

# Kaw Valley Senior Monthly

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April 2017

Serving Active Seniors in the Lawrence-Topeka Area since 2001 Vol. 16, No. 10

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KEVIN GROENHAGEN PHOTO



**Debbie Stringer:**  
**Providing reliable transportation for seniors.**

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# Debbie's Redi-Ride offers transportation option for seniors

By Kevin Groenhagen

According to a recent AARP survey, about 20% of Americans over 65 do not drive. In fact, seniors typically outlive their driving years by nearly a decade. This situation has created what Transportation for America calls a "mobility crisis," a crisis that will expand as the 78 million members of the baby boomer generation grow older.

"Absent access to affordable travel options, seniors face isolation, a reduced quality of life and possible economic hardship," a recent Transportation for America report noted. "A 2004 study found that seniors age 65 and older who no longer drive make 15 percent fewer trips to the doctor, 59 percent fewer trips to shop or eat out, and 65 percent fewer trips to visit friends and family, than drivers of the same age."

In Topeka, seniors who wish to age in place in their own homes do have a few transportation options. For example, the Topeka Metro has bus routes that cover most of the city. The Topeka Metro even offers free rides for seniors during May in conjunction with Older

Americans Month. However, public transportation is not an ideal option for all seniors who are no longer able to drive, especially those who are in their 80s and 90s. Some supermarkets will deliver groceries after customers place orders online. However, this is not an option for seniors who don't have access to the Internet.

That's where Debbie Stringer comes in. "I was raised by my grandparents and I have always worked in hospitals, nursing homes, and did in-home care," Debbie said. "I lived and worked with seniors for years. I have cerebral palsy and I realized that I couldn't lift or turn patients anymore. I knew that I still needed something to do and realized that there was a need for reliable transportation for seniors."

After much prayer, Debbie launched Debbie's Redi-Ride in November 2014.

"I'm just a driver," Debbie said. "God is the one who has made this business possible."

Debbie has driven hundreds of seniors to doctors' appointments, hair

KEVIN GROENHAGEN PHOTO



Debbie Stringer

appointments, supermarkets, restaurants, and other destinations that they

would not be able to travel to on their

■ CONTINUED ON PAGE FOUR

## Kaw Valley Senior Monthly

Kevin L. Groenhagen  
Editor and Publisher

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## Celebrating lives at The Arbors: A daughter's story.

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-Sarah, daughter of resident at The Arbors

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# Debbie Stringer

■ CONTINUED FROM PAGE THREE

own. She even does grocery shopping for some of her customers.

“This gives people the ability to be a little more independent,” Debbie said. “They don’t have to bother a family member, a neighbor, or a church member. They can call me. A family member doesn’t have to take off work. They still feel as if they’re in charge because they’re paying a fare.”

Debbie operates her business Monday through Saturday and often works long days. For example, she began her day on March 14 at 6:35 a.m. with her first pick up and ended it at 7 p.m.

“Some days are longer than others,” she said. “If I have to shop for someone, I can’t do that in the middle of the day. I can’t do that until after I have gotten everyone home. So, shopping makes the day a little longer. God gives you the energy and stamina that you need to keep going.”

Unfortunately, Debbie’s schedule often leaves no time to sit down for a

meal during the day.

“I don’t come home very often during the day,” Debbie said. “Most of the time I don’t have time for lunch. I’ll just have a granola bar or something. I do try to eat a good breakfast before I walk out the door.”

Debbie’s Redi-Ride may sound a bit like a taxi service. However, there is one major difference.

“A regular taxi would just drop seniors off at the curb and say, ‘See ya,’” Debbie explained. “I help them get into the door and make sure they get settled. If they don’t feel well, I’ll make sure they get a glass of water or anything else they need before I leave. I want to make sure they’re okay and help out when I see a need. That’s what it’s about. Door to door and so much more. I can give more attention to seniors than the taxi companies can.”

Another difference between Debbie’s Redi-Ride and the taxi companies is her customers always know who’s picking them up. Debbie’s regular customers know they will see her familiar face. This situation has led to an almost family-like relationship between

Debbie and her customers.

“Today I picked up one lady, then picked up another lady who was done with her hair appointment, and then picked up another lady, so I had three passengers,” Debbie said. “I dropped off two, and then picked up two more. We have a lot of fun. They might find out that they grew up in the same town or went to the same high school years ago. I meet people who I never would have run into if it hadn’t been for Redi-Ride. They’re wonderful people. They become my family. My husband, Randy, calls me a ‘daughter to the world.’”

Debbie typically limits driving customers to appointments or supermarkets within Topeka since she needs to be able to be back in time to pick them up when they are done.

“If I drive them to Dillons or Walmart, I drop them off, and then come back to pick them up at the time they decide they want to be picked up,” she said. “I give them a business card so they have my number to call when they are ready to be picked up, or we set a prearranged time for pick up.”

While the client is shopping, Debbie

often has enough time to take another client to an appointment.

“I don’t sit and wait unless I have nothing else to do,” she said.

In addition to driving customers to doctors’ appointments, hair appointments, and supermarkets, Debbie has an older couple who occasionally likes to go out to eat.

“This gentleman likes to take his girlfriend out for dinner,” she said. “It’s his wife but he likes to call her his girlfriend. They pay for my meal and I provide the ride. They don’t drive, so that’s the only way they can go out to eat.”

Debbie will occasionally drive customers to destinations outside of Topeka.

“I’ve been known to do an airport run at three in the morning,” she said. “But during the week I have to stay in Topeka during business hours. But I can do airport runs during the early morning and later in the evening. I will also do airport runs on Sundays. But, typically, I don’t drive on Sundays.”

With airport runs, Debbie comes right to the customer’s home for pick

■ CONTINUED ON PAGE FIVE



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# Debbie Stringer

■ CONTINUED FROM PAGE FOUR

up and helps load suitcases. If the customer needs a wheelchair, she'll go inside the airport to get a wheelchair, wheel the customer inside, and find an airline employer to assist the customer.

"I have to stress that I cannot accept a passenger with a full-size wheelchair," Debbie said. "However, if they have a transport wheelchair, which is smaller and lighter, that's no problem."

Debbie said Redi-Ride books up quickly, so she asks customers to schedule their rides as far in advance as they can.

"I can do an occasional spur-of-the-moment ride, but not very often," she said. "Recently, one of my regulars called and said she got stuck at the hospital. The taxi company said it would be over an hour before they could pick her up. I happened to be nearby at St. Francis Hospital and she was at Stor-

mont Vail, so I went over to get her. But if you call me at the last minute, you may not get a ride. I hope to expand my business in the future so we accommodate more people who need rides."

Debbie also gives her regular customers plenty of notice when she will not be available.

"My husband and I recently took a six-day mini-vacation," she said. "I gave all my regulars a month's notice to let them know I wouldn't be available for those six days. It was the most wonderful six days. I didn't realize how much I needed that."

Debbie also works to keep her rates as low as she can. Instead of using a meter, she charges flat rates of \$8 one way anywhere in Topeka, \$15 for a round trip, and \$2 for each additional stop.

To schedule a ride with Debbie's Redi-Ride or to inquire about services and rates, call 785-250-7838. Debbie also has a Facebook page for Redi-Ride at [facebook.com/Debbies-Redi-Ride-495294203944743](https://www.facebook.com/Debbies-Redi-Ride-495294203944743).



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# VNA updates its Telehealth program

By Billie David

The Douglas County Visiting Nurses Association (VNA) has updated its Telehealth program, making it much easier for patients—especially those who are hesitant to try modern technological devices—to use.

“We have been using Telehealth for years,” said Douglas County VNA clinical director Debbie Ahlert-Caffey, “but we got a newer system back in November.”

Telehealth involves the use of an electronic device that monitors vital statistics in the comfort of the patient’s home. The information gathered is transmitted to the VNA office, where it is reviewed. The daily monitoring ensures the safety of early intervention because the patient’s healthcare provider can be alerted immediately if there is a troublesome change in measurements such as blood pressure and oxygenation levels.

The system has the added advantage of consistency because the patients monitor themselves the same way on the same equipment at the same time each day.

Telemedicine had its beginnings in 1989, when health information was transmitted over telephone lines, and in 1990 the system was updated to include mobile phones.

“It does more now,” Ahlert-Caffey said. “It was so bulky at first that patients didn’t want to use it. It was a hassle. But now it is so convenient that it has become very popular.”

And although patients may be hesitant to try Telehealth at first, their anxiety is soon put to rest.

“Some of them are intimidated until

they see it because they imagine lots of equipment,” Ahlert-Caffey said.

Instead, they find that the equipment consists of a mini-monitor that resembles an iPad, a blood pressure cuff, a clip that goes on the finger to measure oxygen saturation and heart rate, and a scale to check the patient’s weight.

“It’s very easy to use,” she said of the new system. “That’s why we got the newer model.”

To introduce patients to the Telehealth equipment, VNA staff personally come out to the patient’s home to show them how to use it.

“They try it out several times during the visit,” Ahlert Caffey said, “so it’s easy to feel comfortable with it. If they still feel uneasy, we will come out

again the next day.”

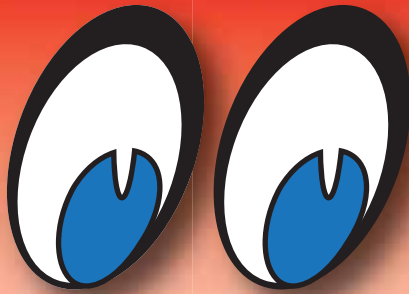
In addition, patients receive a notebook that provides step-by-step instructions and, as can happen with elderly patients when they have trouble using the devices, their children may step in to help them take the measurements.

The equipment itself is also designed to walk patients through each step, starting with its greeting of “Good morning,” and continuing until it has directed them all the way through the process.

“It can be done in five minutes, but for most people it probably takes 10 minutes,” Ahlert-Caffey said, adding that the system allows each patient individually enough time to finish.

Before the patient begins taking the measurements, they are asked some questions that help VNA staff with patient monitoring, including whether they have taken their medications yet, if their ankles and feet

■ CONTINUED ON PAGE SEVEN



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# Telehealth

■ CONTINUED FROM PAGE SIX

swollen, and if they have shortness of breath.

Patients are asked to finish the process by 11 a.m., and a technician comes by the VNA office to check the information at noon.

“If they don’t do it by 11, the monitor comes on and says, ‘Time to check your vitals,’” Ahlert-Caffey said. “If they don’t answer the second time, we call them.”

By taking the measurements daily, VNA staff can watch for trends.

“When you see a week’s worth of information, you can detect subtle changes in their health status. We send the vitals to their physician once a week,” Ahlert-Caffey said, explaining that the information can help the physician monitor the patient’s medication needs as well. For example, if their blood pressure is showing a steady increase or decrease, the physician may need to adjust their blood pressure medicine accordingly.

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Another advantage is that if the patient indicates that they aren’t feeling well on a particular day, the VNA can check on them personally.

“We can see how they are doing that day,” Ahlert-Caffey said. “If they are short of breath, we can check their oxygen saturation and make an extra visit. Physicians can see trends in the data, too. By detecting problems early, we are potentially keeping patients out of the emergency room and keeping them out of the hospital.”

The Douglas County VNA typically has about 10 patients using the monitor at a time, and patients generally use the

device from 30 to 60 days.

“It’s available to all our patients at the start of care. For however long they are on our service, they can have it,” Ahlert-Caffey said, adding that it provides patients with an added sense of security and helps reduce anxiety because they are assured that their vital signs are being monitored closely.

“We are excited to offer our patients this modern technology,” Ahlert-Caffey said of the new system.

For more information about VNA’s Telehealth program, contact Ahlert-Caffey at (785) 843-3738 or Debbie. Ahlert-Caffey@kansasvna.org.

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# As tax day approaches, get your benefit statement online

By Norm Franker

Social Security District Manager in Lawrence, KS

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An SSA-1042S is for a noncitizen who lives outside the United States and received or repaid Social Security benefits last year.

If you currently live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and get an instant, printable replacement form with a *my Social Security* account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

If you already have a *my Social Security* account, you can access your online account to view and print your SSA-1099 or SSA-1042S. If you don't have a *my Social Security* account, creating a secure account is very easy to do and usually takes less than 15 minutes.

Keep in mind, your Social Security benefits may be taxable. Visit [www.socialsecurity.gov/planners/taxes.html](http://www.socialsecurity.gov/planners/taxes.html) if you have other substantial income.

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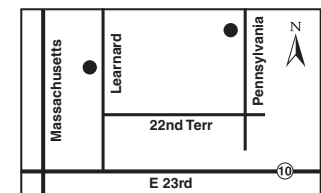
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# Representative payee: Help a loved one with Social Security

By Norm Franker

Social Security District Manager in Lawrence, KS

According to the Census Bureau, there are nearly 57 million people living with disabilities in the United States. Thirty percent of American adults help provide care for a sick or disabled family member. Caregivers provide physical and emotional support for the people in their care. It's a demanding job with its stresses and rewards, but it can also be a labor of love.

Social Security is committed to you throughout life's journey, helping secure today and tomorrow for every

American. This is especially true for people who need help managing their benefits. We work closely with caregivers through our representative payee program. A representative payee is someone who receives and oversees the Social Security or Supplemental Security Income (SSI) benefits for anyone who cannot manage their benefits. This can be a child or an adult incapable of

managing their own funds. You can learn more about our representative payee program at [www.socialsecurity.gov/payee](http://www.socialsecurity.gov/payee).

A representative payee is usually a trusted family member or friend of the beneficiary, but when friends or family are not able to serve as representative payees, Social Security looks for qualified individuals or organizations to represent the beneficiary. You can learn about becoming a representative payee by watching our new series of videos on the duties of a representative payee at [www.socialsecurity.gov/payee](http://www.socialsecurity.gov/payee).

Caregivers are valuable and irreplaceable assets to our great nation. Please join us in celebrating them for all they do for those who cannot do for themselves.

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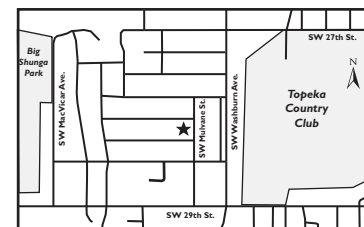
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# KVSM

## GOLDEN OLDIES Daily Schedule\*

12-3 a.m.

OUR MISS BROOKS

3-7 a.m.

THE LONE RANGER

7-10 a.m.

FATHER KNOWS BEST

10 a.m.-1 p.m.

GUNSMOKE

1-5 p.m.

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# MAYO CLINIC

## Severe tinnitus can interfere with hearing but doesn't cause hearing loss

**DEAR MAYO CLINIC:** For the past several months I've had a high-pitched ringing in my ears. It comes and goes, but lately it seems to happen more frequently. My doctor said that it is tinnitus and is quite common, but I'm concerned and want to know what could have caused it. Could it be related to stress? Does it ever lead to hearing loss?

**ANSWER:** Tinnitus involves hearing noise in one or both ears that's not caused by an external sound. Tinnitus is common, but it is not a condition on its own. Rather, it's a symptom of another underlying condition.

The noise of tinnitus often sounds like a ringing in the ears, but it can also be buzzing, clicking, roaring or hissing. The noise may vary in pitch from a low roar to a high squeal. In some cases, the sound can be so loud that it interferes with your ability to concentrate or to hear actual sound. Tinnitus may be present all the time, or it may come and go.

You need additional evaluation to see if the cause of your tinnitus can be found and treated. If after that assessment the cause remains unclear, then you and your health care provider should discuss how to best treat your symptoms. Although severe tinnitus can interfere with your hearing, the condition does not cause hearing loss.

Tinnitus is a symptom associated with many ear disorders. A common cause of tinnitus is inner ear damage. Tiny, delicate hairs in your inner ear move with the pressure of sound waves. That movement triggers the cells in your

ear to release an electrical signal. The signal travels from your ear, through the auditory nerve and into your brain. Your brain interprets the signal as sound.

If the hair cells inside your inner ear are broken, bent or otherwise damaged, they may spark random electrical impulses to your brain, causing tinnitus. Some of the ear conditions that can lead to tinnitus include exposure to loud sound, age-related hearing loss, earwax buildup and changes within your ear bones.

It's not only ear problems that can lead to tinnitus, however. Other conditions that can cause it include cardiovascular disease, allergies, anemia and some jaw disorders. Other factors such as diet, stress and certain medications can play a role in the development of tinnitus, too.

Reviewing your medical history with your primary health care provider, along with getting a thorough physical exam and having diagnostic tests, can help provide vital clues to the cause of your tinnitus. You may be referred to an otologist for a more thorough evaluation of your ears and possible cause of your tinnitus.

In many cases, a hearing exam completed by an audiologist is a key part of a tinnitus assessment. This test involves listening for sounds played through earphones into one ear at a time and signaling when you can hear the sounds. This exam is not painful. A hearing exam may be able to help identify ear disorders or hearing problems. Imaging exams, blood tests and other procedures may be necessary, as well,

depending on your medical situation.

If an evaluation reveals an underlying condition, then treatment for that condition often relieves tinnitus. If the cause cannot be identified, then talk to your health care provider about treatment to help ease tinnitus. Commonly, an audiologist can assist you in using a hearing aid, white noise machine or another similar device to help mask tinnitus and make your symptoms less bothersome.

- Jamie Bogle, Au.D., Ph.D., Audiologist, Mayo Clinic, Scottsdale, Ariz.

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

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by Richard Cordley

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A History of  
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From the First Settlement to  
the Cause of the Rebellion  
By Richard Cordley  
Edited by Sarah Swartzkopf

## HEALTH &amp; WELLNESS

# Stay Active: Knee Arthritis and Exercise

By Brian Klamm, PT

Osteoarthritis (OA) is a process that many of us will face as we age. It is a process of wear and tear on the ends of the bones at the joint surfaces. To help you visualize this, imagine a brand new road surface that is nice and smooth and

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your car rolls over it smoothly. Now imagine this road with potholes and pitting in the surface, and as your car rolls over it you feel all of the different bumps. The second image is similar to what happens with Osteoarthritis.

There are other types of arthritis that are different than Osteoarthritis, such as Rheumatoid Arthritis (RA). RA is a condition where the body attacks itself at the joint surfaces, whereas OA is simply a wearing out of the joint surface with time and use.

**Knee Pain:** The knee is one of the most common joint surfaces that wear out with a lifetime of use. The larger joints of the legs are stressed due to the fact that we spend a lot of our time on our feet. The impact of moving can create a break down or the wear and tear that leads to what we call Osteoarthritis. This roughened surface is associated with a response of inflammation or swelling deep in the joint. Depending on the severity of the arthritis and an individual's response, this condition can be very limiting and debilitating. These limitations can come from either pain or physical restrictions in movement or a combination of both.

**Exercise:** This pain and limitation will often make people very nervous and afraid to exercise. However, research has proven over and over again

that people with arthritis who exercise will often experience less pain and have an overall increase in satisfaction with participation in life activities. The important thing to be aware of is what type of exercise and how to exercise. In general, any activity you can do and not have pain is encouraged, and on the flip side, activities that cause sharp pain and swelling should be avoided. Due to the wear and tear coming from impact, we generally advise participation in low or non-impact exercise. Low and non-impact exercise are things like: bicycling, elliptical, swimming or water aerobics, walking, and strength training.

When walking, there are a few things to keep in mind. First make sure you have on a newer (less than a year old) pair of shoes made specifically for walking/running. If you are not sure of what type of shoe to get, a dedicated running store (these shoes work just as well for walking as they do for running) will make sure you get fit in the best shoe for your foot structure. Make sure you are walking on surfaces that have a little give: treadmills, dirt/grass, asphalt, or a local high school track – make sure to avoid the hard surface of concrete in malls and on sidewalks. And finally, make sure you have a balance of strengthening exercises. Participation in strengthening exercises will depend on the severity of your symptoms. If you feel you are severely affected start with an isometric exercise. Isometric exercise is simply tightening the desired muscle group without moving at the joint. Sit in a chair and tighten your quads (the muscle on the top of your thigh) for five seconds 10 times with your knee all the way straight, bent about halfway to the floor, and then with the foot resting on the floor. Then repeat this with your hamstrings (the muscle on the underneath of your thigh). Try standing and sitting from a chair with armrests and utilizing your arms to assist with the motion. Start with 10 repetitions and

then increase up to 20 as you can. If your symptoms are not as severe, consider starting with some weights and stepping activities. The best machine for weights is a leg press: a machine you sit down on place your feet out in front of you on a platform and press it away. Other ways to use weights are through resistance bands or ankle weights applied to the ankle then doing at least three different motions through the hips, in standing.

Standing on one foot: move the opposite leg out to the side and back, flex the hip and knee like marching, extend the leg back. Do each one of these for three sets of 10 repetitions.

- Brian Klamm is a PT at LMH and has been practicing for over 15 years. His primary location is in the outpatient department at the hospital in Lawrence and his primary focus is in orthopedics with a background in Athletic Training.



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## HEALTH & WELLNESS

# There are many natural ways to treat insomnia

Have you ever had trouble falling asleep? A recent survey of approximately a million Americans found that those who reported sleeping around seven hours per night had the lowest rates of mortality compared to



Dr.  
Farhang  
Khosh

those whom were sleeping four hours or fewer. In addition, the study showed that difficulty in sleeping, or the medical term “insomnia,” is much more common in women than in men.

Understanding insomnia is the

key to getting a good night’s sleep. Insomnia is a sleep disorder that is defined as difficulty falling asleep or staying asleep. There are two types of insomnia. Primary insomnia is when insomnia is not related to any other condition or health problem. Secondary insomnia is when insomnia is caused by an outside factor such as a health condition or stress. Insomnia can vary in how long it lasts and how often it occurs, and is classified as acute insomnia or chronic insomnia. Acute insomnia can last from one night to a few weeks. Chronic insomnia lasts at least three nights a week for a month or longer. Classic symptoms of insomnia include difficulty falling asleep, waking up to early in the morning, feeling tired upon waking, waking up throughout the night and,

once awake at night, difficulty going back to sleep.

Other symptoms of insomnia include sleepiness during the day, fatigue, irritability, relying on stimulants to keep awake during the day, and problems concentrating or remembering things during the day. Causes of insomnia can be related to a health condition, stress, environmental factors, or medications.

Treatments for insomnia range from natural to conventional methods that include prescription medications. Treating the underlying conditions or health problems that are causing the insomnia is imperative curing insomnia. Natural ways to treat insomnia include:

- Behavioral therapy learning how to relax and deal with stress.
- Avoiding stimulants (caffeine, nicotine, etc.) after 4 p.m.
- Exercise.
- Going to bed only when sleepy and avoidance daytime naps
- Getting up at the same time every morning.
- Blocking out sounds with white

noise (e.g., fan, air purifier, etc.)

g. Removing all light from bedroom

h. Diet avoiding low blood sugar which can keep you up at night.

i. Different medicinal plants that have been used to help people sleep, including Lemon balm, Valerian, Passion flower, Hops, California poppy, Ashwagandha, Lavender, Kava Kava, St. John’s Wort, and Chamomile.

j. Some of the common supplements to help people sleep are magnesium, arginine, melatonin, or theanine.

k. Other natural therapies include acupuncture.

Conventional treatment will predominantly include prescription drugs, including antihistamines, benzodiazepines, non-benzodiazepines, antidepressants, melatonin, opioids, and antipsychotic.

There are many ways to treat insomnia find the right one for you is the key to getting a good night’s sleep.

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

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## ESTATE PLANNING

## TOD &amp; POD Designations

Last month's column highlighted the perils that arise from the present ownership interest created by joint tenancy. However, there exist non-testamentary transfers of property that do not transfer any ownership interest to the beneficiary until the death of the owner. Neither do they affect the ability of the owner to sell, mortgage or take any other action with the property.



Bob  
Ramsdell

**Transfer-on-Death Deed:** A TOD Deed must be in writing, identify one or more grantee beneficiaries and the property, be acknowledged by the present owner, and be recorded prior to the death of the owner with the Register of Deeds in the county where the real estate is located. You can name alternate grantee beneficiaries in case the primary grantee beneficiary(ies) do not survive you.

At the death of the owner (who may be the last surviving joint tenant), the grantee beneficiaries document the death and resulting transfer of the property by filing a Death Certificate or an Affidavit of Death & Survivorship with the Register of Deeds without the need for any probate procedure or court action.

**TOD Titling of Motor Vehicles:** A motor vehicle may be titled in TOD form by including in the Certificate of

Title a designation of beneficiary(ies) to whom the vehicle shall be transferred on the death of the owner. After the owner's death, the beneficiary(ies) complete Form TR-82, Transfer on Death Affidavit, and take the completed Affidavit and other documentation to the County Treasurer's office to make application for a new Certificate of Title.

**Pay-on-Death (POD) Designations for Deposit Accounts:** The owner of a deposit account (such as checking, savings, money market or certificate of deposit) at any bank, credit union, or savings and loan located in Kansas may specify that the balance of the account, or the owner's legal share of the account, be paid at his or her death to one or more beneficiaries.

**TOD Registration of a Securities Account:** A registering entity that originates or transfers a security title by registration may offer to accept registrations in beneficiary form and, if so, establish the terms and conditions under which it will do so.

**Beneficiary Designations:** Distributions of life insurance proceeds, annuities, deferred compensation / pension plans, retirement accounts, etc. are controlled by the beneficiary designation on file. Be sure these are up-to-date and coordinated with other aspects of your estate plan.

By law, if you are divorced after making a Will, all provisions in that Will for the spouse from whom you are divorced are revoked. However, if you don't update the beneficiary designation on your life insurance, then your insurer will pay your ex-spouse at your death. The same would be true for any

other assets controlled by a beneficiary designation you failed to update.

If you have set-up a non-testamentary transfer and later wish to alter its provisions, then you must use the proper procedure. For a TOD Deed, you must file another TOD Deed (naming different beneficiaries) or a Revocation with the Register of Deeds. For a bank account with a POD designation, you must go back to the bank and complete its paperwork to change or remove the designation. And so on. An unrevoked non-testamentary transfer will not be altered by a differing distribution provided for in a later Will or Living Trust.

While potentially useful, non-testamentary transfers can lack flexibility. Designations may fail if people die out of the "expected" order. For example, if you name your daughter the sole beneficiary of a TOD Deed—expecting her to survive you—and then both of you die in a common accident, the transfer will lapse. And an inheritance, lottery win, settlement or other receipt of property too soon before your death to arrange for its disposition is always a possibil-

ity. The best practice is to have at least a simple Will which can act as a safety net in the event a transfer lapses or you have a windfall just before you die.

...

Two Free Seminars in April: On April 12, I will be presenting "Fundamentals of Estate Planning" at the Senior Resource Center, 2920 Haskell Avenue, at 6-7:30 p.m. On April 21, I will be giving a shortened version at Meadowlark Estates, 4430 Bauer Farm Drive, at 1:30-2:30 p.m. as part of its Health & Aging Conference. Those attending either seminar receive a free copy of *Estate Planning Overview*. See the Calendar Section of this issue for details.

- 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.

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## The History of Lawrence, Kansas

by Richard Cordley

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





## JILL ON MONEY

### Why you should consider a Roth IRA

The Roth IRA turns 20 years old this year. The retirement vehicle was part of the Tax Relief Act of 1997, and it was seen as such a boon to savers that many believed that it would not survive. Two decades later, it is alive and well. As many Americans consider funding retirement plans this tax season, it's a good opportunity to review the Roth.



Jill  
Schlesinger

A Roth IRA is an individual retirement plan that allows participants to save for the future. Unlike other plans such as a traditional IRA or an employee-sponsored 401(k), contributions to a Roth IRA are not tax-deductible. They are made with after-tax dollars, but the money in the account grows tax-free. When you take a qualified distribution

from your Roth IRA, you do not have to pay taxes on the money.

Not everyone can contribute to a Roth IRA; there are income limits. For 2016 tax filing season, you can contribute to a Roth IRA if you have taxable compensation and your modified adjusted gross income (AGI) is less than:

-\$194,000 for married filing jointly or qualifying widow/widower (contribution reductions start at \$184,000);

-\$132,000 for single, head of household, or married filing separately and you did not live with your spouse at any time during the year (contribution reductions start at \$117,000);

-\$10,000 for married filing separately and you lived with your spouse at any time during the year.

As with a traditional IRA, you can put \$5,500 into a Roth every year. If you are over age 50, you can add an extra \$1,000, for a total of \$6,500.

As with a traditional IRA, you can start penalty-free distributions at age 59 1/2. If you want access to your funds earlier than that, Roth IRA withdrawal

and penalty rules vary depending on your age. Generally speaking, because you have contributed an after-tax dollar into the account, you can withdraw contributions at any time tax- and penalty-free. To do so, you will need to keep spotless accounting records on your annual contribution amounts.

Five years must have elapsed since the tax year of your first Roth contribution before you can access the earnings (as opposed to the contributions, as discussed above) in the account without taxation. This rule applies to all owners, regardless of age. Presuming you reach the five-year hurdle, you can access funds after 59 1/2, but there are a number of exceptions that may allow you to access your Roth before age 59 1/2. For example, you can use Roth funds for a first-time home purchase (up to a \$10,000 lifetime maximum), to cover qualified education expenses and to pay for unreimbursed medical expenses or health insurance if you're unemployed or if you become totally disabled. Check the IRS rules for a rundown of qualified distributions and

exceptions.

Unlike with a traditional IRA, you need not take a required minimum distribution (RMD) from a Roth IRA. You never have to withdraw money if you choose not to do so. However, upon the death of a Roth IRA owner, the beneficiaries must take RMDs, although the distributions remain tax-free.

The advantages of a Roth IRA are simple: If you are in a low tax bracket, the Roth allows you to pay taxes at your current rate, and when you take your distributions, you avoid paying taxes at your future (hopefully) higher rate. The Roth is also great for those who want to enjoy tax benefits during their lives and then be able to pass on funds that have already been taxed to their heirs.

- Jill Schlesinger, CFP, is a senior business analyst for CBS News and the Senior CFP Board Ambassador for the Certified Financial Planner Board of Standards, Inc. Contact her at askjill@JillonMoney.com.

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# SENIOR CALENDAR

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

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

## ARTS/CRAFTS

TUESDAYS

### THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH

### FIRST FRIDAY ARTWORK

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

LAST FRIDAY OF THE MONTH

### FINAL FRIDAYS

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

## BINGO

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

3800 SE Michigan Ave, 6:30 p.m.  
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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., 6:45 p.m.  
LAWRENCE, 785-842-3415

FRIDAYS

### EAGLES LODGE

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

FRIDAYS

### ARAB SHRINE

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

FIRST & THIRD SATURDAY OF THE MONTH

### VETERANS OF FOREIGN WARS

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

## DAY TRIPS/TOURS

SECOND SATURDAY OF THE MONTH

### FREE SATE EAST SIDE BREWERY TOUR

East Side Brewery offers tours on the second Saturday OF THE MONTH at 2 p.m. Tours are free, and open to the public, but the brewery reserves the right to cap the tour size at a manageable level, if necessary. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.  
LAWRENCE, 785-550-9718  
www.freestatebrewing.com

MAY 3-5

### PELLA TULIP FESTIVAL

Spend an entire day with full pass to this favorite regional festival. Other stops include the World Food Prize, Pappajohn Sculpture Park and Des Moines Art Museum. Cost: Double \$395 before March 20/\$415 after; Single \$492 before March 20, \$526 after. Offered by Lawrence Parks and Recreation.  
LAWRENCE, 785-832-7909

## EDUCATION

ONGOING

### COOKING CLASSES

The Merc offers many healthy cooking classes

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

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

ONGOING

### FREE INSURANCE COUNSELING

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

FIRST MONDAY OF THE 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 TUESDAY OF THE MONTH

### COFFEE TALK

With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your tax and financial future. To register call or visit us online.  
TOPEKA, 785-232-6923  
midwesttf.com

FIRST WEDNESDAY OF THE MONTH

### COFFEE TALK

With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your financial future. HyVee Clubroom, 3504 Clinton Pkwy, 9 a.m. To register, call or visit us online.  
LAWRENCE, 785-838-4380  
midwesttf.com

FRIDAYS

### HEALTHWISE TV

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

THIRD WEDNESDAY OF THE MONTH

### LOOK GOOD, FEEL BETTER

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

APR 5

### PRESIDENT TRUMP: THE FIRST 100 DAYS

Fresh off a dramatic election season, KU alums Henry "C.J." Jackson (POLITICO) and Johanna Maska (former White House Director of Press Advance) will examine and interpret the first 100 days of the Trump administration as they happen. Jackson and Maska will welcome a

who's-who of Washington insiders and reporters to explore a complex season in U.S. politics. Dole Institute of Politics, 2350 Petefish Dr., 4-5:30 p.m.

LAWRENCE, 785-864-4900  
doleinstitute.org

APR 5

### ROBERT KAPLAN

Explore the complex world of U.S. monetary policy and the central banking system in the 2017 Dole Lecture with Robert Kaplan, president and CEO of the Federal Reserve Bank of Dallas. Only the second KU alum to deliver the Dole Lecture, Kaplan will discuss his career as leader of one of the 12 banks in the Federal Reserve System and the role of the Federal Reserve in the U.S. economy. Dole Institute of Politics, 2350 Petefish Dr., 7-9 p.m. Free.  
LAWRENCE, 785-864-4900  
doleinstitute.org

APR 10

### HEALTHWISE SENIOR SUPPER

"Research Matters: An Overview of the Cotton O'Neil Clinical Research Center" is the topic of the monthly Stormont Vail HealthWise Senior Supper from 5:15 to 6:30 p.m. Mary Martell, director of research services for Cotton O'Neil, is the speaker. \$5 per person for the meal. Reservations requested by Wednesday, April 5. Please call.  
TOPEKA, 785-354-5225

APR 10

### PARKINSON'S DISEASE UPDATE

Join Lawrence Memorial Hospital, Lawrence Neurology Specialists, and the Lawrence Parkinson Support Group for a special program to be held at the Lawrence Public Library. Rob Beck, MD, will provide an overview and update of what is new in Parkinson's Disease diagnosis and treatment strategies. This program is free and no registration is needed. Lawrence Public Library Auditorium, 6:30-8 p.m.  
LAWRENCE, 785-505-5800

APR 12

### ESTATE PLANNING SEMINAR

How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you name the people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Those attending get a free copy of the book *Estate Planning Overview*. Senior Resource Center, 2920 Haskell Avenue, 6-7:30 p.m. No pre-registration required.  
LAWRENCE, 785-841-4554

APR 17

### NATIONAL HEALTHCARE DECISIONS DAY: UNDERSTANDING ADVANCE DIRECTIVES

In honor of National Healthcare Decisions

■ CONTINUED FROM PAGE 18

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. This is the first in a series of programs devoted to end of life issues. Sponsored by the Lawrence Public Library, Lawrence Memorial Hospital, C.H.E.C. (Lawrence Area Coalition to Honor End of Life Choices), and other partner agencies. Free. Register at [lmh.org](http://lmh.org) as space is limited. Lawrence Public Library Auditorium, 7-8:30 p.m.

LAWRENCE, 785-505-5800

APR 17

### CARD MAKING WITH CINDY

Learn how to make two greeting cards with the help of a local expert. Registration is required and can be done at <http://tscpl.org/register>. Part of the library's Senior Life series of programs. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 12:30-2 p.m. TOPEKA, 785-580-4662

APR 18

### SENIOR SUPPER AND SEMINAR

This month's topic: "Swelling in the Older Adult." On the third Tuesday of each month (except December), seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are **required** for the meal due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to [connectcare@lmh.org](mailto:connectcare@lmh.org). Supper: 5 p.m., Educational presentation: 6 p.m.

LAWRENCE, 785-505-5800

APR 19

### PREDIABETES CLASS

This free class is for those at risk for developing diabetes or have already been told that they have prediabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications and avoiding potential complications. Taught by LMH Diabetes Education Center staff. Lawrence Memorial Hospital, 6-7:30 p.m.

LAWRENCE, 785-505-5800

APR 19, 26 & 30

### STAR GAZING CLASS

Learn about the stars, asterisms, constellations and the celestial motions that govern the sky. Participants will learn to use tools, including telescopes, planispheres, star charts and apps to better navigate and understand constellations that make up the cosmic zoo. Each class will end with observing the sky using the naked eye, binoculars and telescopes. Registration is required. You may register for the class at any Lawrence recreation center, or on-line at [www.lprd.org](http://www.lprd.org). For more information please contact Gayle Sigurdson, Lifelong Recreation programmer. Baker Wetlands Discovery Center. April 19 and 26, 7:30-9:30 p.m. and April 30, 2-3 p.m. Fee.

LAWRENCE, 785-832-7909

APR 20

### FOSSILS OF THE KANSAS INLAND SEAWAY, HAYES TO CO

Explore the great inland seaway and its fossils that covered western Kansas during the 75-million-year-old Cretaceous period. Learn about the life and ecology of mosasaurs, plesiosaurs, giant fish, the first known toothed birds and their associated marine environment from central and western Kansas. Registration is required. You may register for the class at any Lawrence recreation center, or on-line at [www.lprd.org](http://www.lprd.org). For more information please contact Gayle Sigurdson, Lifelong Recreation programmer. East Lawrence Center, 2-3:30 p.m. Fee.

LAWRENCE, 785-832-7909

APR 20 & 21

### AARP DRIVER SAFETY CLASS

Park in the back of the building. Bring a sack lunch or you can go for lunch 12-1 p.m. Bring your Kansas driver's license. Bring your AARP card if a member. United Way Building, 2518 Ridgeview Court, Suite 200, 10 a.m.-3 p.m. both days. Fee.

LAWRENCE, 785-312-4627

APR 21

### ESTATE PLANNING SEMINAR

How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you name the people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about an hour with time for questions. Those attending get a free copy of the book *Estate Planning Overview*. Meadowlark Estates, 4430 Bauer Farm Drive, 1:30-2:30 p.m. Please RSVP to Kelly Chilton at (785) 842-2400.

LAWRENCE

APR 24

### TOPEKA SPORTS HALL OF FAME

Come learn about Topeka and Shawnee County's very own Sports Hall of Fame that's housed at the library. Nate and Dave will talk about who's in it, their accomplishments, where they are now, and give a brief tour of the Hall which is located in the West Wing. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 12:30-2 p.m.

TOPEKA, 785-580-4662

APR 27

### STEPS TO SUCCESSFULLY QUITTING SMOKING

Thinking about quitting smoking? Plan to attend this free class to learn more about the basic steps to successful quitting. Topics include: ways to break the smoking habit, pharmaceutical and nicotine replacement assists, preventing weight gain and dealing with stress during the quit process. Advance registration required. This class needs 5 registrants in order to be held. Lawrence Memorial Hospital, 6-7:30 p.m.

LAWRENCE, 785-505-5800

# APRIL EVENTS AT THE DOLE INSTITUTE OF POLITICS

## RONALD REAGAN'S 1968 DRESS REHEARSAL

Tuesday, April 4 - 3 p.m.

*Author Gene Kopelson shares the story of Ronald Reagan's first quest for the presidency in the late 1960s. Mentored by Dwight D. Eisenhower and opposed politically by Robert Kennedy, Reagan's first major foray into presidential politics set the tone for his future candidacies—and eventual victory. This program will include a book sale and signing.*

## 2017 DOLE LECTURE: ROBERT KAPLAN

Wednesday, April 5 - 7 p.m.

*Explore the complex world of U.S. monetary policy and the central banking system in the 2017 Dole Lecture with Robert Kaplan, president and CEO of the Federal Reserve Bank of Dallas. Only the second KU alum to deliver the Dole Lecture, Kaplan will discuss his career as leader of one of the 12 banks in the Federal Reserve System and the role of the Federal Reserve in the U.S. economy.*

## ELIZABETH DOLE WOMEN IN LEADERSHIP LECTURE

Sunday, April 30 - 4 p.m.

*Join the Dole Institute for the inaugural lecture in a special new signature series, the Elizabeth Dole Women in Leadership Lecture, delivered by former U.S. Sen. Elizabeth Dole. Dole will discuss her long career in public service, including her years as commissioner on the Federal Trade Commission, U.S. Secretary of Transportation, U.S. Secretary of Labor, president of the American Red Cross and a U.S. senator representing the state of North Carolina.*

For additional April events,  
visit [DoleInstitute.org](http://DoleInstitute.org)



**ROBERT J. DOLE**  
INSTITUTE OF POLITICS  
The University of Kansas



2350 Petefish Dr., Lawrence, KS

■ CONTINUED FROM PAGE 19

APR 30

**ELIZABETH DOLE WOMEN IN LEADERSHIP LECTURE**

Join the Dole Institute for the inaugural lecture in a special new signature series, the Elizabeth Dole Women in Leadership Lecture, delivered by former U.S. Sen. Elizabeth Dole. Dole will discuss her long career in public service, including her years as commissioner on the Federal Trade Commission, U.S. Secretary of Transportation, U.S. Secretary of Labor, president of the American Red Cross and a U.S. senator representing the state of North Carolina. Dole Institute of Politics, 2350 Petefish Dr., 4-5:30 p.m. Free. LAWRENCE, 785-864-4900 [doleinstitute.org](http://doleinstitute.org)

**ENTERTAINMENT**

SUNDAYS

**LAWRENCE IRISH TRADITIONAL SESSION**

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

THURSDAYS

**JUNKYARD JAZZ**

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

SATURDAYS

**JOHN JERVIS, CLASSICAL GUITAR**

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

MAR 3-APR 1

**ROCK OF AGES**

It's the tail end of the big, bad 1980s in Hollywood, and the party has been raging hard. Aqua Net, Lycra, lace and liquor flow freely at one of the Sunset Strip's last legendary venues, a place where sex machine Stacey Jaxx takes the stage and scantily clad groupies line up to turn their fantasies into reality. Amidst the madness, aspiring rock star (and resident toilet cleaner) Drew longs to take the stage as the next big thing (and longs for small-town girl Sherri, fresh off the bus from Kansas with stars in her eyes). But the rock and roll fairy-tale is about to end when German developers sweep into town with plans to turn the fabled Strip into just another capitalist strip mall. Can Drew, Sherri and the gang save the strip—and themselves—before it's too late? Only the music of hit bands Styx, Journey, Bon Jovi, Whitesnake and more hold the answer. Topeka Civic Theatre and Academy, 3028 SW 8th Avenue. Various dates and times. Fee. TOPEKA, 785-357-5211 [topekacivictheatre.com](http://topekacivictheatre.com)

APR 14

**FREE STATE STORY SLAM**

This is a don't-miss occasion to hear and share whoppers, MOTH-style, the second Friday of each month (excluding December). 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 listen. Never the same story, or evening, twice. Adults, 18+ only. Live music starts at 7 p.m., Slam at 7:30 p.m. Cocktails throughout. Donations encouraged. Lawrence Arts Center, 940 New Hampshire. LAWRENCE, 785-843-2787

MAR 31-APR 9

**THE (ALMOST) TOTALLY TRUE STORY OF HANSEL & GRETTEL**

Pity poor Streptococcus - it should be a piece of cake for a fairy godmother to tell the story of Snow White but her wand is bent and things aren't going quite as they should. Then, to make things worse, she's interrupted by a couple of English policemen who are hot on the trail of two very devious and dangerous criminals - children who are causing no end of trouble in the forest. Their names? Hansel and Gretel! Streptococcus doesn't believe a word of it and neither do a well-behaved pair of kiddies in the audience who volunteer to help her tell Hansel and Gretel's familiar tale. Topeka Civic Theatre and Academy, 3028 SW 8th Avenue. Various dates and times. Fee. TOPEKA, 785-357-5211 [topekacivictheatre.com](http://topekacivictheatre.com)

MAR 31, APR 1, 2, 4, 5 &amp; 6

**THE UNIVERSITY THEATRE PRESENTS "ANON(YMOUS)" BY NAOMI IIZUKA**

A search for identity in the American melting pot. Fleeing his war-torn native land and separated from his mother, young immigrant Anon journeys through the United States encountering a variety of people—some cruel, some kind. Anon navigates a chaotic, ever-changing landscape as he searches for his family in this modern adaptation of Homer's Odyssey. Directed by Jason Bohon Scenic Design by Taylor Zimmerman Lighting Design by Mark Reaney Costume Design by Iman Hinton. University Theatre, 1530 Naismith Dr., 7:30 p.m. LAWRENCE, 785-864-3982 [kutheatre.com/performances](http://kutheatre.com/performances)

APR 1

**BRIAN WILSON PET SOUNDS TOUR**

He is one of popular music's most deeply revered figures, the main creative force behind some of the most cherished recordings in rock history. Indeed, it is no exaggeration to call Brian Wilson one of the most influential composers of the last century. Originally released on May 16, 1966, Pet Sounds is universally hailed as one of the greatest albums of all time. Brian Wilson and his band will be joined at Prairie Band Casino & Resort by former band mates Al Jardine and Blondie Chaplin for a live performance of Pet Sounds in its entirety, as well as top hits and fan favorites spanning Wilson's 54-year career with The Beach Boys and as a solo artist. Prairie Band Casino & Resort, 12305 150th Rd., 8 p.m. Fee. MAYETTA, 785-966-7777

APR 2

**MNOZIL BRASS**

Seamlessly blending technical virtuosity and comedic brilliance, this brass septet has become an international sensation. With over 130 performances a year, the group has sold out houses worldwide. It is no wonder that their videos have garnered millions of YouTube views and their fans travel countless miles to hear them play. Recently celebrating their 20th anniversary, the group returns to North America with a show that seamlessly blends original compositions with classical favorites, jazz standards and popular hits. As always, the repertoire is presented with the group's iconic humor and wit in scenes so clever that they would be worthy of Monty Python. McCain Auditorium, 207 McCain Auditorium, 7:30 p.m. Fee.

MANHATTAN, 785-532-6425

[k-state.edu/mccain/events](http://k-state.edu/mccain/events)

APR 7

**TROJAN WAR: OUR WARRIOR CHORUS**

The Aquila Theatre and American combat veterans/actors of the Warrior Chorus collaborate on a unique theatrical experience — "The Trojan War," where the classic myths of ancient Greece and Rome are set against the compelling narratives of modern war in a multimedia format that uses live action, film, bold projections, and thrilling music. "The Trojan War" uses epic moments from Homer's Iliad and scenes from other classical Greek drama and poetry to propel a thrilling chronicle of men and women at war. The clash of gods and heroes, the rage of Achilles, the suicide of Ajax, the fall of Troy and the rise of Rome are among the many stories of war and homecoming told by the Aquila Theatre alongside members of the Warrior Chorus. "The Trojan War" is Aquila's most ambitious production to date. McCain Auditorium, 207 McCain Auditorium, 7:30 p.m. Fee. MANHATTAN, 785-532-6425

APR 11

**TAKACS QUARTET**

Recognized as one of the world's great ensembles, the Takács Quartet plays with a unique blend of drama, warmth and humor, combining four distinct musical personalities to bring fresh insights to the string quartet repertoire. The quartet has received numerous accolades including the Grammy Award, BBC Music Magazine 's Disc of the Year and the Order of Merit of the Knight's Cross of the Republic of Hungary. During the 2016-2017 season, the ensemble will focus on the seminal Beethoven quartet. Lied Center of Kansas, 1600 Steward Dr., University of Kansas, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 [lied.ku.edu/calendar](http://lied.ku.edu/calendar)

APR 21, 22, 23, 27, 28, 29 &amp; 30

**NOISES OFF**

Enjoy both onstage and backstage views of a manic menagerie! A cast of itinerant actors is rehearsing a flop called Nothing's On. Doors slamming, on and offstage intrigue, and an errant herring all figure in the plot of this hilarious and classically comic play that is spectacularly funny! Farce by Michael Frayn. Theatre Lawrence, 4660 Bauer Farm Rd. Evenings, 7:30

p.m.; Sunday Matinee, 2:30 p.m. Fee. LAWRENCE, 785-843-7469 [theatre.lawrence.com/season/2016-17\\_Season/Noises\\_Off.html](http://theatre.lawrence.com/season/2016-17_Season/Noises_Off.html)

APR 21-MAY 6

**TO KILL A MOCKINGBIRD**

It's 1935, and racial tensions are high in Maycomb, Alabama. Nonetheless, young Jean Louise Finch—or Scout, as she is fondly called—manages to live a rather carefree, privileged existence, insulated from issues of race. All that changes when Scout watches her father, Atticus Finch, defend an innocent man, Tom Robinson, against a potential death sentence, which looms threateningly against him because of prejudice due to race. Scout begins to realize that just because society portrays something as being true doesn't mean that it actually is fact. With the help of Atticus, and her older brother Jem, Scout learns that "growing up" often means doing what is right, even when it comes at great cost. Topeka Civic Theatre and Academy, 3028 SW 8th Avenue. Dates and times vary. Fee.

TOPEKA, 785-357-5211

[topekacivictheatre.com](http://topekacivictheatre.com)

APR 22

**BOBBY MCFERRIN**

To some people, Bobby McFerrin will always be the guy who sang "Don't Worry Be Happy." But if that song is all you know about Bobby McFerrin, we suggest the following: Go to YouTube, type in Bobby's name, sit back and prepare for a serious boggling of the mind! You'll join the millions who have marveled at Bobby's stunning rendition of the Bach prelude "Ave Maria." You'll find Bobby's shockingly inventive appearance on the NBC music program "The Sing Off," his unparalleled interpretations of Beatles songs, his collaborations with everyone from cellist Yo-Yo Ma to pianist Chick Corea to comedian Robin Williams. McCain Auditorium, 207 McCain Auditorium, 7:30 p.m. Fee. MANHATTAN, 785-532-6425 [k-state.edu/mccain/events](http://k-state.edu/mccain/events)

APR 22 &amp; 23

**BALLET MIDWEST'S SWAN LAKE**

Experience the tragic love story of this quintessential ballet, set to Tchaikovsky's timeless and romantic score. With breathtaking choreography, you will not want to miss this classic! Performances are on April 22 at 8 p.m. and April 23 at 3 p.m. There is also a special shortened children's performance on April 22 at 1 p.m. Ballet Midwest is a local non-profit repertory dance company who has been bringing professional level ballet performances to the Topeka area for 40 years. Please join us in celebrating the moving art of ballet. Topeka Performing Arts Center, 214 SE 8th Ave. Fee. TOPEKA, 785-608-0598 [balletmidwest.net/index.php/performances/springballet](http://balletmidwest.net/index.php/performances/springballet)

APR 27

**STOMP**

STOMP is explosive, inventive, provocative, witty, and utterly unique — an unforgettable experience for audiences of all ages. The international percussion sensation has garnered

■ CONTINUED FROM PAGE 20

armfuls of awards and rave reviews and has appeared on numerous national television shows. The eight-member troupe uses everything but conventional percussion instruments — matchboxes, wooden poles, brooms, garbage cans, Zippo lighters, hubcaps — to fill the stage with magnificent rhythms. McCain Auditorium, 207 McCain Auditorium, 7:30 p.m. Fee.

MANHATTAN, 785-532-6425  
k-state.edu/mccain/events

APR 28

### CHRIS PERONDI'S STUNT DOG EXPERIENCE

This cast of performers and dogs will delight audiences of all ages, with high-energy excitement from beginning to end. During the Stunt Dog Experience, you will witness some of the most incredible stunts and behaviors ever performed by dogs. With amazing tricks, big air stunts, comedy antics, dancing dogs, and athletic feats, it is the most entertaining show of its kind! You will meet a cast of professional performers along with over a dozen talented pound pups. The show is one-of-a-kind and brings forth pet adoption awareness. All of the dogs have been rescued from pounds and shelters from across the country. The mission is to promote animal rescue, pet adoption, encourage spay and neutering, and encourage people to spend more time with their pets. Lied Center of Kansas, 1600 Steward Dr., University of Kansas, 7 p.m. Fee.

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

APR 28-MAY 13

### BECKY'S NEW CAR

Have you ever been tempted to flee your own life? Becky Foster is caught in middle age, middle management and in a middling marriage—with no prospects for change on the horizon. Then one night a socially inept and grief-struck millionaire stumbles into the car dealership where Becky works. Becky is offered nothing short of a new life...and the audience is offered a chance to ride shotgun in a way that most plays wouldn't dare. Becky's New Car is a thoroughly original comedy with serious overtones, a devious and delightful romp down the road not taken. Warning: Contains adult language and themes. Helen Hocker Center for the Performing Arts, 700 SW Zoo Parkway. Dates vary. Fee.

TOPEKA, 785-251-5990  
topekacivichtheatre.com

## EXHIBITS/SHOWS

MAR 10-APR 8

### FEATURED ARTIST: LOUIS COPT

Artist Louis Copt has been painting full-time since 1984. He received a BA in art from Emporia State University in 1971. He has also studied at the Art Student's League in New York City and has taken classes in drawing and painting at the University of Kansas. In 2011, Copt was named "Governor's Artist" by the Kansas Arts Commission. Since 1974, the Kansas Arts Commission recognizes individuals in the arts who have made outstanding contributions to the arts and culture in Kansas. An expert panel

selects the honorees, and the awards are given by the governor and the Kansas Arts Commission. The award is meant to elevate the public profile of the arts in Kansas and encourage others to achieve and sustain high standards of excellence in artistic achievement and support. Lawrence Arts Center, 940 New Hampshire St. LAWRENCE, 785-843-2787  
lawrenceartscenter.org

APR 8

### 2017 BENEFIT ART AUCTION

Established by artists in 1981 as a way to fund a not-for-profit gallery, the Lawrence Arts Center Annual Art Auction provides funding for the exhibitions program now occupying five spaces in the Arts Center and enriched by Art Talks, films, and more. Approximately 150 pieces generously donated by artists will be on exhibit for four weeks to be auctioned during the April 8 auction event. Bidding on auction works is an opportunity to support exhibitions at the Lawrence Arts Center — all proceeds of sales go toward continuing to support the program. Featured Artist: Louis Copt. Lawrence Arts Center, 940 New Hampshire St., 5:30-10 p.m.

LAWRENCE, 785-843-2787  
lawrenceartscenter.org/event/2017-benefit-art-auction

## FAIRS/FESTIVALS

APR 8 & 9

### CIDER HILL APPLE BLOSSOM FESTIVAL

The second annual Cider Hill Apple Blossom Festival includes hayrides through the Orchard to see the Apple Blossoms, Cider Hill Express Children's Train, Children's Crafts, Local Vendors, BBQ Lunch, Apple Cider Donuts, Apple Cider Slushes and much more. Cider Hill Family Orchard, 3341 N. 139th St. Saturday 9 a.m.-5 p.m. and Sunday 11 a.m.-5 p.m. Fee. KANSAS CITY  
facebook.com/events/187803598365082

APR 9

### TULIP TIME FESTIVAL DAY AT THE LAKE

Attendees will be able to enjoy food and walk among the flowers, as well as shop several vendors and listen to live entertainment. Ted Ensley Gardens, 3720 SE Yacht Court. \$5 donation suggested. TOPEKA

APR 22

### BARNYARD BABIES FAMILY FESTIVAL

Come out to this fun family festival and experience life on a farm — from barnyard babies to a tractor petting zoo, and fresh produce to kiddie pedal pull contests, giant balloon animals, games and much more! Receive a colorful map and Farm Passport when you arrive. Visit all the Discovery Zones, get your Passport stamped and receive a prize. The Discovery Zones share fun and fresh adventures of a day on the farm. So much to see and do! National Agricultural Center and Hall of Fame, 630 N. 126th St., 10 a.m.-4 p.m. Fee. BONNER SPRINGS, 913-721-1075  
aghalloffame.com/events/barnyard-babies-family-festival

APR 29

### ROAR & POUR WINE FEST

This adults-only event features samplings of a

variety of wines from local and national wineries, live entertainment and a souvenir wine glass. A limited number of VIP tickets are available and include early entry to the event at 5 p.m., and access to a VIP reception that features hors d'oeuvres and samplings of premium wines only available to VIP guests. Topeka Zoological Park, 635 SW Gage Boulevard, 6-10 p.m. Fee. TOPEKA, 785-213-5931  
topekazoo.org/events-activities/roar-and-pour-wine-fest/

## HEALTH & FITNESS

ONGOING

### PERSONAL TRAINING

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

ONGOING

### WELLNESS COACHING

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

ONGOING

### FIT FOR LIFE

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

LAWRENCE, 785-505-2712

ONGOING

### ZUMBA GOLD

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

FIRST MONDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

MONDAYS THROUGH FRIDAYS

### A.M. WALKING CLUB

Need exercise? Come to the East Lawrence Recreation Center (7-9 a.m.) or Holcom Park Recreation Center (7-11 a.m.), Monday through Friday. You'll get your heart pumping and have

a great time building friendships with fellow walkers. FREE. Lawrence Parks and Recreation. For more information, contact Stephen Mason. LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS

### PICKLEBALL - OPEN PLAY

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

LAWRENCE, 785-832-7950

TUESDAYS

### BADMINTON

Players of all skill levels are welcome to join in this friendly game that challenges agility, pace and coordination. Games are played on a drop-in basis so join us when you can. Basic equipment is provided; players are welcome to bring their own racquets. For more information, contact Gayle Sigurdson at 785-832-7920. (Lawrence Parks and Recreation). Location: Sports Pavilion Lawrence, 6-8 p.m. No fee.

LAWRENCE, 785-832-7950

FIRST TUESDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

TUESDAYS

### FREE BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

### JAZZEXERCISE LITE

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

TUESDAYS AND THURSDAYS

### HEALTHWISE EXERCISE CLASS

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

TUESDAYS AND THURSDAYS

### FLEXERCISE

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

LAWRENCE, 785-856-6030

■ CONTINUED FROM PAGE 21

## TUESDAYS AND THURSDAYS

### FREE BLOOD PRESSURE CLINIC

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

## TUESDAYS AND THURSDAYS

### VACCINE CLINICS

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

## WEDNESDAYS

### OPEN BOCCE BALL

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

## WEDNESDAYS

### FREE NUTRITION CLINIC

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

## WEDNESDAYS

### FREE MEDICATION CLINIC

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

for an appointment.

TOPEKA, 785-354-6787

## FIRST WEDNESDAY OF THE MONTH

### FREE HEARING CONSULTATIONS

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

## FRIDAYS

### BLOOD PRESSURE CHECKS

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

## SECOND THURSDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

## THIRD THURSDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

## THIRD THURSDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

## FOURTH THURSDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

APR 12

## KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead

of you. LMH Main Campus (West lobby), 325 Maine St., 8-9:30 a.m.

LAWRENCE, 785-505-5800

## HISTORY

APR 14

## KANSAS MUSEUM OF HISTORY AFTER

■ CONTINUED ON PAGE 23

KEVIN GROENHAGEN PHOTO



**Dozens of visitors attended Pioneer Ridge Independent Living's open house and ribbon cutting on March 8. The retirement community offers 77 apartments, a pub, restaurant-style dining, a 36-seat theater, game rooms, a beauty shop, and a barber shop.**

KEVIN GROENHAGEN PHOTO



**Hundreds of seniors attended the Lawrence Area Partners in Aging's 12th annual Resource Fair for Seniors on March 7 at the Sports Pavilion at Rock Chark Park.**

## Lawrence selected as retirement destination



*Where to Retire* profiles Lawrence in its March/April 2017 issue. According to *Where to Retire* Editor Annette Fuller, Lawrence possesses qualities important to today's retirees. "It's the home of basketball inventor James Naismith, and the Jayhawks at the University of Kansas live up to that tradition in many NCAA tournaments. But roundball fans soon learn that sunny skies and pleasant downtown strolls abound here. The award-winning public library is a major community gathering place, and the university brings cultural bonanzas such as Pulitzer-Prize winning speakers, NPR show tapings and inspiring classical music concerts," Fuller said.

■ CONTINUED FROM PAGE 22

**HOURS**

All events in this monthly series compliment the special exhibit, Captured: The Extraordinary Adventures of Colonel Hughes. Kansas Museum of History, 6425 SW 6th Avenue, 6:30-8 p.m.  
TOPEKA

**LAWRENCE PUBLIC LIBRARY BOOKMOBILE**

**MONDAYS**

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

**WEDNESDAYS**

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

**FRIDAYS**

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.  
Wyndam Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.

Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

**LAWRENCE PUBLIC LIBRARY BOOK TALKS**

**THIRD THURSDAY OF THE MONTH**

Babcock Place, 1700 Massachusetts St., 1 p.m.  
Presbyterian Manor, 1429 Kasold Dr., 2:30 p.m.

**THIRD FRIDAY OF THE MONTH**

Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 10 a.m.  
Prairie Commons, 5121 Congressional Circle, 1 p.m.

**FOURTH THURSDAY OF THE MONTH**

Arbor Court, 1510 St. Andrews Dr., 2:30 p.m.

**FOURTH FRIDAY OF THE MONTH**

Brandon Woods, 1501 Inverness Dr., 10 a.m.

**MEETINGS**

**SUNDAYS**

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

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

**MONDAYS**

**BREAST CANCER SUPPORT GROUP**

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

**MONDAYS, WEDNESDAYS & FRIDAYS**

**WATER AEROBICS CLASSES**

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

LAWRENCE, 785-838-7885

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 THE MONTH**

**INDIVIDUAL BEREAVEMENT SUPPORT**

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

■ CONTINUED ON PAGE 24

*Luther Place*  
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■ CONTINUED FROM PAGE 23

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

**FIRST & THIRD MONDAY OF THE MONTH  
GRIEF SUPPORT GROUP**  
Facilitated by LMH Chaplain Angela Lowe.  
Meets in the LMH Chapel, 2nd floor. Lawrence  
Memorial Hospital.  
LAWRENCE, 785-505-3140

**FIRST & THIRD MONDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP**  
For adults who have lost loved ones. Call LMH  
Chaplain Angela Lowe for more information.  
LAWRENCE MEMORIAL HOSPITAL  
4-5 PM, 785-840-3140

**FIRST & THIRD MONDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP**  
Do you sometimes feel overwhelmed with the  
responsibilities of caring for a spouse, parent,  
or loved one? Do you need information about  
Alzheimer's disease or other disorders? Please  
join us in one of our Caregiver Support Groups.  
Sponsored by Douglas County Senior Services,  
Inc. Douglas County Senior Services, Inc., 745  
Vermont St., 2:15-3:45 p.m.  
LAWRENCE, 785-842-0543

**EVERY TUESDAY THROUGH FRIDAY  
MEN'S COFFEE**  
Meets in the library at Pioneer Ridge, 4851  
Harvard Rd., at 9:30 a.m. Open to the public.  
LAWRENCE, 785-749-2000

**FIRST TUESDAY OF THE MONTH  
BLOOD PRESSURE CLINIC**  
HealthWise 55 Clinic. 8:30-9:30 a.m. Westridge  
Mall (Food Court, Restroom Entrance). Free.  
TOPEKA, 785-354-6787

**FIRST TUESDAY OF THE MONTH  
LAWRENCE AREA COALITION TO  
HONOR END-OF-LIFE CHOICES**  
Works with 31 other Kansas communities to  
help all Kansans live with dignity, comfort and  
peace at the end-of-life, regardless of  
age. Members have backgrounds in health-  
care, pastoral care, senior citizens' services,  
funeral home care, library and educational  
services. Meets at 3 p.m. in Conference E of  
LMH.  
LAWRENCE, 785-830-8130

**FIRST TUESDAY OF THE MONTH  
MAN TO MAN PROSTATE CANCER  
SUPPORT GROUP - LAWRENCE**  
Meets at Lawrence Memorial Hospital, 5:30  
p.m.  
LAWRENCE, 785-393-1256

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

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

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

**FIRST THURSDAY OF THE MONTH  
MAN TO MAN PROSTATE CANCER  
SUPPORT GROUP - TOPEKA**  
Meets at St. Francis Health Center's Cancer  
Center, 1700 S.W. 7th St., 7 p.m.  
TOPEKA, 785-230-4422

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

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

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

**FIRST FRIDAY OF THE MONTH  
STROKE SUPPORT GROUP**  
Meet other stroke survivors, their families, and  
hear guest speakers discuss topics related to  
recovery. Please contact Randy Williams or Lisa  
Rundell for more information. Kansas Rehabili-  
tation Hospital, 1504 SW 8th Ave.  
TOPEKA, 785-235-6600

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

**ONE SATURDAY EACH MONTH  
LAWRENCE DEATH CAFE**  
At a Death Cafe people, often strangers, gather

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

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

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

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

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

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

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

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

**SECOND & FOURTH FRIDAY OF THE MONTH  
ALZHEIMER'S/CAREGIVER SUPPORT  
GROUP**  
Sponsored by the Alzheimer's Association-Heart  
of America Chapter. KU Center for Research,  
1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m.  
LAWRENCE, 913-831-3888

**SECOND SATURDAY OF THE MONTH  
HAPPY TIME SQUARES SQUARE DANCE  
CLUB**  
Meets at First United Methodist Church-West  
Campus, 867 Hwy 40 (1 block west Hwy 40/  
K10 Bypass). Plus: 7:30-8 p.m., Mainstream  
8-10 p.m. Contact Frank & Betty Alexander.  
LAWRENCE, 785-843-2584  
www.happytimesquares.com

**THIRD TUESDAY OF THE MONTH  
LAWRENCE PARKINSON'S SUPPORT  
GROUP**  
FIRST PRESBYTERIAN CHURCH, 2415  
CLINTON PARKWAY, LAWRENCE, 2 PM

**THIRD TUESDAY OF THE MONTH  
GRANDPARENT AND CAREGIVER  
SUPPORT GROUP**  
Strengthening family relationships and improv-  
ing positive parenting skills. Meets from 6:30-8  
p.m. at St. Francis Hospital, 2nd floor meeting  
rooms. Child care available with 48 hours notice.  
TOPEKA, 785-286-2329 or 785-231-0763

**THIRD TUESDAY OF THE MONTH  
STROKE SUPPORT GROUP**  
For those recovering from a stroke, and/or their  
family and friends. Meets at 4-5:30 p.m. For more  
information call LMH Kreider Rehab Center.  
LAWRENCE, 785-505-2712

**THIRD TUESDAY OF THE MONTH  
ALZHEIMER'S SUPPORT GROUP**  
Alzheimer's support group for families and  
caregivers. Blessingame Home Care, 1835 N  
Topeka Blvd., Suite 205, 6-7 p.m. RSVP by  
calling.  
TOPEKA, 785-286-2273

**THIRD WEDNESDAY OF THE MONTH  
CANCER SUPPORT GROUP**  
Join representatives from Lawrence Memorial  
Hospital Oncology Center and the American  
Cancer Society for a general cancer support  
group. Open to anyone with any cancer diagno-  
ses and/or family members or others affected by  
their cancer. For more information, contact Liv  
Frost at 785-505-2807 or email to liv.frost@  
lmh.org.  
LAWRENCE

**THIRD WEDNESDAY OF THE MONTH  
ACTIVE AND RETIRED FEDERAL  
EMPLOYEES**  
The Lawrence chapter of the National Active  
and Retired Federal Employees (NARFE)  
meets the third Wednesday of the month at Con-



■ CONTINUED FROM PAGE 24

roy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free. NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.

LAWRENCE, 785-843-7481

### THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

TOPEKA, 785-271-6500

### THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

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

### FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

TOPEKA, 785-235-1367, EXT. 130

### FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

TOPEKA, 785-233-5762

www.tgstopeka.org

### FOURTH THURSDAY OF THE MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

We have a covered dish dinner, a short meeting, and then play dime bingo with playing cards.

5:30 p.m. at 17th and Stone. For additional information, email [pdpatterson@juno.com](mailto:pdpatterson@juno.com).

TOPEKA

### FOURTH FRIDAY OF THE MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

TOPEKA, 785-478-0651

## MISCELLANEOUS

### EVERY MONDAY AND THURSDAY

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LAWRENCE, 785-842-0543

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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](http://www.kansasdiscovery.org)

### SECOND SUNDAY OF THE MONTH MONTHLY GUIDED HIKE

Clinton State Park and AmeriCorps invite you to join us for monthly hikes through the park every Second Sunday through the coming year. Each journey will take you approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park.

We'll be exploring the understatedly hilly terrain and abundant wildlife of Eastern Kansas. Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Fee. Clinton Reservoir, State Park, and Wildlife Area, 798 N 1415 Rd., 1 p.m.

LAWRENCE, 785-842-8562

[ksoutdoors.com/State-Parks/Locations/Clinton](http://ksoutdoors.com/State-Parks/Locations/Clinton)

### APR 8

#### PAWS IN THE PARK

Paws in the Park is the largest annual fundraiser for Helping Hands Humane Society. On average, HHHS admits over 7,000 animals a year.

The cost to compassionately care for and provide world-class medical care for this number of animals can be staggering but unavoidable.

Paws in the Park helps to raise money to support the animals that enter our doors. HHHS is proud to provide sanctuary for the lost, abandoned and unwanted animals of the NE Kansas community. Topeka West High School Soccer Field, 5720 SW 21st St., 10 a.m.-2 p.m. Fee.

TOPEKA, 785-233-7325

[pawsinthepark2017.eventbrite.com](http://pawsinthepark2017.eventbrite.com)

### APR 8

#### KEGS 'N EGGS

Drinking and hunting make an EGG-cellent combination at KEGGS '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 and a few GOLDEN eggs are even filled with CASH. If all that hunting is making you EGG-straight thirsty, you're in luck. There will also be Craft Beer Tastings from local and regional breweries along with EGG-citing games and contests. Did we mention there will also be a

Live BAND providing the soundtrack to this EGG-stravaganza? So, come out and drink a few beers, scavenge for hidden eggs and partake in this EGG-streemly awesome event. Kansas City Renaissance Festival, 633 N. 130th Street, 1-5 p.m. Fee.

BONNER SPRINGS, 913-721-2110

[kegsneggskc.com](http://kegsneggskc.com)

### APR 29

#### ECYCLE

Bring your used, unused, working or not electronics for free recycling. If it has a cord or runs on batteries it can be recycled. Kansas Expocentre, One Expocentre Drive, 9 a.m.-1 p.m. Free (some items may cost to recycle).

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## MY ANSWER

# We commit far more sins than we could ever list!

By **Billy Graham**

Tribune Content Agency

**Q:** My friend says he doesn't need to confess his sins very often, because he keeps a mental checklist of his actions and believes that he seldom sins. Do you think he's right? - M.M.

**A:** Your friend may sincerely believe this about himself, but he is not correct. A friend of mine met someone like this once, and later his wife whispered to him, "Just ask me how perfect he is!"

One problem is that your friend seems to have a shallow view of sin. Yes, he has a list, and it probably includes most of the things we rightly label as sins. But what about the sins we overlook, such as evil thoughts or wrong motives? Jesus was concerned not only with what we do, but with what goes on inside of us. Or what about the things we fail to do - showing compassion to others, helping those who are hurting, witnessing for Christ? The Psalmist prayed, "Who can discern their own errors? Forgive my hidden faults" (Psalm 19:12).

Your friend concerns me for another reason, however. When we fail to realize how sinful we are, pride takes over, and pride is a sin. Jesus condemned those who

believed they were more righteous than anyone else, because they were blinded

by their own pride. But pride not only blinds us to our sin; it also blinds us to our need for Christ and His forgiveness. The Bible warns, "In his pride the wicked man does not seek him; in all his thoughts there is no room for God" (Psalm 10:4).

Be honest about your own sins, and turn to Christ for the forgiveness you need. Then pray for your friend, that he too will realize the depth of his sin—and the even

greater depth of Christ's mercy and love.

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

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## RICK STEVES' EUROPE

# What's new in France and the Low Countries for 2017

By Rick Steves

Tribune Content Agency

One of Europe's best organized regions for sightseeing, France and the Low Countries (Belgium and the Netherlands) are better than ever with new people-friendly zones, improved sights and comforting security.

France is a country full of beloved sights. While recent terrorist events may have scared away some travelers, I return every year for a rewarding experience and feel perfectly safe. Regrettably, France's high profile and bold leadership in matters of pluralism have made it a target, so heightened concerns there about terrorism have led to more safeguards. Travelers can expect a greater security presence and extra checkpoints at tourist-oriented sights. For instance, at Versailles, there are now two security checks for the chateau—one at the gate outside the courtyard and a second before entering the building.

As usual, Paris is evolving. After a long closure, its Picasso Museum is spiffed up and welcoming more tourists than ever. A major renovation at the Rodin Museum has wrapped up, and the museum is fully open. Meanwhile, the Carnavalet Museum, which covers the tumultuous history of Paris,

is closed for 2017 and beyond as it receives an overhaul.

A new addition to the Paris shopping scene is the Forum des Halles, a modern mall under a vast glass-and-steel canopy. Old timers remember Les Halles as Paris' gigantic central produce market. Demolished in the 1970s, it was replaced with an underground shopping mall. Now the complex has been transformed into a modern shopping center and a massive underground transportation hub capped by a huge city park.

The region around Paris is studied with grand chateaux. The grandest of these is Versailles, where the Queen's Wing is closed for extensive renovation. For cheap and efficient day-tripping to two other top chateaux—Vaux-le-Vicomte and Fontainebleau—visitors can now purchase a regional Mobilis ticket, which covers any travel within a day in the greater Paris region, including Metro rides to and from the train station and round-trip train fare, as well as the bus connecting the Fontainebleau station to the chateau (but not the shuttle from Verneuil-l'Étang train station to Vaux-le-Vicomte).

In Normandy, the D-Day Experience museum at St-Come-du-Mont now gives visitors a chance to pretend they're paratroopers and take a

simulated (yet still thrilling) flight on a vintage Douglas C-47. In Verdun—another area famous for its battlefields—the Verdun Memorial Museum has reopened to mark the 100th anniversary of the WWI battle. Among its exhibits is a 1916 battlefield replica, visible through a glass floor and complete with mud, shells, trenches and military equipment.

The big news for prehistoric art lovers is the opening of the International Center for Cave Art at Lascaux, highlighted by a brand-new replica cave that faithfully reproduces the reindeer, horse and bull paintings found in the original cave using the same dyes, tools and techniques that predecessors used 15,000 years ago. Reservations are highly recommended.

Finally, France continues to improve its transportation infrastructure. With the last link complete in its high-speed rail line, it's just two hours from Paris to Strasbourg, the capital of the Alsace region in northeast France. For much cheaper (if slower) transit to other large cities in France, as well as London, Amsterdam and Brussels, OuiBus offers convenient and comfortable bus service with Wi-Fi and an English-speaking driver.

In Belgium, France's neighbor to the north, the capital city of Brussels has pedestrianized part of the Boulevard Anspach and surrounding streets, creating the second largest car-free zone in Europe. Because of this, many bus routes have changed, and crosstown cabs take more time getting around the downtown core. Visitors should consider using the Metro instead.

About 10 miles south of Brussels,

the new Memorial 1815 museum commemorates the Battle of Waterloo with a 3-D movie and high-tech displays, giving visitors an engaging and informative trip through the site of Napoleon's crushing defeat.

Farther north, in the Netherlands, Amsterdam is thriving. In fact, it's getting so crowded with tourists that the mayor—concerned about the flood of cheese stores, chocolate shops and kitschy tourism changing the city into a kind of amusement park—recently decided to stop promoting the city, even recommending visitors consider Rotterdam or Delft instead.

To control crowds at the popular Anne Frank House, only people holding reservations can visit between the hours of 9 a.m. and 3:30 p.m. Tickets can be booked online exactly two months in advance—and should be; they sell out quickly.

Amsterdam's fascinating and hidden "church in the attic," the Amstelkring Museum, has a new entrance building. Visitors are greeted with a shop, restaurant and educational spaces before stepping into the 17th-century Catholic church, built secretly into a hollowed-out merchant's home.

As you'll see if you go in 2017, these countries—rich in culture and history—are working hard to make their heritage both safe and enjoyable. Join in!

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

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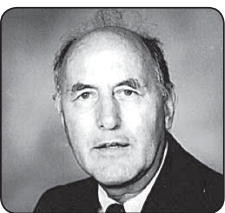
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## HUMOR

# Dancin' In High Gear

Looking down on the track of the Letongaloosa International Raceway, Jeremiah "Junebug" Jenkins knew today was going to be a horn tootin' sort of day. It was a day that had been 35 years in the making and Jeremiah was more nervous than a long-tailed cat in a room full of rocking chairs. To be honest, the possibility of this day wouldn't even be on his radar if he hadn't listened to that darn mes-



Larry  
Day

sage his grandson, Garrison, had left on his voicemail last Sunday. But here he stood waiting for the next chapter of his life to kick into high gear.

Jeremiah closed his eyes, took a deep breath and continued gazing over the raceway. This is where his career began. This is also the track where he ran his last lap and won his final race just one month ago. The feelings of excitement from that race, and all the races he had won throughout his career, came rushing back. Memories of the interview from his last Winner's Circle played in his head.

"Jeremiah, so many drivers have tried to win the Letongaloosa 600.

You've won twice. How are you feeling?"

"I'm so excited. I had heard this was the first time officials had shortened the race because of rain since 1966. I'm glad the officials decided to do it again. I want to thank my sponsors, Hank's Hardware, Alvin's Auto Body. They were instrumental in helping us get our car on the track."

He remembered telling the reporter that he couldn't believe how lucky he was to have won. He thanked his fellow competitors and all of the drivers who had come before him who had inspired him to start driving in the first place. It had been quite a day.

When Jeremiah was a boy, his Grandpa Sam had brought him to the Letongaloosa International Raceway to see his first race. The roaring of the engines, the speed of the pit crew and the rush of adrenaline he felt from watching the drivers run laps around the track made him dance with excitement. It was at that point he knew he wanted to be a racecar driver when he grew up. That was also the day his grandfather gave him the name "Junebug" because he was so excited by everything he just couldn't stop jumping around.

Jeremiah has now been a part of racing for decades and he has competed on all stages of competition ranging from some of the biggest races in the country to the smallest. Since early

in his driving career, he has loved to go fishing. Dropping a line in the water excited him almost as much as getting behind the wheel of his racecar. Fishing is how he always celebrates his wins and cheers up after his losses.

Once Jeremiah "Junebug" Jenkins made his final lap in his last month's Letongaloosa 600, he decided to retire. He wanted to celebrate his retirement by fishing and that's what he was doing on the Sunday he got the message from his grandson, Garrison.

Garrison is the lead meteorologist at MEGA-TV in Letongaloosa. He and Jeremiah are as close as a grandson and grandfather can be. Like Grandpa Sam, Jeremiah took Garrison to see his first race. Garrison was excited about the race. The roaring of the engines, the speed of the pit crew and watching the drivers run laps around the track didn't faze him. He was more interested in the rain storm that stopped the race. Since then, Jeremiah has relied on his grandson to give him the weather report before every race.

Retired for a month now, he knew the message from Garrison had nothing

to do with weather conditions. However, it did have everything to do with racing, but Jeremiah wouldn't be racing around a track. However, he would be back in the winner's circle. MEGA-TV would be launching a network that had everything to do with racecars, pit crews and roaring engines. Jeremiah would be the lead reporter.

A week later, Jeremiah was back at the Letongaloosa International Raceway. As he walked toward the Winner's Circle, he was so excited. He felt his feet dancing. He felt like a kid again.

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



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# WOLFGANG PUCK'S KITCHEN

## From brunch to supper: Prepare a Spanish-style omelet anytime for a satisfying meal

I've recognized an interesting pattern from the questions and recipe requests I'm always getting. With all the different food options and occasions for eating that each week brings, most people are concerned about cooking for two main types of meals: weekend brunches and weeknight suppers.



Wolfgang  
Puck

As you might guess, the styles of recipes they want for those two occasions tend to be very different. On a weekend morning, most home cooks want to prepare something that feels generous, even a little bit indulgent; a recipe that will impress everyone gathered around the table, helping to make brunch a special yet relaxed occasion.

Weeknight meals, on the other hand, are almost always more about convenience, answering one main challenge: How do you satisfy yourself and your family quickly and easily while providing a main course that tastes fresh and delicious?

I know of one great recipe that fulfills the requirements of both: my interpretation of a Spanish omelet. Brunch guests happily greet a thick, pancake-style flat omelet, served cut into wedges, which makes a great impression whether you offer it hot from the oven or even lukewarm or cold on a buffet. And egg dishes are becoming more and more popular on weeknights, a time when the concept of serving breakfast for supper is not only convenient but also wonderfully comforting.

My recipe also offers the added benefit of being healthy. I pack the omelet with lots of fresh vegetables, cut into uniform 1/4-inch (12-mm) dice; feel free to substitute some of your own

favorites, briefly sauteing them as I do in the recipe.

I make the omelet with mostly egg whites, adding just a couple of yolks for a touch of richness and golden color. (You can save leftover yolks for another recipe for two or three days in a sealable container in the refrigerator, covered with a little water to prevent them from drying out.)

Because many people love cured pork with such egg dishes, I also finish off the omelet with some strips of lean ham; but, of course, you could also make a vegetarian version by substituting some sliced or crumbled chorizo-style vegetarian sausage that can be found in most well-stocked supermarkets.

You might wonder how healthful such a generous-looking, rich-tasting main dish can be. So it might surprise you to learn that each serving totals just about 150 calories, with a little bit more than a quarter of those coming from fat. So, if you add some good whole-grain bread and a salad or fresh fruit, you'll have a well-balanced, satisfying and delicious meal ready with incredible ease.

And what home cook doesn't want that, whatever the time, day or occasion?

### HEALTHY SPANISH-STYLE OMELET WITH BELL PEPPERS AND HAM

Serves 4

Olive oil-flavored nonstick cooking spray

1/2 cup (125 mL) diced red bell pepper

1/2 cup (125 mL) diced yellow bell pepper

1/2 cup (125 mL) diced green bell pepper

1 garlic clove, finely chopped

1/2 jalapeno chile, stemmed, seeded, deveined and finely chopped (optional)

Kosher salt

Freshly ground black pepper

1/2 cup (125 mL) seeded and diced tomato

2 large cage-free eggs

12 large cage-free egg whites

1/4 cup (60 mL) pitted Kalamata olives, sliced

3 ounces (185 g) thinly sliced lean cured ham, cut into thin ribbons

6 basil leaves, cut into fine strips

Preheat the oven to 400 F (200 C).

Heat an 8-inch (20-cm) ovenproof nonstick skillet over medium heat. Spray with the nonstick cooking spray. Add the peppers and saute, stirring occasionally, until they have softened and their edges begin to turn golden, about 5 minutes. Add the garlic and jalapeno, if using, and saute until fragrant, about 30 seconds longer. Season to taste with salt and pepper. Add the tomatoes and cook for 2 minutes longer.

Put the eggs and egg whites in a large bowl. Season to taste with salt and pepper and whisk until thoroughly blended. Add the egg mixture to the skillet with the vegetables and stir constantly over medium heat until curds start to form. Continue cooking until the mixture has begun to set but is still fairly moist.

Remove the skillet from the heat and

scatter the olives and ham evenly over the top. Put the skillet in the oven and bake until the omelet is completely set but still slightly moist, about 5 minutes.

If the eggs on top still look a little underdone for your liking, switch the oven to the broil setting, or preheat a separate broiler, and pop the pan under the broiler for 1 to 2 minutes until they are set and light golden.

Set the skillet aside to let the omelet settle for about 5 minutes. Sprinkle with the basil. Cut it into wedges and serve hot, lukewarm or even cold.

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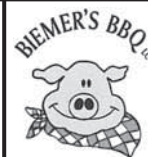
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## MY PET WORLD

# Your smelly dog could actually be something medical

By Marc Morrone

Tribune Content Agency

**Q:** Our 2-year-old American Bulldog is a great dog, but he has always has a bad odor and his fur feels greasy. We give him a bath as often as we can but the nice smell only lasts a day or so. What can we do to keep her odor down? - Dale Jones, Las Vegas, NV

**A:** I really do think that this is a medical issue. In such situations a dog like yours usually has impacted anal glands or a bad tooth that is causing the smell.

For example, if the tooth is infected and causing the dog's saliva to become smelly and the dog licks herself, then that odor will be all over her fur.

A quick fix to an issue like this is to rub dry corn starch in the dog's coat—it will get rid of the greasy feel and

absorb the odor somewhat, but really a trip to your vet is in order here.

**Q:** We have a 4-year-old female cat. Most nights she sleeps at the bottom of our bed. As soon as we are in bed, he drags two or three of her toys from the living room, across the foray and into the bedroom and leaves them on the floor at the bottom of the bed. Then she jumps on the bed and seems to watch them before sleeping. Since we have never had a cat that had an odd habit, I was wondering if this is unusual? - Grace Wallace, Chicago, IL

**A:** This is a subject that people love to debate and everyone can tell a tale about a dog or cat that they had that performed some rather mysterious behavior for no particular reason.

Just like humans, animals have rituals. Most are governed by instinct—the

animal is doing it as it evolves to have a better life. Most likely the behavior that your cat is doing at night is based on the instinct of storing food. A cat that is not hungry will bury or store uneaten prey animals to be eaten later on. The cat toys represent prey animals to the cat and her instinct is telling her to store them someplace safe and in her mind the foot of the bed is the best place to keep the objects.

Domestic and wild animals will both do this, however since domestic animals have lots of free time on their hands then the behavior is not as cut and dry as it would be in their wild counterparts.

**Q:** I have a blue fronted amazon parrot that I got as a baby last spring. Her wing feathers have always been trimmed and she spent most of her summer days outside with me as I worked in my garden. I had to keep her indoors all winter long but now I have spring fever and want to get outside again to work in the garden. How warm does it need to be outside before I can take her out with me again? We have not yet had anything here over 75

degrees. - Kathy Burns, Hartford, CT

**A:** Parrots can acclimate to just about any cold temperatures. However your bird has most likely never been in any temp lower than 65 degrees, as is the coldest it would get in ones house. Common sense would tell us that this should be the temp outdoors that our birds would feel OK. Anything under our ambient room temp that the bird has been living in would feel chilly.

Just be sure that you have the bird's wing feathers trimmed before you start to take her outside again, the trimmed ones from last year may have moulted out and regrown over the winter months indoors.

- Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at [petxperts2@aol.com](mailto:petxperts2@aol.com); please include your name, city and state.

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## MEMORIES ARE FOREVER

*I would like to receive your memory as a child. It should be about 725 words more or less and include a photo of yourself as a child. You can write your favorite memory either longhand or have it typed out. Then mail it to me at Tom Mach, PO Box 486, Lawrence, KS 66044.*

*You can also send it to me by email at tom.mach@yahoo.com. Go to www.memoriesareforever.com for more information. Don't worry about spelling or grammar as I would be happy to edit it and send it back to you for approval. This column will cease to exist if I don't receive memories from our Senior Monthly readers. Thanks. - Tom Mach*



Tom  
Mach

## My One Million Dollar Memory

By Don Marler

**D**uring the heavy spring rains of 1944, the Little Arkansas River overflowed its banks three times in 11 days, flooding our entire northwest neighborhood in Wichita, Kansas. My parents, Tex and Irene Marler, watched the floodwater slowly flow past our intersection at 21<sup>st</sup> & Arkansas toward our house.

As a four-year-old, I watched as Irene prayed for the rising murky river water to stop once the level reached the front porch of our rental shack. Tex silently put our furniture up on cinder blocks, hoisted me onto his shoulders and swam out to his big welding truck to deposit me on the front seat. After he went back for

Irene, he drove us 16 blocks to his welding shop at 1717 N. Santa Fe Street. As we trudged up the creaky, inside back stairs, and carried our blankets and pillows to the second story, Tex assured us that we were going to have fun camping out in the attic until the river receded.

Mounds of sparrow nests and a sea of mice droppings left a trail because these creatures had come inside through the broken windowpanes. Grabbing a broom and dustpan, Irene immediately started sweeping the floor. Tex busied himself untying an old mattress, which he had suspended from the ceiling earlier, and placed on rusty box springs already on the floor to make us a temporary bed.

As I began exploring the loft, I noticed a large, black safe covered in dust, featuring a silver dial, a metal handle, and beautiful gold lettering on the door. Tex told us that the previous owner's wife informed everyone at the funeral that there might be a million dollars hidden in a locked safe in the attic. I asked Tex, "Why don't we just open the door and see?" He laughed and said, "Go ahead!"

After trying and failing, I crawled into our makeshift bed and went to sleep. Later I woke up with Tex and Irene in bed with me. I heard Irene complaining. "What's that scratching noise?" Tex laughed and said, "That's mice running around on the floor, trying to figure out how get into bed with us." The next day, Irene complained that she couldn't go to sleep in the attic after hearing the mice.

Once again, in 1951, The Little Arkansas River flooded its banks and we got to camp out in Tex's welding shop for several days. Just like before, when we returned home, Tex and Irene started removing about six inches of stinky mud and twigs that covered our floor and the baseboards of the walls. I remember how it stunk worse than a pack of wet dogs.

Like before, Tex swung me up to sit

on top of our sofa near the ceiling. I watched him shovel wave after wave of muddy slime out our front door, while Irene used a garden hose to spray the floor and the base of the walls before chasing the last of the silt outside.

After she mopped the floors and the base of the walls with a Clorox and water mixture, Tex lifted me down and we all went to bed and tried to sleep while ignoring that overpowering smell. Each year it flooded, we suffered through a long, dry summer. As a result, the wooden floor of our rental shack expanded and shrunk so much that the cracks between the

wooden boards opened wide enough in places that we could see clear through to the ground below.

Sometimes when Tex felt frisky and wanted to tease Irene, he would say, "If you're tired of our house, we can always spend the night in the attic of my shop. That would give you plenty of time to figure out the combination on that safe. When you get your hands on that million dollars locked

inside, we can buy a nice brick home in the rich part of Wichita that never floods."

...

By 1958, Wichita had completed "The Big Ditch" that kept the Little

Arkansas contained in its banks, preventing the river from flooding the north end of Wichita. Today, very few Wichita residents are still around who remember seeing sandbaggers working at the 18<sup>th</sup> Street Bridge trying to hold back the floodwaters or seeing the North end of Wichita under water. As a boy, all I had to do to send Irene into



Don Marler

a tizzy was to mention how much fun I had camping out in the attic at Tex's Welding Shop. That was over 70 years ago. Even today, I sometimes wake up middle of the night and think I hear mice scratching on the floor. (I wonder what my 1959 classmates at North High think of that.)

I never did find out what happened to that safe. However, I do have a memory today that's worth a million.

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LIZ SMITH

## Kirk Douglas' new book, Michelle Dockery's new movie

By Liz Smith

Tribune Content Agency

**“You never get a second chance to make a first impression,”** said Will Rogers.

I've told this tale before, so sue me!

The first movie star I ever saw—in the flesh—was Kirk Douglas. He is now 100 years old and literally has 91 movies to his credit.

But when I first saw him, I was working on a Dell Publishing movie magazine that was just a PR machine for actors-into-stars. One Christmas, Mr. Delacorte of Dell ordered all of his worker bees to assemble in a big room near his headquarters. We were to receive what was called our “annual bonus,” as a gift. This check must have been a hearty \$10 or \$15, at the most. But as I, a journalism graduate, only made \$65 a week in the early '50s, this was momentous.

When we were together, Mr. Delacorte announced, proudly, that an actor named Kirk Douglas would do the honors.

Although “Spartacus” was in Kirk's future, we knew he was important—and good-looking and sexy. And he'd come across country to thrill us. He leapt onto the tiny stage!

I was much taken by his blond, handsomeness and he was wearing a deftly tailored Glen plaid suit. I had never seen such a suit in all my Texas years.

So when it was my turn, I stepped up, put my hand out, almost fainted from his friendly smile and stumbled away clutching my reward. My real reward was Kirk!

Naturally, I inflated this non-incident, often name-dropped, put words in the star's mouth and was a transparent fan.

Kirk Douglas made movie after movie and became top of the heap in Hollywood and the world.

Eventually, I myself climbed the ladder to a kind of success as a Hollywood expert and even a competitor to Louella and Hedda. So, thereby, I actually became friendly with Kirk and his wife Anne. I often dined with them when we met on both coasts.

Kirk, to his credit, always listened to my little nothing tale of how we had “met” when he was on his way up.

To his credit, Kirk, who is now a superstar, added many movies and awards and children and millions of fans to his bio. He loved my story. After reminding him and saying that there were at least 150 other Dell employees at that occasion, Kirk would lean forward at the table and say, “And I remember you, Liz, out of all those others. I remember you!”

He would lean back, beaming. It was so great.

So, it's no wonder that Kirk Douglas has “chosen” me to receive his latest book. He described it as “Photos and

■ CONTINUED ON PAGE 35

DENNIS VAN TINE/LANOV/JCT



**Kirk Douglas, left, and Anne Buydens** arrive for the Vanity Fair Oscar Viewing Party 2010, at the Sunset Tower, in Los Angeles, California, March 7, 2010.



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# Liz Smith

■ CONTINUED FROM PAGE 34

words that, I guess, will be the last of the Douglas literacy factory.”

Running Press, a Hachette imprint, is bringing out Kirk's book May 2. His grandson, Cameron, and granddaughter, Kelsey, are recording the audio in NYC later this very month. “Kirk and Anne: Letters of Love, and a Lifetime in Hollywood.” Buy it and enjoy.

I am so happy that this grand star remembers me so vividly. (Kidding!)

•••

“We've had about six episodes directed by men and women from Sweden or Denmark. You wouldn't think they'd 'get' the material, the landscape of that part of America, or the characters so well, but they did!”

That was Michelle Dockery, talking about her TV series, “Good Behavior,” which debuted last year, and which was—to the cheers of fans—picked up for a second. (Dockery and her co-star, Juan Diego Botto, begin shooting season two in about a week.)

We caught Michelle for a few words at the Manhattan screening of her intriguing new movie, “The Sense of an Ending” (based on Julian Barnes' much-admired short novel.)

In person, in the almost transparent pale flesh (accentuated by scarlet lips), Ms. Dockery is even more attractive than her most famous character, “Downton Abbey's” haughty Lady Mary or her current morally ambiguo-

us Letty Raines, of “Good Behavior.”

Although Michelle was attending this Peggy Siegal event at The Museum of Modern Art to talk up her role as Jim Broadbent's daughter in “The Sense of...” she was not adverse to compliments and discussion about Mary or Letty. She laughed recalling the various ‘teams’ during the run of “Downton”—Team Mary, Team Edith, etc.

“First of all, Mary was no ‘lady’—let's never forget the dead Turk in her boudoir! Or that she had to make sure that one of her suitors after Matthew's death was sexually compatible, before she'd consider marriage. I didn't mind when she was being a b---h. That's fun to play, of course. But I felt what she said came from honesty. Her own honesty. She wasn't a hypocrite. She wasn't—as we'd say today—‘politically correct.’”

•••

As for the 180-degree turn she's taken with Letty—a drugging, drinking, American thief and ex-convict, involved with a professional hit man (Botto), Dockery is thrilled and happily surprised: “Obviously, I knew there was life after ‘Downton,’ but I didn't think it would arrive so swiftly and so vividly. I love Letty's aspirations to be better, in the face of so much temptation, her own ‘bad’ nature, her disappointments. And I couldn't ask for better writing or more connection with the actors, especially Juan and Lusía Strus, who plays my mother, Estelle. (This led to a bawdy discussion of

Ms. Strus' instantly famous scene with Letty, a discussion in which Estelle compares their sexual history; throwing shade, most profanely!)

Dockery also said she was blown away when she read the pilot script, and saw how much Letty drives the series. “This is good. I don't see it that much on TV, but things are improving. Even in feature films, Amy Adams is

‘Arrival’ and Emma Stone is ‘La Land.’ Jeremy Renner and Ryan Gosling are very pretty, of course...” She broke off laughing, “No, no. They are wonderful actors, but those films belong to the women, in my opinion. And that can't be bad.”

- E-mail Liz Smith at MES3838@aol.com.

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## NORTH

♠-Q 8 6 5

♥-2

♦-6 5 2

♣-K 10 7 6 4

## WEST

♠-A 9 4 2

♥-10 8

♦-A Q 10 8 3

♣-9 3

## EAST

♠-K J 7 3

♥-A 9

♦-K J 4

♣-A Q 8 5

## SOUTH

♠-10

♥-K Q J 7 6 5 4 3

♦-9 7

♣-J 2

The bidding:

EAST	SOUTH	WEST	NORTH
1♣	4♥	Dbl*	Pass
Pass	Pass		

\* Negative, values with no clear bid

Opening lead: Nine of ♣

A six-spade contract, East-West, might have succeeded on a fortunate lie of the cards and some good guesswork. We'll never know.

East won the opening club lead with the queen and shifted to a low diamond.

West won with his 10 and cashed the diamond ace. This was followed by the ace of spades and West had to judge how to continue.

The play to trick one provided the solution. East would have won the first trick with the jack of clubs, rather than the queen, if he held that card. West concluded that declarer held the jack of clubs, so he reverted to clubs. East won with his ace and continued clubs. South, picked clean of side suit cards, had to ruff with the jack of trumps and continue with the trump king. East won with ace and persisted with another round of clubs, promoting a second trump trick for the defense. Plus 800! A beauty.

Note that declarer might have saved a trick had he false-carded with the jack of clubs at trick one. At the crucial juncture, West might well have continued with a spade rather than a club and South could have held his losses to -500, a small loss compared to the value of his opponents' game.

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

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# PUZZLES & GAMES

## CROSSWORD

### Across

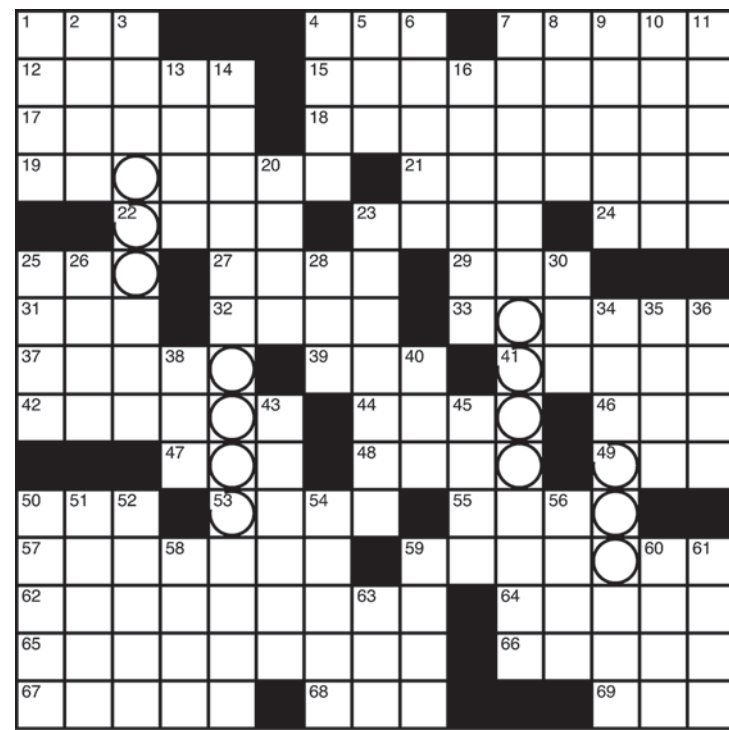
- 1 Detergent with Oxi Booster  
 4 DVD precursor  
 7 Scout, to Tonto  
 12 "Face the Nation" group  
 15 "My mom's gonna kill me!"  
 17 Uncle relative?  
 18 Golden Globe, e.g.  
 19 Nail care target  
 21 Congressional period  
 22 Vocal quartet member  
 23 Use WhatsApp, say  
 24 Junior nav. officer  
 25 Long time follower  
 27 Manipulator  
 29 Cut  
 31 Roll of dough  
 32 Popular weekend destination for many Northern Californians  
 33 Deceitful  
 37 Remove  
 39 Drop (out)  
 41 Russian lettuce?

- 42 Fog machine substance  
 44 Average  
 46 Ballerina's hairdo  
 47 Prohibit  
 48 Offensive to some, for short  
 49 Rescue squad initials  
 50 \_\_\_ Fridays  
 53 Speak harshly  
 55 "Fine by me"  
 57 Salon piece  
 59 Swallowed one's pride  
 62 Chinese cooking staple  
 64 "\_\_\_ were the days"  
 65 Not working  
 66 "Lone Survivor" military group  
 67 Speak, old-style  
 68 Not strict  
 69 One of two in Pompeii

### Down

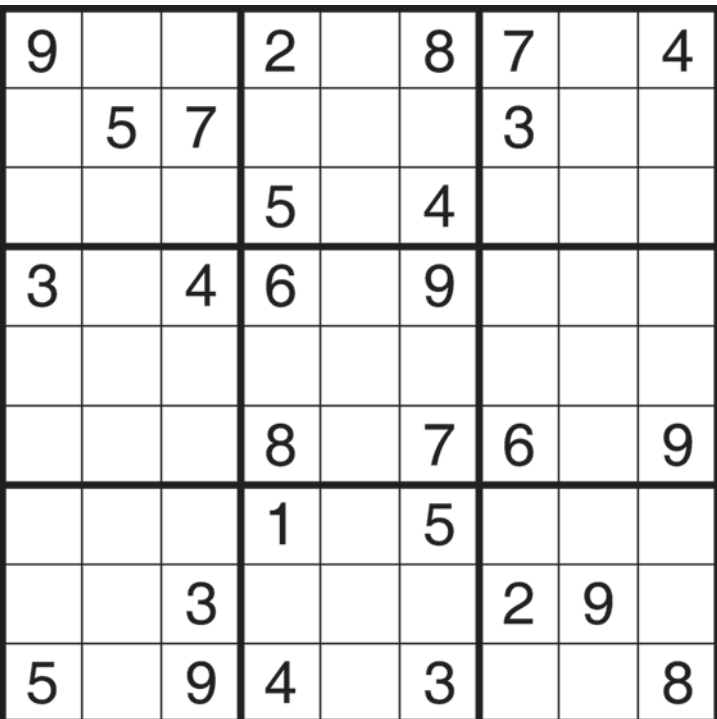
- 1 "Paradise Lost," e.g.  
 2 Marinara brand  
 3 Singer whose last name is Pig Latin for a

- slang word for "money"  
 4 Workshop gadget  
 5 Derby or boater  
 6 Huge success  
 7 Toyota Center team  
 8 Laudatory verses  
 9 Tighten, as laces  
 10 Kept quiet  
 11 Paradises  
 13 Really bad  
 14 Activity for some ex-presidents  
 16 Good buys  
 20 Get rid of  
 23 Appears unexpectedly, and a hint to this puzzle's circles  
 25 Knocked out  
 26 "Tootsie" actress  
 28 Co-producer of the art rock album "High Life"  
 30 Little, in Marseille  
 34 London locale that's a music industry eponym  
 35 "America's Got Talent" judge Heidi  
 36 Deep desires  
 38 Lust, e.g.  
 40 Weigh station unit  
 43 Praises  
 45 Pick out of a crowd  
 50 Spanish appetizers



- 51 Actress Scacchi  
 52 Birthplace of the violin  
 54 Peninsular capital  
 56 Icy Hot target  
 58 Supermodel Sastre  
 59 Longtime teammate of Derek  
 60 Nobel Peace Center  
 locale  
 61 From Green Bay to St. Paul  
 63 Often rolled-over item

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**JUMBLE**  
 THAT SCRAMBLED WORD GAME  
 by Mike Argirion and Jeff Knurek

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

LOVAC  
 VEELA  
 COSHOL  
 STOJEL

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

Ans: A

**SCRABBLE GRAMS**

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RACK 1: A<sub>1</sub>, U<sub>1</sub>, F<sub>4</sub>, T<sub>1</sub>, L<sub>1</sub>, K<sub>5</sub>, N<sub>1</sub> (Triple Word Score)

RACK 2: E<sub>1</sub>, U<sub>1</sub>, R<sub>1</sub>, R<sub>1</sub>, T<sub>1</sub>, G<sub>2</sub>, D<sub>2</sub>

RACK 3: A<sub>1</sub>, E<sub>1</sub>, O<sub>1</sub>, U<sub>1</sub>, N<sub>1</sub>, D<sub>2</sub>, D<sub>2</sub> (1st Letter Double)

RACK 4: A<sub>1</sub>, E<sub>1</sub>, U<sub>1</sub>, L<sub>1</sub>, R<sub>1</sub>, R<sub>1</sub>, S<sub>1</sub>

RACK 5: A<sub>1</sub>, I<sub>1</sub>, U<sub>1</sub>, T<sub>1</sub>, T<sub>1</sub>, S<sub>1</sub>, B<sub>3</sub>

PAR SCORE 245-255  
 BEST SCORE 328  
 FIVE RACK TOTAL  
 TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 38

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

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

SCRABBLE GRAMS SOLUTION									
T <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	K <sub>5</sub>	F <sub>4</sub>	U <sub>1</sub>	L <sub>1</sub>	RACK 1 =	<b>92</b>	
T <sub>1</sub>	R <sub>1</sub>	U <sub>1</sub>	D <sub>2</sub>	G <sub>2</sub>	E <sub>1</sub>	R <sub>1</sub>	RACK 2 =	<b>59</b>	
D <sub>2</sub>	U <sub>1</sub>	O <sub>1</sub>	D <sub>2</sub>	E <sub>1</sub>	N <sub>1</sub>	A <sub>1</sub>	RACK 3 =	<b>61</b>	
S <sub>1</sub>	U <sub>1</sub>	R <sub>1</sub>	R <sub>1</sub>	E <sub>1</sub>	A <sub>1</sub>	L <sub>1</sub>	RACK 4 =	<b>57</b>	
T <sub>1</sub>	U <sub>1</sub>	B <sub>3</sub>	A <sub>1</sub>	I <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	RACK 5 =	<b>59</b>	
PAR SCORE 245-255							TOTAL	<b>328</b>	

## JUMBLE ANSWERS

Jumbles: VOCAL LEAVE SCHOOL JOSTLE

Answer: What the reckless driver gave the barber -- A CLOSE SHAVE

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## ATTENTION ADVERTISERS

*Amazing Aging!*  
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A free publication of the Jayhawk Area Agency on Aging, Inc. Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties

FALL 2012

**Our Mission**  
Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

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Enjoying their CHAMPSS meals at Dilons are four friends, clockwise from left, Marcella Kramer, Alice McMurdo, Shirley Bitter and Anita Gerben.

**Dillons offers five more opportunities for CHAMPSS cardholders**

Seniors who hold CHAMPSS (Choosing Healthy Appetizing Meal Plan Solution for Seniors) cards have five more options in Topeka to use their cards for lunch and dinner. Hy-Vee that option should they choose to do so.

Seniors who hold CHAMPSS (Choosing Healthy Appetizing Meal Plan Solution for Seniors) cards have five more options in Topeka to use their cards for lunch and dinner. Hy-Vee that option should they choose to do so.

Kate Weibold, Dilons District Manager, is enthusiastic about offering the CHAMPSS program and says, "Dillons is both excited and honored to partner with JAAA to welcome CHAMPSS customers to our participating locations in Topeka. For Dilons, the program means so much more than just food."

The Spring 2017 issue of **Amazing Aging!**, the Jayhawk Area Agency of Aging, Inc.'s newsletter, will be included as a pull-out section in the May issue of **Kaw Valley Senior Monthly**, which is distributed throughout the Topeka and Lawrence area.

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