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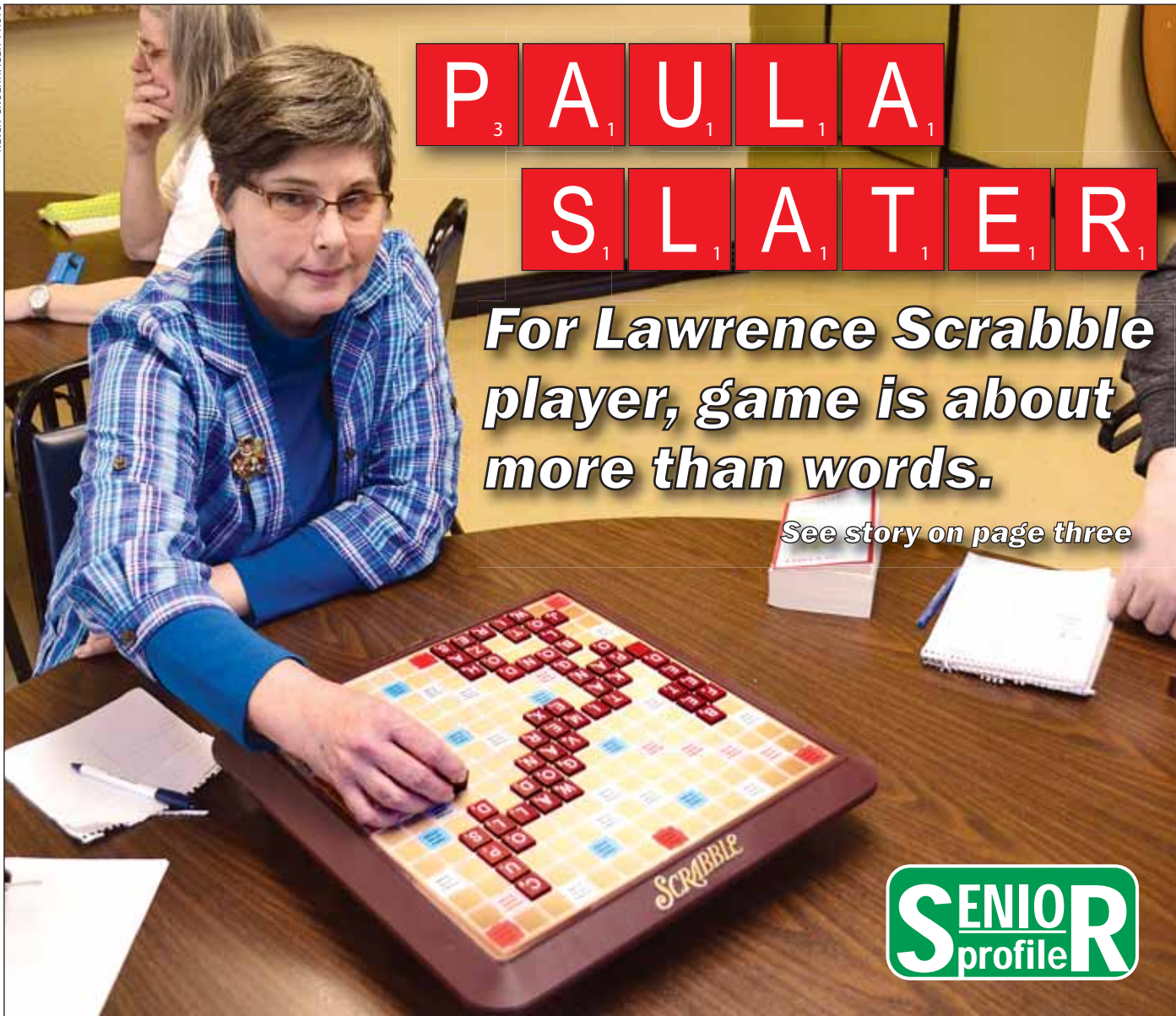
Vol. 17, No. 10

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KEVIN GROENHAGEN PHOTO



Bobby Jones, president of Professional Moving and Storage, has helped seniors downsize for more than 20 years. His advice can help a complicated process go more smoothly. - page 9



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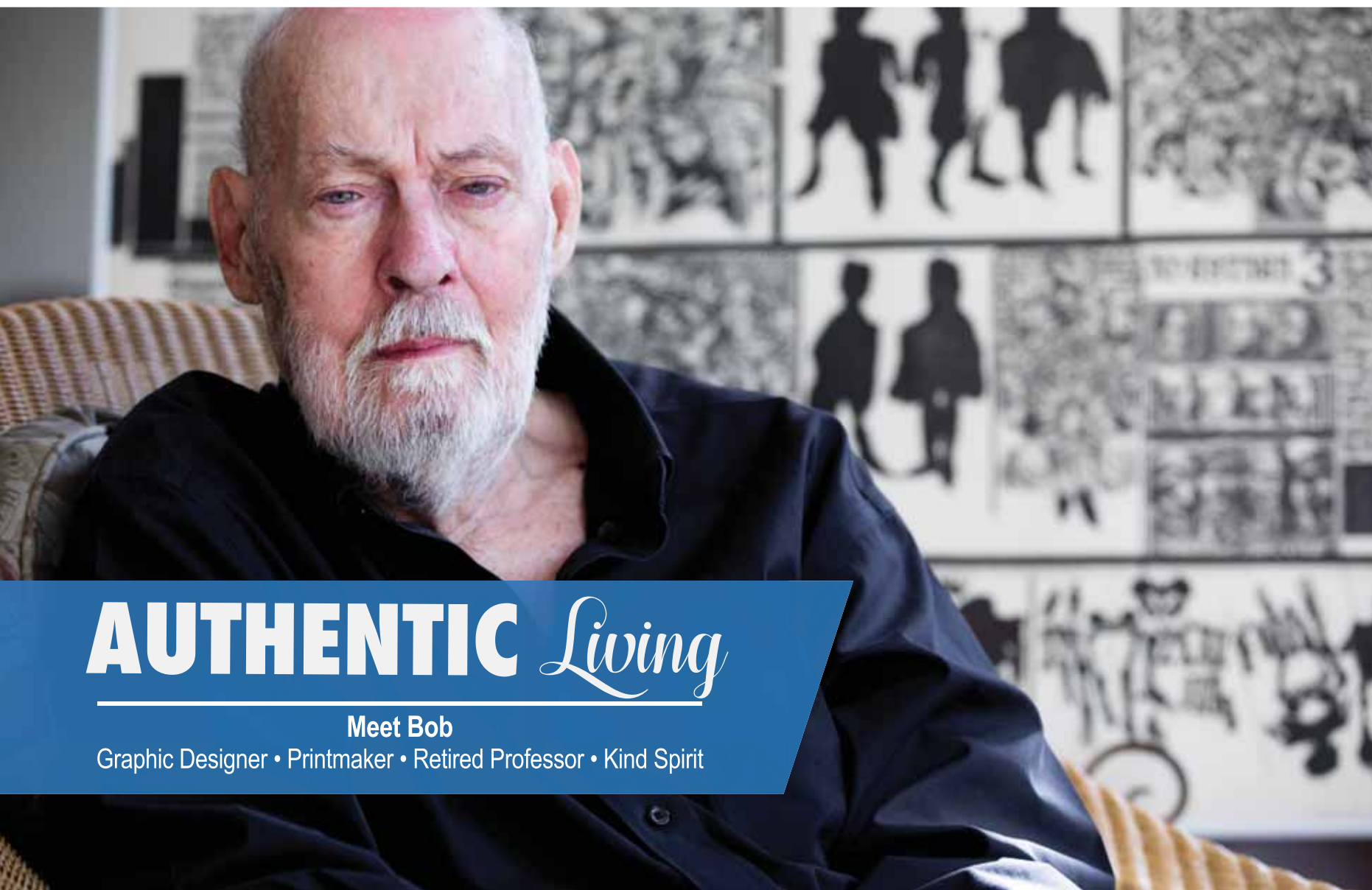
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# Scrabble players invite others to sit for a spell

By Kevin Groenhagen

Paula Slater was new to Lawrence and unfamiliar with the city four years ago. However, she soon found herself spending a good amount of time at the Douglas County Senior Center (now called the Senior Resource Center for Douglas County) at 745 Vermont Street in Lawrence.

"I started going to the senior center for yoga once a week," Slater said. "I also went to the senior center for help on filing my taxes properly in Kansas. Also, the Lawrence Public Library is right next door."

While at the senior center, Slater noticed Pete, who worked at the greeting desk, and Tom, a retired veteran, playing Scrabble, which is a word game in which two to four players score points by placing tiles bearing a single letter onto a board divided into a 15 x 15 grid of squares. The game includes 100 tiles, 98 of which are marked with a letter and a point value ranging from 1 to 10. The remaining two tiles are blank and can be used

in place of any other letter, although they have no point value. The board is marked with "premium" squares, which multiply the number of points awarded. At the beginning of the game, each player draws seven tiles from the bag and places them on his or her rack, concealed from the other player(s). When players place their tiles on the board, they draw tiles from the bag so they have seven tiles on their racks again. Playing all seven tiles is called a "Bingo." A "Bingo" gives a player 50 extra points.

Slater soon began playing Scrabble with Pete and Tom, and they invited others to join them.

"We initially played right in the entry area at the senior center," Slater said. "They had several tables there where people could sit and visit. Gradually, we grew to over 25 members and we moved over to the dining area. We would usually have 10 to 12 people playing. We always had three tables going with three or four players at each



Fred Thalheim (right) contemplates his next play as Paula Slater (left) visits with another player.

table."

In 2016, the Senior Resource Center for Douglas County moved to its tem-

porary location at the Peaslee Technical Training Center at 2920 Haskell

■ CONTINUED ON PAGE FOUR

**Kaw Valley Senior Monthly**

**Kevin L. Groenhagen**  
Editor and Publisher

*Kaw Valley Senior Monthly* is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 160 locations throughout the Lawrence-Topoka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$8.50 for 12 monthly issues.

**Contact us:**

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2612 Cranley St.  
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# Paula Slater

■ CONTINUED FROM PAGE THREE

Avenue while the building at 745 Vermont is undergoing major renovations. The group of Scrabble players, informally known as the Lawrence Scrabble Club (the group is not sanctioned by the North American Scrabble Players Association), initially began meeting at the Peaslee Technical Training Center, but later moved to Clinton Place at 2125 Clinton Parkway, where they meet from 1-4 p.m. every Monday. Sometimes they will play as late as 5 p.m.

“Lori Dalrymple, the manager at Babcock Place, invited us to play there, but there was a parking issue there,” Slater said. “So, she then said we could meet at Clinton Place.”

Babcock Place and Clinton Place are both properties managed by the Lawrence-Douglas County Housing Authority.

“We have been lucky to find a place that will accommodate us for free until

the Senior Resource Center reopens downtown,” Slater said. “Clinton Place will let us play there every Monday, including on holidays.”

The Lawrence Scrabble Club starts their meetings by drawing tiles to see who the partners will be and whether they will be playing at the “challenge” table or the “casual” table.

“I’ve gone to places where they have open card games and many of them already picked their own tables and partners beforehand,” Slater said. “They never had any variations. They were friendly, but that setup could make newcomers feel unwelcome.”

The challenge and casual tables have slightly different rules.

“We always have at least one challenge table, and at that table we play by the strict rules,” Slater said. “If you play a word and another player challenges that word, we look it up in the Scrabble dictionary. If that word is not acceptable, the player must take back the tiles and lose a turn. If it is an acceptable word, the challenger loses a turn. Sometimes a player plays a word

■ CONTINUED ON PAGE FIVE

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# Paula Slater

■ CONTINUED FROM PAGE FOUR

that another player knows is not an acceptable word but doesn't challenge because it might have opened a triple-word space. That's where the strategy comes in."

"At the casual table, we let partners help each other with words," she added. "At the challenge table we don't allow that. We also have cheat sheets at the casual table. The cheat sheets show all the two- and three-letter words that are acceptable in Scrabble. Most people have never heard of many of those words. For example, who has ever heard of the words 'qi' or 'za'? Those are two of the most common two-letter words that get big points."

According to the Scrabble dictionary, "qi" is "the vital force that in Chinese thought is inherent in all things," while "za" is "a pizza."

However, some two-letter words are not acceptable. One player used to get aggravated because "oz," as in "The Wizard of Oz," is not acceptable. The Scrabble dictionary doesn't accept it because it's a proper noun. Fortunately, it is rare for a player to get aggravated.

"Scrabble is a fun and sociable activity, but we enjoy the intellectual side, too," Slater said. "We always keep learning. Scrabble keeps your brain busy. We cover a lot of topics, so we learn about more than just words."

On the sociable side, the Lawrence Scrabble Club always has coffee available and someone will occasionally bring treats.

"We also have a weekend get together about twice a year," Slater said. "We had a Christmas party last December. Another time we got together on the weekend to have pizza. Sometimes we even go out for a snack after playing. We'll joke that the loser has to treat the winner. So, we enjoy some social time."

After playing on March 12, some of the 10 players went out for frozen custard.

Scrabble had its start in 1938 when Alfred Mosher Butts, a jobless architect during the Depression, created the game as a variation on an earlier word game he invented called Lexiko. He

initially called the new game "Criss-Crosswords" and manufactured a few sets himself. Reportedly, Butts' wife could literally beat the inventor of Scrabble at his own game. She once scored 234 points for "quixotic."

In 1948, James Brunot—one of the few owners of the original Criss-Crosswords game—bought the rights to manufacture the game in exchange for granting Butts a royalty on every unit sold. Brunot changed the name to Scrabble, which, incidentally is an

acceptable Scrabble word. It means "to claw or grope about frantically." Brunot and his family made 2,400 sets in 1949 but lost \$450. However, in 1952, Jack Straus, president of Macy's, played the game on vacation. When he returned from vacation, he was surprised to find his store did not carry the game. He placed a large order with Brunot. According to the *New York Times* in 1993, "Thirty-five workers hired to churn out 6,000 sets a week could not meet the demand. Finally, the

operation was turned over to Selchow & Righter, which had rejected the game years before." In its second year as a Selchow & Righter-built product, nearly four million sets were sold.

Selchow & Righter bought the trademark to Scrabble in 1972. In 1986, Coleco Industries, the toy company that made the Cabbage Patch dolls, bought Selchow & Righter. Coleco filed for bankruptcy in 1988 and Hasbro purchased the company's assets, including

■ CONTINUED ON PAGE SIX

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# Paula Slater

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Scrabble.

Today, Scrabble is found in three of every five American homes, ranging from a Junior edition to an Electronic Scoring edition with many versions in between, including standard, deluxe, and travel-sized games.

Like most Scrabble players, Slater has been playing the game since she was a teenager. However, the Lawrence Scrabble Club occasionally has players who are new to the game.

“When we invite people to play, so many say, ‘Well, I’m not very good at spelling,’” she said “The spelling part isn’t really that big of a deal. It’s more about learning strategy.”

According to Slater, the Lawrence Scrabble Club is a very nonjudgmental group. In fact, the group’s members come from very different places and backgrounds. One player was in entertainment in New York, another is a nurse, and another worked in electrical distribution. One player is a college professor who teaches chemistry, another has a farm and raises goats, and some worked with computers.

“No one has to worry about us thinking they’re an oddball we won’t accept,” Slater said. “We can relate to just about everybody.”

However, there is one feature most of the players have in common.

“Right now, our players are mostly retired because we have the freedom to play on a weekday afternoon,” Slater said. “However, we welcome anyone of any age. We like having young

people join us. We may start having some evening and/or weekend games so more people can join us.”

If someone would like to join the Lawrence Scrabble Club but can’t drive, Slater said there are transportation options.

“The Senior Resource Center and Independence Inc. can give them a ride for a few dollars if they set things up ahead of time,” she explained. “Some of us might also be able to pick up others. We have one member who can’t drive, so one of us will always pick her up and take her back home.”

Slater has been the main coordinator of the Lawrence Scrabble Club for over a year.

“My background is social work and I have always been an initiator in things involving people—and animals,” she said with a laugh.

Slater grew up in Atwood, Kansas, but spent 20 years in Florida before returning to Kansas.

“When I lived in Florida and people learned I was from Kansas, they would say things like ‘Where are your ruby slippers’ or ‘Where’s Toto?’” she said. “Now that I’m back in Kansas, people ask me why I left Florida. I came back to Kansas because I still have family around Kansas City and Wichita. But to tell the truth, I missed the seasons. I enjoy the seasonal changes. I fell in love with nature in Florida, but, now that I’m back in Kansas, I see all the beauty of the different trees and birds here, especially in Lawrence. People think Kansas is flat, but we have a lot of interesting hills.”

For more information about the Lawrence Scrabble Club, please call Slater at 785-505-0893.



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# Neuvant House of Lawrence adds intergenerational care

Neuvant House of Lawrence has announced the opening of its new After School Program for children on March 2. The Neuvant House After School Program makes Neuvant House the first assisted living facility to offer intergenerational care in the greater Lawrence, Kansas, area.

The program offers benefits to both Neuvant House residents and children by providing an opportunity for both to learn new skills and build relationships. Research has shown intergenerational care can lead to greater self-esteem and confidence in both seniors and children, as well as lead to better grades and a decreased likelihood of drug and alcohol abuse in teen years for kids.

Intergenerational care aids in cognitive stimulation, as well as broadens social circles while giving both seniors and children a greater sense of purpose.

The program, designed for elementary aged students, will run in conjunction with the Lawrence USD 497 nine-month school calendar. Transportation after school to Neuvant House will be provided along with after school snacks. Parents of children who are interested in enrolling in the program can contact Emily Hilding, administrator, at [admin@neuvanthouse.com](mailto:admin@neuvanthouse.com) or (785) 856-7900.

Neuvant House first opened in 2010 with the opening of Neuvant West, its memory care facility for people with Alzheimer's and dementia. In 2014 they added Neuvant East, assisted living designed for individuals needing physical care.

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# Professional Moving and Storage helps seniors downsize

By Billie David

There comes a time in the lives of many seniors when the idea of moving to a smaller place to avoid paying so much for rent and utilities, mowing the lawn, being overloaded with housework and maintenance, and even climbing the stairs becomes an increasingly attractive option.

The many arguments in favor of downsizing seem positive enough, but it's a complicated process that requires careful planning and employing the right kind of help.

That's because along with giving up a home that has a lifetime of memories, one of the most difficult problems with downsizing is the task of making decisions about what to do with all the years' worth of accumulated items, such as family heirlooms, mementos of special occasions, and collections of household items that are no longer needed now that the children have moved away. And all this stuff simply will not fit into a smaller place.

Because of all the decisions one must make, it is best to plan early instead of waiting until the last minute to put things into action.

"It's hard, especially if you don't have kids to help you go through it," said Bobby Jones, president of Professional Moving and Storage in Lawrence. "Lots of people try to take too much to a smaller place and it's crowded. It causes stress. If you plan beforehand, it can eliminate lots of problems."

Jones, who has been in the moving business for 22 years—18 of them with the same company—offered advice on how to make the transition go more smoothly.

"We have year-round employees who are used to working with this type of project," said Jones, who has helped

many area seniors through their own downsizing adventures.

Professional Moving and Storage's website also has information that can help you get started. It suggests that you start downsizing at least four months ahead of time.

Jones agrees. "I think it is important that you do a lot of preplanning," he said.


For example, it helps to decide beforehand what you do and do not want to move to the new place, what to sell, what to donate and what to throw

■ CONTINUED ON PAGE 10


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# Downsizing

■ CONTINUED FROM PAGE NINE

away. As for what needs to be stored for future generations, Professional Moving and Storage offers storage solutions for seniors who are making these decisions.

“We have been in the storage business for a long time, and we have a long history of working with senior citizens. We understand their needs, concerns, and the stress involved with the whole process,” Jones said.

To help with the storage needs that come with downsizing, Professional Moving and Storage built a new facility in 2006 that gives customers the choice of regular storage or climate-controlled storage, which is ideal for temperature-sensitive items such as pianos. It is also more pleasant to access.

“People who are in and out a lot like it because they are not freezing or sweating,” Jones explained.

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As for taking care of what is to be left behind, Jones also has some recommendations.

“Donating is better than disposal, and it is better to recycle as well,” he said, adding that there is some helpful information on his company’s website, such as packing tips and information on how to donate and recycle.

The website also has a checklist to help seniors stay organized and on target, ensuring that they don’t overlook essential tasks.

In addition, it has practical suggestions on sorting, packing, deciding what to pack and when, and tips

on disposing of things, giving items to people who want them and selling items of value by means of thrift shops, antique stores and garage sales.

“Or you can call or email me as well,” Jones said. “You can make an appointment for a free consultation, how much it will cost to move and how much space you will need for storage.”

Jones’s email address is [bjones@pmsmoving.com](mailto:bjones@pmsmoving.com), the company’s website is [www.pmsmoving.com](http://www.pmsmoving.com), and the phone number is 785-842-1115.

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**Dr. Marvel Williamson** (at podium), executive director of the Senior Resource Center for Douglas County, leads Senior Summit III at Pioneer Ridge Independent Living on March 22. Summit attendees considered what Williamson called the “senior tsunami” headed towards Douglas County and the strengths, weaknesses, opportunities, and threats regarding senior housing.

KEVIN GROENHAGEN PHOTOS



**Scott Schultz** prepares to cut the ribbon at Morningstar Care Homes' new office in Baldwin City on March 8. Left to right: Susan Kruger, Melissa Bryan, Mark Humphrey, Schultz, Grant Lambert, Tina Dick, Corey Dunn, and Sally Dunn. All but the Dunns work for Morningstar. The Dunns sold Morningstar the land for its new home, Morningstar Care Homes at Dunn's Vista, which is opening in June 2018 in Baldwin City. Dunn's Vista honors Raymond Dunn, a former Morningstar resident. He was Sally's husband and Corey's father.

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## HEALTH &amp; WELLNESS

# Five common medicinal plants for insomnia

Need help sleeping? Want to cure your insomnia? Consider medicinal plants. Research is very clear that getting a good night sleep is imperative for good health. Sleep improves our mental alertness, increases our immune system, removes toxins from the brain, improves mood, improves fatigue and energy and allows our body to secrete hormones



*Dr.  
Farhang  
Khosh*

that we need to function every day. Lack of sleep can have severe consequences on our health. The average adult needs six to eight hours of sleep every night. But current research may indicate that adults need more sleep, averaging around nine hours of sleep per night.

Our body has an internal clock called a circadian rhythm that helps to regulate our natural sleep/wake cycle. A regular sleep/wake cycle helps a person feel refreshed and able to handle the day-to-day functions. Melatonin is a hormone that is secreted by our brain that causes us to feel sleepy and helps us get a good night's sleep. Some people find a melatonin supplement beneficial for helping get a good night's sleep. In order to get a good night's sleep, also consider the sleeping environment. Is the bed or pillow comfortable? Is the room too hot or too cold? Is the noise level too high? Electronics in the bedroom? Also consider your diet. Are you eating too much sugar? Drinking too much coffee? Eating too close to bedtime? Identifying the root of your trouble sleeping is the key to overcoming it. Also consider the following five medicinal plants to help you fall asleep and treat your insomnia.

While sleeping pills can seem to be the perfect quick fix, many have undesirable side effects. Many people are surprised to know there are numerous medicinal plants for insomnia. Medicinal plants provide a better long-term sleep option, usually with little or no side effects.

Five common medicinal plants for insomnia or to help you improve your quality of sleep include Valerian, Passionflower, Lavender, Hops, and Chamomile.

Valerian is probably the most common medicinal plant used for insomnia. Research has found that it decreases the time it takes to fall asleep as well as improves the overall quality of sleep. Valerian is often used for calming a busy mind.

Passionflower is safe, gentle, and a relaxing medicinal plant for sleep. This medicinal plant is especially effective for those who wake frequently throughout the night.

Lavender is one of my favorite medicinal plants for calming and relaxing sleep. Lavender has been used for centuries, either by putting it on your pillow before sleeping or scenting bed sheets with essential oil of lavender. Lavender is a gentle and calming medicinal plant.

Hops have a long history of medical use as a fast-acting sedative. The strong bitter taste also acts on the digestive system.

Chamomile, a mild sedative, is a traditional medicinal plant that has been used for centuries to help with sleep. Chamomile can be found in tea form, capsules, tinctures, homeopathics, or in ointments.

When having trouble sleeping, consider the top five medicinal plants to help you with your insomnia. The reward will be 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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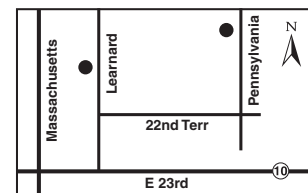
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## HEALTH &amp; WELLNESS

# The health benefits of water exercise

Are you looking for a way to jazz up your exercise routine or just to get started on an exercise program? Whatever your age or physical condition a water program can be tailored to your specific needs. You do not need



to know how to swim to exercise in water or put your head in the water. Pool exercise programs are done in the shallow end of a pool or in a pool that doesn't have a deep area.

Water exercise may be just what you are looking for to burn a few extra calories, take stress off your joints and have fun while doing it. Thanks to the natural resistance and buoyancy of water, you will get an invigorating workout that's low-impact and less painful. This makes exercising in water a good choice for those with arthritis, back problems, recovering after musculoskeletal surgery, pregnant women or seniors.

Let's look a little more closely at how exercising in the water can be advantageous.

Movement in the water is helpful for those with disabilities. People with arthritis or physical challenges can move muscles and joints without pain, injury or fear of falling. This can be empowering for those that are unable to exercise on land.

## Recover with Support

After a back, knee, hip, ankle injury or surgery the water's buoyancy will assist in supporting body weight. Reducing gravitational forces in the water will make it easier to stand, walk and do strength exercises while reducing pain and decreasing the risk of

injury to healing structures.

## Baby on Board

Pregnant women find water to be wonderfully relaxing. The buoyancy of the water counters the heaviness and lack of balance during pregnancy. Strengthening arms, legs and lower back is vital in preparing for the upcoming bending, lifting and carrying required in the care for the new little one.

## Senior Wellness

Seniors will benefit psychologically and physically from water exercise. Exercise can counter the stiffening and slowing down that comes with age. It is often difficult to take long strides, jump or hop due to physical aging.

In the water people have less fear of falling, feel less inhibited and learn to trust their own improved reflexes. Increased confidence in water builds increased confidence on land. Seniors who exercise are more likely to go out and do things for themselves.

## Water Running

Finally, suppose a person wants to strengthen leg muscles, increase endurance and improve aerobic function. Why not try water running? Never mind how far or fast you go, just run in the water for half the time you would run on land. You will find your legs will get stronger, your heart will work more efficiently and best of all you won't end up with sore knees or feet from pounding the pavement.

## Fun Physics: Why Water Exercise Works

The human body is less dense than water and so we can float in water.



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

Water offers greater resistance against body movement than air, so muscles get a workout in the water. Yet there is little strain on the muscles and joints because that same resistance slows down movement and lessens the effect of gravity. Muscles move, stretch and build without bearing as much weight as they would on land.

**1. Being in water is like being in an atmosphere with very little gravity.** Think about scuba divers wearing weight belts to balance the buoyancy of the water. We can leap, stride and hop much further in water than we can on land.

**2. Motion in the water is slower than motion on the land.** Think again about the scuba diver's slow, graceful movements. The motions performed in water are smooth and there is less risk of sudden jolting movements that can cause muscle strain or injury.

**3. The viscosity of the water offers greater resistance to muscle movement than air.** The water is resisting the forward motion of the body. Overcoming this resistance builds strength and endurance while minimizing strains to the muscle.

**4. The water's hydrostatic pressure**

**decreases swelling in joints that often results after an injury or with many arthritic disorders.**

The water pressure also improves joint position and body awareness. The hydrostatic water pressure actually is pushing down on your body producing forces perpendicular to the body's surface. This pressure provides positional awareness to better sense where a foot or hand is while in the water.

**5. The warmth of the water can be very relaxing.** Exercising in warm water, about 87 degrees, relaxes muscles, increases blood flow and reduces overall stiffness.

## Some folks are not candidates for water exercise.

People with open wounds or with bowel/bladder incontinence are not candidates for water exercise. Those with heart disease should get clearance from their physician prior to starting water exercise.

- *Becky McClure PT, MOMT is a physical therapist at Lawrence Memorial Hospital; and a specialist in manual therapy, orthopedic therapy and aquatic therapy.*



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# MAYO CLINIC

## Untreated RLS can make it difficult to get a good night's sleep

**DEAR MAYO CLINIC:** Once or twice a week my legs feel “jumpy,” to the point that I can’t fall asleep. Is this normal, or could it be restless legs syndrome? Does having restless legs syndrome usually mean that something else is wrong?

**ANSWER:** If the sensation in your legs is making it hard for you to fall asleep, and it’s happening on a regular basis, you may have restless legs syndrome, or RLS. You may hear it called Willis Ekbom disease, too, based on the names of the physicians who first described this condition. RLS doesn’t lead to other health problems. But it can make it difficult to get a good night’s sleep. See your doctor to have your condition evaluated. Treatments are available that can often reduce or even eliminate RLS.

Restless legs syndrome is characterized by an unpleasant or uncomfortable urge to move your legs. Some people describe it as a crawling, pulling or burning sensation in the thighs, calves or feet. The sensation is temporarily relieved when you get up and move around or when you shift or stretch your legs. RLS symptoms typically begin in the evening or at night after you have been sitting or lying down for some time.

Many people have mild leg twitches as they drift off to sleep. Called hypnic

starts, they are a normal part of falling asleep and are not associated with restless legs syndrome. RLS is much more uncomfortable and often makes it hard to get to sleep and stay asleep. Sometimes muscle and ligament strain can be misinterpreted as RLS. Usually, however, a strain is relieved by rest whereas RLS gets worse when you keep your limbs still.

Doctors can usually diagnose RLS based on your symptoms. Symptoms can start as early as five to six years of age. Attention deficit hyperactivity disorder may co-exist in about 30 per cent of children with RLS. Sleep studies are not necessary unless the patient is a child who is unable to describe the symptoms accurately.

Treatment for RLS focuses on relieving the symptoms. A number of steps you can take at home may help. Taking a warm bath, massaging your legs, and applying warm or cool packs can all be useful in calming RLS. Stretching, followed by exercise at a moderate level on a regular basis, and establishing good sleep habits can also make a difference. Caffeine, alcohol and tobacco may trigger RLS symptoms or make them worse. Try cutting back on these substances to see whether that decreases your symptoms.

Your diet may have an effect on RLS. Research shows that too little

iron in your diet can contribute to restless legs syndrome. If your doctor suspects this may be the case for you, he or she will likely check your blood-iron level. If it is low, eating more iron-rich foods can help. Examples include red meat, dark green leafy vegetables, beans and iron-fortified breads, cereals and pastas. Your doctor might also recommend you take an iron supplement.

If lifestyle changes are not enough, your doctor may prescribe medication to reduce leg restlessness. Medications that have been shown to be helpful for RLS include several that affect a chemical in your brain called dopamine. Dopamine’s job is to send messages from your brain to your body that control muscle movement. Researchers suspect that RLS may be linked to insufficient activity of dopamine in the nervous system.

Oral iron is generally the first treatment of choice for children with RLS. Certain medications used to treat pain conditions, such as gabapentin, may

also effectively treat childhood RLS. Use of dopamine agonist drugs, such as ropinirole, pramipexole or rotigotine, may be considered when oral iron and gabapentin have not proven effective.

Be aware that certain medications can make RLS symptoms worse, including over-the-counter sleep aids that contain diphenhydramine, selective serotonin reuptake inhibitors and anti-nausea drugs. Review your current medications with your doctor. He or she may recommend substitutes, as needed, to help manage RLS. - Suresh Kotagal, M.D., Center for Sleep Medicine, Mayo Clinic, Rochester, Minn.

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

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This project was supported, in part by grant number 90MP0087, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, represent official Administration for Community Living policy.



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## JILL ON MONEY

# Lessons from Buffett's annual shareholder letter

Warren Buffett recently released the 2017 Berkshire Hathaway shareholder letter. The letter serves as an annual missive that is part performance review and part market wisdom, often with a healthy dose of humor.

So what can ordinary investors learn



Jill  
Schlesinger

from the 87 year-old Oracle of Omaha? In this year's letter, Buffett cautioned against assuming too much debt—specifically, he discussed why Berkshire Hathaway makes investments with equity, not borrowed money.

He noted that while debt can improve returns, he sleeps easier at night this way.

“It is insane to risk what you have ... in order to obtain what you don't need.”

He also reminded us not to act so that we feel like we're doing something. Instead: “Stick with big, ‘easy’ decisions and eschew activity.”

Finally, he noted, “Though markets are generally rational, they occasion-

ally do crazy things.”

Here are a few more Buffett quotes, all of which are great lessons for investors, large and small.

“It is not necessary to do extraordinary things to get extraordinary results.” In 2013, Buffett advised the trustees of his estate to “Put 10 percent of the cash in short-term government bonds and 90 percent in a very low-cost S&P 500 index fund. ... I believe the trust's long-term results from this policy will be superior to those attained by most investors... who employ high-fee managers.”

Buffett has long held that investors are better off with low-cost index funds than paying higher fees to managers, especially hedge fund managers. At the end of last year, Buffett claimed victory over Ted Seides, in “The Million-Dollar Bet.” That was a 2007 wager in which Buffett challenged any active manager to beat the S&P 500 index with a portfolio of hedge funds.

The only taker was Seides, who was the founder of asset manager Protégé Partners LLC, where he served as president and co-chief investment officer. Buffett didn't just win—he killed it.

The average annual gain for the index fund over 10 years was 8.5 percent. The five funds of hedge funds selected by asset manager Protégé Partners

reported average annual gains between 0.3 percent and 6.5 percent. One of the funds was liquidated last year.

As Buffett aptly noted, “When trillions of dollars are managed by Wall Streeters charging high fees, it will usually be the managers who reap outsized profits, not the clients.”

“Over the long term, the stock market news will be good.” In October 2008, amid the worst financial crisis in a generation, Buffett wrote an op-ed, urging investors to maintain the faith.

He underscored an important point: “I can't predict the short-term movements of the stock market. I haven't the faintest idea as to whether stocks will be higher or lower a month—or a year—from now. What is likely, however, is that the market will move higher, perhaps substantially so, well before either sentiment or the economy turns up.”

Remember that sentiment the next time you are tempted to time the market's next move.

“Successful investing takes time, discipline and patience. No matter how great the talent or effort, some things

just take time: You can't produce a baby in one month by getting nine women pregnant.” There are some who question why Berkshire is sitting atop \$100 billion in short term government bonds right now. I think this quote provides more insight.

Buffett is the consummate disciplined investor. Although it has been more than two years since his last big purchase, he adheres to strict guidelines that inform his search. Perhaps the most important of which is that the opportunity must be available at “a sensible purchase price.” Otherwise, he is content to be patient.

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

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# 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

### APR 14

#### 2018 BENEFIT ART AUCTION

Established by artists in 1981 as a way to fund a not-for-profit gallery, the Lawrence Arts Center Annual Benefit 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. Bidding on auction works is an opportunity to support exhibitions at the Lawrence Arts Center – all proceeds from sales go toward continuing to support the program. Lawrence Arts Center, 940 New

Hampshire St., 5:30 p.m. Fee.

LAWRENCE, 785-843-2787

lawrenceartscenter.org/event/2018-benefit-art-auction

### APR 19

#### ART SHOW & COCKTAIL HOUR: ARTISTIC EXPRESSIONS HEALING ARTS INITIATIVE

Visit the Historic Harley-Davidson and the Evel Knievel Museum to learn how your support for the arts can help Veterans in our community. Enjoy appetizers from Merchants Pub & Plate, drinks, and a private tour of the Evel Knievel Museum. All proceeds raised will help sustain the Artistic Expressions Healing Arts Initiative. Evel Knievel Museum, 2047 SW Topeka Boulevard, 7-9 p.m. Fee.

TOPEKA, 785-234-6174

artistic.bpt.me

## BINGO

### SUNDAYS & TUESDAYS

#### AMERICAN LEGION POST NO. 1

3800 SE Michigan Ave, 6:30 p.m.

TOPEKA, 785-267-1923

### 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

### THURSDAYS

#### BEHIND THE BRICKS: WATKINS

#### MUSEUM TOURS

Every Thursday, Watkins volunteer Michele

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

### 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

freestatebrewing.com

### APR 25

#### UNIQUELY KANSAS CITY

History, geography and people all help make Kansas City unique. Our day will take a closer look at three stops—the Steamboat Arabia Museum, City Market and Bird's Botanicals. You may register for the class at any Lawrence recreation center, or on-line at www.lprd.org. For more information please contact Gayle Sigurdson, Lifelong Recreation programmer, at 785-832-7909.

LAWRENCE

## 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

themerccoop/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

### 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 2

#### 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, Marvin Auditorium 101C, 1515 SW 10th Ave., 1-3 p.m.

TOPEKA, 785-580-4400

### APR 3-MAY 15

#### HITCHCOCK FILM STUDY - TUESDAYS

Alfred Hitchcock mastered multiple genres, innovative filmmaking and pioneer techniques across the span of six decades. The class will introduce the signature characteristics of Hitchcock style then identify examples in his films. Beginning with British silent films where these are first developed, then highlight as he evolved, experimented, and mastered in his peak years. Like detectives solving our own mystery, we as a class will look for the clues. In the end, we will see how all of these Hitchcock touches come together to paint a picture of the Master of Suspense. Class code: 227449-A. Fee. Registration is required. You may register for the class at any Lawrence recreation center, or on-line at www.lprd.org. For more information, please contact Gayle Sigurdson, Lifelong Recreation programmer. Pioneer Ridge Theater Room, 4851 Harvard Rd.

LAWRENCE, 785-832-7909

### APR 5

#### AMERICA'S RESPONSE TO THE HOLOCAUST

Ft. Leavenworth series. The U.S. has a proud tradition of serving as a haven for Europe's cast offs — yet immediately before and throughout World War II, America shut its doors to refugees fleeing the oppression of the Nazis. No group suffered more from this than Europe's Jews. David Cotter analyzes the ideological battle between isolationists and internationalists in the U.S. by assessing how President Franklin D. Roosevelt managed competing factions within his administration. The talk will provide an intriguing look at the ambivalence of America's response to the Holocaust. Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free.

LAWRENCE, 785-864-4900

doleinstitute.org

### APR 6, 13, 20 & 27

#### ADVENTURES IN LEARNING

Spring Adventures in Learning session at the Shepherd's Center of Topeka begins April 6 and runs for four consecutive Fridays, 9-11:30 a.m. Each Friday enjoy two classes from the eight offered and refreshments. Class choices are offered in health, religion, news and current events, people and places, community, the arts, library wisdom, potpourri (classes that may not fit one of the regular categories), or a "back by popular demand" speaker. For more informa-



■ CONTINUED FROM PAGE 18

tion, call or visit website.  
TOPEKA, 785-249-3258  
shepherdscentertopeka.org

APR 9

### HEALTHWISE SENIOR SUPPER

Stormont Vail Ophthalmologist Dr. Babak Marefat will answer questions about eye health in his talk "Protect Your Eyesight: Understanding Eye Health" at the monthly Stormont Vail HealthWise Senior Supper from 5:15 to 6:30 p.m. \$5 per person for the meal. Reservations required by Wednesday, April 4. Register online at <https://stormontvail.asapconnected.com/> or please call.

TOPEKA, 785-354-5225

APR 10

### SENIOR SUPPER AND SEMINAR

This month's topic: "Are you Hip?" Presented by Richard Wendt, MD. On the second Tuesday of each month, 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 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).

LAWRENCE, 785-505-5800, [lmh.org](http://lmh.org)

APR 10

### MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, April 10, at 2 p.m. Learn the basics of Medicare and all its options.

Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Heart Center at 929 SW Mulvane. For information call 785-270-4593, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at [info@century-health.com](mailto:info@century-health.com). Light snacks and beverages provided.

TOPEKA

APR 11

### HOW TO SIGN UP FOR MEDICARE PART D

Learn how to use the Medicare.gov website and plan finder to help you make an informed decision regarding your Medicare Part D drug coverage every year. Registration is required at [tscpl.org/register](http://tscpl.org/register). Topeka & Shawnee County Public Library, Computer Training Center, 1515 SW 10th Ave., 9:30-11 a.m.

TOPEKA, 785-580-4400

APR 14

### RESEARCHING ANCESTORS FROM SCOTLAND AND IRELAND

Led by genealogy experts Richard and Alisa Branham. Researching ancestry from these countries can be very challenging, so let us help you by sharing what we've already learned. This will be our last class of the 2017-18 season.

Watkins Museum of History, 1047 Massachusetts St., 10 a.m. Fee.

LAWRENCE, 785-841-4109

[watkinsmuseum.org/genclasses.php](http://watkinsmuseum.org/genclasses.php)

APR 14

### HOW OLD IS THAT TREE?

We'll seek to answer that question and explore its complications, as we view some old trees in Lawrence. As always, there will be tree stories to tell! Class Code: 227461-A. Fee. 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. Meet at Holcom Recreation Center, 10 a.m.-12:30 p.m.

LAWRENCE, 785-832-7909

APR 15

### DOLE LECTURE: AMBASSADOR VLORA ÇITAKU

The first sitting ambassador to visit the Dole Institute, Çitaku will discuss her career in international diplomacy and her work on behalf of the young Republic of Kosovo. Once a child refugee during the Kosovo War in 1999, Çitaku has served in the Kosovo General Assembly and as the nation's deputy foreign minister, acting foreign minister and consul general of the Republic of Kosovo's mission in New York City. Dole Institute of Politics, 2350 Petefish Dr., 4 p.m. Free.

LAWRENCE, 785-864-4900

[doleinstitute.org](http://doleinstitute.org)

APR 17

### BLOOD PRESSURE BASICS (RESCHEDULED FROM JANUARY)

Recently, the guidelines for what constitutes high blood pressure have changed. Learn about these updates, as well as lifestyle recommendations to help with hypertension. Free but advance enrollment is required due to space limitations. Lawrence Memorial Hospital, 6-7:30 p.m.

LAWRENCE, 785-505-5800, [lmh.org](http://lmh.org)

APR 17

### 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. Register with the Senior Resource Center (842-0543) or Lawrence Parks & Recreation (832-7920).

LAWRENCE

APR 18

### KNOW YOUR RESISTANCE: PREDIABETES EDUCATION CLASS

A free class for those at risk for or who have been diagnosed with prediabetes, metabolic syndrome, insulin resistance or impaired glucose tolerance. Topics include nutrition, exercise and medication management. Lawrence Memorial Hospital, 6 p.m.

LAWRENCE, 785-505-5800, [lmh.org](http://lmh.org)

■ CONTINUED ON PAGE 20

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■ CONTINUED FROM PAGE 19

APR 19

**THE INVENTION OF NATURE: ALEXANDER VON HUMBOLDT'S NEW WORLD**

Historian Andrea Wulf will bring Alexander von Humboldt and his achievements back into focus: his daring expeditions and investigation of wild environments around the world and his discoveries of similarities between climate and vegetation zones on different continents. The Commons at Spooner Hall, Kansas University, 7:30 p.m. Free. LAWRENCE

APR 19

**LANDSCAPING WITH NATIVE PLANTS**

Join Grassland Heritage Foundation for the second workshop in our 2018 Native Plant Gardening Workshop Series. The workshop will feature Patti Ragsdale, owner of Happy Apple's Farm. Patti became fascinated by native plants while studying wildlife management at MU and began using them in all her gardens. She's been growing, selling, and planting display gardens that highlight their use in home landscapes since 2014. Carnegie Building, 200 W. 9th St., 7 p.m. RSVPs are encouraged. LAWRENCE, 785-840-8104  
grasslandheritage.com

APR 19 &amp; 20

**AARP DRIVER SAFETY CLASS**

The AARP Driver Safety refresher class has helped millions of drivers age 50+ sharpen their skills and drive safely on today's roads. Senior Resource Center for Douglas County, Lawrence Public Library, 10 a.m.-3 p.m. each day. Fee. Russ T. Hutchins, Instructor. Call 785-312-4627 or email russ724@gmail.com. LAWRENCE

APR 23-MAY 14

**BOOK CLUB PLUS - MONDAYS**

Join us as we read *With You Always* by Jody Hedlund. The story looks at a little known piece of the Orphan Train movement, which sent skilled women workers to burgeoning towns out west. Staff from the Watkins Museum, National Orphan Train Museum and Lawrence Public Library will facilitate the weekly meetings. Author Jody Hedlund will join the group (via Skype) on the final night to guide discussion about the book and her research. Please note that class size is limited and early registration encouraged. Co-sponsored by Lawrence Public Library and Watkins Community Museum. Class code 127448-A. Fee. 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. Carnegie Building, 200 W. 9th St., 6:30-7:30 p.m. LAWRENCE, 785-832-7909

APR 23

**14 MISTAKES NOT TO MAKE WITH YOUR WILL**

Nancy Goodall, JD, LLM, CTFA from Core-First Bank & Trust will explain why you should have a will, what should be included, and what mistakes to avoid. She will also discuss common misconceptions concerning wills and probate. Topeka & Shawnee County Public Library, Marvin Auditorium 101C. 2:30-2 p.m. TOPEKA, 785-580-4400

APR 25

**"POLITICS AND THE MEDIA" WITH KU ALUMNI PULITZER PRIZE WINNERS**

Join KU alumni Pulitzer Prize winners Patricia Gaston, Kevin Helliker, and JB Forbes in the discussion of the relationship between the media and politics in today's society. This event is free and open to the public. The University of Kansas, 1445 Jayhawk Blvd., 3139 Wescoe Hall, 4 p.m. LAWRENCE

APR 30

**LIVING WILLS & ESTATE PLANNING**

Learn about advance directives and estate planning basics from 12:30-1 p.m. If you are age 60 or older, meet with Kansas Legal Services staff to draft documents such as powers of attorney and living wills for free from 1-4 p.m. Topeka & Shawnee County Public Library, Marvin Auditorium 101C. TOPEKA, 785-580-4400

MAY 5

**FOSSIL FIELD TRIP**

Visit a 300 million year old marine site near Lawrence where everyone will find marine fossils to add to, or start, a collection. Learn about the diverse fauna and why it fossilized and was concentrated in this locality during the Pennsylvanian Period. The site requires only a short walk. Sturdy footwear, a hammer and durable collection bag are recommended. Class Code: 227436-A. Fee. 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, at 785-832-7909. Meet at East Lawrence Center, 9 a.m.-12 p.m. LAWRENCE

**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, [lawrencesession.com](http://lawrencesession.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

SATURDAYS

**COMMUNITY JAM**

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

APR 6

**STORY SLAM: CULTURE SHOCK**

Stories told live, MOTH-style, the second Friday of each month. Never the same story, or evening, twice. Adults, 18+ only. Live music & social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. April's theme: Culture Shock. Lawrence Arts Center, 940 New Hampshire St. Free. LAWRENCE, 785-843-2787  
[lawrenceartscenter.org/event](http://lawrenceartscenter.org/event)

APR 8

**JOHN MCCUTCHEON, FOLK SINGER & INSTRUMENTALIST**

John McCutcheon has emerged as one of our most respected and loved folk singers. As an instrumentalist, he is a master of a dozen different traditional instruments, most notably the rare and beautiful hammer dulcimer. His songwriting has been hailed by critics and singers around the globe. His 30 recordings have garnered every imaginable honor, including seven Grammy nominations. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787  
[lied.ku.edu/calendar](http://lied.ku.edu/calendar)

APR 12

**A CELEBRATION OF EXCELLENCE**

The United States Air Force Academy Band from Colorado Springs presents "A Celebration of Excellence." This family-friendly event will feature the Concert Band in a program that highlights musical diversity and represents the excellence of our men and women in uniform. Lied Center of Kansas, 1600 Stewart Drive, 7 p.m. Fee. LAWRENCE, 785-864-2787  
[lied.ku.edu/calendar](http://lied.ku.edu/calendar)

APR 17

**HYPNOTIC BRASS ENSEMBLE**

Hypnotic Brass Ensemble consists of seven brothers from the South Side of Chicago who come from an extraordinary musical family. The band freely mixes the brass band tradition with generous doses of hip-hop, soul and funk, creating an intoxicating and boisterous blend that is just barely contained on their newest release *Fly: The Customs Prelude*. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787  
[lied.ku.edu/calendar](http://lied.ku.edu/calendar)

APR 20, 21, 22\*, 26, 27, 28, 29\*

**THE GLASS MENAGERIE**

A poignant and poetic exploration of the human heart as a single mother strives to secure a future for her two grown children—a crippledly shy daughter who escapes into a world of glass, and an aspiring writer son who dreams of a bigger world. Theatre Lawrence, 4660 Bauer

Farm Drive, 7:30 p.m. \*Indicates a 2:30 p.m. performance. Fee. LAWRENCE, 785-843-7469  
[theatrelawrence.com](http://theatrelawrence.com)

APR 20

**PANTS!**

The Lawrence Chapter of the Pantomime and Nontraditional Theatre Society present 30 plays in 60 minutes or less. Lawrence Arts Center, 940 New Hampshire, 7 p.m. Fee. LAWRENCE, 785-843-2787  
[lawrenceartscenter.org/event/pants](http://lawrenceartscenter.org/event/pants)

APR 20

**RODGERS + HAMMERSTEIN'S CINDERELLA**

Rodgers + Hammerstein's CINDERELLA is the Tony Award-winning Broadway musical from the creators of *The Sound of Music* and *South Pacific* that's delighting audiences with its contemporary take on the classic tale. This lush production features an incredible orchestra, jaw-dropping transformations and all the moments you love — the pumpkin, the glass slipper, the masked ball and more — plus some surprising new twists! McCain Auditorium, 1501 Goldstein Circle, 207 McCain Auditorium, Kansas State University, 7:30 p.m. Fee. MANHATTAN, 785-532-6428  
[k-state.edu/mccain/events](http://k-state.edu/mccain/events)

APR 21 &amp; 22

**ROMEO & JULIET**

Experience the tragic love story of this quintessential ballet, set to Prokofiev's timeless and romantic score. With breathtaking choreography, you will not want to miss this classic! Topeka Performing Arts Center, 214 SE 8th Avenue. Experience the tragic love story of this quintessential ballet, set to Prokofiev's timeless and romantic score. With breathtaking choreography, you will not want to miss this classic! April 21 at 8 p.m., April 22, 3 p.m. Fee. TOPEKA, 785-272-5991  
[balletmidwest.net/index.php/performances/springballet](http://balletmidwest.net/index.php/performances/springballet)

APR 26

**AN EVENING WITH DAVID SEDARIS**

With sardonic wit and incisive social critiques, David Sedaris has become one of America's pre-eminent humor writers. The great skill with which he slices through cultural euphemisms and political correctness proves that Sedaris is a master of satire and one of the most observant writers addressing the human condition today. McCain Auditorium, 1501 Goldstein Circle, 207 McCain Auditorium, Kansas State University, 7:30 p.m. Fee. MANHATTAN, 785-532-6428  
[k-state.edu/mccain/events](http://k-state.edu/mccain/events)

APR 27

**OLATE DOGS**

Richard Olate grew up in a very poor family of 22 children in Chile, South America. There were many times when they would not have enough to eat for days at a time. His story is not a sad one though. At age 12, he rescued a dog from the street. He loved the dog and found that he had a talent for training. There are many dogs roaming the streets in Chile, so guess what, he put together a routine and, with



■ CONTINUED FROM PAGE 20

his mother's help, booked his act at schools and small circuses. Lied Center of Kansas, 1600 Stewart Drive, 7 p.m. Fee. LAWRENCE, 785-864-2787. [lied.ku.edu/calendar](http://lied.ku.edu/calendar)

APR 29

### KENNY G

In a recording career that spans almost three decades and 23 albums, Grammy Award-winning saxophonist Kenny G has grafted elements of R&B, pop and Latin to a jazz foundation solidifying his reputation as the premiere artist in contemporary jazz. McCain Auditorium, 1501 Goldstein Circle, 207 McCain Auditorium, Kansas State University, 7:30 p.m. Fee. MANHATTAN, 785-532-6428. [k-state.edu/mccain/events](http://k-state.edu/mccain/events)

## EXHIBITS/SHOWS

APR 7 & 8

### KAW VALLEY QUILTERS GUILD QUILT SHOW

Come see over 100 quilts, mini quilt auction, featured speaker Leslie Campbell speaks at 11 a.m. and 1 p.m. Vendors, demonstrations, quilt appraisals, bake sale. This show's theme is "Quilting is my Super Power!" Crown Toyota, 3430 Iowa St., 9 a.m.-5 p.m. LAWRENCE, 785-550-5882. [kawvalleyquiltersguild.org](http://kawvalleyquiltersguild.org)

## FAIRS/FESTIVALS

APR 8

### TULIP TIME FESTIVAL DAY AT THE LAKE

In partnership with Visit Topeka, the Tulip Time Festival Day at the Lake is a fundraiser for the Ted Ensley Gardens. Car Show, Food Trucks, vendors and live performances. 3720 SE Yacht Court, 8 a.m.-3 p.m. \$5 suggested donation per person over age 5. TOPEKA, [visittopeka.com/tuliptime](http://visittopeka.com/tuliptime)

APR 28

### ROAR & POUR WINE FEST

The 2nd annual Roar & Pour Wine Fest features a variety of wine tastings from local, national, and international wineries. Enjoy live music from Funk Syndicate and delight in animal/artist collaborations with Amused. Local food vendors provide appetizer and dessert samplings. A limited number of VIP tickets include early entry to a 5 p.m. VIP Reception, featuring dinner and exclusive tastings from Crooked Post Vineyard & Winery. Topeka Zoo, 635 SW Gage Blvd., 6-10 p.m. Fee. TOPEKA, 785-368-9180. [cityspin.com/northeastkansas/e/roar-pour-wine-fest](http://cityspin.com/northeastkansas/e/roar-pour-wine-fest)

## FARMERS' MARKETS

APR 14-NOV 17

### LAWRENCE FARMERS' MARKET - SATURDAYS

As Kansas' oldest and largest producer market, the Lawrence Farmers' Market offers a festive, bustling atmosphere with the freshest, healthiest food produced within 50 miles of Lawrence. 824

New Hampshire St. April 14-August 25, 7-11 a.m., September 1-November 17, 8 a.m.-noon. LAWRENCE, [lawrencefarmersmarket.org](http://lawrencefarmersmarket.org)

MAY 8-OCT 23

### LAWRENCE FARMERS' MARKET - TUESDAYS

As Kansas' oldest and largest producer market, the Lawrence Farmers' Market offers a festive, bustling atmosphere with the freshest, healthiest food produced within 50 miles of Lawrence. Parking Garage by Lawrence Public Library, 707 Vermont St., 4-6 p.m. LAWRENCE, [lawrencefarmersmarket.org](http://lawrencefarmersmarket.org)

## HEALTH & FITNESS

ONGOING

### PERSONAL TRAINING

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

ONGOING

### HEALTHY STEPS MALL WALKING

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

ONGOING

### FREE MEMORY SCREENING CLINIC

Schedule a free, confidential memory screening at the Cotton O'Neil Clinical Research Center. The screening takes about 20 minutes. You will receive a copy of your results and they can be made available to your physician. By appointment Monday-Friday, 9 a.m.-3 p.m. TOPEKA, 785-368-0744

ONGOING

### WELLNESS COACHING

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

MONDAYS, WEDNESDAYS, & FRIDAYS

### SENIOR EXERCISES

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

FIRST TUESDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TUESDAYS

### FREE BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

### JAZZERCISE LITE

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

TUESDAYS AND THURSDAYS

### HEALTHWISE EXERCISE CLASS

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

TUESDAYS AND THURSDAYS

### FLEXERCISE

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

TUESDAYS AND THURSDAYS

### FREE BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS

### VACCINE CLINICS

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

WEDNESDAYS

### OPEN BOCCIE 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



■ CONTINUED FROM PAGE 21

## 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 3

**HEALTHY STEPS CELEBRATION**

Join us at the monthly Healthy Steps Celebration at West Ridge Mall, 1801 S.W. Wanamaker. 9 to 10 a.m. at the lower level center court. Free blood pressure screenings, snacks and goodies, and prize drawings are included. Come hear Susan Bullock, executive director of Homestead Assisted Living, discuss aging issues. Free and open to all.

TOPEKA

## APR 11

**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 area outside the LMH Gift Shop), 325 Maine St., 8-9:30 a.m.

LAWRENCE, 785-505-5800, lmh.org

## APR 14

**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 Performance and Wellness Center, Suite 100, Sports Pavilion of Lawrence, 100 Rock Chalk Lane, 8-9:30 a.m.

LAWRENCE, 785-505-5800, lmh.org

**LAWRENCE PUBLIC LIBRARY BOOKMOBILE**

## MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m.

Presbyterian Manor, 1429 Kasold Dr., Lawrence, 10:30-11:30 a.m.

Vermont Towers, 1101 Vermont St., Lawrence, 1-2 p.m.

## WEDNESDAYS

Brandon Woods, 1501 Inverness Dr., Lawrence, 9-10 a.m.

Arbor Court, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m.

Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.

## FRIDAYS

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.

Wyndam Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.

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

**MEETINGS**

## 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

OrthoKansasPA.com

## 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.

## FIRST &amp; THIRD MONDAY OF THE MONTH

**BEREAVEMENT SUPPORT GROUP**

LAWRENCE SENIOR CENTER

2:15-3:45 PM, 785-842-0543

## FIRST &amp; 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 the Senior Resource Center for Douglas County, 2920 Haskell Ave., 2:15-3:45 p.m.

LAWRENCE, 785-842-0543

## EVERY TUESDAY THROUGH FRIDAY

**MEN'S COFFEE**

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

LAWRENCE, 785-749-2000

## TUESDAYS

**GRIEF SUPPORT GROUP**

Center for Hope and Healing, 1112 SW 6th St., 5:30-6:30 p.m. For more information, please contact Elizabeth.

TOPEKA, 785-430-2194

## TUESDAYS

**INTERGENERATIONAL CHOIR**

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

LAWRENCE

## FIRST TUESDAY OF THE MONTH

**LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES**

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

LAWRENCE, 785-830-8130

## FIRST TUESDAY OF THE MONTH

**MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE**

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

LAWRENCE, 785-393-1256

## FIRST TUESDAY OF THE MONTH

**TOPEKA AREA OSTOMY SUPPORT GROUP**

Our focus is supporting, assisting, and educating individuals with colostomies, ileostomies, urostomies and continent ostomies. Meets at 6 p.m. at St. Francis Health Center, 1700 SW 7th St.

TOPEKA, 785-295-5555

## TUESDAYS &amp; THURSDAYS

**WATER AEROBICS CLASSES**

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

LAWRENCE, 785-838-7885

OrthoKansasPA.com

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

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

TOPEKA, 785-478-4947 or 785-296-8349

## WEDNESDAYS

**GRIEF SUPPORT GROUP**

Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m. For more information, please contact Elizabeth.

TOPEKA, 785-430-2194

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

Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m.

TOPEKA, 785-230-4422

## FIRST THURSDAY OF THE MONTH

**LAWRENCE AREA PARTNERS IN AGING**

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

## FIRST THURSDAY OF THE MONTH

**PARKINSON MEETING**

Midland Care, 200 SW Frazier, 5:30-7 p.m.

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

## EVERY OTHER THURSDAY

**GRIEF SUPPORT GROUP**

Ongoing adult group. Midland Hospice, Building A, 10:30 a.m. Please call for start dates and information packet.

TOPEKA, 785-232-2044

## EVERY OTHER THURSDAY

**GRIEF SUPPORT GROUP**

Ongoing adult group. Midland Hospice, Building A, 5:30 p.m. Please call for start dates and information packet.

TOPEKA, 785-232-2044

## FIRST FRIDAY OF THE MONTH

**STROKE SUPPORT GROUP**

Meet other stroke survivors, their families, and hear guest speakers discuss topics related to recovery. Please contact Randy Williams or Lisa Rundell for more information. Kansas Rehabilitation Hospital, 1504 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.

■ CONTINUED ON PAGE 23



■ CONTINUED FROM PAGE 22

A Death Cafe is a discussion group about death rather than a grief support or counseling session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact cwhiston@sunflower.com or visit [www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl](http://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 stressful, but you don't have to do it alone. Come meet and talk to others who are in the same situation as you. Moderated by April Maddox, caregiver support specialist at Jayhawk Area Agency on Aging. Topeka & Shawnee County Public Library, Anton Room 202, 3:30-4:30 p.m. Free.  
TOPEKA, 785-580-4662

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

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

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

Civitans have been helping people since the organization's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. To find out current meeting information or other Civitan project updates, please visit the Lawrence ACTION Civitan Club's Facebook page at [www.facebook.com/lawrenceactioncivitan](http://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 Peterson 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](mailto:info@soroptimisttopeka.org) for more information.  
TOPEKA, 785-221-0501  
[soroptimisttopeka.org](http://soroptimisttopeka.org)

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

Support group specifically for spouses of those with dementia. Meets at the Senior Resource Center for Douglas County, 2920 Haskell Ave., 11 a.m.-noon. Call for questions or to RSVP.  
LAWRENCE, 785-218-4083

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

Meets at the 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  
[happytimesquares.com](http://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 improving positive parenting skills. Meets from 6:30-8 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.  
TOPEKA, 785-286-2329 or 785-231-0763

**THIRD TUESDAY OF THE MONTH  
PARENTS OF ESTRANGED ADULT CHILDREN SUPPORT GROUP**

Meets at the Topeka & Shawnee County Public Library, Anton Room 202, 6:45 to 8:15 p.m. For more information. Please contact Jeff Landers.  
TOPEKA, 785 224 5946.

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

For those recovering from a stroke, and/or their family and friends. Meets at 4-5:30 p.m. For more information call LMH Kreider Rehab Center.  
LAWRENCE, 785-505-2712

**THIRD WEDNESDAY OF THE MONTH  
CANCER SUPPORT GROUP**

Join representatives from Lawrence Memorial Hospital Oncology Center and the American Cancer Society for a general cancer support group. Open to anyone with any cancer diagnoses and/or family members or others affected by their cancer. For more information, contact Liv Frost at 785-505-2807 or email to [liv.frost@lmh.org](mailto: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 Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free. NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.  
LAWRENCE, 785-843-7481

**THIRD THURSDAY OF THE MONTH  
LUNCH AFTER LOSS**

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

**THIRD SATURDAY OF THE MONTH  
JAYHAWK MODEL MASTERS**

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

**FOURTH WEDNESDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP**

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd., 1 p.m.  
TOPEKA, 785-235-1367, EXT. 130

**FOURTH THURSDAY OF THE MONTH  
TOPEKA GENEALOGICAL SOCIETY**

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

**MONDAYS**

**SCRABBLE CLUB - OPEN PLAY**

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

**WEDNESDAYS**

**WILD WEE WEDNESDAYS AT THE  
DISCOVERY CENTER**

After the big kids are off to school, bring your lil' ones to the Discovery Center for special activities just for them. Preschoolers can explore their senses, create crafts and learn about the different animals at the Discovery Center. Parents, guardians, and child care providers can meet other parents and talk with early childhood professionals. Free coffee is available. 4400 SW 10th Ave., 10:30 a.m.-12 p.m.  
TOPEKA, 785-783-8300  
[kansasdiscovery.org](http://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 21**

**EARTH DAY PARADE & CELEBRATION**

The Parade starts at 11 a.m. down Massachusetts St. to South Park. The Celebration in South Park (11th & Mass St.) follows from 11:30 a.m.-4 p.m. and features live music, yoga, local food vendors, environmental exhibits and children's activities. Fee.  
LAWRENCE, 785-832-3030  
[lawrenceks.org/swm/earthday](http://lawrenceks.org/swm/earthday)

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Brian Vazquez (President)  
 785-272-7647

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# RICK STEVES' EUROPE

## Making the most of your cruise

By Rick Steves

Tribune Content Agency

Last year I spent two weeks on a Mediterranean cruise, filming a one-hour TV show that will present an honest look at the pros and cons of cruising and will equip travelers with the knowledge they need to be smart cruisers.

You might not think of it as budget travel, but cruising can be extremely affordable. When you consider that the price includes accommodations, food, and transportation to far-flung destinations, it's simply a steal. But reckless spending on a cruise can rip through a tight budget like a grenade in a dollhouse. Stay away from the casino, beware of the specialty restaurants, and keep to a budget if you order any liquor.

Here are a few more tips for making the most of your next cruise.

Arriving in your port city a day or more before your cruise gives you the chance to get over jet lag, see your departure city (which is generally not part of your cruise itinerary), and avoid the potential stress of missing your cruise. When you're ready to board, make sure you're not carrying forbidden items, ranging from a clothes iron to firearms to alcohol (most cruise lines don't let you BYOB).

Unpack thoroughly and thoughtfully right away. Clutter makes a small cabin even smaller. I pack heavier when

cruising than when traveling on land (where the downside of packing heavy is much greater). So I make it a point to unpack completely, establishing a smart system for keeping my tight little cabin shipshape. Deep-store items you won't need in your suitcase, which you can stow under your bed. Survey your storage options and use them smartly. For example, use one drawer for all things electronic, establish a pantry for all food items, and use the safe even if you don't bother locking it.

Unclutter the room by clearing out items the cruise line leaves for you (such as promotional materials). I establish one drawer for all paper material I think I'm done with. And I have a ritual of toggling from shore mode to ship mode by putting my pocket change and money belt (neither of which are of any value on board) in a drawer or the safe when I return to the ship. (By the way, many ships recommend that you generally leave your passport in your stateroom rather than take it ashore—advice I follow.)

Once you're settled, get out of your cabin and explore the ship. Study the ship's cutaway models on the signage, walk each deck, and find the many delightful little corners where you can take full advantage of your options.

To avoid crowds, participate in shipboard activities and use amenities at off times. The gym is quieter late in the evenings, when many cruisers are already in bed. Onboard restaurants

are typically less crowded for the later seatings. If you're dying to try out that rock-climbing wall, drop by as soon as you get back on the ship in the afternoon; if you wait an hour or two, the line could get longer. Embarkation day can also work to your advantage: While other passengers are unpacking and exploring the ship, you'll have the mini-golf course to yourself.

I also recommend the "behind-the-scenes" ship tour (usually about \$100)—while pricey, it's an amazing two-hour look at how the ship and its crew run the entire show in a parallel world that is invisible to most cruisers). Ship geeks will marvel at how these newer massive ships no longer use an old-style shaft and propeller. These days the behemoths are nimbly maneuvered by Azipods (pods with propellers that can rotate 360 degrees and, with the help of bow thrusters, can jockey a 300-yard-long ship into any pier).

Most cruisers simply book the cruise line's shore excursions for \$100 (or more) a crack—and are generally happy they did. However, many other options open up to passengers once they step off

the ship. Some travelers may opt to find a small company with a sales office in the terminal—and purchase essentially the same ship-excursion experience for about half the price. Others will book a private guide with a car or minibus in advance (teaming up with other cruisers to share the expense). And others, with a guidebook in hand, will simply hop on a public bus or hike to the train station and do their own thing. For the most reliable information, I recommend skipping the onboard excursion information desks. Instead, head to the tourist information kiosks that are set up to greet ships in each port.

Equipped with practical information, you're more likely to enjoy smooth sailing on your vacation—fully appreciating the economy, efficiency, and fun that cruising offers.

- 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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## JAY'S MUSICAL MEMORIES

# Songs of April rain

By Jay Wachs

The old adage is that *April Showers* bring *May Flowers*.

I now have rain on the brain and that is the focus of this month's musical memories piece.

With that being said and without skipping ahead (that means you ma'am), what are the first three songs that come to mind when you think about rain?

For me, these were the first to immediately run down the gutter spout of my mind:

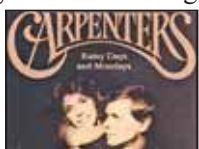
### 1. "Raindrops Keep Falling On My Head" by BJ Thomas

Written by Burt Bacharach and Hal David, the song was made famous by the movie *Butch Cassidy and The Sundance Kid*. It was released in 1969 but didn't hit its stride until it hit number one in January of 1970. My favorite lyrics from this song is this verse:

*Raindrops keep falling on my head  
But that doesn't mean my eyes will soon be turning red  
Crying's not for me  
'Cause I'm never gonna stop the rain by complaining  
Because I'm free  
Nothing's worrying me*

### 2. "Rainy Days and Mondays" by The Carpenters

My mother LOVED The Carpenters. She had all their albums, all their sheet music, and their songs filled our living room on a daily basis. This song was about getting the blues. A lot of folks associate rain with depression, but there is nothing to be depressed about when a song reaches Number 2 on the pop charts as this one did back in 1971. The most



memorable verse from this song was:

*What I've got they used to call the blues  
Nothin' is really wrong  
Feelin' like I don't belong  
Walkin' around  
Some kind of lonely clown  
Rainy days and Mondays always get me down*

### 3. "Purple Rain" by Prince

What is Purple Rain you ask? It's a movie. It's a soundtrack. It's a song and I'm sure it's the color of the rain that fell outside Paisley Park while Prince was alive. Some say purple tears were shed upon his death. One thing for sure was that Prince



was the king of purple. The 1984 song, soundtrack and movie may be regarded by many critics as his best work. It was an R & B smash but only reached Number 2 on the pop charts in 1984. The album spawned five top 40 hits and launched the career of Apollonia, who became Prince's muse after the departure of Vanity a year earlier. Perhaps this was his homage to Vanity:

*I never meant to cause you any sorrow  
I never meant to cause you any pain  
I only wanted to one time to see you laughing  
I only wanted to see you  
Laughing in the purple rain*

Some honorable mentions include a song that I remember my father singing to me as a child called "April Showers." The song was popularized in the 20s by the legendary Al Jolson. It too had a nod to purple with these lyrics:

*Though April showers may come your*



*way  
They bring the flowers that bloom in May  
So if it's raining have no regrets  
Because it isn't raining rain you know,  
it's raining violets*

Finally, no article about rain would be complete without acknowledging the song "My Favorite Things" from the musical *The Sound of Music* and popularized by the amazing Julie Andrews.



True enough the first two lines would go on to bring great joy to my life as I still love raindrops on roses and adore whiskers on kittens.

*Raindrops on roses  
And whiskers on kittens  
Bright copper kettles and warm woolen mittens  
Brown paper packages tied up with strings  
These are a few of my favorite things*

So, this April break out your best Gene Kelly, grab an umbrella and some galoshes, go out and splash about in a puddle, and do some singing and dancing in the rain. Just stay out of my flower beds please. May is only 30 days away.

- Jay Wachs is the owner and operator of both *LawrenceHits.com* and *Baldwin City Radio* which are APP and website based oldies streaming radio stations. Wachs also handles public relations, marketing and advertising for over 55 locally owned and operated Douglas County, Kansas businesses.

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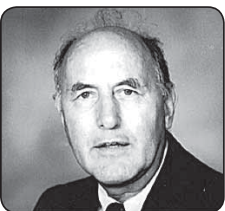


## HUMOR

# April the Fool and the Psychic

Back in April, 2015 I wrote a humor column titled "April the Fool."

The column dealt with April Van Planton and his ornery mother Lavida. Lavida and her husband had had six children and didn't want any more. She went to the doctor for a pain in her stomach. When she was told she was pregnant, Lavida called the physician a "stupid old sawbones," and smacked him in the head with her purse.



Larry  
Day

After the doctor's diagnosis, Lavida made an appointment for a second opinion. This time she called the studio of Swami Samantha, a young psychic who just opened a practice in Letongaloosa. "You're not pregnant," said the psychic.

"Then why do I have this pain?"

"Do you drink orange juice?"

"Sure, every day for breakfast."

"Switch to cranberry juice, and the pain will go away."

Lavida switched to cranberry juice, and she did feel a lot better.

But nine months later she delivered a nine-pound baby boy.

The birth made Lavida so angry that she named the baby April. She chose that name because she wanted April to be teased. She hoped he'd develop a mean streak when he grew up. She wanted him to get into fistfights with his tormentors.

But April didn't grow up to have a mean streak. He grew up to be bright, kind and friendly. Everybody in town doted on him.

That drove Lavida nuts.

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

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

That drove Lavida even more nuts.

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

"I'm sorry, Momma," he'd say. "I'll try to be better."

April studied hard. He got top grades even though Lavida insisted that he work long hours after school and on weekends.

When that failed to break April's spirit, his mother gave up trying to ruin his life. Lavida died not long after that, a bitter and disillusioned woman.

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

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

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

he's booked for charitable speeches through October, 2020"

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

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

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

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

He got a standing ovation before he began his speech—and, of course, another standing ovation after he'd finished.

April stayed in town after the speech. He wanted to meet the psychic who had had such an impact on his life.

April's executive assistant called in the appointment. The assistant requested a "back door, back room" psychic reading for an out-of-town visitor named Thomas Forman. The psychic's reputation was widespread, and she frequently did readings for out of town clients.

Wearing a hat and a raincoat with the collar turned up, April rapped on the back door of the psychic's studio.

"Good afternoon, Mr. Forman, I'm Swami Samantha," said the psychic.

"And I'm April the Fool."

There was a long silence.

Then April said, "I'd like to thank you for all you did for me. May I invite you to dinner?"

- 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

# Start your day the robust way by serving steak for breakfast

I recently learned that, from the earliest days of the U.S. space program, astronauts were served a breakfast of steak and eggs before blasting off on their mission. That made sense to me. Combining a sensible portion of meat with some eggs and a few vegetables gives you a protein-rich, energy-packed start to your day. No wonder the great boxer Muhammad Ali ate a similar meal on the morning of a big fight.



Wolfgang  
Puck

In fact, steak and eggs has long been an American diner favorite. You'll see it most reliably on the menus of truck stops, where hardworking, long-distance drivers refuel themselves while also refueling their vehicles. In recent days, the old-fashioned favorite has gained new respect among a particular group of health enthusiasts, as the combination can also fulfill the requirements of a paleo diet.

So I'd like to share one of my favorite ways to prepare steak and eggs. I originally made this breakfast steak with scrambled eggs and red bell pepper relish as a variation on traditional roast beef hash a one that requires less work and is far easier to prepare, as the steak is cooked whole and then sliced just before serving.

Like a hash, the recipe makes a relatively small piece of meat go a long way, as each portion includes just 3 ounces (about 90 g) of beef. For maximum flavor and tenderness, why not splurge a little and use a really good USDA Prime or Choice grade? For the juiciest results, I always take care not to cook the steak beyond medium-rare

doneness—130 F to 135 F (54 C to 57 C)—and leave it to rest, covered with foil, for a few minutes before slicing, to allow time for the meat fibers to reabsorb the bubbling-hot juices.

To complement the steak, I prepare a simple scramble of eggs combined with some sauteed onion, bell peppers and potatoes. As with the steak, the key to success with the eggs is not to overcook them: Rather than the dry, rubbery curds of egg you often find served in some hurried diners, I like to take a little extra time and pay some extra attention to stir the egg mixture over medium heat and dish them up when they're cooked through but still creamy.

The crowning touch of the recipe is its red bell pepper relish. A simple yet incredibly delicious combination of bell pepper, onion, fresh herbs, vinegar and olive oil, it's quickly put together at the start of the recipe's preparation, then set aside to spoon over the sliced steak just before serving. Because we eat with our eyes before food ever enters our mouth, it adds an extra touch of mouthwatering beauty to a very satisfying first meal of the day.

### BREAKFAST STEAK WITH SCRAMBLED EGGS AND RED BELL PEPPER RELISH

Serves 4

- 1 medium yellow onion, minced
- 1 red bell pepper, stemmed, seeded, deveined, and cut into 1/4-inch (6-mm) dice
- 2 tablespoons chopped fresh herbs such as chives, parsley, and tarragon,

- plus a few sprigs for garnish
- 2 tablespoons red wine vinegar
- 1/4 cup (60 mL) plus 1 teaspoon extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 1 medium potato, about 5 ounces (155 g), peeled and cut into 1/2-inch (12-mm) cubes
- 1 12-ounce (750-g) New York steak, trimmed of excess fat
- 6 large eggs
- 3 tablespoons unsalted butter

First, prepare the relish: In a small nonreactive mixing bowl, combine 1/4 of the minced onion, 1/4 of the diced red pepper, all the chopped herbs, the vinegar, and 2 tablespoons of the olive oil. Season to taste with salt and pepper and set aside.

In a nonstick pan, heat 1 tablespoon of the oil over medium heat. Add the potato cubes and saute, stirring occasionally, until deep golden brown and tender, 10 to 12 minutes. Set aside and keep warm.

In a small skillet, heat 1 tablespoon of the oil over medium-high heat. Add the remaining onion and bell pepper and saute, stirring frequently, until the pepper is tender but still crisp, 4 to 5 minutes. Set aside and keep warm.

Season the steak on both sides with salt and pepper, and brush with the remaining 1 teaspoon of oil. Heat a saute pan over high heat, then add the steak and cook until done to your liking, 3 to 4 minutes per side for medium-rare. When the steak is done, transfer to a platter and cover with foil to rest until slicing.

Meanwhile, in a medium bowl, whisk the eggs with a little salt and pepper. Stir in the cooked onion, peppers and potatoes. Over moderate heat, melt the butter in a 10-inch (25-cm) skillet. Pour in the potato-egg mixture and cook, stirring frequently, until scrambled to your liking, preferably still somewhat moist. Adjust the seasonings to taste with more salt and pepper.

To serve, use a sharp knife to slice the steak across the grain into thin slices. Fan the slices around the edge of a warmed platter or warmed serving plates. Spoon the scrambled eggs in the center and garnish them with herb sprigs. Spoon the relish over the meat. Serve immediately.

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## MY PET WORLD

# Helping a traumatized cat trust his environment again

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

**Dear Cathy:** After seven months missing, our indoor cat was found by a neighbor. The poor cat suffered through below zero temperatures. We are assuming he lived in a garage or barn. Our neighbors were not aware our cat was missing. They found him eating out of one of their cat dishes in the middle of the night. They trapped the cat and brought him to us. The cat immediately ran down a hallway and hid under our bed. This is very normal for him to do.

It has been three weeks. He continues to live under the bed coming out in the middle of the night to use the litter box and to eat. The past few days we've dragged him out (from under the bed), and he has let us pet him for about five minutes. Then he goes crazy and runs under the bed.

My question to you is, can he be saved? I miss the old friendly cat, but understand he's been through a lot. - Marti, Coventry, CT

**Dear Marti:** Your poor cat! It's not easy for a comfortable housecat to suddenly be outside in the frigid cold. Thank goodness your neighbors found him.

Your cat has suffered a trauma and needs time to feel safe again in his home. Talk to your veterinarian about giving your cat some medication, like Prozac, to reduce your cat's fears. Don't grab him to medicate him. Instead, crush the medication and sprinkle it on some wet cat food.

Next, put a few hidey hole cubbies around the house to give your cat some additional places to hide. This may encourage him to come out from under the bed and try a new hiding place, eventually making his way to you.

Finally, sit in the room where your cat is hiding and talk softly to him.

Toss treats onto the floor or get a ribbon toy to entice him out from under the bed. Once he is out from under the bed, don't make any sudden movements to grab him or pick him up. He is startling very easy right now, and we don't want to reinforce his fears.

It could take weeks or months for him to recover, but please don't give up on him. He can recover. Your cat just needs your love and patience—and a little medication—to trust his environment again.

**Dear Cathy:** I adopted a 4-year-old Maltese mix several months ago. He has a very sparse amount of hair on his chest area and inside of his legs. The rest of his hair is fine and thin. I thought this might be due to stress and diet. He eats well and is a very happy dog. I read that sometimes melatonin can help a dog regain a fuller coat. Is this true and if so, what dosage? - RK, Boynton Beach, FL

**Dear RK:** Melatonin is what people take to sleep at night, but some veterinarians may suggest it for extra-label use in dogs with thinning coats.

To get more information, I called Dr. Linda Aronson of Petsrink.com in Berlin, Mass. Through the years, Dr. Aronson has collected a lot of data on dogs and melatonin and I thought she would be a good resource for its efficacy and safety. In the data she's collected, she said only four dogs out of 1,000 had side effects and none of them were serious. (One dog was reportedly hyperactive, and the other dogs were just more tired than normal.)

Dr. Aronson says melatonin is "very safe for dogs," but in the instances of hair loss "results are not immediate, and it can take up to six months before you know if it's effective or not."

While you can try melatonin, Dr. Aronson recommends ruling out more serious diseases that can cause hair

loss, "like Cushing's disease, which can be fatal, or hyperthyroidism, which is not fatal, but can make a dog feel miserable," she says. "Some cancers can also cause alopecia."

Your veterinarian can recommend a brand and dosage, but "1 milligram three times a day is generally what's recommended," says Dr. Aronson. She says she has used melatonin for years on dogs, mostly notably with show

dogs and rescue dogs who suffer from sound phobias.

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

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*You can also send it to me by email at tom.mach@yahoo.com. Go to [www.memoriesareforever.net](http://www.memoriesareforever.net) 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

## The Twins

By Fred Wicker

When I was in high school, I had considerable interest in girls. I almost always had a girlfriend. Whenever I went away from the population of our school and saw an attractive girl, I always had to try if I could, to get the girls name and phone number from her before she or I had to leave wherever it might be.

On one such occasion, I was at a basket ball game between our school and the school of an adjoining town. I saw a very pretty blonde with a good figure in the bleachers of the home school. I was greatly impressed.

During the intermission between the Junior Varsity and Varsity games, I made it a point to get close to her if possible, and strike up a conversation. All went well and I ended up the evening with the girl's name and phone number.

A few nights later, I called her. We talked a little and then I asked her for a date. She agreed to go, but she had a

condition. The condition was that it had to be a double date with her identical twin sister, and I had to obtain a date for her sister. I was to try and then call her back to let her know if I had succeeded in getting a date for her sister.

I thought about it a lot. I had to be careful because I wanted to make a good impression and it could not be just anybody. I had a friend and classmate who I thought was the perfect choice, so I called him.

When I told him I wanted to fix him up with a blind date he immediately refused. He told me that every time he had gone on a blind date he ended up regretting it. I asked him if he found anything wrong with the girls that I went out with and he said no. I explained to him that if he went on this blind date, his date would look exactly like mine because they were identical twin sisters. Surprised, he agreed to go as long as that was the case.

I called the girl back and gave her the good news. She gave me directions to their home and we arrived at the appointed time. We enjoyed a very pleasant evening and had a good time. We had a number of other dates with them. The conditions were always the same. It had to be both at the same time.

The girls often teased us. They told us that sometimes they switched on us and we never knew the difference. We never knew if they really did that, or if they were just teasing us. It didn't really matter much. A time finally came when my friend wanted to go somewhere with the one he was dating and I couldn't go. His twin agreed to go alone with him.

As time went on, I got interested in another girl and he continued going out with his twin alone. He dated her alone for nearly a year before it stopped. I never did ask him why they stopped going out, and he never volunteered the information. A new girl came to our school and he started dating her.

When our class graduated, many of us autographed each others year book along with other friends and some of the faculty. That boy autographed my year book, and he wrote, "remember the twins." He never forgot and neither did I.

I went away after we graduated. I was

gone for almost 21 years. We both were married then. We got back in touch, and for a while there were weekly square dances at the Grange Hall and he and I with our wives and one other couple went together until they stopped them in the fall. When we saw each other, with a smile on his face and a twinkle in his eye he would ask, "remember the twins?" Of course, I always answered that I certainly did. I still do.

One of my classmates who lives in Florida now keeps in touch with me via e-mail. Every couple of years he drives up here to visit relatives and when he does, he stops to see me. In August of this year he made his usual visit.

Part of our conversation concerned all of those in the class that have passed away now. We determined that there were only four of the boys still remaining. There was he and I, another who now lives 20 miles from

me and the man who dated the twins with me. The friend went back to his home in Florida just in time to go through the major hurricane. He and his home came through it okay. Sadly, I had a visitor a few days ago.

He was the brother-in-law of another of our classmates who had passed a couple of years ago. My visitor inquired as to whether or not I knew the one who dated the twins with me had died. The visitor had attended the funeral the week before. I had not known but was grateful to learn that

he was gone. At least now, I won't make an embarrassing blunder from not knowing. Now, we are three.

I can't help wondering if he remembered the twins before he passed. I would almost be surprised if he didn't. I am sure that if I had seen him just before he left us, he would have asked me one question. "Remember the twins?"



Fred Wicker

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Both vulnerable, South deals

NORTH

♠-A 6 4

♥-K 9 7 4

♦-J 9 8 4

♣-J 3

WEST

♠-J 10

♥-J 10 2

♦-A Q 6 2

♣-K Q 9 6

EAST

♠-Q 8 5

♥-Q 8 5 3

♦-10 7 5

♣-10 7 2

SOUTH

♠-K 9 7 3 2

♥-A 6

♦-K 3

♣-A 8 5 4

The bidding:

SOUTH	WEST	NORTH	EAST
1♠	Dbl	Redbl	2♥
Pass	Pass	2♠	Pass
3♠	All pass		

Opening lead: Jack of ♠

Today's deal was played by a young Italian woman, Francesca Di Lembo, a few years ago. North's redouble was made on slightly less than the expected 10 high card points. This caused Di Lembo to make a move toward game, getting her to a dangerous contract.

Nothing, however, that she couldn't handle.

West found the best lead of a trump, won in dummy with the ace. Di Lembo led a low club from dummy to her eight and West's nine. She was doing her best to keep East from gaining the lead to put a diamond through her king. West continued with another trump. Declarer won in hand with the king, cashed the ace of clubs, and ruffed a club with dummy's last spade.

She now made the key move of playing off the ace and king of hearts and then ruffing a heart in her hand. This eliminated hearts from the West hand, predictable from the auction, and she led her last club. West won with the king, but had only diamonds remaining. He had to give Di Lembo a trick with her king of diamonds. East still had a trump winner, but that was nine tricks for Di Lembo after a beautifully played hand.

Unless you're playing with Ms. Di Lembo, or a declarer of similar skill, it is best to have full values for your bids. It's not nice to deceive partner.

- 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@tribpub.com](mailto:tcaeditors@tribpub.com).

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# PUZZLES & GAMES

## CROSSWORD

### Across

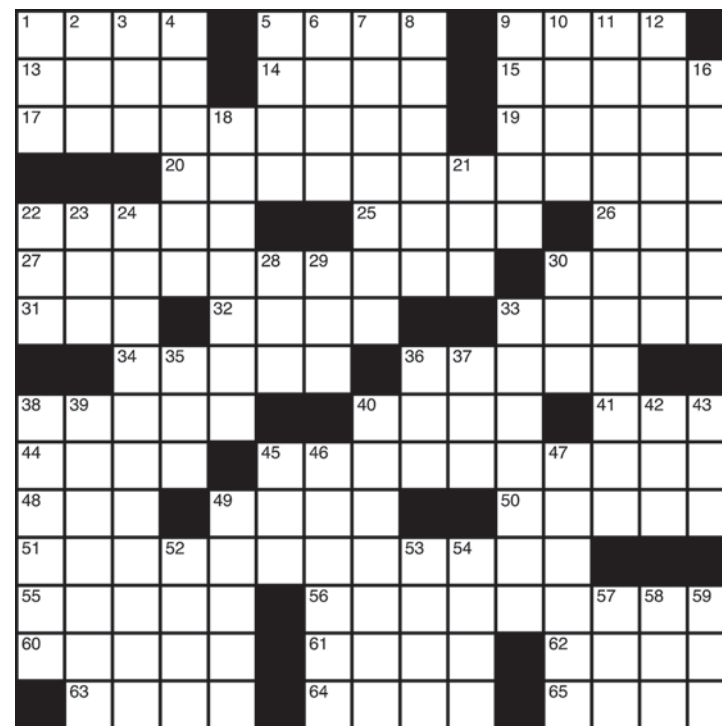
- 1 Corner piece
- 5 Singer James
- 9 One of more than 21 million Indians
- 13 British nobleman
- 14 Composer Janacek
- 15 Perfect
- 17 Shot that can't be blocked
- 19 Complaint
- 20 Office supply
- 22 Elbows, e.g.
- 25 Cause to roll in the aisles
- 26 Electrolysis particle
- 27 Jaguar, for one
- 30 Queen who succeeded William III
- 31 Ring result
- 32 Support for many a 29-Down
- 33 More degrading
- 34 Gucci competitor
- 36 Parade sight
- 38 "My thoughts are ..."
- 40 Economist Smith

- 41 Special \_\_\_
- 44 "The Daily Show" host Trevor \_\_\_
- 45 Malt option
- 48 Queen's subject
- 49 "\_\_\_ a man who wasn't there"
- 50 Pug or Peke
- 51 Certain trio member
- 55 Really enjoyed
- 56 Hard times
- 60 Haggard of country
- 61 Sets a price of
- 62 Not in the pink
- 63 R&B-influenced genre
- 64 Editor's mark
- 65 Catering aid

### Down

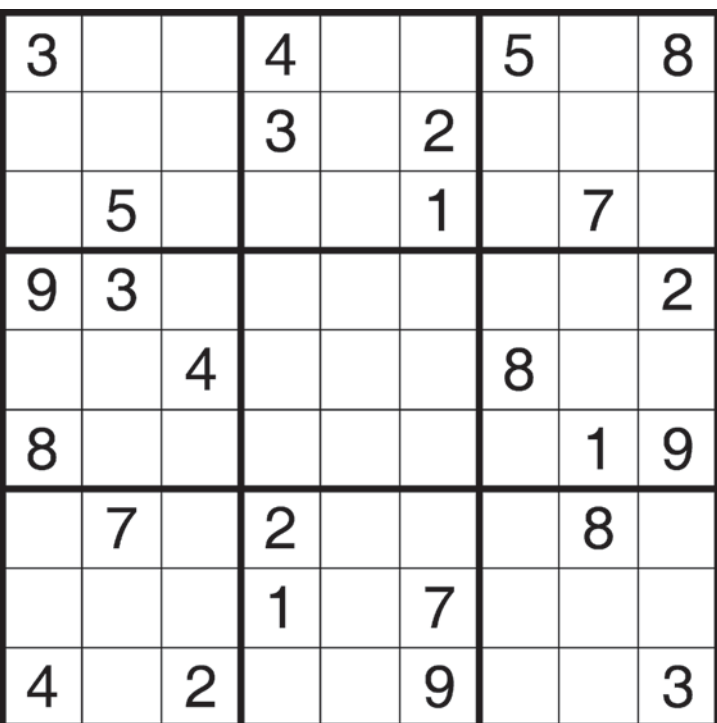
- 1 NBA employee
- 2 Homonym of 3-Down
- 3 Homonym of 2-Down
- 4 Habitual booster?
- 5 Pre-coll.
- 6 Gull relative
- 7 Film for which Jessica Lange won her first Oscar

- 8 Plus
- 9 \_\_\_ cup
- 10 Inventor's need
- 11 Stock
- 12 "Try this"
- 16 "My Fair Lady" lyricist
- 18 People mover
- 21 "Norma \_\_\_"
- 22 Square on a muffin
- 23 Relative of a puffin
- 24 What many a count down clock does
- 28 Suffix denoting resemblance
- 29 Support garb
- 30 Gp. for drivers
- 33 Military aircraft hold
- 35 Bit of a cheer
- 36 Org. regulating vaccines
- 37 \_\_\_ school
- 38 Needing to be bailed out ... or where 20-, 27-, 45- and 51-Across may be found
- 39 Supports a cause
- 40 Most dilettantish
- 42 Opposite of post-
- 43 Qantas hub, in itineraries
- 45 Site of the George W. Bush presidential library
- 46 Eco-friendly wheels



- 47 Antarctic explorer Shackleton
- 49 Force
- 52 Pilot's alphabet ender
- 53 Wedding tradition
- 54 MIT center?: Abbr.
- 57 \_\_\_ bubble
- 58 Record label for P!nk
- 59 Something to look up to

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

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

T O I D I  
H O S E V  
M E R I T H  
D E C A F A

Check out the new, free JUST JUMBLE app

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

A: [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**SCRABBLE G R A M S**

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RACK 1: A1 A1 H4 M3 C3 D2 R1

RACK 2: E1 I1 O1 B3 R1 X8 F4 (Triple Word Score)

RACK 3: A1 E1 N1 T1 B3 S1 M3

RACK 4: A1 E1 U1 M3 B3 N1 L1

RACK 5: A1 E1 Y4 D2 R1 K5 C3 (3rd Letter Double)

PAR SCORE 270-280  
BEST SCORE 365

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 scrgrams@gmail.com

Answers to all puzzles on page 34

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

SCRABBLE G R A M S SOLUTION									
D <sub>2</sub>	R <sub>1</sub>	A <sub>1</sub>	C <sub>3</sub>	H <sub>4</sub>	M <sub>3</sub>	A <sub>1</sub>	RACK 1 =	65	
F <sub>4</sub>	I <sub>1</sub>	R <sub>1</sub>	E <sub>1</sub>	B <sub>3</sub>	O <sub>1</sub>	X <sub>4</sub>	RACK 2 =	107	
B <sub>3</sub>	A <sub>1</sub>	T <sub>1</sub>	S <sub>1</sub>	M <sub>3</sub>	E <sub>1</sub>	N <sub>1</sub>	RACK 3 =	61	
A <sub>1</sub>	L <sub>1</sub>	B <sub>3</sub>	U <sub>1</sub>	M <sub>3</sub>	E <sub>1</sub>	N <sub>1</sub>	RACK 4 =	61	
K <sub>5</sub>	E <sub>1</sub>	Y <sub>4</sub>	C <sub>3</sub>	A <sub>1</sub>	R <sub>1</sub>	D <sub>2</sub>	RACK 5 =	71	
PAR SCORE 270-280							TOTAL	365	

## JUMBLE ANSWERS

Jumbles: IDIOT, SHOVE, HERMIT, FACADE

Answer: The owner of the wig shop was the -- HEAD OF HAIR

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

## MY ANSWER

## We can always trust God to know and respond to our concerns

*(Editor's note: Rev. Billy Graham died on February 21 at the age of 99. Tribune Content Agency has been the distributor of Rev. Graham's "My Answer" column since its debut in 1952. The syndicated column, "My Answer," will carry on. It will be based on the thoughts, words and works of Rev. Graham, and it will be compiled and edited by his associates.)*

**By Billy Graham**

Tribune Content Agency

**Q:** Why does God answer some prayers but ignores others? I'm having a hard time with this, because I prayed and prayed for my wife's healing from cancer, but it didn't happen. How do you explain this? - L.R.

**A:** I honestly don't know why God answers some prayers exactly the way we want Him to, while others He answers with a definite "No" or "Not

yet." Some day we will understand this, but not in this life, at least not completely. As the Apostle Paul wrote, "Now I know in part; then I shall know fully, even as I am fully known" (1 Corinthians 13:12).

But God is not capricious or undependable; He is sovereign and loving, and He knows what's best for us, even if we can't see it at the time. We also live in a world that's been corrupted by sin, and is also under the evil influence of Satan and his servants. By His death and resurrection Jesus Christ broke Satan's power, but death is still with us, and only at the end of time as we know it will Satan be completely bound.

What should this mean for us? First, it means that we can trust God—trust Him with our lives right now, and trust Him for eternity. Is your faith and trust in Christ?

But I hope it will also remind you that in reality your prayers were answered, because now your wife has

been completely healed, and is free from all pain and weakness she experienced here. And some day you will be reunited, along with all of God's family, in heaven. Jesus said, "The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?" (John 11:25-26).

- 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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A woman with dark hair in a ponytail, wearing a bright green zip-up hoodie and white leggings, is captured in a dynamic stretching pose. She is leaning forward, with her right leg extended straight out to the right and her left leg bent under her. Her right hand is reaching towards her right foot, and her left hand is resting on the ground. The background is a textured brick wall, and the ground appears to be paved with bricks or tiles.

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