch wildlife—including squirrels, rabbits and birds—interact with nature. It is located in a neighborhood where many people have lived all their lives and is near doctors’ offices, a hospital, a mall, and plenty of shopping and entertainment, and even a bowling alley, specialty shops, restaurants and entertainment. The facility is near a bus line, has resident parking, and offers transportation at cost.

Gonzalez attributes the success of her venture to the fact that her quality staff members are able to provide individual attention to each of the residents.

“We really get to know our residents,” she said. “It is a small setting where everybody knows everybody else, so we are like a big family.”

“We have private rooms for singles or couples,” she continued, “and we have private suites with their own bathrooms.”

Hillsdale Place offers 24-hour care given by professional, experienced staff members who can assist with tasks like oral hygiene, incontinence, bathing, medication administration, housekeeping and laundry. There is a doctor on call as well as occupational, physical and speech therapists, nurses and a 24-hour-awake staff. They also provide short-term care to help people with recuperation as well as adult day-care, which allows other family members to continue working and taking care of their own needs, and respite care, where caregivers who need a break can have the assurance that their loved one can receive care for up to 30 days at a time.

Residents can enjoy indoor and outdoor common areas, offsite activities, devotional services offsite and onsite,

and home-cooked meals, including kosher and vegetarian. Visits from family and friends are encouraged and the visitors can even bring the family pet along.

Hillsdale Place is located at 1402 Southwest Lancaster Street in Topeka.

“It’s just off of Fairlawn, so it is really easy to get to because Fairlawn is a main road,” Gonzalez said.

For more information, people can visit the website [www.tammytheprohomeplus.com](http://www.tammytheprohomeplus.com) or call Tammy Gonza-

lez at (785) 383-7094. They can also arrange for a tour, which is by appoint-

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# Jump on your bicycle to help stop diabetes

(BPT) - Whether you do it to boost your health and fitness, balance your lifestyle or as an environmental choice, taking up cycling has many benefits. Some ride down rocky trails or up burly hills, some ride for sport and some ride just for fun or to get around. But everyone can take advantage of the healthy benefits of cycling.

The American Diabetes Association is teaming up with Chris Carmichael, national spokesperson for the Tour de Cure and founder and CEO of Carmichael Training Systems (CTS) Inc., and challenging riders of all levels to help stop diabetes by participating in the Association's nationwide cycling event, Tour de Cure. The Tour de Cure is a series of fundraising cycling events held in 44 states nationwide to benefit the Association. Riders can now do what they love while helping those affected by diabetes.

The Tour is a ride, not a race, with routes designed for everyone from the beginner rider to the experienced cyclist. Whether riding 10 miles or 100 miles, participants will travel a route supported from start to finish with rest stops and food to fuel the journey while fans cheer them on.

"Many people participate in the Tour

de Cure for the camaraderie and cycling challenge," says Carmichael. "The real reward, though, is knowing that every mile we ride and every dollar we raise brings us closer to stopping diabetes, a disease that affects nearly 26 million Americans."

For those with type 1 or type 2 diabetes, the ride has special meaning. Called Red Riders during the race, they are recognized with a red jersey during the race and showcase the courage it takes to live every day with this difficult disease.

In 2013, nearly 65,000 cyclists in 89 events raised more than \$29 million to support the mission of the American Diabetes Association: to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Before you jump on your bike and start pedaling, it's important to remember to do a bike check every time you ride. Check the tires to make sure they're properly inflated and squeeze the brake levers to make sure that they apply enough pressure. Make sure the handlebar and seat are set at the right

heights and test the chain and gears.

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## Meals on Wheels of Shawnee and Jefferson Counties, Inc. receives grant

Meals on Wheels of Shawnee and Jefferson Counties, Inc. has been awarded a \$2,500 grant from the Meals On Wheels Association of America (MOWAA), thanks to the generosity of Subaru of America. As part of MOWAA's participation in the Subaru of America "Share the Love" event, Meals on Wheels of Shawnee and Jefferson Counties, Inc. worked with Briggs Subaru of Topeka during the 2013 holiday season. From November 21 to January 2 Briggs Subaru of Topeka donated \$10 for every test drive taken. On January 16, Briggs Subaru of Topeka presented Meals on Wheels a very generous check in the amount of \$1,220.

"The opportunity to collaborate with Briggs Subaru of Topeka ended as a result to secure a MOWAA grant award," said Heidi Pickerell, president and CEO of Meals on Wheels. "We recognize that valued partners like Briggs allow us to ensure we nourish the homebound people in our community."

The \$2,500 grant that was awarded will go directly toward the provision of meals to those throughout the service area.

As one of the five Subaru "Share the Love" Event charitable partners, MOWAA created the "Share the Love" grant program to foster partnerships between local Meals On Wheels programs and Subaru dealerships. MOWAA is awarding grants to Meals On Wheels programs across the country that involved dealership employees in their efforts to serve homebound seniors in their community.

"Subaru continues to show its gener-

ous support for our vision to end senior hunger," said MOWAA President and CEO Ellie Hollander. "MOWAA is gratified to have joined with Subaru for a sixth straight year of 'Share the Love.' The strong partnerships forged between Meals On Wheels programs and Subaru dealerships in communities across the country only serve to bring us closer to ensuring that no senior goes hungry."

The Meals on Wheels home delivery program provides nearly 600 hot, nutritious meals to participants striving to remain independent in their homes throughout Shawnee and Jefferson Counties. Participants may be elderly, homebound, disabled, or otherwise at risk of food insecurity. Meals are provided regardless of age or the inability to contribute toward the cost of the meal. In addition to meal provision, services include nutrition screening, education, nutrition assessment and counseling, as appropriate.

Community volunteers who deliver meals play a vital role in the delivery process as they report to Meals on Wheels any health and environmental changes or crises they may observe during their visits.

All meals served are required to provide at least one-third of the daily recommended dietary allowances established by the Food and Nutrition Board of the National Academy of Sciences-National Research Council. Physicians may also order a special diet to assist in the management of chronic illnesses up to and including: diabetes, kidney failure, congestive heart failure and chewing/swallowing problems.

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YES, THERE IS A DIFFERENCE IN HOSPICE SERVICE PROVIDERS.

## Press Room to Ballroom

The Lawrence Journal-World Press Room, 608 Massachusetts St., has been chosen as the site for the biennial Hearts of Gold Ball, to be held 6 p.m. to midnight on Saturday, May 10.

The Lawrence Memorial Hospital Endowment Association hosts the Hearts of Gold Ball every other year to raise money for a specific area of the hospital. This year's Ball will benefit the renovation of LMH's fourth floor, which is the home of the Acute Rehab Unit and the Transitional Care Unit, focuses on rehabilitation of patients.

"We want to create a more comforting, healing environment," says Kathy-Clausing Willis, Vice President and Chief Development Officer.

The Press Room was chosen because it provides an inventive backdrop of printing presses and rich local history. The Press Room also inspired the 2014 Hearts of Gold theme: "Press On," which reminds the community of the mindset that patients must have to persevere as they rehabilitate and heal. Last year, patients spent a total of 6,256 days pressing on toward rehabilitation, and with the community's support this year, LMH Endowment Association will improve and rehabilitate the fourth floor.

The hospital is a not-for-profit organi-

zation and receives no tax support from the City of Lawrence or Douglas County, so the Endowment Association's funds help LMH employees provide the best care possible to the community. One way that LMH Endowment Association helps make a difference is the Hearts of Gold Ball, which has raised more than \$1 million since 1999. In the past, this money has provided improvements to the Bob Billings Cardiac Observation Unit and the Emergency Department, and provided LMH with the money for specialized equipment for the Special Care Nursery, cardiovascular services and the renovation of the Second Floor Medical Unit.

"The Hearts of Gold Ball is a special way to spend a magical evening of fun and food with friends and colleagues; but more importantly it is a special way to help LMH. The proceeds from the Hearts of Gold Ball help to enhance and improve the services and facilities available to our community," said Linda Robinson, co-chair of the 2014 Hearts of Gold Ball. If you would like to buy tickets, support the renovation of the fourth floor, or sponsor the event, please contact Tracy Davidson at (785) 505-3318 or [tracy.davidson@lmh.org](mailto:tracy.davidson@lmh.org), or visit [www.lmhendowment.org](http://www.lmhendowment.org).

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## ESTATE PLANNING

### Testamentary trusts – part 1

The ability to provide for the creation of testamentary trusts following your death is one of the most powerful attributes of a Will or Revocable Living Trust (RLT).

Parents of minor children can provide for a trust in the event of the death of the surviving parent or the deaths of both parents. This avoids the need for a



Bob  
Ramsdell

court-supervised conservatorship that may be required if a substantial sum passes to a minor outright. Plus a conservatorship normally terminates when a child turns 18. That could result in a sizable sum of money suddenly being in the control of an 18-year-old more interested in having a good time than in obtaining an education or starting a career.

A trust allows for control over the rate and purpose for which its assets are used as the provisions creating it give guidance to the trustee regarding the purposes for which expenditures are to be made. The beneficiary's "health, education, maintenance, and support" is often used as overall guidance, but you may also direct the trustee to consider discretionary distributions for the purchase of a residence, investment in a business or professional activity, or something else you consider worthy of support. In the case of minor children, provision is usually made for additional common family expenses of their guardian.

Parents can specify a single age at which the trust's remaining principal is to be distributed outright to the child, or a frequently used safeguard is to provide for at least two distribution dates. For example, the child might receive one-half at age 25 and the balance at age 30 so if the child wastes the first distribution, he or she has a chance to learn from that mistake. Some parents decide to have three distributions (e.g., one-third at age 21, one-half of the remaining balance at age 25, and the rest at age 30). If you opt for a testamentary trust, then it is your decision whether to adopt multiple distributions and, if so, the ages for them.

A trust may also include a spendthrift provision to keep its assets outside the reach of creditors and a beneficiary's spouse.

Also consider whether you want to create a separate trust for each beneficiary or a common trust for multiple beneficiaries. For example, assume you have three children to whom you want to leave assets in trust until they reach a certain age:

If your Will or RLT provides for separate trusts, then three separate trusts will be created and funded at your death (most often in equal shares, although you could specify differing shares) with the assets of each trust subsequently used strictly for the benefit of the child who is its beneficiary. (Think of the assets being divided into three buckets and each child being given a bucket.)

Separate trusts can simplify the distributions for each beneficiary, particularly distributions of principal at specified ages. However, although the same person or entity might be serving as trustee of all three trusts and your

Will or RLT may have authorized the commingling for investment purposes of the property of the trusts, the assets of each trust must be used strictly for the child who is the beneficiary of that trust. Should the children's circumstances change—such as one child being severely injured and incurring extensive medical expenses—the trustee cannot alter the trusts' funding or distributions to use the other children's trusts for the benefit of the injured child.

If your Will or RLT provides for a common trust, then a single trust will be created at your death and funded with all the assets. The provisions of the trust then instruct the trustee how to make distributions for the benefit of all three children, typically with discretion to make differing distributions among them as the trustee deems appropriate. (Think of the assets going into one big bucket connected to a hose that the trustee can use to spray benefits on the three children.)

While creating flexibility for varying distributions as circumstances warrant, a common trust can complicate distri-

butions of principal. For example, if the remaining principal is to be distributed among the children when the youngest child reaches a specified age, then the two older children must wait until they are past that age to receive their shares. This issue is exacerbated as the differences in ages increase.

Even if you no longer have minor children, you might still consider providing for a trust to be established for your descendants in the event a child predeceases you and assets pass to one or more minor grandchildren.

But, unlike Trix™ cereal, testamentary trusts are not just for kids. Next month's column will cover more uses for trusts.

- Bob Ramsdell is an estate planning attorney with Thompson Ramsdell Qualseth & Warner, P.A., in Lawrence. He can be reached at 785-841-4554. The Kansas Elder Law Hotline, a toll-free legal advice and referral service for Kansas Seniors, can be reached at 1-888-353-5337. The information in this column is intended to provide general public information, not legal advice.

## PERSONAL FINANCE

### Improve your own 'investment environment'

On April 22, we celebrate Earth Day — a day devoted to education and action on environmental issues. As a citizen of the world, you may have a keen interest in protecting your physical surroundings. And



Harley  
Catlin  
and  
Ryan  
Catlin



as someone trying to reach long-term financial goals, such as a comfortable retirement, you're probably also interested in improving your investment environment.

So here are a few suggestions:

• **Respond to environmental factors.** Over the past few years, we've had a favorable investment climate, marked by low inflation, low interest rates and generally strong corporate profits. And investors who have taken advantage of this positive environment have, for the most part, been rewarded. But things can change, so it's always a good idea to understand the current investment environment, as it may affect your investment choices. For example, if it seems likely that long-term interest rates are going to rise

significantly, you might need to review your long-term bond holdings, as their price would be negatively affected by a rise in rates.

• **Nurture your investments.** One area of environmentalism involves planting seeds or saplings and nurturing them to maturity. You can do the same thing with investments — and a good way to nurture them is to give them time to grow in all investment climates. But how long should you hold these investments? You might heed the advice of Warren Buffett, one of the world's most famous investors, who says this about his investment company: "Our favorite holding period is forever." It takes patience to follow the buy-and-hold strategy favored by Mr. Buffett — and it also requires the discipline necessary to keep investing through the inevitable downturns you will encounter. But over the long term, your perseverance may well be rewarded.

• **Avoid "toxic" investment strategies.** Unfortunately, many human activities are bad for the environment. Similarly, some investment strategies are "toxic" for your prospects of success. Consider the pursuit of "hot" stocks. They sound inviting, but, by the time you hear about them, they may have lost their sizzle — and in any case, they might not be right for your needs. Here's another "poisonous" investment

strategy: trying to "time" the market. If you're always jumping in and out of the market, looking for "low" points to buy and "high" points to sell, you'll probably be wrong most of the time — because nobody can accurately predict highs and lows. Even more importantly, you may find yourself out of the market during the beginning of a rally, which is when the biggest gains tend to occur.

• **Diversify your "species" of investments.** Drawing inspiration from Earth Day, the United Nations has designated 2011–2020 as the United Nations Decade on Biodiversity. And, just as preserving the diversification of species is important for life on Earth, the diversification of your investment portfolio is essential for its health. By owning a variety of investments — stocks, bonds, government securities, certificates of deposit and so on — you can help protect yourself from downturns that primarily affect just one asset class. (Keep in mind, though, that while diversification can reduce the effects of volatility on your holdings, it can't guarantee profits or protect

against loss.)

Earth Day happens just once a year — but the lessons of environmentalism can help you, as an investor, for all the days and years ahead.

- Harley Catlin and Ryan Catlin are with Edward Jones, 4828 Quail Crest Place, Lawrence. They can be reached at 785-841-6262. This article was written by Edward Jones for use by your local Edward Jones Financial Advisors.

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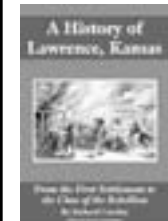
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## JILL ON MONEY

# Should I buy or rent?

Three years into the national housing recovery, activity and price increases are moderating. While the unusually severe weather across the country has contributed to the recent weakness, the effects of last year's rise in mortgage rates and the incremental increase in inventory have slowed things down. As a result, it is a perfect time to consider one of the age old



Jill  
Schlesinger

questions that plagues would-be homeowners and equity rich near-retirees: Should I buy or rent?

Let's start with some post-housing crash statistics. According to the Census Bureau, homeownership peaked in 2004 at 69.2. Since then, the U.S. homeownership rate has fallen for nine consecutive years, down to 65.2 at the end of last year. Obviously the housing boom and bust and subsequent recession reversed the trend. But something else happened over the past ten years: The "dream" of homeownership was called into question by every age group.

The under 35 set watched with dismay as their parents were crushed

by the housing crisis. As a result, they are spooked by homeownership, with just 36.8 percent taking the plunge. Some of them have been forced to live with their parents longer rather than forming their own households, while others are content to live the carefree life of a renter.

Meanwhile, their parents, aged 55 to 64 saw their share of household ownership at its lowest point since record-keeping began in 1976. Where did they go? Also to the rental market, according to Harvard University's Joint Center for Housing Studies. The number of renter households aged 55-64 grew by 80 percent between 2002 and 2012, compared to 50 percent growth among all households. As the housing recovery continues, the ranks of pre-retiree and retiree renters may continue grow, because many will seek to finally recoup home equity that could be vital during their retirement years.

The calculation of renting versus owning, like most financial decisions, is an intensely personal one. The best lesson of the past 10 years is that each potential homeowner must be financially prepared. I recommend putting down at least 20 percent and having an ample emergency reserve fund to pay for the routine maintenance a home requires.

If you have squirreled away the necessary funds, the next question is whether it is better for YOU to rent

or buy. On a national level, monthly mortgage payments dipped below rent payments in mid-2008 after the housing meltdown, making owning cheaper than renting. But every market is different, which is why you need to run the numbers. You can use this NYT calculator, (<http://www.nytimes.com/interactive/business/buy-rent-calculator.html>) which requires you to do some market research in order to compare the cost of renting and owning in your area.

All of these calculations have a caveat: Even if it makes financial sense for you to rent today in certain locations, if inflation picks up in the future (which it probably will), so too will your rent. That may make the rent versus buy calculation tip in the other direction over time. On the other hand, the benefit of not being tied to a house can mean the ability to grab a better job in a different city. And maybe renting in retirement can free up much-needed liquidity, which may be more valuable to you than keeping the family home.

And then there is the emotional equation. There is a blissful peace of mind

that renters have, because they never worry about the boiler imploding, the roof leaking or an appliance that stops working. All of those problems are easily solved with a quick call to a landlord, who has to deal with the hassle of repairs.

While renting can instill a sense of freedom, many homeowners will tell you about the great psychic benefits of owning their own homes, of nesting and creating a "home" rather than simply a place to hang your hat for a while. All of these factors are important variables in your decision to buy versus to rent.

- Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst. A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at [askjill@moneywatch.com](mailto:askjill@moneywatch.com). Check her website at [www.jillonmoney.com](http://www.jillonmoney.com).

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## MAYO CLINIC

# Having colon polyps doesn't mean cancer is inevitable

**DEAR MAYO CLINIC:** Last month, I had a few polyps removed during a colonoscopy. Does this mean I'm more likely to get colon cancer? My physician told me it was nothing to worry about, but I thought having a polyp meant cancer is inevitable.

**ANSWER:** Having colon polyps raises your risk for developing more polyps in the future. It does not necessarily make you more likely to get colon cancer. If left untreated, some colon polyps do develop into cancer, but that's not always the case. Regular colonoscopies can help your doctor find and remove polyps when they're small, before they cause any problems.

Colon polyps are clumps of cells that form in the lining of the colon.

They grow slowly over time and typically do not cause symptoms, particularly when they are small. In time, however, some large polyps may cause bleeding into the colon. In addition, depending on where it's located, a large polyp can also block the colon, leading to problems such as abdominal pain, severe constipation, nausea and vomiting.

Polyps are most common in people older than 50, and may be more common in smokers, people who are overweight and those who eat a low-fiber, high-fat diet. People with a family history of colon polyps are also more likely to get polyps than those who do not have the same history.

Small colon polyps are harmless. But over time, some do grow and

become cancerous. There's no way to tell the difference between polyps that will turn into colon cancer and polyps that won't by simply looking at them. The polyps need to be removed and analyzed under a microscope in a laboratory. If your doctor told you that the polyps removed from your colon were not worrisome, it's likely that they were removed early, before they had a chance to grow and become cancerous.

One of the best ways to find colon polyps is with colonoscopy. During this exam, a long, flexible tube, called a colonoscope, is inserted into the rectum. A tiny video camera at the tip of the tube allows your doctor to view the inside of the colon. If your doctor finds a small polyp, it can usually be removed during the colonoscopy. For larger polyps, a tissue sample, or biopsy, may be taken during a colonoscopy for further examination. If a polyp cannot be completely removed during a colonoscopy, it may need to be surgically removed later.

For people age 50 and older who do not have any risk factors for colon

cancer other than age, colonoscopies are typically recommended once every 10 years, beginning at age 50. People who have additional risk factors may need colonoscopy more often than that and start having them at a younger age. If you've had one or more polyps removed, you are more likely to get additional polyps in the future. It's important therefore, to follow your doctor's recommendation for getting colonoscopies, so any new polyps can be caught quickly.

Regular colon cancer screening with colonoscopy significantly lowers your risk of developing colon cancer. - John Pemberton, M.D., Colon and Rectal Surgery, Mayo Clinic, Rochester, Minn.

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## HEALTH & FITNESS

# Solve your pain problem

A recent Gallup poll showed that nearly half of all adult women and 37% of all men say they suffer pain every single day. Joint pain is their most common complaint. Sadly, and wrongly, 80% believe that aging is the cause of their pain and that no treatment can help them. They resign themselves to pain, avoiding physical activities they once enjoyed. Often, as a result, they gain weight and lose strength.



Laura Bennetts

This is unnecessary. Many of the problems we experience as we age—pain included—can be treated. In this article, I discuss solutions for joint pain.

### Know Your Pain

To understand joint pain, you must understand your joints. This is like learning enough about your car to keep it running. The key fact is that our joints help us move. All joint structures contribute to this movement, either by causing motion or by stabilizing us enough to permit activity.

In your knee, for example, the cartilage cushions and protects the bones during movement. The tendons of your

muscles attach to the bones and act as pulleys to move your limb when the muscle tissue contracts. Ligaments around and inside the knee joint keep the bones together as you move. And the bones anchor all the various kinds of soft tissues and attachments linked to the knee.

### Joint Trauma and Pain

Since your joints have several kinds of tissues, your joint pains can have several possible causes of joint pain. If your shoulder hurts on Monday, recall what you did on Saturday and Sunday to see if somehow you stressed the joint. Maybe you dug holes to plant shrubs. If so, your joint tissues may be stretched and irritated. (And you may have a backache, too). But if your pain on Monday morning results from a forceful injury (such as a fall) or a sudden forceful movement, then one of the ligaments or tendons may be torn.

### Initial Treatment

If you have swelling or severe pain with a joint injury, you should see a doctor. If the doctor finds that your joint pain or swelling is not accompanied by a bone fracture or torn attachments, you may be advised to elevate and ice the joint, take medication, and pursue therapy. Icing a joint for 20 minutes is very effective for decreasing pain and swelling. Medications can often help as well, and therapy (physical or occupational) helps you ease the pain, regain movement, and re-strengthen the joint to prevent new injuries.

### Aging (Isn't) A Pain

Many people think that, despite these treatment possibilities, aging simply hurts. And while it is true that the joint pains caused by arthritis are common as we age, this too is not inevitable. There are avoidable reasons why so many people have arthritis in their knees, shoulders and hands. We use and overuse these joints every single day. Squatting down repeatedly, for instance, is bad for your knees; forceful gripping can bruise your hand joints as you strain to open jars; and overuse of your shoulders can wear out the tendons and joints. Protect your joints by avoiding straining, and use tools to reduce stress—for instance, a jar opener to save your hands, or a reacher to save your back.

### Reduce Arthritis Pain

Arthritis pain can also be treated. It isn't just a fact of life, to be suffered in silence. Occupational therapists can successfully treat the pain of hand arthritis, for example, by means of muscle stretching and strengthening.

Other solutions include manual therapy and heat treatments, including paraffin baths. Hand-saving equipment such as jar openers and large-handled utensils can also decrease the pain.

### Knees and Legs, Oh My!

Knee arthritis, after many years of stress, ultimately requires joint replacement in many cases. But some people also find relief from the pain of knee arthritis with shoe orthotics that ease

the foot and ankle problems that stress your knees with every step. A physical therapist can determine if foot or ankle correction with orthotics would decrease the stress on your knees, and can refer you to an orthotist who will make shoe orthotics to de-stress your leg joints. Your physical therapist will work with you to strengthen your leg muscles to provide strong and stable joints for walking free of pain.

### Don't Give Up

Joint pain can be caused by freezing a joint in one position until it over-stretches; by a traumatic joint injury; or by internal inflammation like arthritis. But whatever the cause of your pain, you can do something about it. Consider how you use your joints and seek medical and rehab help when pain persists. Joint pain can be fought, and reduced or eliminated, at any age. There are solutions with self-care, joint protection, medications, physical therapy, occupational therapy, and your doctor's care.

Speak up about your pain and get the help you need.

- Laura Bennetts, PT, has practiced physical therapy professionally since 1982, when she earned a master's degree in physical therapy from the University of Southern California. She owns Lawrence Therapy Services LLC (785-842-0656) & Baldwin Therapy Services LLC (785-594-3162). If you have questions, please write to [laura-bennetts@hotmail.com](mailto:laura-bennetts@hotmail.com).

## HEALTH & FITNESS

# Agave nectar has a low glycemic index

A newer sweetener is on the market and it may be just as sweet as many claim it is.

Agave nectar has a long history and has been used since ancient times.



Dr. Farhang Khosh

However, it is relatively new in the health food market. What is this new sweetener and why is it any better than other sweeteners out on the market?

Agave nectar comes from the agave plant. The plant is in the same family as the Blue Agave, from which tequila

is made. Four major parts of the agave plant have been used in food—flowers, leaves, stalks, and sap. The flowers can be tossed in salads. The leaves are rich in sap and are eaten. The stalks can be roasted for a sweet flavor. Sap that is used in tequila or as sweetener comes from the flower shoots.

History shows that early inhabitants of the Americas have been using this plant for thousands of years. The agave was used for many purposes, including food, drink, and clothing. The Aztecs used agave nectar and salt as dressing for wounds and a balm for many different types of skin infections. Modern medicine has confirmed agave medical properties in showing that agave nectar applied to the skin has been an effective anti-microbial, GI disorders and has immune system properties.

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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. You may also add events on the Kaw Valley Senior Monthly Facebook page.

## ARTS/CRAFTS

LAST FRIDAY OF EACH MONTH  
FINAL FRIDAYS

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

## BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1  
3800 SE Michigan Ave, 6:30 p.m.  
TOPEKA, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

Minis start at 6 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7 p.m. on Wednesdays and Fridays, 2050 SE 30th St.  
TOPEKA, (785) 266-5532

MONDAYS

REBEKAH LODGE

Minis at 12:30 p.m., regular games at 1:00 p.m.  
745 NE Chester Avenue.  
TOPEKA

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

TUESDAYS

INDEPENDENT ORDER OF ODD FELLOWS

1 p.m. 745 NE Chester Avenue.  
TOPEKA

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

LEGIONACRES

3408 W. 6th St., 7 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

SUNDAYS & TUESDAYS

MOOSE CLUB

1901 N Kansas Ave, 6 p.m.  
TOPEKA, (785) 235-5050

## EDUCATION

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

Monthly classes are held at Stormont-Vail. Call to make reservation.  
TOPEKA, (785) 354-5225

FIRST & THIRD FRIDAYS OF EACH MONTH

HEALTHWISE AFTER 55

Television program offers interviews on health topics of interest to seniors as well as a 20-minute exercise segment. Airls from 9-9:30 a.m. on WIBW-TV, Channel 13.  
TOPEKA, (785) 354-6787

SECOND & FOURTH FRIDAYS OF EACH MONTH

FOR FAMILY CAREGIVERS

Television show highlights information for people who providing care-giving service to loved ones. There is also a 20-minute exercise segment for caregivers and their loved ones. Airls from 9-9:30 a.m. on WIBW-TV, Channel 13.  
TOPEKA, (785) 354-6787

APR 3

SKILLBUILDERS: AGING IN PLACE

Presented by Linda Crabb, OTR, CLT, Visiting Nurses. Staying in your home and making it safer and more accessible. Skillbuilders is an informative series of programs on various topics designed to assist anyone who is going through major transitions in their lives. The programs are free. Come to all or to just the topics that pique your interest. Skillbuilders programs are held in the community room on the lower level at Drury Place at Alvamar, 1510 St. Andrews Dr., 10-11:30 a.m.. For more information about Skillbuilders, contact Pattie Johnston, Outreach Services of the Lawrence Public Library.  
LAWRENCE, (785) 843-3833 ext. 115

APR 10

SKILLBUILDERS: HEALTHY COOKING FOR ONE

Presented by Susan Johnson, Douglas County Extension. Skillbuilders is an informative series of programs on various topics designed to assist anyone who is going through major transitions in their lives. The programs are free. Come to all or to just the topics that pique your interest. Skillbuilders programs are held in the community room on the lower level at Drury Place at Alvamar, 1510 St. Andrews Dr., 10-11:30 a.m.. For more information about Skillbuilders, contact Pattie Johnston, Outreach Services of the Lawrence Public Library.  
LAWRENCE, (785) 843-3833 ext. 115

APR 17

SKILLBUILDERS: CARING FOR YOUR HOME

Presented by Neil Gaskin, Natural Breeze Remodeling. How to take care of your biggest investment: your home! Skillbuilders is an informative series of programs on various topics designed to assist anyone who is going through major transitions in their lives. The programs are free. Come to all or to just the

topics that pique your interest. Skillbuilders programs are held in the community room on the lower level at Drury Place at Alvamar, 1510 St. Andrews Dr., 10-11:30 a.m.. For more information about Skillbuilders, contact Pattie Johnston, Outreach Services of the Lawrence Public Library.  
LAWRENCE, (785) 843-3833 ext. 115

APR 24

SKILLBUILDERS: FINANCES

Presented by Barbara Braa, trust officer, CornerBank. Managing your assets, planning ahead to lessen financial worries. Skillbuilders is an informative series of programs on various topics designed to assist anyone who is going through major transitions in their lives. The programs are free. Come to all or to just the topics that pique your interest. Skillbuilders programs are held in the community room on the lower level at Drury Place at Alvamar, 1510 St. Andrews Dr., 10-11:30 a.m.. For more information about Skillbuilders, contact Pattie Johnston, Outreach Services of the Lawrence Public Library.  
LAWRENCE, (785) 843-3833 ext. 115

MAY 1

SKILLBUILDERS: BASIC CAR CARE

Presented by Richard Haig, Westside 66. Maintaining a safe and serviceable automobile with an emphasis on warm weather preparation. Skillbuilders is an informative series of programs on various topics designed to assist anyone who is going through major transitions in their lives. The programs are free. Come to all or to just the topics that pique your interest. Skillbuilders programs are held in the community room on the lower level at Drury Place at Alvamar, 1510 St. Andrews Dr., 10-11:30 a.m.. For more information about Skillbuilders, contact Pattie Johnston, Outreach Services of the Lawrence Public Library.  
LAWRENCE, (785) 843-3833 ext. 115

## ENTERTAINMENT

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

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KAW VALLEY SENIOR MONTHLY

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APR 3 & 4

BROADWAY'S NEXT HIT MUSICAL

You will be doubled over laughing as Broadway's Next HIT Musical presents the only unscripted theatrical awards show. Master improvisers gather made up, hit-song suggestions from the audience and create a spontaneous evening of music, humor and laughter. The audience votes for its favorite song and watches as the cast turns it into a full-blown improvised musical — complete with memorable characters, witty dialogue and plot twists galore. The Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.  
LAWRENCE, (785) 864-2787  
www.lied.ku.edu/events/next-hit.shtml

APR 11

YESTERDAY- BEATLES TRIBUTE

Performing all eras of Beatles music in their original key, wearing drainpipe trousers and playing authentic instruments, Yesterday – The Beatles Tribute has performed on five continents. Beginning with the British Invasion in 1964, the mop tops from Liverpool began the first wave of Beatlemania. The Wareham, 410 Poyntz, 7 p.m. Admission fee.  
MANHATTAN, (785) 341-2779

APR 17

SERKAN ÇAGRI BAND

Serkan Çagri is one of the most popular and highly-regarded clarinetists in Turkey today. He is joined by a seven-member band, and together, they create upbeat folk music that explores the rhythm of the Balkans and the pulse of the Mediterranean. The Lied Center of Kansas, 1600 Stewart Dr. 7:30 p.m. Admission fee.  
LAWRENCE, (785) 864-2787

APR 25-27 & MAY 1-4

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

Based on the “coat of many colors” story of Joseph from the Bible’s Book of Genesis, the musical tells the story of Joseph, son of Jacob. The favored son, he is betrayed by his jealous brothers and sold into slavery and driven to Egypt. Though beset with adversity, Joseph perseveres through wit and faith and becomes the governor of Egypt, second only to the Pharaoh. This all sets the scene for when he

meets his brothers who have come to Egypt to purchase food. Its family-friendly storyline, universal themes and catchy music have made it extremely popular with audiences and performers alike. Manhattan Arts Institute, 1520 Poyntz Ave. Admission fee.  
MANHATTAN, (785) 537-4420

APR 27

THE SENIOR CLASS

A great offshoot from TCT’s widely successful company, Laughing Matters, The Senior Class is another zany troupe of comedians. Only this time the company is made up entirely of over 55-year-old actors in our community. This group defines life in the golden years as a terrifically fun-filled trip. Admission fee. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. Doors open at 1 p.m. Show begins at 2 p.m.  
TOPEKA, (785) 357-5211  
www.topekacivictheatre.com

## EXHIBITS/SHOWS

APR 5 & 6

2014 KAW VALLEY QUILTERS GUILD QUILT SHOW

The 2014 Kaw Valley Quilters Guild Quilt Show featured quilter will be Roseanne Smith. In addition to the quilts being shown, there will be a silent auction of mini-quilts made by members to raise funds for various community organizations, There will also be vendors. Crown Automotive, 3430 South Iowa St., 10 a.m.-5 p.m.  
LAWRENCE, (785) 842-4368

APR 12 & 13

AMTRAK EXHIBIT TRAIN AT THE TOPEKA AMTRAK STATION

Climb aboard and tour a free exhibit to learn about Amtrak’s history and catch a glimpse into the company’s future. Displays include vintage advertising, past menus and dinnerware, period uniforms, photographs, and other items of memorabilia from Amtrak’s creation in 1971 to a model of today’s modern-sleeping accommodations and high-speed rail service displays. Interactive displays include railroad horns, trivia questions, workable signals and an engineer’s stand. Topeka Amtrak Station, 500 SE Holliday Place, 10 a.m.-4 p.m.  
TOPEKA

APR 19

ANTIQUe TRUCK SHOW

All vehicles welcome! Antique and custom trucks, tractors, cars and more. Radio controlled truck and construction equipment demonstration. Free entry and admission for all. Sponsored by the Wheat State Chapter of the American Truck Historical Society. Newell Truck Plaza, 200 Manchester, 9 a.m.-3 p.m.  
NEWTON, (316) 283-0130  
www.aths.org

## FAIRS/FESTIVALS

MAY 3 & 4

25TH ANNUAL KANSAS SAMPLER FESTIVAL

The festival is like a living brochure of what there is to see, do, hear, taste, buy and learn in Kansas. Anywhere from 130-150 communities from across the state come together under huge tents featuring colorful and interactive displays; Kansas products are sold in one tent, you’ll find Kansas artists grouped in another and scattered throughout the festival grounds you can enjoy cultural heritage demonstrations, Kansas entertainers and historic performers. Wamego Dutch Mill and Prairie Village, 406 E 4th St. Admission fee.  
WAMEGO, (785) 585-2374  
www.kansassampler.org/festival

## HEALTH & FITNESS

MONDAYS THROUGH FRIDAYS

FIT FOR LIFE

LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. **LMH:** Mondays through Thursdays, 8:30-11 a.m. and 2-5:30 p.m.; Fridays, 8:30-11 a.m. and 2-4 p.m. **LMH South:** Mondays through Thursdays, 8-11 a.m. and 2-4 p.m.; Fridays, closed. Fee.  
LMH KREIDER REHABILITATION SERVICES  
LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

TUESDAYS

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10 a.m.-noon. Health-

April 2014 • 19

Wise 55 Resource Center, 2252 S.W. 10th Ave. Free.

TOPEKA, (785) 354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZERISE 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

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

ZOSTAVAX (SHINGLES) CLINIC

HealthWise 55 Clinic. 8 a.m.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free.  
TOPEKA, (785) 354-6787

WEDNESDAYS

MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 12:30-4:30 p.m. Call for appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.  
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 each month. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids.  
LAWRENCE, (785)748-8034

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free.  
TOPEKA, (785) 354-6787

■ CONTINUED ON PAGE 20

## THE FIRST APARTMENTS

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- Meals on Wheels Congregate meal site
- Maintenance Director on site
- Library Red Carpet Services
- Health Department Nail Clinics
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- Weekly Grocery Van
- On Site Storage
- Exercise Room

Age 62 & older.

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FRIDAYS

**BLOOD PRESSURE CHECKS**  
Drury Place, 1510 St. Andrews, 8:30 a.m. Open to the public.  
LAWRENCE, (785) 841-6845

SECOND THURSDAY OF EACH MONTH  
**BLOOD PRESSURE CLINIC**  
HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free.  
TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH  
**BLOOD PRESSURE CLINIC**  
HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free.  
TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH  
**BLOOD PRESSURE CLINIC**  
HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free.  
TOPEKA, (785) 354-6787

THIRD WEDNESDAY OF EACH MONTH  
**NUTRITION CLINIC**  
Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave., 10:30 a.m.-noon.  
TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH  
**BLOOD PRESSURE CLINIC**  
HealthWise 55 Clinic. 9-10:30 a.m. North YMCA, 1936 N. Tyler St. Free.  
TOPEKA, (785) 354-6787

APR 2  
**CHOLESTEROL SCREENING**

This screening event offers a total only (does not include HDL or LDL) cholesterol by finger-stick. No appointment or fasting necessary. \$7/ test. HealthSource room, Lawrence Memorial Hospital, 3-4:30 p.m.  
LAWRENCE, (785) 749-5800

**HERITAGE & HISTORY**

APR 12 & 13  
**CIVIL WAR ENCAMPMENT**  
Because of its strategic location, Fort Scott became a major base of Union operations during the Civil War. Enjoy a weekend of Civil

War history as the Union Army reoccupies Fort Scott. Ongoing living history demonstrations and portrayals featured throughout the day. Saturday evening program. The events of 1864 are featured this year. Fort Scott National Historic Site, 1 Old Fort Boulevard. Free admission.  
FORT SCOTT, (620) 223-0310

**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.  
Drury Place, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m.  
Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.

FRIDAYS  
Clinton Place, 215 Clinton Parkway, Lawrence, 9-10 a.m.  
Wyndham Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.  
Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

**LAWRENCE PUBLIC LIBRARY BOOK TALKS**

THIRD TUESDAY OF EACH MONTH  
Midland Adult Day Care, 319 Perry St., 10 a.m.  
Cottonwood Retirement 1029 New Hampshire, 2 p.m.  
Babcock Place, 1700 Massachusetts St., 3 p.m.

THIRD WEDNESDAY OF EACH MONTH  
Brandon Woods, 1501 Inverness Dr., 10:30 a.m.  
Prairie Commons, 5121 Congressional Circle, 1 p.m.

FOURTH WEDNESDAY OF EACH MONTH  
Presbyterian Manor, 1429 Kasold Dr., 9:45 a.m.  
Presbyterian Manor-Asst. Living, 1429 Kasold Dr., 11 a.m.

Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 1 p.m.  
Drury Place, 1510 St. Andrews Dr., 2:30 p.m.

**MEETINGS**

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  
www.OrthoKansasPA.com

MONDAYS  
**GRIEF SUPPORT GROUP**  
12-week adult group for recent loss. Midland Hospice, Building A, 4-5 p.m. Please call for start dates and information packet.  
TOPEKA, (785) 232-2044

FIRST MONDAY OF EACH MONTH  
**INDIVIDUAL BEREAVEMENT SUPPORT**  
Individual appointments are available, 5:30-7:30 p.m., as well as phone support. Other times are available. No cost. Call Terry Frizzell.  
TOPEKA, (785) 271-6500; (785) 230-6730 on first Monday between 5:30 and 7:30 p.m.

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

FIRST & THIRD MONDAY OF EACH 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 EACH 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 EACH 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 Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m.  
LAWRENCE, (785) 842-0543

FIRST TUESDAY OF EACH MONTH  
**DOUGLAS COUNTY DEMOCRATS HAPPY HOUR**  
Douglas County Democrats get together for a happy hour at Pachamamas, 800 New Hampshire St., from 5 to 7 p.m.  
LAWRENCE, (785) 331-0421

FIRST TUESDAY OF EACH MONTH  
**BLOOD PRESSURE CLINIC**  
HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Food Court, Restroom Entrance). Free.  
TOPEKA, (785) 354-6787

FIRST TUESDAY OF EACH 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 PROSTRATE CANCER SUPPORT GROUP - LAWRENCE**  
Meets at Lawrence Memorial Hospital, 5:30 p.m.  
LAWRENCE, (785) 393-1256

FIRST TUESDAY OF EACH MONTH  
**TOPEKA AREA OSTOMY SUPPORT GROUP**  
Our focus is supporting, assisting, and educating individuals with colostomies, ileostomies, urostomies and continent ostomies. Meets at 6 p.m. at St. Francis Health Center, 1700 SW 7th St.  
TOPEKA, (785) 295-5555

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FIRST & THIRD TUESDAY OF EACH MONTH  
**SCRAPBOOK MEMORIES**  
Grace Hospice, 3715 SW 29th St., Suite 100, 6 p.m. All supplies provided (except photos).  
TOPEKA, (785) 228-0400

FIRST & THIRD TUESDAY OF EACH MONTH  
**GRIEF SUPPORT GROUP**  
Grace Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Grace Hospice at (785) 228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 1 p.m.  
TOPEKA

FIRST & THIRD TUESDAY OF EACH MONTH  
**GRIEF SUPPORT GROUP**  
Grace Hospice in association with Pioneer Ridge Assisted Living invites individuals coping with the loss of loved ones to join us. For more information call (785) 841-5300 or 1-800-396-7778. Pioneer Ridge Assisted Living, 4851 Harvard Rd., Lawrence, 10:30 a.m.

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  
www.OrthoKansasPA.com

FIRST & THIRD TUESDAY OF EACH MONTH  
**HEALING AFTER LOSS BY SUICIDE (HEALS)**  
For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve New-comer at for more information. Pozez Education Center, 1505 SW 8th St.  
TOPEKA, (785) 478-4947 or (785) 296-8349

FIRST WEDNESDAY OF EACH MONTH  
**OLDER WOMEN'S LEAGUE**  
Meetings are held at the United Way building, 2518 Ridge Ct.. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson.  
LAWRENCE, (785) 832-1692

FIRST & THIRD WEDNESDAY OF EACH 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

WEDNESDAYS & SUNDAYS  
**OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)**  
Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6-9 p.m. on Sundays at the Eagles Lodge.  
LAWRENCE

FIRST THURSDAY OF THE MONTH  
**MAN TO MAN PROSTRATE 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 EACH MONTH  
**LAWRENCE AREA PARTNERS IN AGING**  
Networking group. Call Ashley at (785) 842-0543 for more information. \$12.00 to attend (includes lunch). 11:30 a.m.-1 p.m.

FIRST THURSDAY OF EACH MONTH  
**PARKINSON MEETING**  
Midland Care, 200 SW Frazier, 5:30-7 p.m.  
LAWRENCE, (785) 235-1367 or (800) 798-1366

EVERY OTHER THURSDAY  
**GRIEF SUPPORT GROUP**  
Ongoing adult group. Midland Hospice, Building A, 10:30 a.m. Please call for start dates and information packet.  
TOPEKA, (785) 232-2044

EVERY OTHER THURSDAY  
**GRIEF SUPPORT GROUP**  
Ongoing adult group. Midland Hospice, Building A, 5:30 p.m. Please call for start dates and information packet.  
TOPEKA, (785) 232-2044

FIRST FRIDAY OF EACH MONTH  
**STROKE SUPPORT AND RECOVERY GROUP**  
Providing an opportunity for learning and sharing experience. Meetings begin at 1:30 p.m. for blood pressure readings and at 2 p.m. for program. For information, call Jan Dietrich in the Adult Field Services Office. Health Agency Main Library.  
TOPEKA, (785) 232-7765

SECOND MONDAY, SEP-MAY  
**LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS**  
Volunteer service club.  
LAWRENCE, (785) 331-4575

SECOND MONDAY OF EACH MONTH  
**GRIEF AND ENCOURAGEMENT GROUP**  
For those who have lost loved ones. Sponsored by Hospice Care of Kansas. Meets at Brookwood Center, 2900-H Oakley. You are welcome to attend on time or as often as you like. If you have questions or need directions, call Chaplain Nancy Cook.  
TOPEKA, (913) 599-1125

SECOND TUESDAY OF EACH MONTH  
**CAREGIVER SUPPORT GROUP**  
Independence, Inc. 2001 Haskell Ave., 1-2 p.m.  
LAWRENCE, (785) 235-1367 or (800) 798-1366

SECOND TUESDAY OF EACH MONTH  
**NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES**  
Meets at 9:30-11 a.m. at Coyote Canyon Buffet.  
TOPEKA, www.narvre.com

SECOND TUESDAY OF EACH MONTH  
**KAW VALLEY HERBS STUDY GROUP**  
An informal group meeting monthly to study herbs. We will learn about the aspects of each herb: culinary uses, aromatherapy applications, medicinal properties, historical lore, growing and crafting. This group is open to anyone wanting to learn more about the herbs grown in the garden and in the wild. Meets at 7 p.m. at the Unitarian Fellowship of Lawrence, 1263 N. 1100 Rd. To sign up to receive updates, email HerbStudyGroup@gmail.com or join our Facebook page at www.facebook.com/HerbGroup.  
LAWRENCE

SECOND TUESDAY OF EACH MONTH  
**CAREGIVER SUPPORT GROUP**  
3 Sisters Inn, 1035 Ames St., 3:30-4:30 p.m.  
BALDWIN CITY, (785) 235-1367 or (800) 798-1366

SECOND WEDNESDAY OF EACH MONTH  
**MEMORY SUPPORT GROUP**  
Held at The Windsor of Lawrence, 3220 Peterson Rd., 2 p.m. For more information, please call Amy Homer.  
LAWRENCE, (785) 832-9900

SECOND WEDNESDAY OF EACH MONTH  
**DIABETES EDUCATION GROUP**  
The Diabetes Education Center provides a free monthly program for those with diabetes and their support persons, at 6 p.m. Lawrence Memorial Hospital, Meeting Room A.  
LAWRENCE, (785) 505-3062

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

SECOND THURSDAY OF EACH MONTH  
**CAREGIVERS SUPPORT GROUP**  
Learn more about caregiving, share your caregiving ideas and learn new ones. Find out about living options for your loved one and share comfort among others who are going through the same things. Refreshments are provided. Meets at The Windsor of Lawrence, 3220 Peterson Rd., 4 p.m. Call to RSVP.  
LAWRENCE, (785) 272-9400

SECOND THURSDAY OF EACH MONTH  
**NAACP MEETING-LAWRENCE CHAPTER**  
Meets at the Lawrence public Library Gallery Room at 6:30 p.m.  
LAWRENCE, (785) 841-0030, (785) 979-4692

SECOND & FOURTH FRIDAY OF EACH MONTH  
**ALZHEIMER'S/CAREGIVER SUPPORT GROUP**  
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■ CONTINUED ON PAGE 22

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■ CONTINUED FROM PAGE 21

Heart of America Chapter, KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m.  
LAWRENCE, (913) 831-3888

**SECOND SATURDAY OF EACH 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  
www.happytimesquares.com

**THIRD MONDAY OF EACH MONTH  
CAREGIVER SUPPORT GROUP**

Oskaloosa Public Library, 315 Jefferson St., 2-3 p.m.  
OSKALOOSA, (785) 235-1367 or (800) 798-1366

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

FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2 PM

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

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

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

**THIRD TUESDAY OF EACH 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 EACH MONTH  
ACTIVE AND RETIRED FEDERAL EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each 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 EACH MONTH  
LUNCH AFTER LOSS**

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

**THIRD THURSDAY OF EACH MONTH**

**CAREGIVER SUPPORT GROUP**  
Baldwin Healthcare Center, 1223 Orchard Lane, 1-2 p.m.  
BALDWIN CITY, (785) 594-6492

**THIRD FRIDAY OF EACH 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 EACH MONTH  
TOPEKA WIDOWED PERSONS BRUNCH**

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11 a.m.-1 p.m. For more information about the Widowed Persons Service Program, please call Julie.  
TOPEKA, (785) 357-7290

**FOURTH MONDAY OF EACH MONTH  
GRIEF SUPPORT GROUP**

Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice.  
LAWRENCE, (785) 841-5300

**FOURTH TUESDAY OF EACH MONTH  
LAWRENCE PARKINSON'S SUPPORT GROUP**

Pioneer Ridge Assisted Living Library, 4851 Harvard, 6:30 p.m.  
LAWRENCE, (785) 344-1106

**FOURTH TUESDAY OF EACH MONTH  
CAREGIVER SUPPORT GROUP**

Countryside United Methodist Church, 3221 SW Burlingame Rd., 1-2 p.m.  
TOPEKA, (785) 235-1367 or (800) 798-1366

**FOURTH WEDNESDAY OF EACH 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 EACH 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  
www.tgstopeka.org

**FOURTH THURSDAY OF EACH 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 EACH MONTH**

**RETIRED GOVERNMENT EMPLOYEES**  
The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller.  
LAWRENCE, (785) 478-0651

**MISCELLANEOUS**

**SUNDAYS  
CHURCH SERVICES**

Drury Place, 1510 St. Andrews, 4 p.m. Open to the public.  
LAWRENCE, (785) 841-6845

**MONDAYS  
CHURCH SERVICES**

Drury Place at Alvarmar, 1510 Saint Andrews Dr., 11 a.m. Open to the public.  
LAWRENCE, (785) 841-6847

**THIRD SATURDAY OF EACH MONTH  
COFFEE & CONVERSATION**

Drury Place at Alvarmar, 1510 Saint Andrews Dr., 3 p.m. Open to the public.  
LAWRENCE, (785) 841-6847

**APR 26**

**WALK MS LAWRENCE**

When you participate in Walk MS, the funds you raise give hope to the more than 11,000 people living with MS in our community. The dollars raised support life-changing programs and cutting-edge research. Every connection counts. Sunflower Elementary School, 2521 Inverness Dr., 9 a.m.-12 p.m. Free.  
LAWRENCE, (800) 344-4867

**MAY 3**

**ABILENE FLY-IN BREAKFAST**

Pilots eat for free and small admission charged for others. Pancakes, sausage, and other items. Union Pacific Depot, Kansas Information Center, 801 S Washington St., 7-11 a.m.  
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**APRIL 22**

# Don't get stressed over Social Security fraud

By Rob Boudreau

Social Security Management Support Specialist in Lawrence, Kansas

April is Stress Awareness Month, but one thing that should never cause you stress is doing business with Social Security.

However, if you fall victim to fraud, it can really stress you out, not to mention damage your credit score and wallet. We encourage you to be cautious of suspicious email, letters, and phone calls or any time someone asks for your personal information.

Generally, Social Security will not call or email you and ask for your personal information, such as your Social Security number or banking information. If someone contacts you and asks for this kind of information and claims to be from Social Security, do not give out your personal information without first contacting us to verify the validity of the request. It could be an identity thief phishing for your personal information.

Contact our toll-free number at 1-800-772-1213 (TTY 1-800-325-0778).

Report suspicious calls to our Fraud Hotline at 1-800-269-0271 from 10:00 a.m. to 4:00 p.m. Eastern Time, or online at <http://oig.ssa.gov> using the "Fraud, Waste, and Abuse" link. When making a report, please include as many of the following details as possible:

- The alleged suspect(s) and victim(s) names, addresses, phone numbers, dates of birth, and Social Security numbers;
- Description of the fraud and the location where the fraud took place;
- When and how the fraud was committed;
- Why the person committed the fraud (if known); and
- Who else has knowledge of the potential violation.

Identity theft is one of the fastest-growing crimes in America. If you or anyone you know has been the victim of identity theft, you should contact the Federal

Trade Commission at [www.idtheft.gov](http://www.idtheft.gov), or call 1-877-IDTHEFT (1-877-438-4338); TTY 1-866-653-4261.

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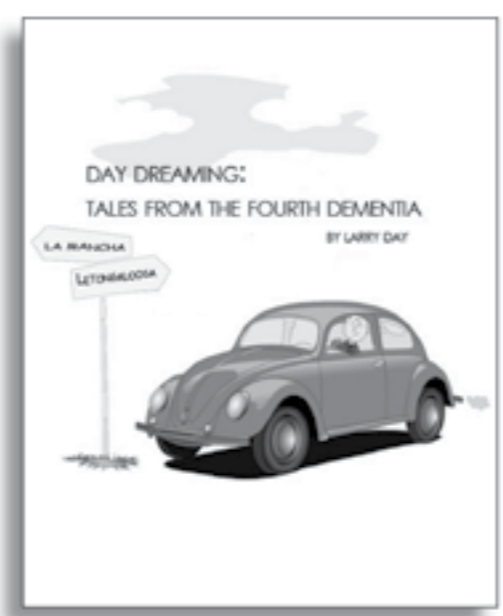
**CHAPTER 19**

Defeating the Socialist Coalition and Restoring Our Constitutional Republic

KEVIN GROENHAGEN

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## A LOOK AT BOOKS

If you have a book that was published from 2012 to the present, you may send it in for a possible review in *Kaw Valley Senior Monthly*. No poetry collections please. Send a copy of your book to: Tom Mach, c/o A Look At Books, PO Box 486, Lawrence, KS 66044. Send the image of your book cover to: kevin@seniormonthly.net



Tom Mach

**Meg & the Ladies of Lavender Landing** by Joan Marsan Murphine (CreateSpace ISBN 978-1-479-3650-0-5)

Meg receives an inheritance from the death of a close friend named CC that included a yacht and 30 condos near

Lavender Landing. Nine women, who were acquaintances of Meg, will receive a lifetime lease to those condos at Lavender Landing. Meg invites these women, who call themselves “the

ladies of Lavender Landing, to try to live their lives in the fullest way possible in order to experience the connections of mutual support and a belief in the goodness of people. The author uses the subtitle “On Being of an Age,” which suggests that this novel might be of greater interest to older women. In a subtle way, Murphine’s novel invites the reader to think about the various interactions they should have with those who want to connect with their close relatives. The presence of CC should remind the reader of a ghostly love she might have experienced from someone who had been close to her. While I found the dialogue a bit contrived, *Meg & the Ladies of Lavender Landing* is an interesting read.

**The Return of the Dragons** by Kenneth Kappelmann (Tate Publishing, ISBN 978-1-62295-471-1)

This novel would be of interest to those readers who love fantasy books involving magic and dragons. Since I am not a fan of this genre, I stumbled over words such as “canok,” “tracer globes,” or “magis.” Nonetheless, this



novel is well written and the plot is never boring. In this novel, a group of companions must make the right choices in order to save the world from dragon rule and tyranny. Magic will either rescue them from danger or stop them from attaining peace. Kappelmann has created fully-developed characters, so that even if this genre is not one you would ordinarily appreciate, the story is nonetheless captivating. Since there is nothing too graphic in this book, it would be suitable reading for teens and preteens.

**The Unraveling of Revered G** by R J Thesman (CrossRiver Media Group ISBN: 978-1-936501106)

Reverend Gertrude (who prefers the name Reverend G) is an associate pastor and women’s minister for a church, but she is spiritually challenged when she is diagnosed with Alzheimer’s.



Embarrassed by not remembering a line from Our Lord’s prayer, Reverend G is in fear of losing not only the connection to her family but her connection to God. After being placed in an assisted living facility, she experiences other situations such as finding her iron in the freezer or losing a half-gallon of ice cream. The reader will laugh at some of these outrageous things but also cry over her increasing loss of memory. The one thing she fears most is losing her relationship with her heavenly Father. But despite all of this, Reverend G is mindful of her love of God and of His love for her. This is a powerful and enjoyable story which will provide comfort to those who

know of someone suffering from this dreaded disease.

**You Live Forever** by Gladys Hargis (WestBow Press, ISBN 978-1-4497-0923-5)

The author experienced swelling in her legs and arms, was rushed to the hospital emergency room, as her body organs were shutting down. She died and was resuscitated several times, but she not only felt no pain but was given

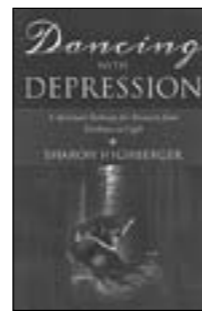


a glimpse of heaven as well as angels. Although this book would have benefited from a better edit, the author shares some of her exciting experiences in heaven. She says she experienced walking through a white cloud that took off all the weight of her mind and body. She described domed buildings “with golden colors, white like ivory and pearls” and angels that had no wings. After her release from the hospital she had no fear of death and was looking forward to going to heaven again—permanently. While she could have added more information about what she saw, her book will help ease the pain of separation of your loved ones. Her 81-page book could serve as an inspiration for those who have doubts about the existence of a

loving God.

**Dancing with Depression** by Sharon Highberger (Tate Publishing, ISBN 978-1-62295-304-2)

While the book title evokes unbelief (How can one “dance” with depression?), Highberger’s book presents a profound and honest assessment of how the author dealt with clinical depression. At 13, she attempted to kill herself, believing she was worthless. As an adult on a cruise ship she thought about jumping overboard. But God kept calling her, and she eventually found herself going on a spiritual path that allowed her to manage her depression and heal her troubled soul. She presents a strong message for those who must deal with depression. It was through medication, prayer, and journaling that she found her true self. For each of the 10 chapters in her book, she presents questions for reflection and group study. Her key message to readers is to “not fear darkness, but go there to find the Light waiting for you.” This book is recommended for those who find only drudgery in life and need to be released from that by living for God instead.



## TRAVEL TROUBLESHOOTER

### \$600 bill for Mexico car rental?

Arjun Aiyer receives a surprise bill for an extra \$600 after renting a car in Mexico. The company alleges the vehicle was damaged while Aiyer was driving it. But where’s the proof?



Christopher Elliott

**Q.** We recently rented a car from Thrifty for a week at Cancun airport. We were quoted a rate of \$136. The estimate at pick-up time, with mandatory accident insurance and one additional driver, was \$371 for the week, which I accepted and signed.

One or two days later, while driving on the highway, the car overheated and stalled. Obviously, they had given us a car with very low radiator coolant. We called Thrifty road service and asked for a replacement car, which they delivered about three hours later, ruining our afternoon excursion.

The replacement car had many dings and scratches, which we pointed out to the person who delivered it and had him document it.

When I turned in this car at the end of the week, Thrifty asked me to sign an accident report. I insisted that there was no accident and that they were at fault for renting us a car without coolant. They insisted I fill out a report, so I just wrote on the form that there was no accident but, rather, overheating due to lack of coolant.

On the rental agreement, the employee at the check-out counter wrote, “It was not (an) accident. It was just overheated and there is no charge to customer.”

A few weeks later when I received my American Express statement, I saw that Thrifty had charged \$1,004 for the rental. I opened a dispute claim with Amex for the additional \$600 or so charged and sent them a letter explaining the circumstances. I also

called Thrifty in USA and they referred me to the rental company in Cancun. With the help of a Spanish-speaking friend, I called them and the manager gave us the run-around and told us the employee in Mexico was no longer with Thrifty.

About three weeks ago I received a set of documents from Thrifty customer service, including a handwritten form with an Amex logo and my signature, both scanned and pasted I believe, stating I accept charges for the damage estimate to the radiator. I don’t recall signing any Amex form at Thrifty when I turned the car in, especially since I insisted there was no accident.

At this point I am frustrated and mad with Thrifty for being fraudulently charged \$600 on my rental, and I’m appealing to you for help. - Arjun Aiyer, Oakland, Calif.

**A.** Nice work keeping the paperwork on this case. Even a handwritten note from an employee is enough to cast doubt on a \$600 repair bill sent to you long after you returned your rental.

If Thrifty had a legitimate claim—and I’m not saying that it didn’t—there was a right way to handle it. The company should have asked you to acknowledge the damage by filling out a report. You didn’t fill out a report; instead, both you and an employee documented the fact that the car broke down.

Car rental companies have been taking an increasingly hard-line position on damage to their vehicles. It doesn’t matter what happens to the car while you’re renting it—if it breaks, you pay for it. That seems unreasonable, since vehicles can break down for all kinds of reasons, which may or may not have anything to do with the driver.

Since Thrifty had already punted your complaint to its Cancun location, I thought a better strategy might be to contact American Express to dispute your charge. Although merchants can retroactively charge you for items (called a “late billing” in the trade) they also have to provide adequate documentation. I thought Amex might want

to have a look at the paperwork.

I contacted American Express on your behalf, and it reversed the \$600 charge.

- Christopher Elliott is the author of “How to Be the World’s Smartest Traveler (and Save Time, Money and Hassle)” (National Geographic). He’s also the ombudsman for National Geographic Traveler magazine and the co-founder of the Consumer Travel

Alliance, a nonprofit organization that advocates for travelers. Read more tips on his blog, [elliott.org](http://elliott.org) or e-mail him at [chris@elliott.org](mailto:chris@elliott.org). Christopher Elliott receives a great deal of reader mail, which he answers as quickly as possible, but because of a backlog of cases, your story may not be published for several months.

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## PET WORLD

# Boosting your dog's confidence could curb indoor urination

Having a dog is all about fun. That's why New York City-based dog trainer Andrea Arden created an Apple app called "Andrea Arden's Dog Fun."



Steve Dale

The app includes lots of random dog trivia, countless images of dogs (which is the cutest?), information about presidential dogs, and tons of dog training and behavior tips. The basic app is free, though some extras are 99 cents. The app is at iTunes.com.

This week, Arden, the author of several books, including the "Barron's Dog Training Bible" (Barron's, New York,

NY, 2011; \$18.99), answers a question:

**Q:** Just over a month ago, we acquired a 1-1/2-year-old, 12-pound dog. She'd been an outside dog, and she's not spayed. She now stays indoors 100 percent of the time. She's totally housebroken for bowel movements, but urinates indoors, especially when our grandson pets her. Will this behavior stop after she's spayed? Any tips? - H.T., Elberton, GA.

**A:** Spaying helps prevent uterine infections and also breast cancer, which is fatal half the time. When dogs go into heat, there are lifestyle challenges, which obviously aren't an issue for spayed dogs. Spaying your dog may decrease the number of "accidents," but there's likely more going on. Your dog may be engaging in submissive urination and may have house-training issues.

To stop the submissive urination, you

need to boost your dog's confidence. You can do this by teaching her some new behaviors.

For example, here's something fun your pup can learn, which even your grandson can help with if he's over about 4 or 5 years old (with adult supervision). Have your grandson hold some dog treats in a closed fist. Your pooch will naturally smell the child's hand, and when she touches her nose to the boy's hand, he should offer the food. As the dog repeats this behavior, have your grandson give a cue, like "Touch."

Next, have him hold his hand open and ask the dog to "Touch."

"Your dog will learn that touching a nose to the palm of a hand is like pushing a button for food or a treat," she says. "Aside from gaining confidence, if your dog is thinking about pushing that button (he's less like to urinate and) the accidents may decrease."

To further enhance your dog's confidence, Arden suggests enrolling her in a fun class, such as a beginner agility class (an obstacle course for dogs) or nose work class (dogs use their sniffers to find things). A basic dog training

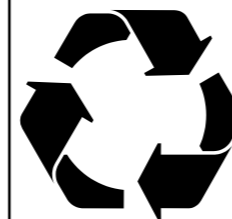
class is another option.

"The idea is to have fun with your dog, and for your dog to gain self-confidence with her new family," Arden says.

Your dog may never have been reliably house-trained, particularly since she was once an outside dog. There's some house training advice in the next answer.

- Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001. Send e-mail to [petworld@steve-dale.tv](mailto:petworld@steve-dale.tv). Include your name, city and state.

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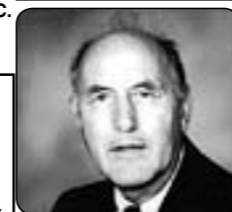
Please recycle this copy of Kaw Valley Senior Monthly when you are through with it.

## HUMOR

# Pat and Pete Meet the President

When Pete and Pat took separate vacations last year, they had no idea they'd end up becoming a family of six—with four adopted kids. And they certainly didn't expect to visit the White House or that Pat would prepare lunch for the President.

Patrocina Megamecheldorf Zambovich Jones and Pedro Salazar Ramirez Sandoval Montoya y Montoya are known



Larry Day

around town, for obvious reasons, simply as Pat and Pete. The two came to Letongaloosa years ago and became a couple after having been business rivals. They got married, and, last year, adopted four children—a girl and boy from Korea and a boy and girl from Colombia.

Back before they become a couple, Pat wanted to buy the old Peabody home from the city and turn it into a pre-school. Pete wanted to make the place a pawn shop. After a notable public debate at city hall they ended up joining forces and sharing the facility.

Together they created a unique business: Pat and Pete's Pre-school and Pawn Shop.

Pat and Pete took separate vacations because the business associations to which they belonged had scheduled annual conventions at the very same time, but on different continents. Pete and Pat kissed each other at the airport and went their separate ways.

As the result of a mix-up Pete found himself in an orphanage in Seoul. Meantime, Pat visited an orphanage in Cartagena. Pete met Min-ji, age eight, and her brother Hae-jin, six, and came home eager to adopt them both. Pat fell in love with Hernando, age eight, and Maria, six, in Cartagena and hurried home with adoption on her mind.

The logistics of a four-child, two-country adoption process were daunting, but Pat and Pete kept their cool and just ploughed ahead. They got help from unexpected sources. In Washington, a congresswoman helped smooth the way with the U.S. State Department. A Korean-American businessman helped with the government in Seoul. Two adoption attorneys took the case *pro bono*. The couple's professional organizations paid transportation costs for all the trips Pat and Pete

had to make. A national hotel group gave them free meals and lodging in Cartagena and Seoul.

Back in Letongaloosa, Pat and Pete adjusted amazingly well to the shock of going from being just a married couple to being the parents of four lively pre-teens.

For their part, all the kids proved to be adaptable, resourceful and very bright.

They settled down to a quiet home and school life and, in less than a year, the Koreans were speaking Spanish, the Colombians were speaking Korean, and all four kids were speaking English without an accent.

The way things are in quiet little Letongaloosa, life for Pat and Pete and their four children might have flowed along unremarkably. But then a reporter for the local newspaper, the *Argosy Herald Tribune Challenger Dispatch*, found out about the family and decided to write a feature story about them. Because cross-cultural news was "in" with the mass media at that time, her story was picked up by the wire services. The next thing they knew, Pete and Pat and the kids were

invited to the White House for a visit.

In the Oval Office the children were introduced to the President. They had been well briefed, and they all got through the "I'm pleased to meet you Mr. President" part just fine. Then out of the blue:

"Are we staying for lunch?" asked Hae-jin, now seven.

The President didn't miss a beat. "What's your favorite food?" he asked.

"My Mom makes the best *caldo de camarones* in the world," said Hae-jin.

"Her *veprova pecene* is better," piped in Maria, also now seven.

Flustered and embarrassed, Pat opened her mouth to apologize.

But the President smiled and turned to his chief of staff. "Clark, please put Mrs. Montoya y Montoya-Zambovich Jones in touch with the White House chef. We're having homemade *caldo de camarones* and *veprova pecene* for lunch tomorrow."

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

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# WOLFGANG PUCK'S KITCHEN

## Eat like a Hollywood star by enjoying some of the richest fudge ever

As longtime caterer for the Governors Ball that follows the Academy Awards ceremony, I always aim to respect the gravity of the occasion. My team and I really hustle to serve our delicious food efficiently and generously to over 1,600 guests.

Each year we aim to add to the spirit of both celebration and comfort with a wide range of treats that this year included such specialties as carrot-



Wolfgang Puck

orange gazpacho, fresh-baked mini pretzels and buttermilk-marinated fried chicken with grits.

But, year in and year out, one particular item we serve never fails to excite some of Hollywood's biggest names: our rich bittersweet chocolate fudge. What first draws their attention is the way we serve it: We cut the fudge into perfect miniature profiles of the familiar award statue, and then top gild with a layer of edible gold dust. That alone makes the fudge something everybody at the party wants, and some attendees ask for extra pieces to bring home to their children. We're happy to oblige. And there's no reason you can't enjoy this delicious treat at home, too, anytime of the year.

Of course, the real proof of this pudding, or fudge, is in the eating. And

that's where the recipe originally developed for us by former longtime Spago executive pastry chef Sherry Yard wins the award for best performance in a dessert role.

Her approach, which I'm happy to share here in a version that yields familiar squares of fudge, starts with the best-quality bittersweet chocolate you can find—a kind you would love if you just ate it right out of the wrapper. Egg yolks add extra richness. So do heavy cream and condensed milk. The latter also adds a hint of caramelized sweetness, and the flavor becomes even more complex and satisfying thanks to a splash of good bourbon (we use Jack Daniels).

Once blended, the fudge mixture is poured into a foil-lined pan. (For the Governors Ball, we also include a crumb-crust base, like you'd prepare for a cheesecake, to give the slender statuettes more stability.)

Once the fudge has chilled in the refrigerator for at least two hours, it's ready to cut and serve!

### HOLLYWOOD CELEBRATION FUDGE

Makes 16 servings

- 1 pound good-quality bittersweet chocolate, finely chopped
- 2 large egg yolks
- 2 tablespoons sugar
- 2 tablespoons water
- 1-3/4 cups sweetened condensed milk
- 2 tablespoons good-quality bourbon

(optional)  
1/4 cup heavy cream

Line a 9-by-9-inch baking pan with aluminum foil.

Put the chocolate in a microwave-proof mixing bowl. Put the bowl in a microwave oven, set the power at 50 percent, and microwave the chocolate for 1 minute. Using a heatproof pad, remove the bowl and, with a rubber spatula, stir the chocolate. If it's not melted completely, repeat the process until the chocolate is smoothly melted. Scrape the melted chocolate into the bowl of a food processor fitted with the stainless-steel blade.

Fit the bowl of a stand mixer with the wire whisk attachment; or attach the beaters to a hand-held electric mixer. Put the egg yolks in the stand mixer bowl or a clean mixing bowl and beat at medium speed until they look light and pale yellow, about 1 minute. Set aside.

Put the sugar and water in a small saucepan. Bring to a boil over medium-high heat, stirring, until the sugar has dissolved.

Continue beating the egg yolks on high speed. Pour the hot sugar syrup into the yolks and continue whisking for 30 seconds.

Turn on the food processor and, through the feed tube, pour in the egg yolk mixture, scraping the last of the yolks out of the bowl with a clean rubber spatula. Stop the processor and scrape down the side of its work bowl.

Turn on the processor again and, through the feed tube, pour in the condensed milk; then the bourbon; and finally the cream. As soon as the mixture is thoroughly blended, stop the machine again and scrape down the side of the bowl, pulsing briefly to incorporate any ingredients from the side that have not yet mixed in.

Pour the fudge mixture into the foil-lined baking pan. Cover the top of the pan with plastic wrap, not touching the fudge. Refrigerate for at least 2 hours, until solid.

To serve, carefully use the sides of the foil to lift out the square of fudge. With a large, sharp knife, make 3 equally spaced cuts across the square, and then 3 equally spaced cuts perpendicular to the first ones, to form 16 squares. Use a small palette knife, spatula, or table knife to help lift the squares from the foil, transferring them to a serving platter. Serve while still chilled.

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## Verna Salmon celebrates 100th birthday at The Windsor of Lawrence

Residents of The Windsor of Lawrence helped Verna Salmon (the "I" is pronounced) celebrate her 100th birthday on February 28. Jerry Miller of Eudora played guitar and led the residents in singing several songs.

The following day (her actual birthdate), relatives traveled from as far as Tuscon, Ariz., for dinner and a birthday celebration at The Windsor.

Verna was born in Harrison County, Mo., and was a nurse in St. Joseph, Mo. "My husband died young, so that's when I decided to take my nursing training," she said.

Verna has two daughters, including one who lives in Lawrence. She moved to The Windsor to be near that daughter.

Verna said she really had no secret for longevity, but did offer this advice: "Trust in the Lord."



Verna Salmon

KEVIN GROENHAGEN PHOTO



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# GOREN ON BRIDGE

## What's the Odds?

By Tannah Hirsch  
Tribune Content Agency

North-South vulnerable. South deals.

NORTH  
 ♠-J 5  
 ♥-10 4  
 ♦-A K 8 6 4 2  
 ♣-J 6 5

WEST EAST  
 ♠-A K 8 ♠-10 6 4  
 ♥-A 9 5 3 ♥-Void  
 ♦-J 9 5 3 ♦-Q 10 7  
 ♣-8 4 ♣-K Q 10 9 7 3 2

SOUTH  
 ♠-Q 9 7 3 2  
 ♥-K Q J 8 7 6 2  
 ♦-Void  
 ♣-A

The bidding:  
 SOUTH WEST NORTH EAST  
 1♥ Pass 2♦ 3♣  
 4♥ Pass Pass Pass

Opening lead: King of ♠

Probabilities can show which of two distributions is more likely. That does not mean the better choice is bound to succeed, as South learned to his cost.

North responded with an under-strength two diamonds, intending to show this by rebidding three diamonds at his next turn. He never got the chance.

West led the king of spades and shifted to the eight of clubs. Declarer won and led a low spade toward

the jack. West won with the ace and reverted to a club. Declarer ruffed and then trumped a spade in dummy with the ten of hearts. East followed but, when the defender next discarded a club on the heart lead, declarer had to concede two heart tricks - down one.

South bewailed his fate: "After all, a 4-2 spade break is five times more likely than a 4-0 heart distribution!" Correct as far as it goes, but declarer could have discovered for sure what the chances are.

After ruffing the club at trick four, declarer should lead the king of hearts, and the trump distribution is revealed. If West wins and returns a heart, declarer wins in dummy and cashes the ace and king of diamonds to discard two losing spades. If West ducks, declarer must rely on a 3-3 spade break and just continue with a trump to the ten. Either way, declarer loses only two spade tricks and a trump.

- Tannah Hirsch welcome readers' responses sent in care of this news-

paper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses may be sent to tcaeditors@tribune.com. © 2014 Tribune Content Agency, LLC.



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# PUZZLES & GAMES

## CROSSWORD

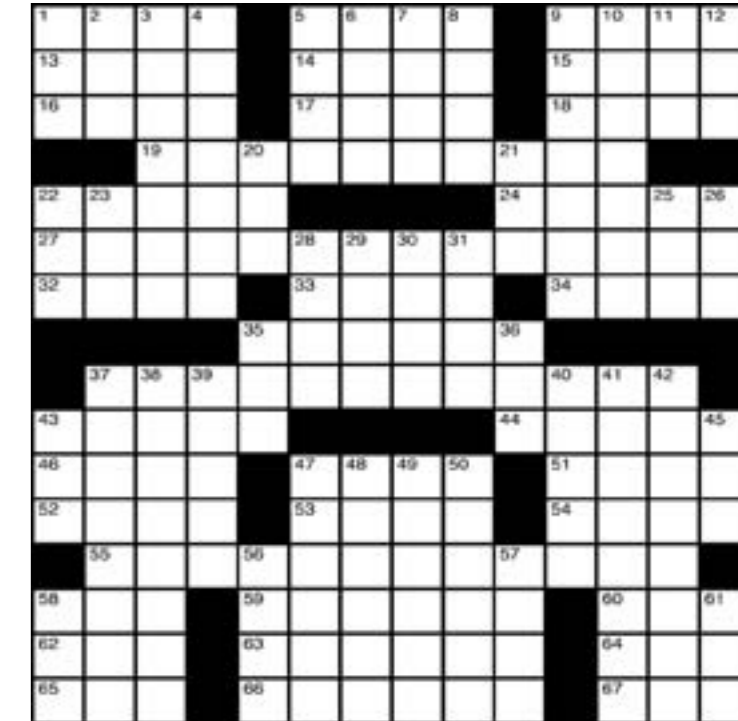
### Across

- 1 Pizza Quick sauce brand
- 5 Boxer's weapon
- 9 Frankly declare
- 13 Parade instrument
- 14 "The Andy Griffith Show" tyke
- 15 Olin of "The Reader"
- 16 Cheers for a torero
- 17 Like a blue moon
- 18 Overcast, in London
- 19 Animation pioneer
- 22 Too scrupulous for
- 24 Peasant dress
- 27 Warren Harding's successor
- 32 Jacuzzi effect
- 33 50+ group
- 34 Score after deuce
- 35 Line on a map
- 37 1999, 2000 and 2001 Best Actor nominee (he won once)
- 43 Japanese fish dish
- 44 Battery post
- 46 "Dear" one?
- 47 \_\_\_ qua non
- 51 Duds
- 52 Cry of pain
- 53 Eat too much of, briefly
- 54 Poems of praise
- 55 Company's main activity, and a hint to a different three-letter abbreviation hidden in 19-, 27- and 37-Across
- 58 Coyote's coat
- 59 Bridge player's blunder
- 60 Work on a garden row
- 62 Garden pest
- 63 Low points on graphs
- 64 Benelux locale: Abbr.
- 65 Billboard fillers
- 66 Lacking a musical key
- 67 Souse's woe

### Down

- 1 Frat letter
- 2 Longtime ISP
- 3 Got tiresome
- 4 Not in the know

- 5 Old West defense
- 6 High-tech release of 2010
- 7 Voice-activated app for 6-Down
- 8 Football supporters
- 9 African country that was a French colony
- 10 "Well, that's weird"
- 11 With 12-Down, sign with an arrow
- 12 See 11-Down
- 20 Island ring
- 21 Patriots' org.
- 22 Serving success
- 23 Horrible
- 25 Modern film effects, briefly
- 26 Understanding
- 28 \_\_\_ the Great: boy detective
- 29 Rob Reiner's dad
- 30 Hersher of ESPN
- 31 Oil bloc
- 35 FICA benefit
- 36 La-la lead-in
- 37 Ruddy, as a complexion
- 38 Places to plug in mice
- 39 More reserved
- 40 En pointe
- 41 Place to store cords



- 42 Beats by a whisker parking
- 43 For instance 50 Head-scratcher
- 45 Slalom curve 56 Columnist Bombeck
- 47 "Fine" 57 Country singer McCoy
- 48 Words accompanying a shrug 58 SFO overseer
- 49 Like much metered 61 Hesitant sounds

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

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

**JUMBLE** THAT SCRAMBLED WORD GAME  
 by Mike Argrion and Jeff Kuzarek

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

NILEN  
 HYSYL  
 TAJECK  
 HERGAT

WHAT A DARK HORSE SHOULD'N BE IN AN ELECTION.

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

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PAR SCORE 265-275  
 BEST SCORE 363

FIVE RACK TOTAL  
 TIME LIMIT: 25 MIN

DIRECTIONS: Make a 3- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 1-letter words get 50-point bonus. "Blank" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 4th Edition.

Answers to all puzzles on page 35

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# OPINION

## Is Weather Underground agenda now part of USD 497 curriculum?

By Kevin Groenhagen

"We share the belief that education is the motor-force of revolution." - Bill Ayers, Weather Underground leader, in a 2006 speech at the World Economic Forum in Caracas, Venezuela

"John Dewey suggested that schools must be the engine of social transformation." - Glenn E. Singleton and Curtis Linton, *Courageous Conversations About Race* (2006)

"Give me four years to teach the children and the seed I have sown will never be uprooted." - Vladimir Lenin

In their 1974 political manifesto, *Prairie Fire*, leaders of the Weather Underground, a communist terrorist organization, wrote, "We believe that radical teachers should work in schools in working class neighborhoods, in community or junior colleges. Radicalize other teachers, organize the parents, teach and encourage your students."

Bill Ayers was among those signing for the Weather Underground at the end of the introduction of *Prairie Fire*. His opinion about radicalizing teachers was unchanged four decades after the publication of *Prairie Fire*. "Revolutionaries want to change the world, of course, and teachers, it turns out, want to change the world too—typically one child at a time," he wrote in *Public Enemy: Confessions of an American Dissident* (2013). "It wasn't as much of a reach as you might imagine."

While the McCain-Palin campaign briefly (and ineptly) focused on Ayers' days as a domestic terrorist, it failed to discuss Ayers' work in education during the past several decades. Ayers earned an Ed.D. from Columbia University's Teachers College, which was founded by Dr. John Dewey. For Ayers, attending the Teachers College was probably a natural choice. Dewey was active in the League for Industrial Democracy (LID), while Ayers was a community

organizer with Students for a Democratic Society (SDS) during the 1960s. SDS developed from the Student League for Industrial Democracy, the youth branch of LID. LID, which descended from the Intercollegiate Socialist Society, was founded in 1905 by notable socialists Upton Sinclair, Jack London, Clarence Darrow, and Norman Thomas.

Ayers became a vice-president of the American Educational Research Association (AERA) in 2008. In addition, Ayers' younger brother and fellow communist, Rick, serves as the co-president of the National Association of Multicultural Educators (NAME). Conveniently, Bill was on the co-president nomination team.

AERA's president in 2005-06, Gloria Ladson-Billings, a professor in curriculum and instruction at the University of Wisconsin-Madison, was a keynote speaker at the Pacific Educational Group's (PEG) Summit for Courageous Conversation in 2009. Another keynote speaker at that summit, Antonia Darder, was also a keynote speaker at a NAME event in 2011. Her speech was entitled "The Neoliberal Restructuring of Cities, Education Policy, and Possibilities for Social Transformation Through a Marxist Lens."

In 2008, both Ladson-Billings and Darder signed a statement that read, "We write to support our colleague Professor William Ayers, Distinguished Professor of Education and Senior University Scholar at the University of Illinois at Chicago, who is currently under determined and sustained political attack." Lisa Delpit and Sonia Nieto, featured speakers at PEG's Summit for Courageous Conversation in 2013, also signed the statement.

Last month I noted that the Lawrence school district spent \$10,200 on a two-day program presented by PEG's Leidene King. The program, "Beyond Diversity: An Introduction to Courageous Conversations and a Foundation for Deinstitutionalizing Racism and Eliminating Racial Achievement

Disparities" is based on a book, *Courageous Conversations About Race: A Field Guide for Achieving Equity in Schools*, by Glenn E. Singleton, PEG's CEO, and Curtis Linton, and is rooted in a discipline known as Critical Race Theory (CRT). In addition to writing the foreword for Singleton and Linton's book, Ladson-Billings wrote the foreword for Ayers' *To Teach: The Journey of a Teacher* (2001), and co-edited *City Kids, City Schools: More Reports from the Front Row* (2008) with Ayers.

Unfortunately, PEG's involvement with the Lawrence school district is much more extensive than I noted last month. Lawrence district and school administrators actually began using Singleton and Linton's book as a study guide in 2005. A group of administrators, teachers, and community members attended the aforementioned Summit for Courageous Conversation in 2009. In 2012, a group of administrators and teachers attended the PEG summit and received the Summit Leadership Award. Rick Doll, Lawrence Public Schools superintendent, and Angelique Kobler, director of curriculum and instruction, were presenters at the 2013 summit.

According to a May 4, 2013 *Lawrence Journal-World* article, a PEG consultant asked Lawrence school board members and a handful of administrators what they thought "whiteness as property" means. That phrase comes from the title of a 1993 *Harvard Law Review* article by Cheryl I. Harris. In 2000 Harris served on the Coordinating Committee of the Black Radical Congress (BRC). According to BRC leaders in a June 15, 1998 email, "It seemed to us the idea of bringing together the varied sections of the Black radical tradition—Socialists and Communists, revolutionary nationalists, and radical Black feminists and womanists—was long overdue."

Is it possible that Lawrence school board members were unaware of the fact that the major progenitors and proponents of CRT—including Harris, Ayers, Cornel West, and the late Derrick Bell—are almost exclusively Marxists? Of course, one might overlook the Marxist nature of CRT if PEG showed signs of progress. Unfortunately, that doesn't appear to be the case. After paying PEG more than \$850,000 over three years, the achievement gap between white and black students in

St. Paul, Minn., remained unchanged. The achievement gap in math between white and Hispanic students actually widened. The Rochester (Minn.) School District spent approximately \$238,000 with the PEG over a five-year period. Again, there was no evidence that the achievement gap between white and minority students narrowed.

At times, PEG even appears uninterested in demonstrating progress. "[PEG] could do better providing good reports on progress they've made," said Christine Stead, trustee of the Ann Arbor, Mich., school board in 2011. "You should never have a board be completely surprised at your findings and should be able to demonstrate your findings in some way that's measurable. We're not getting that from them." After a seven-year relationship with PEG, Ann Arbor Public Schools declined to renew its contract in 2012.

Between July 2010 and June 2012, USD 497 spent more than \$225,000 with PEG for contracts, books, travel, summits, and other expenses. USD 497 also paid \$79,700 to PEG as part of a no-bid contract during the 2013-14 school year. In addition, district costs for conference registrations and hotel accommodations at the PEG summit in St. Louis in October 2013 were approximately \$15,607. That's well over \$300,000 spent on a program that is based on a controversial Marxist theory. Do the taxpayers really want to spend additional dollars on a dubious and, frankly, racist program, especially at a time when school districts throughout Kansas are saying they're underfunded?

By the way, if you live in Topeka and believe only those crazy liberals in Lawrence would get involved with something as far out as CRT, think again. According to the February 2014 issue of Topeka Public Schools' newsletter, "Three years ago our district and building leaders began to explore how race might be negatively impacting our student achievement levels. In order to have conversations about race, we needed guidance. We decided to solicit help and advice from Mr. Glenn Singleton with the Pacific Education [sic] Group."

- Kevin Groenhagen is the author of Chapter 19: Defeating the Socialist Coalition and Restoring Our Constitutional Republic, which is now available at Amazon.com.

### SUDOKU SOLUTION

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

### CROSSWORD SOLUTION

R	A	G	U	F	I	S	T	A	V	O	W		
H	O	R	N	O	P	I	E	L	E	N	A		
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SCRABBLE BRAND GRAMS SOLUTION

G	O	S	L	I	N	G	RACK 1 =	59
F	A	N	T	A	S	Y	RACK 2 =	63
O	V	E	R	M	I	X	RACK 3 =	107
B	L	O	W	O	F	F	RACK 4 =	68
B	A	L	D	I	S	H	RACK 5 =	66
PAR SCORE 265-275							TOTAL	363

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### JUMBLE ANSWERS

LINEN SHYLY JACKET GATHER

Answer: What a dark horse shouldn't be in an election -- TAKEN "LIGHTLY"

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