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KEVIN GROENHAGEN PHOTO



Bruce Breslow's Moon Marble Company offers fun for children of all ages.

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Meet new friends. Hear their story. Celebrate life.

Moon Marble Co., Bonner Springs prepare for Marble Day

By Kevin Groenhagen

If you lose your marbles, you can always find them at the Moon Marble Company in Bonner Springs. But that's not all you'll find there.

If you have never been to the Moon Marble Company, it might be helpful to think of it as being a bit like Willy Wonka's chocolate factory. However, instead of Wonka bars, Everlasting Gobstoppers, and other edible treats, you'll find Bumble-Bees, Cub Scouts, Puries, and many other types of marbles. Like Wonka's chocolate factory, the Moon Marble Company offers wonderment, adventures, and fun for young and old alike. Fortunately, unlike the chocolate factory, you don't need a golden ticket to enter.

On a rainy day in mid-March, Bruce Breslow, the owner of the Moon Marble Company, walked through his store, which was full of dozens of parents and children, who were out of school because of spring break. He stopped to strike up a conversation with a grandfather from the east coast who was visiting his daughter's family in Platte City, Missouri, where Breslow also lives. He then moved

on to show two children how to play one of the many games for sale in the store. Once the boys got the hang of the game, he reassured another family that the next marble-making demonstration would start in just a few minutes. It's an extremely busy morning, yet Breslow appeared to love every minute of it.

Breslow didn't set out to own a business that specializes in marbles, toys, and games. In fact, he originally owned a woodworking business in Bonner Springs.

"We did custom woodworking and I had a lot of scrap wood sitting around," Breslow said. "I didn't want to throw out all this nice wood, so I started gluing the wood up and making game boards. That's when I needed the marbles."

At that time, Breslow was making solitaire and tic-tac-toe boards. Today, he also makes Chinese Checkers boards.

"I went to the Ben Franklin's here in town and they just had the green cat's eyes from Taiwan," he continued. "I wanted marbles like I had when



Ernie Kober shows children and their parents how to make a glass marble at the Moon Marble Company on March 18.

I was a kid. I wanted puries, clearies, cherry bombs, and cheesies, all those different marbles that we used to play with. I found a company that produced

marbles in West Virginia. They said, 'Bruce, we'll sell marbles to you, but you have to buy at least 12 cases.' I said,

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Moon Marble Co.

■ CONTINUED FROM PAGE THREE

‘No problem. Send me every color you have, every size you have.’ Several weeks later, the semitruck backed up to the dock. We bought 85,000 marbles and we’ve been in the marble business ever since. Now our average order is four or five million marbles because we ship them all over the world.”

With a new business focus, Breslow needed to come up with a different name for his new business, which opened in 1997.

“I collect antique marbles,” he said. “I would go into an antique store and ask if they had any marbles. The dealer would always say, ‘Akro Agate,’ which was a company in Ohio that made marbles. People love Akro Agate’s marbles. They’re very collectible.”

Breslow liked the way the alliteration of “Akro Agate” rolled off his tongue and made it easier to remember. He wanted to come up with a similar name. An idea came to him while on his drive to work from Platte City to

Bonner Springs.

“I had 13 marbles that I found in my parents’ house from when I was a kid,” he said. “One of the marbles I had was kind of a translucent, white marble. We called those ‘moons.’ We had four or five employees in the woodshop, and I asked them, ‘What do you think about calling the new business the Moon Marble Company?’ Everybody loved it. My oldest son, who is 35 now, built us a webpage right off the bat. It was a real simple one. But when people got online and searched for ‘once upon a moon,’ ‘blue moon,’ or ‘by the light of the silvery moon,’ they would also find the Moon Marble Company. Today, people contact us from all over the world, and we ship all over the world.”

In addition to needing marbles for game boards, Breslow’s customers buy marbles for aquariums, crafts, decorative counters, and may other uses. Marbles from the Moon Marble Company have even been used in movies. Of course, the business also sells game marbles in various sizes.

“We have those manufactured and

keep them in a good supply here in the shop,” Breslow said.

After selling manufactured marbles for a while, Breslow started thinking about trying to make marbles himself.

“My wife and I were sitting around on a Saturday night, and I said, ‘You know, we have more people coming to the store,’” he said. “‘Wouldn’t it be nice if they could see how marbles are made?’ So I went to the library and read everything I could about glassworking. My wife bought me a torch for a holiday gift, which I hooked to my workbench. I then made some molds out of wood.”

Breslow still has the first marbles he made. They’re a bit rough, but he soon perfected the lampworking process he uses to make marbles.

“Lampworking was done by early civilizations,” Breslow said. “The Mesopotamians, Egyptians, and Vikings did lampworking. In lampworking, they use some kind of a lamp—an oil lamp, a paraffin lamp, an alcohol lamp—and someone pumps the bellows to get air over it to make it hot enough to melt glass. We melt the soft glass at 2,150

degrees Fahrenheit.”

Today, Breslow and others demonstrate marble making on Tuesdays, Fridays, and Saturdays. During spring break and the summertime, they offer demonstrations every day. They can also schedule special demonstrations for groups.

In addition to the marbles and toys and games available at the Moon Marble Company.

“I wanted the store to have all those games that we had as kids,” Breslow said. “When I shop, I look for stuff that when people come in they’re going to say, ‘Do you remember having one of these?’ Stuff comes and goes, and then, all of a sudden, it resurges again. So we try to get it in as much as we can. I think that’s what makes the store unique.”

In 1999, the Moon Marble Company held Marble Crazy, a contemporary art glass marble show that featured two demonstration areas and three visiting artists. Now an annual event, Marble

Moon Marble Co.

■ CONTINUED FROM PAGE FOUR

Crazy 2015 featured four demonstration areas and more than 20 artists from all over the country.

Several years ago, Breslow approached officials with the City of Bonner Springs to share another idea he had.

“I wanted to have a marble tournament every year,” he said. “When I suggested it, the city decided to make it a citywide event.”

On May 2, Bonner Springs will host the 9th Annual Marble Day. In addition to a marble tournament, Marble Day includes other outdoor games and activities, a tractor cruise, a bike rodeo, marble art, an invention contest, a cake walk, food vendors, and the Running of the Pinkys.

The Running of the Pinkys is a fundraiser in which organizers dump 5,000 pink, rubber balls down Oak Street between 2nd and 3rd Street. The balls run through a series of obstacles in a

race to the finish. The sponsors of the first 10 numbered balls to reach the bottom receive prizes. Half of the proceeds from the Running of the Pinkys are donated to a local charity, which is the Bonner Springs Arts Alliance this year.

In 2008, the Marble Day committee installed a permanent, concrete marble ring near the caboose in the city’s Centennial Park for the marble tournament, which is open to those who are 15 and younger.

“I wish we had time for what I want to call an ‘Old Geezer Shoot’ because I think the old-timers could teach the kids how to play better,” Breslow said.

The Moon Marble Company is located at 600 East Front Street in Bonner Springs. The regular store hours are 10 a.m. to 5 p.m., Tuesday through Saturday. Between Thanksgiving and Christmas, the store is also open on Sundays. For more information on the Moon Marble Company, please visit www.MoonMarble.com. There are also separate websites for Marble Crazy at www.MarbleCrazy.com and Marble Day at www.MarbleDay.com.

Marble Day

Schedule for Saturday, May 2, 2015

Wacky Parade & Ag Hall Tractor Cruise
9:30 a.m. -10:15 a.m.
Location: Oak Street
(Starts at Oak & Nettleton, proceeds down Oak to Second to Centennial Park)

Opening Ceremony
10:15 a.m. -10:30 a.m.
Location: Centennial Park

Marble Tournament
10:30 a.m. -12:00 p.m. or so...
Location: Centennial Park

Marble Activities, Old Fashioned Games & Performances
10:30 a.m. -2:00 p.m.
Location: Centennial Park and Oak Street

Bike Rodeo sponsored by

Bonner Springs United Methodist Church
10:30 a.m. -2:00 p.m.
Location: Centennial Park parking lot

Deadline for submittal of Marble Art Work and Inventions
11:00 p.m.
Location: Centennial Park tent

Running of the Pinkys
12:00 Noon
Location: Oak Street

Announcement of Contest Winners
12:30 p.m.
Location: Centennial Park

Cake Walk
1:00 p.m.
Location: Centennial Park



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Project Lifesaver can help find those who wander

By Billie David

At some point, six out of 10 people who have dementia will wander. They may be searching for somebody from the past, or they may get lost on the way to the bathroom. Some may wander because they are bored or anxious, or simply because they enjoy walking.

Whatever the reason, if a person with a cognitive impairment becomes disoriented and wanders away, and if they are not found within 24 hours, half of them will face serious injury or even die.

That's why the Lawrence Pilot Club has teamed up with the Douglas County Sheriff's Office to make the services of Project Lifesaver available to residents who face danger from wandering and to their caregivers.

"Over five million Americans have Alzheimer's, and about 60 percent will wander at some point," said Sheriff's

Office public information officer Lieutenant Steve Lewis, who also serves as Project Lifesaver's contact person.

But with the help of Project Lifesaver, which supplies wristbands to people who have a tendency to wander and receivers to the Douglas County Sheriff's Office, these people can be found much more quickly.

"Nationally, Project Lifesaver is approaching 3,000 saves over the last 15 years with no injuries or fatalities reported, and the average time is under 30 minutes that they will be found," Lewis said. "If they are not found quickly, it can be very dangerous."

The original target of Lawrence's Project Lifesaver was people with Alzheimer's and other forms of dementia, but it has since expanded to help people with autism, Down syndrome, and other cognitive disorders that

■ CONTINUED ON PAGE SEVEN



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Project Lifesaver

■ CONTINUED FROM PAGE SIX

include the symptom of wandering.

The project got underway in the fall of 2009, when members of the Lawrence Chapter of Pilot International, a women's service organization founded in 1921 in Macon, Georgia, approached the Douglas County Sheriff's Office with the idea.

The Lawrence Pilot Club, which specializes in brain injury awareness, is active in the Lawrence community in a number of ways, including holding an antiques sale fundraiser every spring and fall at the Douglas County fairgrounds, and partnering with Lawrence-Douglas County Fire Medical Department to hold an annual helmet fair, giving bicycle helmets free of charge to area children. They have also fully funded Project Lifesaver.

The first step in the program was the purchase of two wristband transmitters and two receivers, which the Pilot Club presented to the Sheriff's Office.

"We got those in the fall of 2009

and we took a crash course on how to approach people with Alzheimer's, and we were up and running," Lewis said. Eventually, more transmitters and receivers were purchased. But along the way, the project took an unanticipated turn.

"A lot of people stepped forward and said, 'this will work for my kid with autism,'" Lewis said, explaining that with the wristband, the parent of a child with autism may feel safer doing things like taking the child to a shopping mall.

"We have had four clients over the years, and we now have three, but we have yet to get someone with dementia who will take advantage of the project," he added.

There have been inquiries from relatives and significant others of people with dementia, but so far there have been no takers, perhaps in part because people tend to slip in and out of the wandering phase, and caregivers consequently may not be aware that the service is needed.

"There have been a couple of incidents in Douglas County where people with Alzheimer's have become lost. It

takes a lot of resources to find them," Lewis said.

But there are also a few circumstances where the wristband would be inappropriate, including situations where the person with dementia still drives and could quickly drive out the transmitter's service area range, or the person may live alone and there is no caregiver who knows when the person goes missing so that they can notify the authorities right away.

"We would love to get people on board," Lewis said. "It provides the caregiver significant peace of mind."

Lawrence is ripe for this service, he added, not only because baby boomers are getting older, but also because Lawrence has been touted as a great place to retire, so the population of older people is increasing, which also increases the number of people who are facing Alzheimer's and other forms of dementia.

As the first step in enrolling a person in Project Lifesaver, Pilot Club members visit the home to install the transmitter. They then go to the home once a month to check the transmitters and

replace the batteries. Between visits, caregivers are required to check the batteries and wristbands daily and to keep a daily log of the check.

The price of the device and one year's worth of wristbands is \$300, but after the first year the replacement bands cost only \$10 per year.

"The Pilot Club ladies want to see to it that whoever wants one gets one, so it is income sensitive," Lewis said. "We ask participants to pay whatever they can but they won't be denied."

People who want to know more about Project Lifesaver can email Lewis at slewis@dgso.org or they can go to the Douglas County Sheriff's Office website at www.dgso.org and type Project Lifesaver into the search bar.

"If you don't have access to the Internet, we have literature at the Sheriff's front desk, or they can give us a call at 785-841-0007 and we can mail something to them or talk to them about signing up," Lewis said. "We also have applications by the front desk and applications online for people with printing ability at home."



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Sterkens visits Kansas to promote hearing loops

By Kevin Groenhagen

You know, losing your hearing, having a hearing loss, that's the only disability that makes people mad at you," a radio talk show host with hearing loss told his audience in 2012. "People don't get mad at people that can't see. They don't get mad at people that can't walk. They don't get mad at people that can't taste or smell anything."

When you consider that hearing loss is the third most common health condition after high blood pressure and arthritis, we're talking about the potential for millions of mad people. Fortunately, a little education concerning hearing loss can help end a great deal of frustration.

Juliëtte Sterkens, Au.D., a hearing loop advocate with the Hearing Loss Association of America, travels throughout the country to educate the public about hearing loss as a disability and to increase awareness about the need for an increase in the use of hearing loops to improve hearing accessibility. She was in Kansas to speak before the Kansas Hearing Society conference in Topeka on March 13. She also spoke at the Lawrence Sertoma Club on March 10, as well as at Theatre Lawrence and Unity Church in Lawrence on March 11.

"What a lot of places and hard-of-hearing consumers are unaware of is it's their civil right to have some kind of accommodation made for their disability," Sterkens said. "We all accept wheelchair ramps, elevators, and what have you, but we really don't talk about hearing accessibility. That all falls under the Americans with Disabilities Act. That act requires public places to provide some type of auxiliary access or aids if doing so will give that individual equal access. If you go to a restaurant and you're in a wheelchair, what does the restaurant do? It provides wheelchair access. Well, what does the restaurant do for people who have trouble hearing? Ideally, they would provide an area where it's a little quieter or offer to turn the background music down for example."

Theaters, churches, and other facilities might also provide those with hearing loss with assistive listening systems. The Americans with Disabilities Act (ADA) recognizes three types of assistive listening systems, including FM and infrared systems. Unfortunately, these two systems require users to locate, check out, wear, and return special equipment, which is often a conspicuous headset that is incompatible with hearing aids and do not work for transient situations near check out registers or busy ticket windows.

The third assistive listening system recognized by the ADA is the hearing loop. Like the other two systems, a hearing loop takes a feed from a PA system or, for transient locations, a microphone mounted on, for example, a checkout register. The hearing loop system then transmits the feed through a wire loop that surrounds an audience or from a desk-mounted loop. This loop projects a magnetic signal to a telecoil receiver, which is found in all cochlear implants and about 70 percent

of hearing aids. How do you know if your hearing aid has a telecoil?

"If your hearing aid has a button, then it is very likely your instrument is equipped with a telecoil," Sterkens said. "That means you can push the button to activate this coil. So when you walk into a looped facility, you have to activate something on the hearing aid. It's not automatic. If you are thinking of buying a hearing aid, make sure to get one that has this little, built-in antenna."

All cochlear implants and hearing aids use microphones. Unfortunately, while microphones can help our hearing, they also have negative features. For example, they pick up what is loudest, pick up what is closest, and cannot tell which sounds are important to the listener. For a person sitting next to someone munching on snacks toward the back of a theater or church, this could render hearing aids useless when it comes to listening to performers on a stage or a minister in the pulpit.

"Hearing aids help, but only for the situations they were meant for—one on one, face to face, quieter situations, or in smaller group situations," Sterkens said. "So what may be mild background noise for someone with normal hearing becomes an interfering noise

Hearing loops

■ CONTINUED FROM PAGE EIGHT

for someone with hearing aids. However, with a hearing loop the sound from the microphone goes wirelessly to the telecoil in the hearing aid and, in effect, the microphone that the listener wears becomes the microphone to the hearing aid, and the background noise is eliminated."

Sterkens points to the Marriott Theatre in Lincolnshire, Ill., as an example of a facility in which those who are hard of hearing can take advantage of a hearing loop. Performances at the Marriott Theatre are presented in the round, which presents the hard of hearing with an additional challenge.

"When a performer turns around, you lose the ability to lip-read," Sterkens explained. With a hearing loop system, often no lip-reading is required.

"If you don't have a hearing aid, you can pick up a loop receiver with headphones that you can then wear," Sterkens added. "That makes a looped facility accessible for everyone, including those without hearing aids."

In addition to theaters and churches, hearing loops have also been installed in touring buses, taxis in New York City, and in homes. With a hearing loop in your home, you can actually listen to a television with the sound off since the television transmits the sound directly to your hearing aid.

While hearing loop systems have been in use for many years in Europe, they are relatively rare in the United States. In Lawrence, only a handful of facilities, including Theatre Lawrence, the Lawrence Public Library auditorium, the Dole Institute of Politics, and Marston Hearing Center, have hearing loop systems. On its website, Loop America lists just two other looped facilities in the rest of Kansas. By comparison, Loop America lists about 40 looped facilities in Oshkosh, Wisconsin, which has a population of about 66,000. That has a great deal to do with the fact that Sterkens lives in Oshkosh. She and her husband, retired mechanical

engineer Leroy "Max" Maxfield, have installed dozens of hearing loops in Wisconsin churches and other facilities around the Fox Valley area, and have helped foster hundreds more throughout Wisconsin.

Interestingly, Sterkens soon realized that the hearing loops ended up benefited even those who were not currently wearing hearing aids.

"I personally found that when loops started getting installed in my community, people were less reluctant about getting hearing aids," she said. "They heard from other users how hearing loops improved the utility of hearing aids in places where hearing aids alone had limited capability."

As a hearing loop advocate for the Hearing Loss Association of America, Sterkens has traveled to Kansas and other states to spread her message beyond Wisconsin. She has also been recruiting local advocates to help spread her message. One of those advocates is Dr. Richard Meidinger, a retired radiologist. Meidinger, a Friend of the Dole Institute, Jamie Simpson, who is the inaugural KU Director for Accessibility and ADA Education, and Bob Newton, the sound designer for productions at Theatre Lawrence, consulted with the Dole Institute of Politics on its loop hearing system acquisition. Sterkens shared her PowerPoint presentation with Meidinger so he can educate the public about hearing loop systems.

"Everything was fine for about the first four years after I retired and

moved to Lawrence from Topeka," Meidinger said. "But then my hearing just tanked. If I take these hearing aids out, I can't hear. When I started losing my hearing, I was downright depressed. I found myself going away from people."

The social isolation Meidinger experienced is common among those with hearing loss. Unfortunately, in addition to depression, social isolation has been linked to an increased risk of death from conditions such as heart disease. In addition, researchers at John Hopkins Medicine followed 639 people ages 36 to 90 for nearly 12 years and found a direct relationship between the participants' degree of hearing loss and their risk of later developing dementia or Alzheimer's disease.

"In my business, you have to communicate," Meidinger continued. "I was still driving to Topeka to deal with people without insurance as a volunteer physician at Marian Clinic. I'd have to go into a small room where I could talk to patients face-to-face because I was really reading lips and facial expressions as much as I was hearing."

After getting hearing aids, Meidinger went to the Hearing Loss Association convention in Austin last year on the recommendation of a good friend.

"Every convention room—small room, big room, and auditorium—had a loop," he said. "When the loop was on, it was as if you were standing in front of the speaker, even if you were 50 yards back. It was just remarkable.

KEVIN GROENHAGEN PHOTO



Juliëtte Sterkens, Au.D.



Hearing Loop
Switch hearing aid to T-coil

This logo features the universal symbol for hearing assistance along with an added "T," which signifies an available telecoil compatible system.

When placed at entrances, the sign informs people that the venue is looped.

It was clear and crisp."

For more information about hearing loop systems and hearing loss in general, please visit Hearing Loss Association of America's website at www.hearingloss.org. Additional information is available on Sterkens' website at www.LoopWisconsin.com, and www.HearingLoop.org.

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City of Lawrence, Douglas County, and Douglas County Senior Services launch ReINVENT Retirement: Live the Lawrence Life

With the baby boomer generation moving into its retirement years, Lawrence and its surrounding area is positioning itself as the ideal destination for people looking to live the rest of their lives in a vibrant, diverse and culturally rich town with a sense of place and community.

As one aspect of its new mission, Douglas County Senior Services, Inc. (DCSS) is spearheading an economic development program, ReINVENT Retirement: Live the Lawrence Life, which was created to showcase the county as a vibrant, welcoming place for people to embrace retirement. With 10,000 baby boomers currently turning 65 each day, the campaign is branded ReINVENT Retirement to resonate with baby boomers, who desire a retirement that is unique. Douglas County is known for its great community lifestyle and diverse cultures. It has a small town spirit with big city amenities like Division 1 and national college sports teams and world-class arts venues. Named a "Great Place to Retire" by U.S. News and World Report, there's something for everyone in Lawrence, Baldwin City, Eudora, Lecompton, or rural Douglas County.

County. Retaining and attracting this active, involved and influential generation of retirees is one of my priorities as County Commissioner."

Not only is the ReINVENT Retirement campaign focused on attracting retirees and boomers to the area, it is also a great way to involve the entire community.

"I am excited to be leading this community initiative," said Brenna A. Buchanan Young, new Director of Marketing and Development at DCSS. "It is a wonderful opportunity for our business and community leaders to collaborate as we work toward our shared vision of making our county a place where retirees can live purposeful healthy lives." For more information on this campaign and everything Lawrence and Douglas County have to offer, visit www.livelawrencelife.com or contact Brenna Buchanan Young at brenna@livelawrencelife.com, 855-215-5329.



Pictured from left are DCSS Executive Director Kristin Scheurer, Lawrence Mayor Mike Amyx, Douglas County Commissioner Jim Flory, and former DCSS Board Chair Pattie Johnston.

LMH named among 100 Top Hospitals for third year in a row

Lawrence Memorial Hospital on March 2 was named one of the nation's 100 Top Hospitals® by Truven Health Analytics for the third year in a row. Truven Health Analytics™, based in Ann Arbor, Michigan, is a leading provider of data-driven analytics and solutions to improve the cost and quality of healthcare.

Using independent, quantitative research, the Truven Health 100 Top Hospitals® study identifies hospitals and leadership teams that provide the highest level of value to their communities, based on a national balanced scorecard. The 100 Top Hospitals balanced scorecard measures overall organizational performance across 11 key analytic measures including patient care, operational efficiency and financial stability. Rather than a one-year analysis, the data reflects five-year performance in most of the categories.

The Truven Health 100 Top Hospitals study evaluates hospitals in five categories: major teaching and teaching hospitals, and large, medium, and small community hospitals. LMH was one of 20 winners in the medium community hospitals category (100-249 beds), which includes 959 hospitals nationwide, the largest category.

LMH President and Chief Executive Officer Gene Meyer said, "At LMH we aim to bring higher value to our community, and it is gratifying to earn outside recognition for our efforts. The Truven 100 Top Hospitals study proves that better care and operational efficiency can be achieved simultaneously — even during tumultuous industry change."

"Being a Top 100 Hospital raises the bar for expectations of those we serve," Meyer said. "When folks come

into one of our many 'front doors' at the main campus, one of our physician clinics or any LMH facility that displays the Top 100 sign, they expect us to be the best. It requires a coordinated and dedicated team effort. I applaud our medical staff, associates, Board, volunteers and donors who focus on our patients and community to make that happen."

To conduct the 100 Top Hospitals study, Truven Health researchers evaluated close to 3,000 short-term, acute care hospitals. They used public information — Medicare cost reports, Medicare Provider Analysis and Review (MedPAR) data, and core measures and patient satisfaction data from the Centers for Medicare and Medicaid Services (CMS) Hospital Compare reports.

The study has been conducted annu-

ally since 1993. Hospitals do not apply for consideration, and winners do not pay for use of the 100 Top Hospitals title.

Jean Chenoweth, senior vice president for performance improvement and the 100 Top Hospitals program at Truven Health Analytics, said, "This year's 100 Top Hospitals represent the highest national standards in hospital care and management today. They set the benchmarks for peers around the country to follow — consistently delivering outstanding quality of care, satisfaction and community value at a reasonable cost." She added that the majority of the 2015 award winners have produced year-to-year performance improvement, as well. "This speaks to the consistent focus on excellence by the entire organization and the men and women who serve patients."

According to the Truven study, 100



Top Hospitals outperform their peers by demonstrating balanced excellence — operating effectively across all functional areas of their organizations. The study reveals significant differences between award winners and their non-winning peers.

The nation's best hospitals:

- Have a lower mortality index considering patient severity
- Have fewer patient complications
- Avoid adverse patient safety events
- Follow accepted care protocols
- Have lower mortality and 30-day readmission rates
- Keep expenses low
- Send patients home sooner
- Score better on patient satisfaction surveys

The winning hospitals were announced in the March 2 edition of Modern Healthcare magazine.

More information on this study and other 100 Top Hospitals research is available at www.100tophospitals.com.

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

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Stormont-Vail HealthCare named one of the nation's 100 Top Hospitals

Stormont-Vail HealthCare has been named one of the nation's 100 Top Hospitals® by Truven Health Analytics™, a leading provider of data-driven analytics and solutions to improve the cost and quality of health care.

The Truven Health 100 Top Hospitals® study identifies hospitals and leadership teams that provide the highest level of value to their communities, based on a national balanced scorecard. The 100 Top Hospitals balanced scorecard measures overall organizational performance across 11 key analytic measures including patient care, operational efficiency and financial stability. The study has been conducted annually since 1993. This is the first year Stormont-Vail has been recognized with the 100 Top Hospitals award.

"Having Stormont-Vail receive this honor, ranking us among the best hospitals in the country on overall performance, is tremendous," said Randy Peterson, president and chief executive officer of Stormont-Vail HealthCare. "Being identified as a 100 Top Hospitals award winner establishes us as high performing health care organization providing exceptional value to our community, and positions us as a national leader. Our medical staff, employees and leadership have worked hard to achieve these national benchmarks and should be very proud."

To conduct the 100 Top Hospitals study, Truven Health researchers evaluated close to 3,000 short-term, acute-care, nonfederal hospitals. Risk-adjusted methodologies were used to analyze public information – Medicare cost reports, Medicare Provider Analysis and Review (MEDPAR) data, and core

measures and patient satisfaction data from the Centers for Medicare & Medicaid Services (CMS) Hospital Compare reports. Hospitals do not apply, and winners do not pay to market this honor.

The winning hospitals were announced in the March 2 edition of Modern Healthcare magazine.

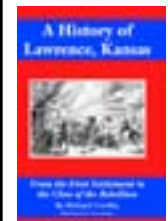
"This year's 100 Top Hospitals represent the highest national standards in hospital care and management today. They set the benchmarks for peers around the country to follow—consistently delivering outstanding quality of care, satisfaction and community value at a reasonable cost," said Jean Chenoweth,

senior vice president for performance improvement and the 100 Top Hospitals program at Truven Health Analytics. "The majority of the 2015 award winners have produced year-to-year performance improvement, as well. This speaks to the consistent focus on excellence by the entire organization and the men and women who serve patients."

The study shows that if all hospitals in the U.S. performed at the level of this year's winners:

- 126,471 additional lives could be saved
- 108,926 additional patients could be complication-free
- \$1.8 billion in inpatient costs could be saved
- The average patient stay would decrease by half a day
- Episode-of-illness expense would be 2 percent lower than the peer average

More information on this study and other 100 Top Hospitals research is available at www.100tophospitals.com.



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ESTATE PLANNING

Beneficiary Designations

A variety of assets are controlled by beneficiary designations. Key among them are life insurance policies and retirement plan assets, such as IRAs and 401(k)s. For such assets, you should keep several things in mind.



Bob Ramsdell

First, be sure to name a beneficiary. Lacking a named beneficiary, the insurer or IRA custodian will distribute the assets according to its default beneficiary provisions. These may or may not reflect your wishes. If assets are paid to your estate, then they will likely be subject to probate administration (substantially delaying their receipt by the beneficiaries) and retirement assets may suffer avoidable tax consequences (such as the loss of beneficiaries' ability to stretch withdrawals over their individual life expectancies).

Second, be sure to name contingent beneficiaries. For example, spouses

frequently name each other as the primary beneficiary on life insurance and retirement assets. But what if both spouses die in a common accident, such as an auto collision? Absent contingent beneficiaries, you are back to square one and the assets get distributed according to default beneficiary provisions.

Third, keep your beneficiary designations up-to-date. This is essential following a divorce. While Kansas law automatically voids provisions in a Will for a divorced spouse, that is not true of beneficiary designations. Unless you contact your insurer or IRA custodian and update the beneficiary designations, your ex-spouse (if still named as your beneficiary) will receive a windfall at your death. You should also review and update your beneficiary designations upon major life events such as marriage, birth or adoption of children, the death of an existing beneficiary, etc.

Fourth, do not name minor children, special needs individuals, or financially irresponsible spendthrifts as direct beneficiaries. Direct distributions to these could result in a court-supervised conservatorship for the minor child (with any remaining

balance paid out as a lump sum at 18, well known to be the age of optimal decision making), the loss of means-tested benefits for the special needs individual, and the rapid, frivolous spending of everything by the spendthrift. For such persons it is better to create the framework for a trust of which they are the beneficiary (done in your Will or Living Trust) and then create beneficiary designations that funnel assets to their trust.

Finally, do not add a child as a joint tenant on your real estate or bank account as a means of passing the property to them at your death. In addition to gift tax issues, if the child added to the deed or financial account is later involved in bankruptcy or divorce, your home and your bank account may be included among the child's assets at issue. Plus, once you make a child a joint owner, you cannot remove them from ownership, refinance or sell the property without that child's consent. And, even if all goes well, at your death the property passes only to the child added as a joint tenant to the exclusion

of any other children.
Note: If you want to add a child to an account for the convenience of writing checks and assisting you in handling your finances, this can be accomplished via a power of attorney without making the child a joint owner. If your interest is in passing ownership at your death, Kansas law allows the option of creating pay-on-death designations (for bank accounts and other financial assets) and transfer-on-death designations (such as recording a TOD Deed for real estate or titling a motor vehicle with that provision) that create no present ownership interest.

- 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.



Hope is Not a Strategy

By Connie Michaelis, Marketing Director
pr@mccriteretirement.com

The title of this article says it all but it deserves further examination. Can you imagine putting an astronaut in a space capsule and saying, "We sure hope this works?" Or how about checking in for surgery and the doctor says, "I hope I remember how to do this!" Hope is really a beautiful word, but it inherently implies that the thing hoped for may or may not materialize. Hope is always a two-sided coin. Hope entails confidence, expectation, and optimism but it also leaves the back door open for disappointment. Hope is an energy projecting towards a desired end and it may be that others are hoping for a different end (i.e. politics and baseball!). But hope is not

a substitute for a plan of action or a strategy. When people don't have a plan they simply 'hope' things work out. We say, "I sure hope it doesn't rain." You need a rainy day alternative, right?

So when it comes to issues about aging, do you have a strategy or are you just hoping you won't have to deal with it? It's like carrying an umbrella, if you carry it, you probably won't need it, but if you leave home without it, it will rain for sure! Your best protection is to have a plan for all contingencies. If you had an emergency, what hospital would you tell the ambulance to go to? If you could not speak for yourself, who would speak for you? Do you have a living will and durable power of attorney? Have you toured any retirement communities or know where you would choose to get rehab therapies? Most importantly, do you have it in writing and have you had conversations about your plans with your loved ones? Like everyone else, you are probably hoping that the emergencies will never happen, but remember that hope is not a strategy! When you have questions about Great Living call the experts at McCrite Plaza 785 267 2960.

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JILL ON MONEY

Obama endorses fiduciary standard

The White House wants to change the way brokers provide advice on retirement accounts. President Obama endorsed a Department of Labor (DOL) proposal, which would require brokers to act in a customer's best interest—the so-called FIDUCIARY



Jill Schlesinger

duty—when working with retirement investors. The rule change is intended to crack down on “backdoor payments and hidden fees,” which cost retirement savers more than \$8 to \$17 billion a year, according to Jason Furman, chairman of Obama's Council of Economic Advisers.

As you might expect, the financial services industry is not happy about the potential shift. The Securities Industry and Financial Markets Association say, “This proposal would lead to a number of negative consequences for individual investors.”

I know what you're thinking: How could a rule that puts my interests first be bad? Well, according to the U.S. Securities and Exchange Commission (SEC), the idea that the industry is plagued by conflicts of interest “has nowhere been proven” and would effectively overhaul the entire regulatory regime, ignoring “eight decades of securities laws and regulations. The real kicker, however, is that this is not a Commission rulemaking. This is a not-so-subtle shot at the DOL, which in issuing this rule change, is stomping on SEC territory. Nothing like an inter-departmental catfight!

In fact, SEC Commissioner Daniel Gallagher thinks that it is “curious” that the DOL didn't consult with the SEC, especially given that the SEC maintains comprehensive oversight authority with respect to the investment advisers and broker-dealers who would

be impacted by the change. Gallagher underscores that the DOL ignores SEC rules, which already address underlying conflicts of interest. But here's the nut of the problem, according to the SEC: There is no evidence that the industry is plagued by conflicts of interest, and the new rules could limit investor access to qualified investment advice and investment products.

The proposal will likely be put out for public comment for several months, so for those who need a refresher on investment professionals and their designations, here are some terms to consider:

Investment advisor: If the advisor is registered as an IA, he or she owes you a fiduciary duty, which is a fancy way of saying he or she must put your needs first. Investment professionals who aren't fiduciaries are held to a lesser standard, called “suitability,” which means that anything they sell you has to be appropriate for you, though not necessarily in your best interest.

CFP certification: The Certified Financial Planner Board of Standards (CFP Board) requires candidates to meet what it calls “the four Es”: Education (through one of several approved methods, must demonstrate the ability to create, deliver and monitor a com-

prehensive financial plan, covering investment, insurance, estate, retirement, education and ethics), Examination (a 10-hour exam given over a day and a half), Experience (three years of full-time, relevant personal financial planning experience required) and Ethics (disclosure of any criminal, civil, governmental or self-regulatory agency proceeding or inquiry). CFPs must adhere to the fiduciary standard.

CPA Personal Financial Specialist (PFS): The American Institute of CPAs offers a separate financial planning designation. In addition to already being a licensed CPA, a CPA/PFS candidate must earn a minimum of 75 hours of personal financial planning education and have two years of full-time business or teaching experience (or 3,000 hours equivalent) in personal financial planning, all within the five year period preceding the date of the PFS application. They must also pass an approved Personal Financial Planner exam.

Membership in the National Association of Personal Financial Advisors (NAPFA): NAPFA professionals must

be RIAs and must also have either the CFP or CPA-PFS designation. Additionally, NAPFA advisers are fee-only, which means that they do not accept commissions or any additional fees from outside sources for the recommendations they make. In addition to being fee-only, NAPFA advisers must provide information on their background, experience, education and credentials, and are required to submit a financial plan to a peer review. After acceptance into NAPFA, members must fulfill continuing education requirements.

- 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 overall. At its core, ayurvedic medicine seeks to assess and correct energy imbalance. The assessment is done using questions that address an individual's symptoms, predispositions, environment and physical state. It also includes checking a person's pulse, examining the tongue and making several other physical evaluations. Based on the assessment, the practitioner determines an individual's state of energy imbalance.

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MAYO CLINIC

Ayurvedic medicine seeks to assess, correct energy imbalance

DEAR MAYO CLINIC: Is ayurvedic medicine a safe approach to managing health?

ANSWER: Ayurvedic medicine is a holistic approach to health care that is considered a form of alternative medicine in the United States. It includes a variety of practices that may be beneficial. However, at this time, there's limited scientific evidence that shows ayurvedic medicine to be a safe and effective way to manage one's health overall.

At its core, ayurvedic medicine seeks to assess and correct energy imbalance. The assessment is done using questions that address an individual's symptoms, predispositions, environment and physical state. It also includes checking a person's pulse, examining the tongue and making several other physical evaluations. Based on the assessment, the practitioner determines an individual's state of energy imbalance.

This approach is somewhat different than the methods of medical diagnosis used in Western medicine. It's a very holistic way of looking at a person. The assumption is that everything in your life has an impact on your health. That includes lifestyle choices like diet and exercise. But it also involves fac-

tors such as your day-to-day surroundings and environment, as well as your job, friends, family and emotions.

For example, from an ayurvedic medicine perspective, a person who has asthma may be experiencing that condition because he is too hot. A patient with a chronic cough and cold may be congested because she's predisposed to thick secretions. Someone with heartburn may have high metabolism.

To treat these problems, an ayurvedic practitioner attempts to correct the energy imbalance. That could involve eliminating or adding a variety of elements to a person's life, including certain foods, dietary supplements, exercise or meditation. In some cases, a person may be encouraged to change their environment.

Two different medical diagnoses may have the same core energy imbalance. Someone who has anxiety, for example, and someone who has peptic ulcer disease may get exactly the same ayurvedic treatment because their basic energy imbalance is the same.

Millions of people around the world use ayurvedic medicine. But the research on it right now is very limited. Small studies have looked at ayurvedic dietary supplements and botanicals for conditions like diabetes and osteoar-

thritis. Early results have shown some efficacy. But larger clinical trials are needed to confirm those results.

Finding the correct products can be a problem, too. In the United States, most ayurvedic therapeutic products are imported and are more easily available in large metropolitan areas. Safety also is a concern. One study that examined ayurvedic dietary supplements and botanicals imported from India and China found that up to one third were contaminated, including contamination with heavy metals.

In addition, no formal credentialing system exists in the U.S. for ayurvedic medicine practitioners. That means there is no guarantee that someone who claims to be an ayurvedic doctor actually has credible qualifications or specific training.

With all of these limitations, it is difficult to recommend ayurvedic medicine as an overall approach to health care at this point. That said, it clearly contains some beneficial aspects. For example, yoga, deep breathing and meditation are common components of ayurvedic medicine. All have been

shown to be useful for many health conditions. Some ayurvedic dietary approaches may also be helpful.

If you are interested in ayurvedic medicine, find an experienced and knowledgeable practitioner. Although certification is not available in this country, other countries do certify ayurvedic practitioners, and some are now practicing in the U.S. Ideally you should seek out one of these individuals for more information about ayurvedic medicine.

Before you move forward with any recommended treatment, though, talk to your primary health care provider to make sure it fits your situation and is safe for you. - Amit Sood, M.D., General Internal Medicine, Mayo Clinic, Rochester, Minn.

- Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to medicaledge@mayo.edu. For more information, visit www.mayoclinic.org.

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HEALTH & FITNESS

Prevent neck pain

If you've ever been in a fender bender, you know that acute neck pain can follow even a minor car accident. But most people suffer neck pain for other and more easily preventable reasons.

The most common cause of neck pain is simply how we hold our heads when we work, drive, sleep or relax. Sitting on an overly soft chair or watching TV



Laura Bennetts

sideways or lying on a stack of pillows can overstretch your neck and spine joints, causing pain.

So, here are some words to the wise... **Posture Matters**

A glance at a skeleton shows that your spinal column is a long, gently curving string of vertebrae. This string supports your trunk, limbs, and head. And when you stand or sit erect, with good posture, the pressure on your spine is evenly distributed and unlikely to cause you pain. But bad posture can hurt you—above all, by putting undue stress on your joints. This is just as true in your neck as it is in your knee or lower back.

Up to your Neck

Your neck consists of seven verte-

bral bones stacked on top of each other, with rubbery discs in between them. Any skeletal model shows this. But a model doesn't show what actually happens inside your body. Your spine is more than just a chain of linked bones. Living bones are complex tissues, which work together with muscles, tendons, ligaments, and nerves. The neck vertebrae are unique because (with the assistance of other surrounding tissues) they support the weight of your head and allow you to nod up and down, rotate your head side to side, and so on.

Move with Grace

The joints (the hinges where bones connect, and where bones meet muscles) are pivots that allow you to move. And since motion involves tension and pressure, your joints are especially vulnerable to pain.

Your neck joints help you rotate your head and absorb the shock of motion when you move your neck. Any abnormality in the way you move or stabilize your head can hurt your neck because your spinal joints are full of nerves -- motor nerves that prompt movement and sensory nerves that share information with your brain.

When you stress a neck joint, a distress signal of pain flashes to your brain. Most commonly, this is caused by poor posture while standing, sitting, or sleeping.

Don't Slouch!

If your head cranes forward, your neck is stressed by the effort of holding the

weight of your head in an awkward position. The soft tissues in your neck cry out for relief. This is typical among people who sit for hours at computers or relax in overly soft chairs. In cases like that, we experience postural fatigue, making it harder and harder to sit up straight.

Stay Ahead of the Curve

If you've ever driven non-stop for hours, I'm sure you recall how your back felt when you finally got out of your car...sore and tight. In general, the longer your spine is overflexed, the more difficult it is to straighten up comfortably and completely.

What's the solution? Simple. Just walk around with good posture at regular intervals—say, every 20 minutes when you're working at the computer or every two hours when you're driving. The same applies for activities like sewing or knitting. This will stretch your joints, send blood flowing through your spine, and help you hold your head erect.

Mirror, Mirror...

If this isn't enough—if your neck is still stiff and sore—check to see what's wrong. Glance in the mirror to see if your shoulders are rounded and forward. (They shouldn't be.) Is it hard to pull them back or squeeze your shoulder blades together? (That's a warning sign.) Do you feel tightness across your collar bone or in the front of your neck? Does your sitting posture curl your spine into a C-shape? Does your head usually lean in front of your shoulders?

If so, is it hard to align your ears with your shoulders? And is it hard to maintain that posture?

If so—if you replied “yes” to any of these questions—you may need stretching and strengthening assistance from a physical therapist to help correct your posture. Exercise can help not only your neck, but your back and shoulders. Standing and sitting tall is easy, and relatively pain-free, when your body has the strength to comfortably support your head and trunk.

Better than a Pain in the Neck

Physical therapists teach you safe and affective exercises to help you achieve good posture. It takes strong muscles and bones in your neck, shoulders, pelvis, and trunk to sustain good posture. Therapists also treat your neck pain by applying deep heat and by hands-on treatments to increase your flexibility and help you feel better.

So, if your neck hurts, talk to your doctor—and discuss whether physical therapy can help. In many cases, the right therapy makes a world of difference.

- Laura Bennetts, PT, earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs both Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services LLC (814 High Street, Suite A, Baldwin City, 66006, 785-594-3162). For full details, see www.LawrenceTherapyServices.com.

HEALTH & FITNESS

Medicinal plants

In ancient times, the use of medicinal plants to treat acute and chronic conditions was very common. Dating back to the Egyptians, they used a scroll from 1550 BC that's over 100 pages long and details over 700 medicinal plants. The Greeks, with the father of



Dr. Farhang Khosh

medicine, Hippocrates, used medicinal plants to treat various ailments. In the 1800s and 1900s, it was common to pass down the use of herbal medicine from generation to generation. Today, the World Health Organization (WHO) estimates that a large percentage of the world's population still uses traditional remedies in the form of medicinal plants. Unfortunately, the United States lost its ability to use natural remedies, compared to the rest of the world, with the development of pharmaceutical drugs. However, today we are starting to see a resurgence in the interest of using medicinal plants. With this resurgence there are four important medicinal plants that you can buy at the grocery store that are loaded with medical benefits.

Ginger is one spice that everyone should have in his or her kitchen. Ginger is best known for its anti-nausea effects. However, ginger is also a very effective antibacterial, antiviral, antioxidant, anti-parasitic, anti-inflammatory, circulatory aid, and very effective in treating joint pain, menstrual pain, and migraine headaches. Ginger is essential for any kind of digestive issues, including indigestion, stomach pain, and cramping.

Garlic is commonly available and has enormous health benefits. Garlic has immune boosting, antibacterial, antiviral, antifungal, and antiparasitic effects. Many of garlic's therapeutic

effects are derived from its sulfur-containing compounds, such as allicin, which is also what gives it its characteristic smell. Other benefits that come from using garlic is that it reduces inflammation, improves cardiovascular health, and may be effective in treating cancer cells.

Peppermint offers many benefits to the respiratory and gastrointestinal systems. Peppermint is effective for upper respiratory ailments including coughs, colds, allergies, and asthma. Peppermint oil has been used in vaporizers to help clear nasal congestion and relieve cough and cold symptoms. Peppermint oil has been used to improve circulation for chest rubs, headache pain, and digestive ailments. In terms of digestive health, peppermint oil capsules have been used for relaxing the muscles of your intestines, allowing gas to pass and easing abdominal pain. Try peppermint oil or peppermint leaves added to tea for gas relief. Inhaling the peppermint aroma may offer memory enhancement and stress relief, and peppermint oil acts as an expectorant and decongestant, and may help clear your respiratory tract.

Thyme is available in the herb section of the grocery store either fresh or as a dried spice. Thyme is a fragrant herb added to many dishes and has wonderful antioxidants. Thyme oil is an antibacterial, antispasmodic, expectorant, and has many calming properties. As a home remedy thyme oil has been used to relieve and treat problems like gout, wounds, bites, menstrual and menopausal problems, fatigue, upper respiratory infections, and skin conditions, including athlete's foot.

So next time you are at the grocery store, take a good look around the herbal section and you might be surprised at how many medicinal plants are available.

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

PACE can help you live independently



Midland Care's Program of All-Inclusive Care for the Elderly (PACE) is for seniors who want to stay safely at home with help. We partner with you to coordinate health care affordably. The support comes from Midland Care, your Northeast Kansas, not-for-profit health care provider for 35 years. Call today to learn more.



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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

SECOND SATURDAY OF THE MONTH MONTHLY MOOSE MARKET

Pancake feed and market with arts, crafts, gifts, baked items and more. Open to the public. Pancakes are \$4 for all you can eat, free to shop. 8 a.m.–12 noon. Moose Lodge, 1901 N. Kansas Ave.
TOPEKA, 785-250-6788

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

APR 22 & 99 MOSAIC

Recycle those chipped dishes and broken jewelry into one of a kind mosaic art. In this two-day workshop you will learn to design, cut, glue, and finish a picture frame hand crafted from broken china and other found and repurposed objects. All materials are included, but you are welcome to bring your own china, beads, jewelry, etc. to personalize your creation. Lawrence Parks and Recreation. Fee. Location: Community Building, 6-8 p.m. Instructor: Deedee Walters. Register at the Community Building, 115 W. 11th St., online, or call.
LAWRENCE, 785-832-7920, www.lprd.org

MAY 3

ANNUAL ART IN THE PARK

Sponsored by the Lawrence Art Guild, this annual festival features over 150 artists, musical performances and children's activities. South Park, 12th & Massachusetts St., 10 a.m.-5 p.m. Free.
LAWRENCE, 785- 979-7039
lawrenceartguild.org

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 & THURSDAYS
AMERICAN LEGION POST NO. 400
3029 NW US Highway 24, 6:30 p.m.
TOPEKA, 785-296-9400

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

WEDNESDAYS & FRIDAYS
VETERANS OF FOREIGN WARS
3110 SW Huntoon, 6:30 p.m.
TOPEKA, 785-235-9073

WEDNESDAYS & SATURDAYS
LEGIONACRES
3408 W. 6th St., 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

DAY/SHORT TRIPS

APR 18
SOMERSET WINE TOUR
Kick off spring with barbecue featured on *Diners, Dives and Drive-ins*, then ride along the Somerset wine trail on the Miami Trolley, stopping for wine tasting at four area wineries. Registration includes the trolley and wine tasting, lunch on your own. Register at the Community Building, 115 W. 11th St., call or visit online. Fee. Transportation provided from Community Building, 10:30 a.m.-6:00 p.m. Registration deadline: Monday, March 2.
LAWRENCE, 785-832-7920, www.lprd.org

APR 22
LAWRENCE HISTORICAL HOMES TOUR
Join this tour to appreciate and learn about the biggest and most beautiful trees of Lawrence. Emphasis will be on the biology, history and value of these remarkable specimens. Lawrence Parks and Recreation. Fee. Transportation provided from the Community Building. Tour guide: Jon Standing. Registration deadline: Tuesday, May 12. Register at the Community Building, 115 W. 11th St., online, or call.
LAWRENCE, 785-832-7920, www.lprd.org

MAY 2
GRASSROOTS ART TOUR
Grassroots art is a term describing art made by people with no formal artistic training, using ordinary materials in an extraordinary way. It is best experienced in person and Lucas, Kansas, is an exceptional opportunity to do so. The day will start with a picnic lunch near Bowl Plaza and the sculpture garden. Docent tours of the Grassroots Art Center and the Garden of Eden,
LAWRENCE, 785-832-7920, www.lprd.org

S.P. Dinsmoor's home and legacy that features concrete sculptures of Biblical characters and his populist political beliefs. Time will be available for viewing other collections and studios around town. We'll stop for a unique Kansas dinner on the way home (on your own.) Registration includes transportation, lunch and tours. Lawrence Parks and Recreation. Register at the Community Building, 115 W. 11th St., online, or call.
LAWRENCE, 785-832-7920, www.lprd.org.

MAY 13

HAIRSPRAY AT NEW THEATRE

The last production of *Hairspray* at New Theatre sold out before it opened. Join us for the most requested return engagement of "the best musical of the decade." This story of a mother and her teenage daughter in the 1960s ...both full figured and ready to fight for what's right will have you dancing in the aisles! Register at the Community Building, call or visit online. Fee. Transportation provided from Community Building, 10:30 a.m.-4 p.m. Registration deadline: April 10.
LAWRENCE, 785-832-7920, www.lprd.org

MAY 19

TREE TREASURES

Join this tour to appreciate and learn about the biggest and most beautiful trees of Lawrence. Emphasis will be on the biology, history and value of these remarkable specimens. Lawrence Parks and Recreation. Fee. Transportation provided from the Community Building. Tour guide: Jon Standing. Registration deadline: Tuesday, May 12. Register at the Community Building, 115 W. 11th St., online, or call.
LAWRENCE, 785-832-7920, www.lprd.org

EDUCATION

ONGOING COOKING CLASSES

The Merc offers many healthy cooking classes every month. To learn more about classes and to register, see The Merc's website.
LAWRENCE, 785-843-8544
themerc.coop/classes

EVERY OTHER MONTH MARCH-NOVEMBER
AARP SAFE DRIVING COURSE
Stormont-Vail is pleased to offer the AARP

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Safe Drivers Course at Pozez Education Center on March 10 and 11 from 10 a.m.-3 p.m. This course reviews helpful tips and completion could help get you a discount on your auto insurance. Registration required, please call. Cost: \$15 per person for AARP Members, \$20 per person for non-members. Please bring your AARP card to class.
TOPEKA, 785-354-5225

FIRST MONDAY OF EACH MONTH MEDICARE MONDAYS

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

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. Aired 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. Aired from 9-9:30 a.m. on WIBW-TV, Channel 13.
TOPEKA, 785-354-6787

APR 2

SKILLBUILDERS: CAR CARE 101

Presented by Richard Haig, Westside 66 & Carwash. 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 8 & MAY 13

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, an affiliate of Stormont-Vail HealthCare, will hold Medicare Educational Seminars on Wednesday, April 8, and Wednesday, May 13, at 6:30 p.m. Learn the basics of Medicare and all of its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. Please contact Crystal for reservations.
TOPEKA, 785-286-6402

APR 9

SKILLBUILDERS: KEEPING ACTIVE & FIT

Presented by Gayle Sigurdson, Lawrence Parks & Recreation Department. 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. This program will be held at the new Rock Chalk recreational facility, 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 16

NATIONAL HEALTHCARE DECISIONS DAY

In honor of National Healthcare Decisions Day, come and learn why advance care planning is important. Review information about Advance Directives including durable power of attorney for healthcare and living will. Time for discussion, plus assistance provided for those who wish to complete their documents. Sponsored by LMH Palliative Care Consult Team and C.H.E.C. (Lawrence Area Coalition to Honor End of Life Choices). Free. Register early as space is limited. 6:30-8:30 p.m.
LAWRENCE, 785-749-5800, www.lmh.org

APR 16

SKILLBUILDERS: FEELING SAFE AND SECURE

Presented by Susan Hadl, Lawrence Police Department. Hands-on personal safety tips by a retired police officer. 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 21

SENIOR SUPPER AND SEMINAR

This month's topic: "End of Life Decisions." Presented by Charles Yockey, MD, of Lawrence Pulmonary Specialists. On the third Tuesday of each month at 5 p.m., seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. At 6 p.m., there will be a short educational program on a health or wellness topic presented by LMH affiliated physicians or associates. Advance reservations are required for the supper portion only, and must be made at least 24 hours in advance by calling LMH Connect Care. Supper seating is limited so please enroll early.
LAWRENCE, 785-749-5800, www.lmh.org

APR 22

PRE-DIABETES CLASS

A free class for those at risk of or who already have prediabetes. Lawrence Memorial Hospital, Conference Room A, 12-1:30 p.m. Call of visit LMH's website to register.
LAWRENCE, 785-505-3072, www.lmh.org

APR 22, 27 & 29

INTRODUCTION TO IPADS

Thinking about getting an iPad or already own one, but not sure if you are getting the most out of it? This class will be a demonstration and learning session, so please bring your iPad with you. iPads will be available to try out if you do not own one. We will cover the basic operation of the device and apps for recreation, health, education, finance and socializing. Lawrence Parks and Recreation. Fee. Location: Carnegie Building. Instructor: Karen Johnson. Register at the Community Building, 115 W. 11th St., online, or call.
LAWRENCE, 785-832-7920, www.lprd.org

APR 23

SKILLBUILDERS: FINANCIAL SAVVY

Presented by Barbara Braa, Central Bank of the Midwest. Skillbuilders is an informative

■ CONTINUED ON PAGE 20

Hill Crest

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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 Alvarmar, 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 30
SKILLBUILDERS: COOKING FOR 1 OR 2
 Presented by Susan Johnson, Douglas County Extension Office. 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 Alvarmar, 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 7
SKILLBUILDERS: LEGAL SAVVY
 Presented by Cheryl Denton, Petefish, Immel, Heeb & Hird LLC . 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 Alvarmar, 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 14
SKILLBUILDERS: ADJUSTING TO CHANGE
 Presented by Paul Reed, VNA, and Pattie Johnston, LPL. 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 Alvarmar, 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

APR 8
STRAIGHT NO CHASER: THE HAPPY HOUR TOUR
 This isn't your average male cappella group! Straight No Chaser, a 10-man group originally formed over a dozen years ago while students at Indiana University, has become a phenomenon with a massive fanbase, numerous national TV appearances and two holiday releases. Topeka Performing Arts Center, 214 SE 8th, 7:30 p.m. TOPEKA, 785-234-2787
www.tpactix.org/event-listings.html

APR 10
WILD KRATTS—LIVE!
 This all-new theatrical stage show is based on the hit animated television series Wild Kratts. Martin and Chris Kratt, stars of the Emmy-nominated Wild Kratts, step out live onstage to engage the audience in a classic Wild Kratts story. Starting off in their headquarters, the “Tortuga,” the Kratts receive a message about an animal in trouble. Always ready to help animals in need, they pull on their “Creature Power” vests and gloves and are off. The adventure doesn't work as planned, which results in hilarious pratfalls and slapstick fun. But they press on, encountering some amazing “Wow Facts” about animals, presented via large-screen multimedia video footage, as they rescue their animal friend and return it to its natural home. Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. LAWRENCE, 785-864-2787
lied.ku.edu/events/wild-kratts.shtml

APR 10
FREE STATE STORY SLAM
 Stories told live. Extraordinary, witty, suspenseful: whatever yarns you have, spin them. This is a don't-miss occasion to hear and share whoppers, MOTH-style, the second Friday of each month. Raconteurs step up to the mic to bring laughs, tears, surprise, amazement, and the occasional awkward moment. All are welcome, bring a tale to tell on the theme for the evening, or just come to eavesdrop. Never the same story, or evening, twice. Adults 18+ only. Live music and social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. Lawrence Arts Center, 940 New Hampshire St. LAWRENCE, (785) 843-2787
lawrenceartscenter.org/story-slam

APR 11
MILLION DOLLAR QUARTET
 Million Dollar Quartet is the Tony Award-winning Broadway musical inspired by the famed recording session that brought together rock ‘n’ roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. In 1956, these four musicians gathered together at Sun Records in Memphis for what became one of the greatest jam sessions of all time. Million Dollar Quartet brings that night to life with hits including Blue Suede Shoes, Fever, That's All Right, Sixteen Tons, Great Balls of Fire, I Walk the Line, Whole Lotta Shakin' Goin' On, Folsom Prison Blues, Hound Dog and more. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. LAWRENCE, 785-864-2787
lied.ku.edu/events/million.shtml

APR 11
FOUR CELTIC VOICES
 Four kindred spirits, Celeste Ray, Maria Banks, Carol Crittenden and Alison Crossley joined forces to create a vibrant, vivacious and fresh Celtic group for the enjoyment of their many fans. Focusing on the music and poetry of the ancient Celtic tradition, their instruments and harmony-singing style transport audiences to the enchanted kingdom of the ancient isles. Presenting a wide range of repertoire, Four Celtic Voices raise their voices in lush three-part harmonies while performing on authentic Celtic instruments. White Concert Hall – Washburn University, 17th and Jewell, 7:30 p.m. TOPEKA, www.topekacca.org

APR 17 & 18
THE SAGE OF EMPORIA: A ONE-MAN SHOW
 Pull a chair up and join us in the living room of renowned and popular Pulitzer Prize-winning editor William Allen White. Jack Wright, KU emeritus professor of theatre and film, stars in this one-man theatrical production written by Kansas City editor-author Henry Haskell. Based on *The Autobiography of William Allen White*, the performance depicts the editor in his later years, at home, reading newspaper clippings and reminiscing with the audience. Wright has performed The Sage of Emporia throughout the U.S. since 1983. He also has an extensive resume outside of acting, having directed more than 150 productions in his career. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. LAWRENCE, 785-864-2787
lied.ku.edu/events/emporia.shtml

APR 19
ELLING SWINGS SINATRA
 Grammy Award-winner and eleven-time nominee Kurt Elling joins forces with a powerful quintet to pay homage to “Ol’ Blue Eyes” in Elling Swings Sinatra. In celebration of Frank Sinatra’s 100th birthday, Elling lends his superb phrasing and sophisticated delivery to Sinatra’s vast repertoire. Elling’s seductive vocals and electric stage presence echo Sinatra’s own legendary performances. He breathes new life into old favorites with his reinterpretations of popular hits such as Come Fly With Me, My Funny Valentine, The Lady is a Tramp and I’ve Got You Under My Skin. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. LAWRENCE, 785-864-2787
lied.ku.edu/events/elling.shtml

APR 24-26, MAY 1-3 & 8-10
FOOTLOOSE
 Starting a new life is never easy, especially when moving from the big-city life in Chicago to the small town of Beaumont. Ren has a major culture shock when he finds himself in disagreement with the ultra-conservative, spiritual town that has put a ban on dancing. He makes quite the reputation for himself as a “trouble-maker”; he vows to break the dancing ban and to reawaken the town. Ren faces road blocks along the way, but eventually both he and Rev Moore let down their guards and teach each other vital life lessons. Do you dare to “cut footloose” with Ren and the rest of the town? Columbian Theatre, 521 Lincoln Ave. See website for showtimes. Fee. WAMEGO, 785-456-2029
www.columbiantheatre.com

APR 25
PILOBOLUS DANCE THEATER
 Founded in 1971, Pilobolus has built its fervent and expanding international following by showing the human body to be the most expressive, universal and magical form of media. The company’s unique, singular style—traditional dance combined with shape shifting, shadow play and other explorations—is further enhanced by its boundary-pushing collaborations with the best and brightest minds from all conceivable professions. Pilobolus has achieved international fame and has made appearances on Oprah, Late Night with Conan O’Brien and the Academy Awards, without losing sight of its core mission: to make art that builds community. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. LAWRENCE, 785-864-2787
lied.ku.edu/events/pilobolus.shtml

EXHIBITS/SHOWS

APR 11
ANNUAL ALL-CORVETTE SHOW
 Come see corvettes from six generations representing 60 years of automotive history and performance! This is a free spectator event. Participant registration is \$10/car. Every corvette is welcome, regardless of year or condition. All proceeds will be donated to Prairie Paws Animal Shelter. Ottawa & Franklin County Visitor Information Center, 402 N. Main St., 9 a.m.-3 p.m. OTTAWA, 785-418-6844

FAIRS/FESTIVALS

APR 11
WYANDOTTE COUNTY ETHNIC FESTIVAL
 Explore music, ethnic food and entertainment representing cultures who have immigrated to the area. Kansas City Kansas Community College Conference Center, 7250 State Ave., 10:30 a.m.-5 p.m. Free. KANSAS CITY, KS, 913-288-7314
www.freewebs.com/wycoethnicfestival

APR 19
TULIP FESTIVAL AT THE LAKE
 Experience the beauty of the gardens in full effect. Ted Enslay Gardens at Lake Shawnee will come to life with thousands of blooming tulips, live entertainment, delicious food and more for the inaugural Tulip Festival at the Lake. 3137 SE 29th St., 10 a.m.-6 p.m. TOPEKA, 785-234-1030

HEALTH & FITNESS

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

■ CONTINUED FROM PAGE 20

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

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

MONDAYS THROUGH FRIDAYS
A.M. WALKING CLUB
 Need exercise? Come to the East Lawrence Recreation Center from 7-10 a.m. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE! Lawrence Parks and Recreation. For more information, contact Stephen Mason. LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS
PICKLEBALL - OPEN PLAY
 Monday-Friday at the East Lawrence Center. For competitive, recreational and beginning players. Call the East Lawrence Center for specific days and times. There is no charge for open play. LAWRENCE, 785-832-7950

TUESDAYS
BLOOD PRESSURE CLINIC
 HealthWise 55 Clinic. 10 a.m.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free. TOPEKA, 785-354-6787

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

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

TUESDAYS AND THURSDAYS
FREE BLOOD PRESSURE CLINIC
 Held at the Wakarusa Wellness Center, 4920

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

TUESDAYS AND THURSDAYS
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
NUTRITION CLINICS
 Meet with a Registered Dietitian to discuss your nutrition needs and questions. HealthWise 55 Resource Center, 2252 S.W. 10th Ave., 8 a.m.-noon. Free. Call for an appointment 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

FRIDAYS
BLOOD PRESSURE CHECKS
 Arbor Court, 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

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 1
CHOLESTEROL SCREENING
 This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$8/test. Lawrence Public Library. Sponsored by Lawrence Memorial Hospital, 8:30-10 a.m. LAWRENCE, 785-749-5800

MAY 6
CHOLESTEROL SCREENING
 This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$8/test. Lawrence Public Library. Sponsored by Lawrence Memorial Hospital, 3-4:30 a.m. LAWRENCE, 785-749-5800

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

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

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

FRIDAYS
 Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m. 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. Arbor Court, 1510 St. Andrews Dr., 2:30 p.m.

MEETINGS

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 6-9 p.m. on Sundays at the Knights of Columbus, 2206 E. 23rd St. LAWRENCE

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

MONDAYS, WEDNESDAYS & FRIDAYS
WATER AEROBICS CLASSES
 OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class times are 6:30 a.m., 9 a.m., and 5 p.m. 1112 W. 6th St., Ste. 124. LAWRENCE, 785-838-7885
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
BLOOD PRESSURE CLINIC
 HealthWise 55 Clinic. 9-10:30 a.m. Westridge

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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

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

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 Newcomer at for more information. Pozez Education Center, 1505 SW 8th St. TOPEKA, 785-478-4947 or 785-296-8349

FIRST WEDNESDAY OF EACH MONTH KAW VALLEY OWL (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, 785-691-7314

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

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

ONE SATURDAY EACH MONTH LAWRENCE DEATH CAFE

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

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

Volunteer service club. LAWRENCE, 785-331-4575

SECOND MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP
Meets at the Topeka Shawnee County Public Library, 1515 SW 10th Ave., 3:30-4:30 p.m. TOPEKA, 785-235-1367
www.jhawkaaa.org

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 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 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

Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m. LAWRENCE, 913-831-3888

SECOND SATURDAY OF 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 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 TUESDAY OF EVERY MONTH ALZHEIMER'S SUPPORT GROUP

Alzheimer's support group for families and caregivers. Blassingame Home Care, 1835 N Topeka Blvd., Suite 205, 6-7 p.m. RSVP by calling. TOPEKA, 785-286-2273

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 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

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KAW VALLEY SENIOR MONTHLY

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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 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 ACTIVE AND RETIRED FEDERAL 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. TOPEKA, 785-478-0651

MISCELLANEOUS

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

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

TOPEKA, 785-783-8300

www.kansasdiscovery.org

KAW VALLEY SENIOR MONTHLY

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SECOND FRIDAY OF EACH MONTH SCIENCE NIGHT LIVE: SCIENCE OF CHAIN REACTIONS

The second Friday of each month, the Kansas Children's Discovery Center opens its doors exclusively to adults, 21+. Science is fun...at any age. Science Night Live provides visitors the opportunity to have fun and learn about science in a unique setting. We mix music and dancing, drinks and fun, playful science and creative arts for discovery after dark. Each Science Night Live features a unique science theme, as well as tasty spirits and fun. 4400 SW 10th Ave, 6-9 p.m.

TOPEKA, 785-783-8300

www.kansasdiscovery.org

THIRD SATURDAY OF EACH MONTH COFFEE & CONVERSATION

Arbor Court at Alvamar, 1510 Saint Andrews Dr., 3 p.m. Open to the public. LAWRENCE, 785-841-6847

FEB 8-OCT 11

SECOND SUNDAY MONTHLY HIKE

Clinton State Park and AmeriCorps invite you to join them for monthly hikes through the park every Second Sunday through the coming year. Each journey is approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Younger children are welcome, but be aware that the uneven terrain and length of the hikes may create the need for more adult assistance. Don't forget to bring water and dress appropriately. A Vehicle Permit will be required. Purchase one by the day at \$5.00 or annually for \$25.00 and get into all Kansas State Parks for the rest of the year. Call for more information. LAWRENCE, 785-842-8562

APR 11

15TH ANNUAL EARTH DAY PARADE & CELEBRATION

15th Annual Lawrence Earth Day Parade and Celebration is hosted by the City's Solid Waste Division. The day starts with a parade, hosted by KU Environs, at 11 a.m. on Massachusetts Street from Seventh Street to South Park. All activities are free and open to the public. There will be live music and children's activities. Attendees can also learn from exhibits about waste reduction, recycling, composting, energy conservation, land preservation, wildlife and habitat preservation, and more. The Lawrence Transit System will offer free rides on the T all day Saturday, April 11, providing the experience and benefits of public transportation on all fixed routes. LAWRENCE, 785-832-3026
lawrencerecycles.org

APR 11

KEGS 'N' EGGS

Kansas City's only adult easter egg hunt. Drinking and hunting make an EGG-cellent combination at KEGS 'n' EGGS. The Kansas City Renaissance Festival grounds are waiting for you to hunt for hidden Easter Eggs. Each egg contains tickets to be redeemed for prizes

KAW VALLEY SENIOR MONTHLY

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and a few golden eggs are even filled with cash. If all that hunting is making you EGG-straight thirsty, you're in luck. Everyone who purchases a ticket receives a draft beer. And as if that weren't enough, there will also be Craft Beer Tastings from local and regional breweries along with EGG-citing games and contests. A live band will provide the soundtrack to this EGG-stravaganza. KANSAS CITY, 913-721-2110
www.kegsneggskc.com

APR 18

COUTURE FOR CANCER

Couture for Cancer is a women's only event that gives guests the opportunity to enjoy designer fashion and home décor from all over the world. Women in the Topeka community have embraced this event and its success has grown each year. This trendy fashion event raises funds for the American Cancer Society's mission to help people stay well, get well, find cures and fight back. Attendees will enjoy hors d'oeuvres and cocktails while shopping for designer clothing, jewelry, handbags, home items, spa experiences and more. The runway show will not only feature the latest designs in fashion, but also cancer survivors and women currently battling cancer— an emotional yet rewarding feature of the event! Heartland Park Topeka, 7530 SW Topeka Blvd., 4 p.m. Fee. TOPEKA
www.TopekaCoutureforCancer.org

APR 25

AN EVENING AS A CHILD

An Evening As A Child is a community event that gives adults a chance to reflect on their childhood and an opportunity to revel in those activities that made growing-up so special. The serious goal of the evening is to raise funds needed to support services for people with disabilities and provide help and hope for their families. Exhibition Hall, Kansas Expocentre. One Expocentre Drive, 6 p.m. Fee. TOPEKA, 785-272-4060
www.easterseals.com/capper -

APR 25

COMBAT AIR MUSEUM'S ANNUAL PAN- CAKE FEED

Feast on all-you-can-eat pancakes and enjoy a variety of entertainment. Tour the museum's extensive display of aircraft, artefacts and military aviation art. Combat Air Museum, 7016 SE Forbes Ave. TOPEKA, 785-862-3303
www.combatairmuseum.org

APR 25

CLINTON STATE PARK OPEN HOUSE

Free entry day! No vehicle permit required on this day!! Park Office Open - 9 a.m.-2 p.m. Drawings, License Sales, Camping Reservations and visiting animals on display. (In the Park Office) OK Kids Day Registration - Register for our 12th Annual Outdoor Kansas Kids event held on August 8th. Fishing Derby, Archery Target Practice & Animal Show-n-Tell events. (In the Park Office) Wildlifer Challenge - We'll handout information about how you can participate in 15 of the 20 suggested activities for

the challenge right in the state park. Win prizes through that program. Clinton Reservoir, State Park, and Wildlife Area, 798 N 1415 Rd. LAWRENCE, 785-842-8562
kansawildlifer.com

MAY 2

MARBLE DAY

The Annual Marble Day Celebration is a fun, family day celebrating spring, marble games and activities and other old-fashioned outdoor games and activities. Events and activities include a tractor cruise, wacky parade, bike rodeo, marble tournament, marble art and invention contest, Running of the Pinkys, cake walk, straw tunnel and straw mountain, food vendors and other traditional games and activities. It's a day full of smiles and fun, fun, fun! Downtown Bonner Springs, 126 Cedar St., 9:30 a.m.-2 p.m. BONNER SPRINGS, 913-667-1703
www.marbleday.com

NON-MEDICAL TRANSPORTATION



Debbie's Redi-Ride LLC

Serving Seniors in Topeka & Surrounding Areas

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Phone: 785-250-7838

Contact: Debbie

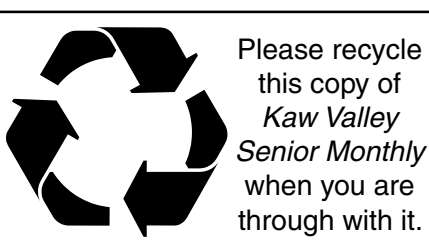
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 - Help you carry in and put things away
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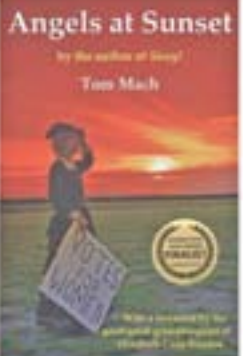
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Grout sees connection between quantum physics, spirituality **Pam Grout**

By JoAnn Qandil

Special to Senior Monthly

When I first met Pam Grout back in 2005, I had no idea I had met a celebrity, a future best-selling author, a dynamic speaker and a world traveler who has recently been invited to speak in over six different countries about her best-selling book, *E-Squared*, which includes nine Do-it-Yourself Energy Experiments that Prove Your Thoughts Create Your Reality. Pam had brought me a winter formal dress to alter for her daughter, Taz. I recall talking to her then about an interest we had in common—travel. About a year later, I met up with Pam at Unity Church of Lawrence. We had another common interest—spirituality.

Recently, Pam related to me that she has always loved reading and that, for her, writing is a natural outgrowth of reading. In second grade she won an award for reading 256 books, then went on to write books like *Blackie the Bear* and *Paddy the Penguin*. Pam's father, a Methodist minister, was often transferred to new locations. Pam enjoyed traveling and riding in the family station wagon.

During her college years, Pam wrote for her college newspaper and yearbook. She received a degree in journalism from K-State in 1978, and then received a journalism fellowship from Rotary International to attend Macquarie University in Sydney, Australia, where she received a master's in mass communication.

After Pam returned to the U.S., she began writing feature articles for the *Kansas City Star*. As long as she can remember, Pam has always been a writer and creative thinker. She began wondering if she could get some of her creations published on her own. After listening to her inner voice, she began sending queries to many national magazines. Travel writing manifested after an editor from *Ladies' Home Journal* called her about a query she had written. In the query, Pam mentioned that she had been to Nicaragua and had lived in Australia for a year.

Pam nodded her head vigorously when the caller asked if she did travel writing. Realizing that the speaker couldn't hear her head shake, she

quickly replied, "oh, of course." Where was Pam going next, the caller wanted to know, and Pam quickly blurted out "Tampa." A guy she was "sorta" dating was going there the following week to be with his family. "Good," was the response, "I'd like 1,000 words." When Pam hung up, she quickly called the "sorta" boyfriend and begged him to take her along on his trip to Florida.

Since that time Pam has written literally hundreds of articles for such magazines as *People*, *Scientific American Explorations*, *Family Circle*, *CNN Travel*, *Men's Journal*, *New Age Journal*, *Huffington Post*, *Travel and Leisure*, and others—far too many to mention. She sees herself as blessed and the luckiest person on earth as she has been able to combine her love of writing and traveling and manifest a lucrative career.

Pam expanded her writing to include another one of her interests—spirituality. This interest began about 25 years ago when Pam attended a course at Unity Temple on the Plaza. She went on to study the esoteric "Course in Mira-

COURTESY PHOTO



Pam Grout

cles," starting with a month-long course at Esalen Institute in Big Sur, California.

Pam perceives a deep connection between quantum physics and spirituality and believes that speaking from the perspective of quantum physics is a way of bringing people together

rather than dividing them. It has been Pam's experience that many people do not relate to the concept of "God," that religion often divides rather than unites people. Consequently, she combined her spiritual ideas with aspects of quan-

tum mechanics in her recent bestseller, *E-Squared*, which was on the *New York Times* bestselling list for 20 weeks. *E-Squared* was her 16th publication and ranked first place on the bestselling list for several weeks. Since its debut in January 2013, it has been published in more than 30 languages.

Her publisher, Hay House, encouraged Pam to write a sequel to *E-Squared*. *E-Cubed: 9 More Experiments to Prove Manifesting Magic and Miracles is Your Full-time Gig* hit the market September 16, 2014. While continuing with experiments on how we create our own reality, *E-Cubed* takes readers more deeply into quantum theory.

Since her bestseller, *E-Squared*, came out, Pam has been contracted to speak to groups all over the world. She has always been a writer, but speaking to large audiences has been a relatively new and challenging experience for her. She calls this her "year of speaking dangerously," as she has spoken to large audiences in Germany, England, Australia, Mexico, Holland, Finland, Atlanta, New York, and Wilmington, N.C. Pam has met and spoken with well-known New Thought leaders, including Dr. Joe Dispenza, Mike Dooley, and Anita Moorjani. This year she has been asked to speak in Switzerland. Her reception has been great—her audiences love her. More of the same appears to be in store as Hay House, a well know publisher of spiritual books, has contracted with Pam for two more books, which will most likely debut in 2016.

After reading Pam's most recent book, I am convinced it will far outrank her previous bestseller, *E-Squared*, and am so excited that Pam's newest book, *E-Cubed*, will be the focus of a study group at Unity of Lawrence beginning in April 2015. Small discussion groups will be held in individual homes around town. The public is welcomed to join in these small discussion groups. One may join one of these discussion groups or obtain further information by contacting Unity of Lawrence at 785-841-1447 or info@unityoflawrence.org.

■ CONTINUED ON PAGE 27

Seth Rogen's charity, Home Instead donate 6,000 hours of free in-home care to families living with Alzheimer's disease

More than 130 families coping with Alzheimer's disease will now receive much-needed support thanks to the Hilarity for Charity and Home Instead Senior Care Alzheimer's and Dementia Care Relief Grant Program. Hilarity for Charity®, a movement established with the Alzheimer's Association®, led by actors and writers Lauren Miller Rogen and Seth Rogen to inspire change and raise awareness of Alzheimer's disease, announced the partnership with Home Instead Senior Care® to offer grants for in-home care services to eligible U.S. and Canadian families in October of 2014. Today, the first grants were awarded to Alzheimer's families in need, totaling more than 6,000 hours of care.

Grant recipients will be connected with a Home Instead franchise in their community, which provide a professional CAREGiver™ specially trained in how to most effectively and compassionately assist individuals with Alzheimer's disease and other dementias. Grants range from short-term grants of 25 hours to long-term care,

based on the need of the family.

"Sometimes, just a few hours a week can provide a welcome break for family caregivers," explains Jeff Huber, president of Home Instead Senior Care. "Having the peace of mind that your loved one is being cared for by a highly-skilled CAREGiver can allow families to focus on the other areas of their life that they may have neglected since an Alzheimer's diagnosis."

The Alzheimer's and Dementia Care Relief Grant Program is funded by Hilarity for Charity donations, including the organization's annual Variety Show fundraiser in which nearly \$1

million was raised in 2014. To supplement this funding, United States- and Canada-based Home Instead Senior Care franchise owners pledged more than 37,000 hours of in-home care services, valued at \$740,000. Individual living in Canada or the U.S. and providing care to the nearly six million loved ones in North America living with Alzheimer's disease are eligible to apply.

For more information about the Alzheimer's Care Grant Program, including how you can donate or apply for future respite care grants, visit www.HelpForAlzheimersFamilies.com.

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HUMOR

April, the Fool

It was early in March when Lavidia Van Planton's doctor told her she was pregnant. Lavidia smacked him in the head with her purse. She and her husband had six grown children, and Lavidia thought she was through with that stuff.



Larry Day

The doctor rubbed his head and suggested Lavidia get a second opinion. "I won't go to another stupid sawbones," she said. "I'll find out from Samantha."

"As you wish," said the doctor. He knew that Swami Samantha would charge Lavidia more for a psychic reading than a second medical opinion would cost.

Swami Samantha had operated a psychic reading shop on Main Street in Letongaloosa for 25 years. That says more about the reticence of the citizens of Letongaloosa than it does about the swami's psychic powers. Nearly all the adults in town visit Swami Samantha, but no one talks about it. A lot of people make after hours appointments or slip in the back door for their readings.

Swami Samantha didn't wear her turban for Lavidia's visit. The headpiece was for channeling the dead. The turban concealed the miniature amplifier that allowed Samantha's assistant in another room to speak to her clients with voices that sounded like they came from the great beyond.

"Dr. Gooch says I'm pregnant," said Lavidia as soon as she was settled in the wicker chair opposite Samantha at a table in front of the plate glass window at the front of Samantha's Psychic Salon. Samantha gave a 20 percent discount to certain clients who agreed

to sit near the window—it was good for business.

Samantha did a Tarot reading, consulted her crystal ball and cast runes. She wanted to make sure that the answer that came from the astral plane was accurate.

"The doctor is wrong. You're not pregnant. Have you been drinking a lot of orange juice lately?"

"Yes. I crave it."

"That's your problem. Orange juice is acidic. Switch to cranberry juice and you'll feel better."

Lavidia switched to cranberry juice, and she did feel better.

But nine months later, on April first, Lavidia gave birth to a 9-pound baby boy. She named the baby April. She gave him a sissy name so he'd grow up strong and mean from being teased and getting in fights with his tormentors.

April grew up strong, but he didn't grow up mean. He was a kind, friendly kid. As he grew, everybody in town doted on him.

That drove his mother nuts.

"You're a fool, April," she'd yell.

"Yes, ma'am," he'd say.

That drove Lavidia even more nuts.

"You're a stupid, no good, worthless bum," she'd say.

"I'm sorry, Momma," he say. "I'll try harder."

April studied hard and got top grades from kindergarten through high school, even though Lavidia insisted he work after school and weekends.

That's when Lavidia gave up trying to ruin April's life.

April aced the ACT and SAT exams. Top universities offered him four-year, full ride scholarships. April attended Harvard and graduated with a degree in business. He became CEO of a large company at age 30, and after a successful business career became an acclaimed motivational speaker.

One day Ted Palmer, president of the

Letongaloosa Chamber of Commerce, saw April's picture on the cover of a top flight business magazine. Ted had been one grade behind April in high school. On a whim he called the firm that booked April's appearances and asked how much it would cost to have April speak at the chamber's annual banquet.

"Mr. Van Planton's fee for one speech is \$50,000, unless you are a charitable organization," said the person on the phone, "in which case it's free. But he's booked for charitable speeches through October 2018."

Ted Palmer thanked her and hung up. The phone rang a few minutes later. It

was April himself.

"Ted, I'd love to speak at your banquet," he said.

Interest was so high that the Chamber of Commerce invited the public to attend April's speech, and booked the largest auditorium in Letongaloosa for the event. April told Ted he wanted to approach to the microphone without introduction.

"Good evening, ladies and gentlemen," he said. "I'm April, the Fool."

- 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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PET WORLD

Pug's piddling indoors could be spiked by separation anxiety

These reader questions were all answered by contributing authors of "Decoding Your Dog: The Ultimate Experts Explain Common Dog Behaviors and Reveal How to Prevent or Change



Steve Dale

Unwanted Ones" (Houghton Mifflin Harcourt, New York, NY, 2014; \$27), written by members of the American College of Veterinary Behaviorists. I co-edited the book with veterinary behaviorists Dr. Debra Horwitz and Dr. John Ciribassi.

Q: I adopted my 3-year-old Pug/

Shih Tzu mix from a rescue group two months ago, and now I have a serious problem. The dog has urinated in the house three times, always when I was away. I assume he's marking his territory. He has a dog door and could go out to the enclosed patio, which he usually does. I don't want to give him up. Any suggestions? - J.F., Las Vegas, NV

A: Assuming the dog is neutered, Chicago, IL-based veterinary behaviorist Dr. John Ciribassi says to see your veterinarian to rule out a medical explanation. Also, if you can videotape your dog shortly after you leave the house, the recording will help the vet determine if your pet has separation anxiety. Those who do demonstrate one or more of the following behaviors: pacing, drooling excessively, barking, yowling, whining, chewing on things

they shouldn't, and having accidents shortly after their owners depart.

However, it's also possible your dog was never as reliably house trained as you were told. Also, dogs can be house trained to one place (their own home, for example), but if re-homed may not be so dependable. Some low level anxiety (associated with being re-homed) might contribute.

If your dog has separation issues, there's an entire chapter on this problem in "Decoding Your Dog." Also, enlist help from your veterinarian, a veterinary behaviorist (www.dacvb.org), a veterinarian with a special interest in behavior (www.avsabonline.org), or a certified dog behavior consultant (www.iaabc.org).

If your dog needs a brush-up on house-training, training her to a crate might be helpful. "Decoding Your Dog" has information on how to do that.

Q: We rescued a 3-1/2-year-old Jack Russell Terrier. Turns out she's a troubled, Jekyll-and-Hyde dog. When we're walking her, she's aggressive toward any dog who gets anywhere near us. My husband is at the point of giving up on her. Any advice? - S.S., St. Catharine's, Ontario, Canada

A: "Some dogs are more reactive than others, and terriers are right up there, sometimes bordering on dramatic," says veterinary behaviorist Dr. Debra Horwitz, of St. Louis, MO. "The technique (your dog is using) works; (she) gets aggressive, barking and all those antics, and you walk away. The other dog walks away, too. So, your dog does it again and again."

Horwitz continues, "What you should do for now is to simply stay away from other dogs, so your dog doesn't continue to practice this behavior." She suggests that a dog trainer who uses positive reinforcement techniques or a veterinary behaviorist could observe exactly what's going on, then show you how to lower your dog's level of reactivity.

As frustrating as this problem is, please don't give up your dog. Sent back to a shelter—even if adopted out again—this pup's chances might not be good.

- Write to Steve at Tribune Content Agency, 2225 Kenmore Ave., Suite 144, Buffalo, NY. 14207. Send e-mail to PETWORLD@STEVE DALE.TV. Include your name, city and state.

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WOLFGANG PUCK'S KITCHEN

How to make macaroni and cheese that's a 'cut' above the rest

Just in case you hadn't noticed, comfort foods are very popular these days. Not just for home cooking but also in restaurants, ranging from the most casual spots to the finest dining rooms.

At the same time that food lovers everywhere are growing more aware



Wolfgang Puck

by the second of distant cuisines, unusual ingredients and very particular ways of cooking, I see them also feeling freer to celebrate good, simple cooking and the foods they loved in their childhoods. In short, the foods that give them comfort. Chefs are responding by making greater and greater efforts to prepare those comfort foods in ways that are the very best of their kind.

I see that every day in my own gourmet steakhouse, CUT, from the original location in Beverly Hills—just a few blocks from Spago—to its other outposts in Las Vegas, London, Singapore, Dubai and Bahrain. Whatever the location, one of the most popular items on the menu to enjoy as a side dish along with our steaks, as well as with our poultry and seafood main courses, is our macaroni and cheese.

At face value, this mac and cheese isn't very radically different from what our guests ate as kids. That is, of course, provided their moms made it from scratch rather than out of a box. It's still, basically, cooked tubes of pasta combined with a cheese sauce and then baked in the oven until bubbling, golden and crusty on top.

At CUT, we make a special effort every step of the way so this version the best it could possibly be. That starts

with the pasta (cavatappi, a spiral-shaped, ridged tube available in well-stocked markets and Italian delis that provides lots of textured surface area for the sauce to cling to).

As for the sauce itself, we make it extra creamy and a bit tangy by adding some creme fraiche—the thick, slightly soured French cream you can find in the deli or cheese department of well-stocked markets—and a mixture of freshly shredded aged cheddar and mozzarella cheeses that add extra complexity of flavor and texture to the sauce.

As a final touch before baking, we top the mixture with a little extra cheese and some fresh, rich brioche breadcrumbs, which add wonderful crunch to the golden topping. The results are irresistible, and I'm not surprised when some guests order the dish as a main course for themselves.

So, I hope you'll try my extra-special approach to this classic comfort food. Feel free to vary the pasta or cheeses as long as you always make a high-quality choice. You'll discover that comfort food can be gourmet food, too.

WOLFGANG'S CUT STEAKHOUSE MACARONI AND CHEESE

Serves 8 to 10

- 1 pound dried cavatappi pasta, or other bite-sized pasta tubes
- 6 tablespoons (3/4 stick) unsalted butter, plus extra for greasing
- 6 tablespoons all-purpose flour
- 1 bay leaf
- 4 cups (1 l) milk
- 1-1/4 cups (310 ml) creme fraiche
- 1-1/2 teaspoons sea salt, plus extra as needed
- 3-3/4 cups (935 ml) freshly shredded mozzarella cheese
- 1-3/4 cups (435 ml) freshly shredded aged cheddar cheese
- Freshly ground white pepper
- 3/4 cup (185 ml) fresh brioche breadcrumbs

First, cook the pasta. Bring a large pot of salted water to a boil. Meanwhile, fill a large bowl with ice cubes and water and place it near the sink. Add the pasta to the boiling water and cook until al dente (tender but still chewy), following the manufacturer's suggested cooking time. Drain the pasta and immediately add it to the ice water, stirring until cooled, 1 to 2 minutes. Drain well and set aside.

Preheat an oven to 375 F. (190 C). Butter a 3-to-4-quart (3-to-4-l) square baking dish. Set aside.

In a 4-quart (4-l) saucepan over medium heat, melt the 6 tablespoons butter. Stirring continuously with a wire whisk, sprinkle in the flour and cook, stirring, for 1 minute. Add the bay leaf and, whisking continuously, slowly pour in the milk until smooth. Simmer, whisking occasionally, until the mixture has thickened, for 14 to 16 minutes. Remove and discard the bay leaf. Whisk in the crème fraîche and the 1 1/2 teaspoons salt and bring the mixture to a simmer.

Remove the pan from the heat and stir in 1-1/4 cups (310 ml) each of the mozzarella and cheddar until melted. Season to taste with some salt and white pepper.

In a large mixing bowl, combine

the pasta and cheese sauce. Stir in 2 cups (500 ml) more of the mozzarella. Transfer the mixture to the prepared baking dish, spreading it evenly. Evenly sprinkle the remaining mozzarella and Cheddar over the top, and then sprinkle with the breadcrumbs.

Bake in the preheated oven until the mixture is bubbly and the breadcrumbs are golden brown (about 30 minutes). Remove from the oven and leave to settle at room temperature for 10 minutes before scooping and serving.

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MEMORIES ARE FOREVER

Each month I will write about a memory of a person's life and I hope you will enjoy it. For information you need to submit your own memories, please visit my blog at

www.MemoriesAreForever.net I would love to hear from you. If you wish to include a nostalgic picture of yourself, please send it as an attachment to your submission email. (The photo below is me as a two-year-old sitting on the steps of my home in Chicago.) - Tom Mach



Tom Mach

What I Learned From My Daughter

By Monte Mace

Hello everyone. My photo is one taken of me when I was four. That was 63 years ago and now I am semi-retired because I am a contractor for the Social Security Administration, acting as a court reporter for disability appeals hearings. I have a master's from KU in journalism and spent most of my career as a writer, photographer and publisher for trade magazines, including work for the Associated Press, for the KU journalism school as a lecturer and as a writer-photographer for *The Leaven*, the Catholic newspaper for northeast Kansas. I've been married 44 years and have a 36-year-old daughter.

The one moment in my life I will never forget is the Caesarean birth of my daughter in Chicago. The obstetrician came to me outside my wife's recovery room and said, "Have they told you about your daughter?" I answered no. He said, "Well she was born with a hole in her back," and strode off. Puzzled, I thought that's no big deal; they'll just sew it up. But it turned out that my daughter, Suzy,

had been born with spina bifida, a paralyzing birth defect. The hospital where Suzy was born wasn't up to speed on current treatment and Suzy was left lying in an isolette for three days. Finally, she was transferred to Children's Memorial Hospital in downtown Chicago where aggressive treatment began. Because surgery wasn't performed immediately, skin bacteria formed over the lesion on her lower back and she had to be pinned face down for a month before the area was sterile enough for surgery. Suzy underwent the first of what would turn out to be about 20 surgeries so far in her life. She has used a wheelchair most of her life.

At the time, I wasn't religious. I hadn't been inside a church for 20 years. As the full extent of Suzy's disability dawned on me, I became angry with God. Yet I remembered the Lord's Prayer and said it. Looking back on my life, I realize that God has blessed us despite this burden. Suzy's condition caused me to leave a well-paying job in Chicago and start two publications designed to help individuals with disabilities locate assistive devices to earn daily living activities. We were eager to tell other parents of newborns with spina bifida to remain positive and seek up-to-date treatment. That resulted in our becoming minor celebrities for eight to nine months. Suzy's

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story appeared on the front page of the *Chicago Tribune*, in *Newsweek*, on the Sunday Morning News and we appeared on the *Donahue Show* when she was five years old.

I made a slow return to religion, converting to Catholicism. Eventually I came to realize that my most important vocation in life was that of a father and husband. Faith has sustained me through the ups and downs of dealing with a disability, including a botched brain surgery six years ago that resulted in a hemorrhage and caused Suzy to lose her short-term memory and a belief in God even though she considered becoming a nun a few years earlier.

If I have any advice to seniors, it

would be that I have learned we all face obstacles and tragedies in our lives. It's how we react that makes the difference. I strive to push negative thoughts from my mind, forgive often and thank God for the many blessings I have. Too often, we Americans dwell on what we don't have rather than what we do have. In my work career, I have visited several Third World countries and seen people living in mud huts and not knowing where their next meal would come from.

I hope I am remembered as a good father, husband, friend and Catholic who knew he was imperfect but got up each time after falling down and kept walking into the future.



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Restaurant Guide

<p style="text-align: center; font-weight: bold; font-size: small;">McFARLAND'S Restaurant</p> <p style="font-size: x-small; text-align: center;">Casual Dining, Private Parties Over 70 years of serving fine food</p> <p style="font-size: x-small; text-align: center;">4133 Gage Center Dr. • Topeka • 785-272-6909</p>	<p style="text-align: center; font-weight: bold;">Chic-A-Dee CAFÉ</p> <p style="font-size: x-small; text-align: center;">"Good Home Cooked Food" Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm 3036 SE 6th • Topeka • 785-233-0216</p>
<p style="text-align: center; font-weight: bold; font-size: small;">Serving Topeka Since 1969</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 5px;"> <p style="font-size: x-small;">Open 7 Days A Week 6:00 a.m.-3:00 p.m. 1034 S. Kansas Ave. 785-232-1111</p> </div> </div>	<p style="text-align: center; font-weight: bold; font-size: small;">GOAN PIZZA CO.</p> <p style="font-size: x-small; text-align: center;">Pizza, Sandwiches, Pasta, Salad Bar Family Dining Carryout 500 E Front St. • Perry • 785-597-5133</p>
<p style="text-align: center; font-weight: bold; font-size: small;">Old 56 Family Restaurant</p> <div style="display: flex; justify-content: space-between; font-size: x-small;"> <div style="width: 45%;"> <p>2227 S. Princeton St. Ottawa, KS 66067 785-242-7757</p> </div> <div style="width: 45%;"> <p>912 S. Chestnut Olathe, KS 66061 913-390-9905</p> </div> </div>	<p style="text-align: center; font-weight: bold; font-size: small;">MEMER'S BBQ Voted Best BBQ in Lawrence</p> <p style="font-size: x-small; text-align: center;">University Daily Kansan Top Of The Hill 2011 2120 W. 9th St. • Lawrence • 785-842-0800</p>

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

GOREN ON BRIDGE

Evidence trail

With Bob Jones
Tribune Content Agency

Neither vulnerable. South deals.

NORTH
 ♠-8 7 6
 ♥-K 9 7 4
 ♦-K 5 3
 ♣-A J 5

WEST
 ♠-K Q J 10 5 3
 ♥-Q 10 8 5 2
 ♦-Void
 ♣-10 7

EAST
 ♠-9 4 2
 ♥-6
 ♦-Q J 8
 ♣-Q 9 8 6 4 2

SOUTH
 ♠-A
 ♥-A J 3
 ♦-A 10 9 7 6 4 2
 ♣-K 3

The bidding:
 SOUTH WEST NORTH EAST
 1♦ 2♦* Dbl 2♠
 3♥ Pass 5♦ Pass
 6♦ Pass Pass Pass
 * Both majors, at least 5-5

Opening lead: King of ♠

It is important to be competitive when you play bridge—you can't let the opponents walk all over you—but every entry into an auction leaves a trail of evidence about your hand. Good opponents will follow that trail.

When an opponent has shown two suits, a bid in one of them shows values in that suit. Partner can consider that when deciding whether to try for game in no trump or choose some other strain. Over South's three-heart bid, North realized that he had a perfect hand for partner and jumped to game in diamonds. South was happy to continue to slam, knowing that North had a useful hand without spade values. North would likely have bid three no trump with values in spades.

All looked routine until West showed out on the ace of trumps. South led a second trump to dummy's king and ruffed a spade. A heart to the board's king was followed by another spade ruff. South next led the ace of hearts and East was miserable. Should he ruff, he would have to lead a club into dummy's ace-jack, so he discarded a club instead. Declarer now led a low trump, end-playing East into the same position. The forced club play allowed South to discard his heart loser. Well done!

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

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PUZZLES & GAMES

CROSSWORD

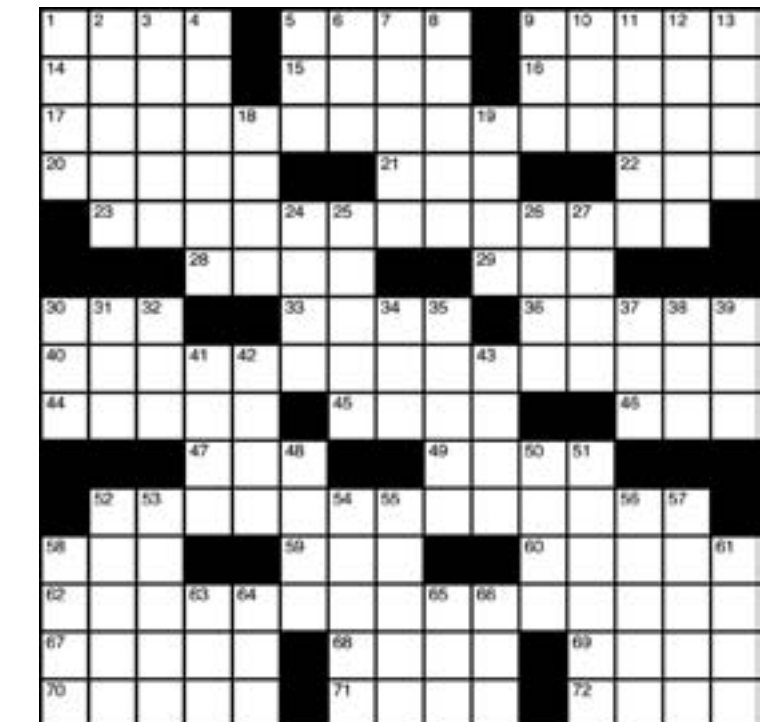
Across

- 1 One-on-one contest
- 5 Pub orders
- 9 Creator
- 14 Sicilian smoker
- 15 Shout to a storeful of customers
- 16 Elegant headgear
- 17 Line on an envelope
- 20 Noel beginning
- 21 Current to avoid
- 22 Gives the nod
- 23 Pago Pago's land
- 28 Dudley Do-Right's gal
- 29 Green prefix
- 30 Golfer Woosnam
- 33 Down __: Maine region
- 36 "Gotta run!"
- 40 Paul Hogan role
- 44 Side of the 1860s
- 45 __ Lisa Vito: "My Cousin Vinny" role
- 46 Cold-sounding commercial prefix
- 47 "I'm not impressed"
- 49 '60s White House daughter
- 52 Classic cartoon shout
- 58 NYSE overseer
- 59 Green roll
- 60 Tropical trees
- 62 Zero in Morse code, any part of which will finish the title of the Oscar-winning song found at the ends of 17-, 23-, 40- and 52-Across
- 67 Stopped lying?
- 68 MBA seeker's first hurdle
- 69 Napa prefix
- 70 Array for a Boy Scout
- 71 Comes to a stop
- 72 Quick cut

Down

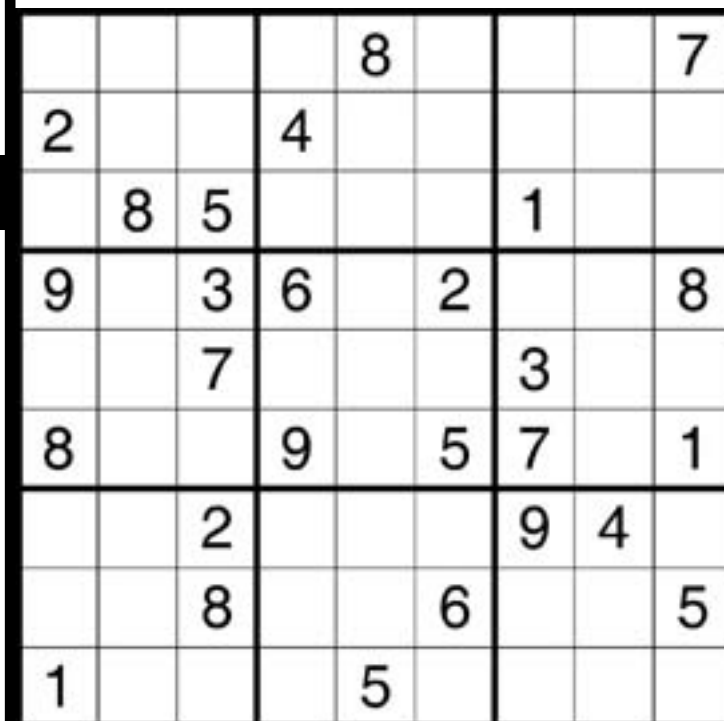
- 1 Rectilinear art form
- 2 City east of Syracuse
- 3 Sci. of insects
- 4 Nonprofessionals
- 5 Pantry pest
- 6 Green expanse
- 7 Cast-of-thousands member

- 8 Pub order
- 9 High-elev. spot
- 10 A leg up
- 11 Sung-into instrument
- 12 Slezak of "One Life to Live"
- 13 Shoots the breeze
- 18 Plagued by drought
- 19 Church recess
- 24 "Where Is the Life That Late ___?": Cole Porter song
- 25 Forty-niner's stake
- 26 Rights gp.
- 27 Ghostly sound
- 30 Post-ER area
- 31 Son of Prince Valiant
- 32 "There's ___ in 'team'"
- 34 ___-mo
- 35 Potato sack wt., perhaps
- 37 B. Favre's career 508
- 38 Velvet finish?
- 39 Collectible car
- 41 Search everywhere in
- 42 Front row seat
- 43 Apply amateurishly
- 48 It may be slung at a diner
- 50 Matador's cloak
- 51 Off-baked veggies
- 52 Long (for)



- 53 Blessed outburst?
- 54 Evade
- 55 Butler's last words
- 56 Of yore
- 57 Muscat native
- 58 Where to find Pierre: Abbr.
- 61 Class with tools
- 63 Mar.-Nov. hours
- 64 Two-time loser to DDE
- 65 Owned
- 66 Boozer's syndrome

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

JUMBLE THAT SCRAMBLED WORD GAME
by Mike Argnoff and Jeff Knorr

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

NITHK
 ○○○○○

FIRGE
 ○○○○○

RETHE
 ○○○○○

WABILE
 ○○○○○

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

A: "○○○○○○○○" ○○○○○○

WHEN THE HEAVY-SET FOOTBALL PLAYER STOOD UP, HE BECAME A _____

SCRABBLE G R A M S

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BACK 1
 E1 E1 I1 M1 B1 T1 D1

BACK 2
 A1 I1 O1 L1 X1 C1 T1

BACK 3
 E1 E1 E1 D1 L1 G1 P1

BACK 4
 A1 O1 U1 L1 G1 B1 M1

BACK 5
 E1 O1 L1 S1 R1 T1 D1

PAR SCORE 285-285
 BEST SCORE 342

FIVE RACK TOTAL
 TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blank" used as any letter. Each tile point value. All the words are in the Official SCRABBLE® Players Dictionary 4th Edition.

For more information on books, clubs, tournaments and the school program go to www.scrabble-america.com or call the National SCRABBLE® Association (877) 477-8822.

Answers to all puzzles on page 34

Martin Creek Place

- 1 & 2 Bedroom Apartments
- Organized Activities & Day Trips
- Townhomes
- Washer/Dryer Connections
- Emergency Monitoring System Available
- 24 Hour Emergency On-Site Staff
- Library Red Carpet Service
- Weekly Grocery Van
- On Site Storage
- Exercise Room

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

SUDOKU SOLUTION

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

BRAND GRAMS SOLUTION

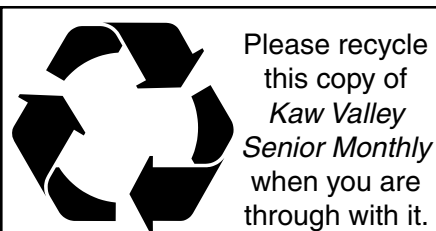
B	E	D	T	I	M	E	R	RACK 1 =	62
T	O	X	I	C	A	L	S	RACK 2 =	98
P	L	E	D	G	E	E		RACK 3 =	61
L	U	M	B	A	G	O		RACK 4 =	63
O	L	D	S	T	E	R		RACK 5 =	58
TOTAL									342

PAR SCORE 255-265
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JUMBLE ANSWERS

Jumbles: THINK GRIEF EITHER BEWAIL
Answer: When the heavysset football player stood up, he became a -- "WEIGHT" LIFTER

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Spring into a stress-free retirement

By Bill Holthaus
Social Security Assistant District Manager in Topeka KS

April has arrived, and spring is here! As we say "goodbye" to winter weather hardships and "hello" to gardens budding with vibrant color, we welcome the season by celebrating Stress Awareness Month.

Did you know that stress, also called the "silent killer," could cause heart disease and high blood pressure? Recognizing the sources of stress is the best way to understand how you can start eliminating factors in your life that put unnecessary strain on your body and mind.

Social Security wants to make your retirement planning as stress-free as possible, which is why we have a number of online tools available for you. You can create your own secure, personal my Social Security account from the comfort of your living room and avoid unpleasant traffic and a possible long wait in one of our field offices. Once you have a my Social

Security account, you can view your Social Security Statement, verify your earnings record, and find out what to expect in monthly benefits if you retire at ages 62, 67, or 70. Once you begin receiving Social Security benefits, you can use my Social Security to check your benefit information, change your address and phone number, change your electronic payment method, and obtain an instant benefit verification letter and replacement SSA-1099/1042S.

You can easily sign up for my Social Security at www.socialsecurity.gov/myaccount.

If you're thinking about retiring at an age not shown on your Statement, reduce the stress of the unknown by using our Retirement Estimator. The Retirement Estimator allows you to calculate your potential future Social Security benefits by changing variables such as retirement dates and future earnings. You may discover that you'd rather wait

another year or two before you retire to earn a higher benefit. Or, you might see that this is the season for you to kiss that work stress goodbye and retire right now. To get instant, personalized estimates of your future benefits, go to www.socialsecurity.gov/estimator.

When you decide it's time to start receiving your retirement benefits, the application process is far less stressful now that you're prepared. You can securely apply online without picking up the phone or leaving your house. Simply go to www.socialsecurity.gov/applyonline, and, in as little as 15 minutes, you can breeze through our online retirement application.

Our website and online tools are always available. You can enjoy Social Security's stress-free retirement planning tools any time of the year, giving you more time to enjoy these warmer months. Doesn't that put a spring in your step?

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***Includes flyer design and printing!**



Gail Shaheed of Home Instead Senior Care (center) greets guests attending the 10th Annual Lawrence Area Partners in Aging's "Resource Fair For Seniors." The fair was held on March 10 at the Hy-Vee at 3504 Clinton Parkway in Lawrence.



Tom Meehan of St. Joseph, Mo., performed Irish folk music for residents of Atria Hearthstone in Topeka on March 14. Meehan, a retired schoolteacher, sings mostly ballads and what would be called "pub songs."

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Joyce Collins, 59, is a Baldwin City resident and teacher at Southwest Middle School in Lawrence.

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