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April 2019

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Vol. 18, No. 10

INSIDE



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**Carol
Ronnebaum**

**Helping
Seniors
Make Their
Next Move**



For many seniors, figuring out their Medicare needs and navigating their way through the different products associated with it is like steering a ship through a storm. Scott Senn likens himself to a lighthouse that guides them through safely. - page 6

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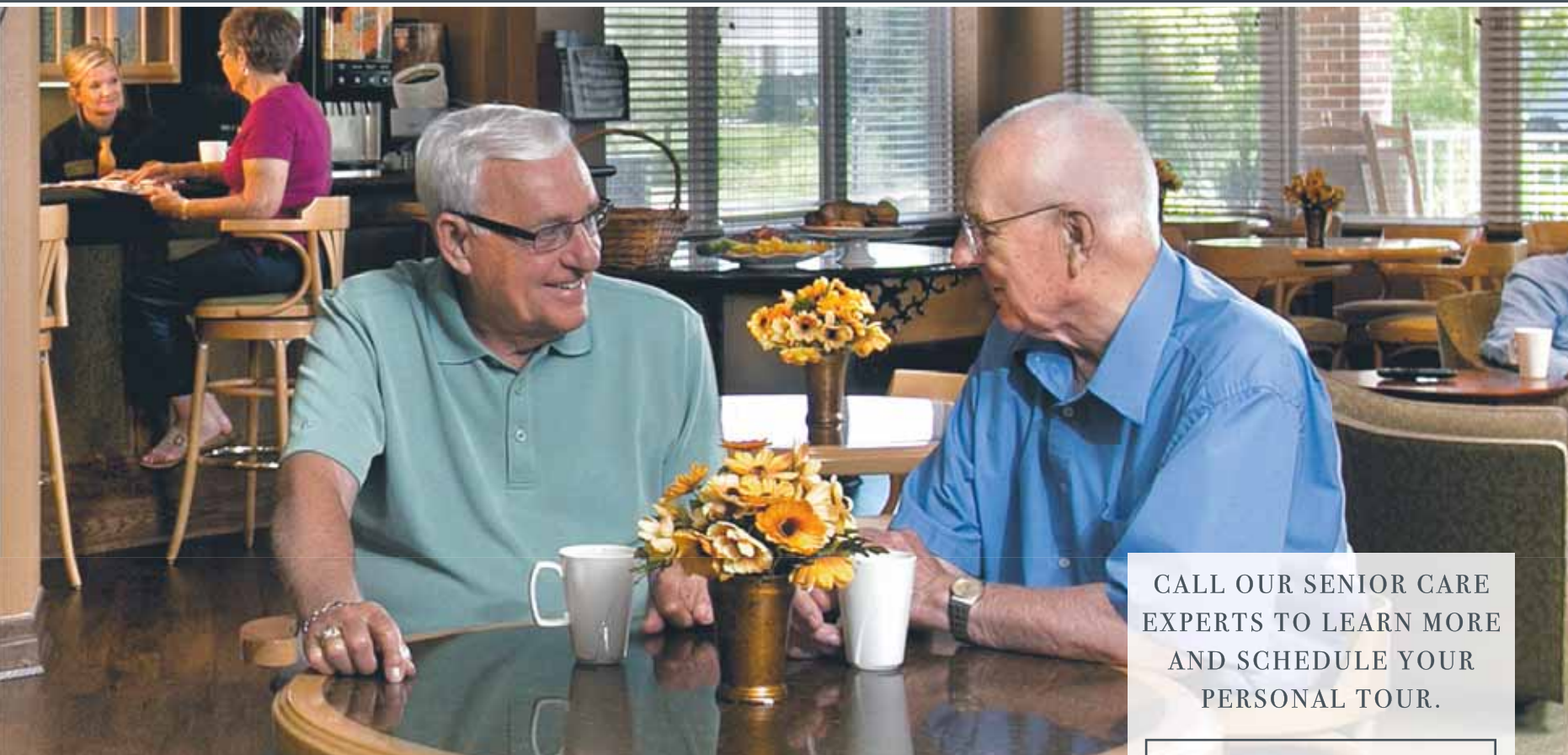
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Ronnebaum helps seniors make later life moves

By Kevin Groenhagen

The thought of downsizing might create big worries for many seniors. However, according to Carol Ronnebaum, a Realtor® with Coldwell Banker Griffith & Blair American Home in Topeka, those worries are largely unnecessary.

Ronnebaum has been a Realtor® serving Topeka and the surrounding communities for 20 years. She decided to specialize in serving senior clients about 15 years ago.

“I realized when we were moving our mother into a senior community that she was needing services I really wasn’t seeing in our industry, such as downsizing and eliminating household items,” Ronnebaum said. “I have a large family and I was fortunate that my brothers and sisters-in-law were able to help, but I realized there are many seniors who don’t have children and the extra support outside the house. Sometimes there is absolutely no support. For example, maybe the adult children have health issues of

their own and are not able to help their parents.”

In addition to the experience of moving her own mother, senior clients Ronnebaum was already working with encouraged her to focus on working with seniors because of her calmness and compassion for those who are making later life moves.

“I don’t tend to get terribly excited unnecessarily and I help others maintain their calmness,” Ronnebaum said.

To help prepare herself for working with seniors, Ronnebaum completed the Seniors Real Estate Specialist® designation course and the Seniors Real Estate Institute® designation course. These specialized courses are designed for real estate agents who want to be able to meet the special needs of maturing Americans when selling, buying, relocating, or refinancing residential or investment properties. This gave her a unique set of skills needed to help her clients navigate challenging late-in-life moves, identify the best path for moving forward, and to maintain their control.

“There are issues working with seniors that you don’t see with move-

KEVIN GROENHAGEN PHOTO



Carol Ronnebaum

up buyers or first-time buyers,” Ronnebaum explained. “Once I decided that I wanted to go in this direction, I really started building relationships with those folks who are able to help seniors and provide senior-friendly services. Many seniors don’t know

where to start and downsizing can be a huge obstacle to them. I have lots of resources beyond just selling the house. I can connect them to estate sale professionals to eliminate personal and household items, and to senior move

■ CONTINUED ON PAGE FOUR

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Kevin L. Groenhagen
Editor and Publisher

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Ronnebaum

■ CONTINUED FROM PAGE THREE

specialists to organize, sort, and pack their current home, and unpack and set up the new home they're moving into. If they have legal concerns, I can help them get in touch with an elder law attorney, trust officers, and financial advisers. It's not just about putting a sign in a yard and selling a house. A senior real estate specialist helps seniors move through this process with ease and having them realize, after it's all been said and done, this wasn't as scary as they built it up to be in their minds."

Ronnebaum encourages seniors to begin the downsizing and elimination processes early, noting that many of her clients call her a year or even two years before they plan to move. By waiting until they have to move is often a time when they feel hurried and feel that they are losing more control over their lives.

"Things can happen quickly with seniors," she said. "They can take a fall and then, all of the sudden, they have

to make major decisions. If we can put a plan of action together before they get to that point, the process moves so much easier for them. They're in a happier place when they can make those decisions on their own instead of having someone else make the decisions for them."

Many of those decisions concern treasured items that seniors want other family members to have because they have connections to the past.

"What to do with the family heirlooms representing their legacy is really a concern for seniors," Ronnebaum said. "I do a lot of downsizing classes and I always encourage seniors to start talking about the history of the items before giving them away. Start talking about those pieces with your children, grandchildren, and great-grandchildren so they can relate the history associated with the heirlooms and pieces that are so meaningful to the senior. Why is the crystal glassware important and where did it come from? Maybe write some notes so when they pass that on to their children, the children have something to look back at and reminisce. Twenty

years down the road when they are ready to pass on the heirloom, they may have forgotten that history and now it's just glassware."

In addition to downsizing, Ronnebaum notes that she can help senior clients navigate through a home-selling process that is more complicated than it was a few decades ago.

"For most senior clients, it's been many years, if ever, since they sold a home," she said. "Years ago you bought a house and you got what you bought.

In today's world, buyers are able to have many different inspections. The loan process has become much more difficult as well. By the time they get to the closing table, there may be over 50 people who have had a hand in the home-buying process. Each one of these people could send up a red flag halting the sale of a home. I help my clients eliminate many of those potential issues that can create problems before we even put the house on the market.

■ CONTINUED ON PAGE FIVE



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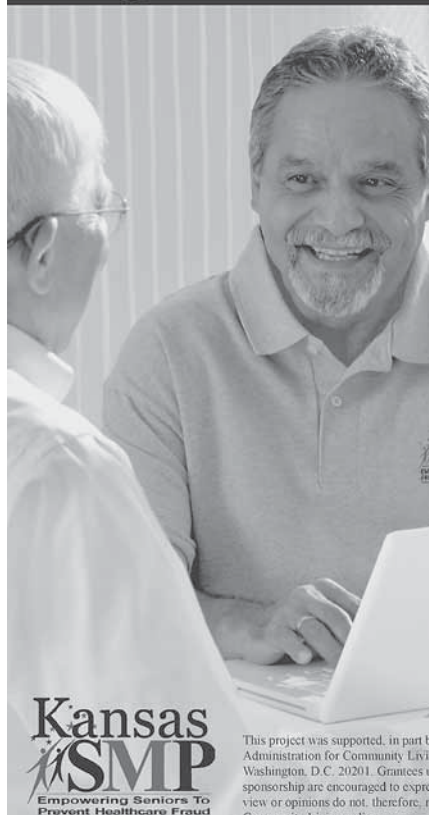
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Ronnebaum

■ CONTINUED FROM PAGE FOUR

For example, having inspections done before we begin marketing their home allows us to know of issues that could become a problem. This helps the seller to maintain control, decide the best marketing option for them, and net the most money on the bottom line while relieving unnecessary stress. Funds are so important to seniors because, many times, they're looking to move into a senior community and their home is their largest asset.

According to Ronnebaum, homes in the Topeka area are on the market an average of 45 day before selling with average selling price of 97% of asking price. However, the homes she marketed for seniors during 2018 were on the market an average of 10 days. In addition, her clients received an average of 99% of their asking prices.

Ronnebaum was an office manager in a dental office before becoming a real estate agent.

"My husband is a homebuilder and

we had purchased some land to build homes for sale," she said. "I thought it would be important for us to have a general idea about the real estate industry, but I had no real interest in becoming a real estate agent. So, I took the class and, upon passing the test, I decided to look into the real estate industry. I started part-time for about a month and found that I really liked selling real estate. So, I quit my full-time job and became a realtor."

For more information about Carol Ronnebaum's services, contact her at (785) 640-2685 or Carol@CarolRealtor.com.

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Scott Senn guides seniors through Medicare process

By Billie David

For many seniors, figuring out their Medicare needs and navigating their way through the different products associated with it is like steering a ship through a storm, and for these people, a good agent can be like a lighthouse that guides them through safely.

That's why the address for Senn Insurance Agency, LLC's website is www.mysafeharbor.net and why, when you pull up the site on the internet, one of the first things you'll notice is a picture of a lighthouse.

"With Medicare, there's a lot of information, and you don't know who to trust," said Scott Senn, who owns Senn Insurance Agency. "I don't work for any insurance company, so I'm not trying to win a prize or anything, and I don't sell people products I wouldn't want my parents to have. Health insurance companies are worried about profit because they're answerable to

shareholders. Unfortunately, that's how our healthcare system works. You have to fight that by getting the best insurance you can get—and the most affordable."

Scott is a field underwriter licensed in 15 states, including the State of Kansas.

"There's a lot of coursework involved," he said. "You have to take a test and you have to be licensed with Medicare as well."

But even after becoming licensed, there's a good deal more work involved. Every year, Scott has to go through each insurance company's training and pass their tests as well as the America's Health Insurance Plans test for Medicare.

Scott, who previously worked in sales, started his insurance business 10 years ago because he wanted to

be in business for himself and he also wanted to have a part in making sure seniors get a fair deal. He believes his past experience in sales helps him with that, he said, because in sales one needs to know how to work with people, to listen to what they are saying and what their needs are.

"People who are going into Medicare will need help. Ten thousand people a day are turning 65," he said. "People go into Medicare thinking 'What do I do? What are my options? What are my rights?' They have a blurry knowledge when they do it on their own, and they often choose something that is too expensive for them."

As a specialist whose business is geared toward seniors and with a solid emphasis on Medicare, Scott has some advice for people who are turning 65.



Scott Senn

"I want seniors to shop and to make sure you're looking at everything you can get before you make a decision. Don't listen to someone who says 'this is the plan you need to get.' You need an agent who is independent.

"And be cautious," he continued. "Don't buy health insurance over the telephone. I haven't met one senior who has bought the best product over the telephone—not one. I end up talking to these people at some point."

Scott says that people often don't know who to talk to and recommends checking out an agent's credentials and reviews, such as the ones that are available on his own website along with his A+ rating with the Better Business Bureau.

He also cautions against selecting a plan just because the name of the insurance company is familiar. There may be a lesser-known company that offers the same thing but has higher ratings on the customer satisfaction list.

■ CONTINUED ON PAGE SEVEN



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■ CONTINUED FROM PAGE SIX

Once they have selected a plan, Scott contacts his clients every year to check their coverage and to make sure they have the best product for their current needs.

“I pester them about their coverage,” he said. “Sometimes I save people a lot of money by doing that.”

That’s important to Scott because he is working with people on limited incomes who need to be careful with their money.

“I think a lot of seniors pay way too much for their healthcare,” he said. “We’re all going to be there someday and I would hope there will be someone out there who will do what I do the way I do it when I’m their age.”

In addition to making sure his clients get the best product, Scott also helps them understand matters like deadlines and changes.

“You can get some information by going to the Center on Aging, or you

can go to Medicare.gov,” Scott said, “but even that can be overwhelming. When I first got into this business, I was overwhelmed by deadlines and stuff myself.”

As for upcoming changes, Scott said, “One of the Medicare supplements that people have been buying is going away. If people have an F plan, they need to find another plan. People who have it can keep it, but the rates will be going way up.”

When a client contacts Scott for an appointment, he will sit down with them and explain their rights, entitlements and options and show them the different avenues available to them, including supplemental and drug plans and Medicare Advantage plans.

“I show them all the plans in their zip code,” he said. “It is truly a shopping experience because they see everything.”

Scott says he gets a lot out of these sessions himself because of the welcoming nature, generosity and hospitality that seniors show him.

“They offer me homemade cinnamon rolls, pie, soup, a cup of coffee,”

he said. “They’re nice people and they need other nice people who treat them properly. That generation gave us a lot. They need people who care about them and make sure they’re taken care of. They know this about me, and some of the even call me son. I get lots of referrals all the time.”

Scott, who grew up in Wisconsin,

moved to Kansas to sell pianos. He describes himself as a piano guy, a jazz guy who plays in the band Xparte in Kansas City. He served in the Marine Corps for seven years, including three years on active duty. He is also a big fan of the Green Bay Packers and has two grown children. He can be contacted at 785-340-2899.

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Sensory loss can bring increased risk of isolation, depression

According to a study by The University of Chicago, nearly 94 percent of older adults in the United States are living with at least one diminished sense. While many seniors experience hearing or vision loss, senses such as taste, touch and smell can also be affected.

Diminished senses are commonly regarded as minor annoyances, but they have also been linked to serious and long-lasting problems for older adults, including loneliness and feelings of social isolation. Researchers at the University of British Columbia examined the impact of undiagnosed or untreated hearing issues in seniors ages 60 to 69 and found that for every 10 decibel drop in hearing sensitivity, the odds of social isolation increase by 52 percent.

Left undetected, the loss of senses can result in feelings of depression and diminished quality of life for older adults. That's why Home Instead Senior Care encourages families to be mindful of signs that an older adult is experi-

encing diminished senses, including:

Hearing: Signs of hearing loss can include difficulty following conversations, increased exhaustion following social interactions, trouble maintaining balance, feeling like there is a buildup of wax or fluid in the ears, or continually increasing volume on television and radio programs.

Sight: Visual impairment affects almost 3 million older adults in the United States. Warning signs may include hesitance with stairs, blurry or discolored vision, difficulty identifying familiar faces or objects, and loss of interest in reading mail, newspapers or books.

Touch: Weakened sensitivity to touch can also pose a hazard to seniors. A decreased reaction time to very hot or very cold surfaces can be a sign that the sense of touch is beginning to decline, and can lead to accidental injuries.

Taste/Smell: Additionally, a diminished sense of taste and smell can also occur as we age. According to The University of Chicago, 74 percent of aging adults will suffer from impairment to the sense of taste, which works simultaneously with the sense of smell. Individuals may experience lack of appetite, loss of interest in food all together, or complete loss of taste or smell.

Home Instead Senior Care provides specialized training for its CARE-GiversSM to help them better understand the aging process, identify the signs of sensory loss and deliver the best care for seniors experiencing the impacts of sensory loss, such as loneliness and isolation.

If you are interested in receiving more information about sensory loss or looking for support for your senior loved one, you can find additional resources at caregiverstress.com or reach out to the Topeka Home Instead franchise at www.homeinstead.com/584 or 785-272-6101.



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Financial Literacy Month, a perfect time to plan for your future

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

April is Financial Literacy Month and there's no better time than right now to begin to save for your future. The earlier you start saving, the more you can accrue in a 401k individual retirement account and other types of IRAs. Social Security helps secure your future, but Social Security is only one part of a more complete retirement plan.

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One sure way to stay on top of your financial future is to join the more than 38 million people who have opened

their own my Social Security account at www.socialsecurity.gov/myaccount/. The sooner you start planning for retirement the better off you will be.

VFW Post seeks veterans photos for coffee table book

A local Veterans of Foreign Wars post is publishing a pictorial tribute to Douglas County veterans, inviting all present or former service members from the county to submit their photos to be included.

The project is a fundraiser for Alford-Clarke Post 852. It's members say it's also a chance to make a commemorative memorial to those who have served the armed forces from Douglas County, in a version that's more personal than a standard memorial.

"We can bring that history and that sense of service right into someone's house," said Vern Russell, project chairman with the Lawrence VFW. "It

can sit right there on the coffee table or your bookshelf ready to be experienced and remembered."

Russell said all veterans who now live or have lived in Douglas County are eligible for the book, not just VFW members, and there is no charge to submit a photo. All veterans or their families have to do is email a scanned photo to the post or stop by during the post's regular weekday or weekend hours and staff will scan the photo while you wait and return it.

A release date of November 11, 2019 (Veterans Day) has been planned, with a submission deadline for photos of June 30. Phone Vern Russell at (785) 760-1126.

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By Norm Franker

Social Security District Manager in Lawrence, KS

Part of what makes our nation unique is our diversity. Social Security touches the lives of nearly all Americans; so, we're accustomed to serving a diverse population. Online, our People Like Me pages help inform the many different people we help. From people with disabilities to students and military veterans — Social Security is here for you.

These pages are easy to share with friends and family or on social media. Here are just a few that might speak to you or someone you love.

Do you know someone who is just starting their career? Now is the best time for them to start preparing for retirement. The sooner we begin to save, the more we'll have when we reach retirement age. Share this page with a young worker you know. www.socialsecurity.gov/people/earlycareer.

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[socialsecurity.gov/people/women](http://www.socialsecurity.gov/people/women).

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FINANCIAL FOCUS

Earth Day offers valuable lessons to investors

On April 22, millions of people will observe Earth Day by participating in events that support environmental protection. As a citizen, you may want to take part in a local celebration. And as an investor, you can learn a few lessons from the themes of Earth Day.



Derek
Osborn

Here are a few of them:

Avoid a toxic investment environment. A recurring topic of Earth Day is the necessity of reducing toxins from our air, water and land. And, while you might not think of it in those terms, your portfolio can also contain some “toxic” elements in the form of investments that may be hindering your progress, or, at the very least, not contributing to it. For instance, you might own some investments that, for one reason or another, have consistently underperformed, or are now too aggressive for your risk tolerance, which can change over the years. In these cases, you might be better off selling the investments and using the proceeds for other, more appropriate ones.

Look for sources of renewable energy. Efforts to protect our environment include a push for more renewable energy sources, such as solar and wind. As an investor, you, too, can look for “renewables” in the form of investments that keep paying you back in one way or another. Of course, the most basic example would be a bond, which pays you regular interest until the bond matures and you get your principal back, provided the issuer doesn’t default, which is generally unlikely with an investment-grade bond. However, you also may want to consider another type of renewable—

dividend-paying stocks. By reinvesting these dividends, you can increase the number of shares you own—and share ownership is a good way to help build your portfolio. Some companies have paid, and even increased, their dividends many years in a row, but keep in mind they’re not obligated to do so.

Plant seeds of opportunity. Some Earth Day events involve planting trees—many of which won’t be fully grown for decades. When you invest, you are planting seeds in the form of investments you hope will grow over the years. Of course, you will likely see some volatility along the way, but over the long term, investments with strong fundamentals may reward you for your patience.

Apart from these ideas, you also can connect the idea of helping protect the

environment with investing for your goals. Through socially responsible investing, you can screen out investments in companies whose products you find objectionable, while supporting businesses whose work you believe helps contribute to a better world. And you can find investments, such as mutual funds that emphasize social responsibility, whose returns are competitive, so you don’t have to sacrifice growth potential for your principles.

In the nearly 50 years since Earth

Day celebrations began, we have taken steps to improve many aspects of our physical world, although the work continues. And by following some of the same techniques, you can improve your investment environment, too.

- Derek Osborn is with Edward Jones, 4106 W. 6th St., Ste. A, Lawrence. He can be reached at 785-841-0382 or Derek.Osborn@edwardjones.com. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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“The 50+ demo accounts for half of all consumer expenditures — yet a shockingly small 10 percent of marketing dollars are targeted toward 50+.

Clearly, the numbers don’t add up, and overlooking the 50+ demographic is a major marketing mistake. Targeting the 50+ demo, marketers will see serious payoff when it comes to benefitting their bottom line.”

Source: Huffington Post, huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html

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JILL ON MONEY

Still troubled by tax changes? Read on

After the IRS reported that the average tax refund amount was lower than last year, many of you asked for a deeper dive into tax preparation, so here is my version of income tax boot camp.

Every taxpayer needs to determine whether to claim itemized or standard deductions, both of which reduce the amount of income subject to tax.



Jill
Schlesinger

The Tax Cuts and Jobs Act nearly doubled the standard to \$12,000 for singles and married filing separately, \$24,000 for married filing jointly and \$18,000 for head of household. The larger amount means about 90 percent of taxpayers will claim the standard deduction and their tax prep will be fairly straightforward.

If certain deductions such as mortgage interest, state and local taxes, unreimbursed medical expenses that exceed 7.5 percent of 2018 adjusted

gross income and charitable contributions add up to more than the standard deduction amount, then you will Itemize on Schedule A.

You can no longer claim deductions for unreimbursed employee expenses, tax preparation fees and other miscellaneous deductions.

Your total deduction for state and local income, sales and property taxes is limited to a combined, total deduction of \$10,000.

The deduction for home mortgage and home equity interest is limited to interest you paid on a loan secured by your main home or second home that you used to buy, build or substantially improve your main or second home.

If you used a home equity loan or line of credit to pay off another debt, like a credit card or student loan, that amount would not be deductible.

There is a new dollar limit on total qualified residence loan balances. If your loan originated after Dec. 15, 2017, you may deduct interest on up to \$750,000 in qualifying debt. Before that date, the amount remains at \$1,000,000.

The deduction for alimony is eliminated for agreements executed after Dec. 31, 2018, and alimony payments are no longer included as income after

this date.

Now that personal exemptions have been eliminated, credits are even more important.

The Earned Income Tax Credit is for workers with low to moderate income (less than about \$55,000). Check IRS.gov to determine if you qualify and for how much. The maximum is \$6,431 with three or more qualifying children.

The Child Tax Credit has increased to a maximum of \$2,000 per qualifying child under the age of 17 and is partially refundable. The income threshold at which the child tax credit phases out increased to \$200,000 (\$400,000 for married filing jointly).

There is a new credit of up to \$500 for each of your qualifying dependents (children over 17 or elderly parents). It is subject to the adjusted gross income phase-out above; check IRS.gov to determine if you qualify.

The American Opportunity (formerly Hope) Credit is partially refundable and worth up to \$2,500 for four years. The Lifetime Learning has no limit on the number of years you can claim it and is worth up to \$2,000 per tax return. Both

phase out at \$200,000 for singles and \$400,000 married filing jointly.

The Alternative Minimum Tax should affect fewer taxpayers because the exemption amount is increased to \$70,300 (\$109,400 MFJ). The income level at which the AMT exemption begins to phase out increased to \$500,000/\$1M married filing jointly.

Business owners should not count on the new 20 percent deduction for pass-through businesses (Section 199A deduction). The rules are tricky and most do not qualify, so consult the IRS guide for more information.

- 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. Check her website at www.jillonmoney.com.

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HEALTH & WELLNESS

The benefits of ginseng

Of all the medicinal herbs known throughout the world, ginseng is the most legendary. It is with good reason that this medicinal plant gets this prestigious honor. The health benefits when taking this medicinal plant are truly extraordinary. In ancient times, it was so highly treasured that Chinese emperors once valued it more than gold.



*Dr.
Deena
Beneda*

Ginseng is considered a healing panacea in the system of Oriental Medicine. Discovered centuries ago in the Northern mountain ranges of Manchurian China, it didn't take long for ginseng root to become wildly popular. The root of the ginseng plant has rejuvenating, restorative, and strengthening effects that work to elevate the health of all bodily systems, including the mind, body, and spirit. There are three main types of ginseng: Panax, American and Siberian.

Ginseng has a notorious fork-shaped root and green oval-shaped leaves. Commercially, it is sold in many different countries, with China being the plant's largest consumer. Ginseng can be found in a number of foods, energy drinks, dietary supplements, beverages such as herbal teas, and essential oils.

But, what exactly makes ginseng such an incredible healing plant? Researchers believe that it is in large part due to the plant's high concentration of medicinal compounds known as ginsenosides. It is the ginsenosides that can have paradoxical effects, meaning some types of ginsenosides are stimulating while others are calming. This is called an adaptogenic plant, meaning it can adapt to the body's needs by either

having stimulating or calming effects.

Ginseng has been researched and has been used medicinally to restore and enhance personal well being, improve memory, increase energy levels, reduce stress, promote relaxation, increase cognition, and lower cholesterol and blood sugar levels.

Other ginseng health benefits include the following:

- Perhaps of all ginseng's many health benefits, increasing energy, endurance, and strength is its most legendary. Ginseng has long been a favorite of athletes, endurance runners, and people in high-performance activities, such as high-stress jobs. However, the kind of energy that ginseng is famous for is natural and it is not a stimulant like caffeine. Over time, caffeine depletes the body's natural resources. Ginseng root, on the other hand, works to nourish, rejuvenate, and revitalize the body at the deepest levels.

- Several studies suggest that ginseng may help lower blood sugar and help treat diabetes. Ginsenosides may affect insulin production in the pancreas and lower lipid levels.

- Reduce stress and promote relaxation. Ginseng is an adaptogen, so the plant gives you more of what you need, either calming or energizing.

- Sharper cognition. Ginseng may improve thinking processes and cognition. Some studies suggest that ginseng seems to demonstrate benefits for cognition. Perhaps one of ginseng's most sought-after health benefits is its effects on mental performance and brain function. It may aid brain health because of its protection, preventing and reversing age-related cognitive decline.

Ginseng can have various health benefits. However, it is always advisable to check with your healthcare practitioner before taking any medicinal plant or alternative therapy.

- *Dr. Deena Beneda, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. She can be reached at 785-749-2255.*



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HEALTH & WELLNESS

Colon cancer risk factors

By Jessica Brewer

Lawrence Memorial Hospital

According to the American Cancer Society, you might be able to lower your risk of colorectal cancer by managing some of the risk factors you can control, such as diet and physical activity. Here's some tips that may help lower your risk:

- Staying at a healthy weight and avoiding weight gain around your midsection
- Increasing the intensity and amount of your activity



- Limiting red and processed meats—and eating more fruits and vegetables
- Avoiding excess alcohol
- Quitting smoking

Dr. Stuart Thomas, with Lawrence GI Consultants, is passionate about people being aware of colorectal cancer.

“Now more than ever, it is easy to get screened for colon cancer, and the screening tests are proven to be very effective,” said Dr. Thomas, whose practice is at 330 Arkansas St., Suite 215.

Dr. Thomas, who joined the gastroenterology team in 2018, said colorectal cancer is the third-most common cancer in the world.

“Screening for colon cancer saves more lives than anything else in my

practice,” he said. “If colon cancer is identified early, there are more effective treatments. Early detection is key.”

Colon cancer does not always have symptoms. But if you have experienced pain in your belly, have blood or very dark spots in your stool, undergone changes in bowel habits or have an unexplained weight loss, then you should make an appointment to see your doctor and discuss these symptoms, which could indicate colorectal cancer. The good news: colorectal cancer is easily discovered with a colonoscopy.

Dr. Thomas hopes that more people will get screened. People who keep up with their screening are significantly less likely to have colon cancer. In the United States, the rates of colon cancer have dropped by approximately 30 percent because of colon cancer screening. Dr. Thomas believes more lives can be saved because only about 60 percent of adults in the United States are up-to-date with colon cancer screenings.

“Imagine if 100 percent of the population was screened for colon cancer,” Dr. Thomas said. “The rates of colon cancer would drop even further.”

With screening, colon cancer can be found early and can be addressed.

Screening for colon cancer should begin for most people at age 50. “We recommend that those with a family history of colon cancer talk to their physician about when to start screening,” Dr. Thomas said.

A colonoscopy is the gold standard in colon cancer screening. It also allows

for the removal of colon polyps, which prevents the polyps from ever developing into a colon cancer. Therefore, colonoscopy is used to prevent colon cancer. However, people find colonoscopies to be a nuisance—primarily because the bowel prep is unpleasant and people have to take one to two days off work for the procedure.

The prep for this procedure involves taking laxatives and clear liquids the day before the procedure. This can be uncomfortable, and people tend to be very hungry.

The bowel prep is important because it cleans out the colon, making it easier to detect colon cancer and colon polyps.

While the colonoscopy is the gold standard, there are alternative ways to screen for colon cancer.

The preferred alternative to the colonoscopy is the fecal immunohistochemical test or FIT. This test requires no prep and uses a stool sample to detect microscopic amounts of blood, which increases the odds of there being a colon cancer. While the FIT may be more convenient, it is less sensitive than a colonoscopy. Unlike a colonoscopy, the FIT cannot detect colon polyps that eventually can become colon cancer.

“If the FIT comes back positive, then a colonoscopy is needed,” Dr.

Thomas said. “So I usually recommend my patients go straight to colonoscopy and get the best screening upfront.”

- Jessica Brewer is an intern in the Marketing and Communications Department at LMH Health.



Dr. Stuart Thomas



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MAYO CLINIC

Women who have hot flashes may be at higher risk of future heart problems

DEAR MAYO CLINIC: I'm 50 years old and recently started having menopause symptoms, including a lot of hot flashes. Is it true that frequent hot flashes could be a sign of heart disease? Should I see my health care provider to get my heart checked?

ANSWER: A direct association between hot flashes and heart disease hasn't been found. However, research suggests that women who have hot flashes may be at a higher risk of having heart problems in the future than women who don't have them. It would be a good idea for you to talk with your health care provider about your hot flashes and assess your risk for heart disease overall.

Hot flashes—sudden feelings of warmth, often over your face, neck and chest—are a common menopause symptom. The exact cause of hot flashes during the transition into menopause isn't clear. They seem to be related to changes in reproductive hormones and the way your body responds to slight variations in temperature.

A recent study of women 40 to 60 looked at the connection between hot flashes and vascular health, particularly the health of blood vessels. It found that women who have hot flashes, especially younger women who have them early in the transition into menopause,

have arteries that are less likely to relax appropriately during exercise or stress. In other words, their arteries were stiffer than normal. Specifically, the researchers focused on flow-mediated dilation—the way an artery widens when blood flow increases to that artery. In the women who had hot flashes, flow-mediated dilation did not tend to work properly. That could put those women at risk for future cardiovascular problems, including heart disease.

It's important to keep in mind that these findings do not necessarily link heart disease and hot flashes. Having hot flashes does not mean you're going to have a heart attack. Instead, it indicates that some of your arteries may not be working as well as they should. Knowing that can help you and your health care provider better assess your overall risk for heart disease and other cardiovascular problems.

It is worth remembering that whether or not you have hot flashes isn't something you can control. That's not true, however, with some of the other risk factors for heart disease that are modifiable, such as smoking and obesity. Studies have shown that smoking is one of the most dangerous heart disease risk factors in women. A woman who smokes is twice as likely to have a heart attack as one who does not. Quitting smoking is one of the best ways

you can lower your heart disease risk.

Obesity also puts you at higher risk of developing heart disease. Excess weight is particularly dangerous because it often triggers other medical conditions, such as diabetes, high blood pressure and high cholesterol. Each of those disorders on its own can make a person more susceptible to heart disease. A large research study showed that women who are obese experience heart attacks 11 years earlier on average than similar women who are not obese.

Heart disease is the leading cause of death in the U.S. for both women and men. But more than 80 percent of heart disease is preventable by living a heart-healthy lifestyle. That lifestyle includes eating a diet rich in fruits and vegeta-

bles, and low in saturated fats; getting regular physical activity; being at a healthy body weight; and not smoking.

Make an appointment to talk with your health care provider about your heart disease risk. Together, you can assess your situation, see if there are lifestyle adjustments you can make and create a plan to maintain your heart health. —
Rekha Mankad, M.D., Women's Heart Clinic, 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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April is National Social Security Month

By Norm Franker

Social Security District Manager in Lawrence, KS

It's National Social Security Month and this year we're highlighting some of the time-saving features of the my Social Security account. Once you create an account, you'll see that we already have your work history and secure information to estimate what you could receive once you start collecting benefits. With your personal my Social Security account, you can also:

- Request a replacement Social Security card;
- Set up or change direct deposit;
- Get a proof of income letter;

- Change your address;
- Check the status of your Social Security application; and
- Get a Social Security 1099 form (SSA-1099).

For over 80 years, Social Security has worked to meet the changing needs of the American public. Today, you can apply for retirement, disability, and Medicare benefits online, as well as take care of other business.

Knowledge is power. You care about your friends' and family's future, so encourage them to create a my Social Security account. Celebrate National Social Security Month by learning what you can do online anytime, anywhere at www.socialsecurity.gov/myaccount.

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SENIOR CALENDAR

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

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

ARTS/CRAFTS

TUESDAYS

THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWALK

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

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 13

APRIL SHOWERS CRAFT FAIR

Springtime brings crafts. Visit Shawnee for a free craft fair. Shawnee Civic Center, 13817 Johnson Drive, 9 a.m.-4 p.m. SHAWNEE, 913-631-2500
visitshawneeks.com

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

Sunday Bingo is 1:45 p.m., Tuesday Bingo is 6:30 p.m. Snack bar available (optional but appreciated). 3800 S.E. Michigan Ave. 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

LEXINGTON PARK

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

LEGIONACRES

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

FIRST & THIRD SATURDAY OF THE MONTH

VETERANS OF FOREIGN WARS

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

EDUCATION

ONGOING

COOKING CLASSES

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

ONGOING

FREE INSURANCE COUNSELING

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

SECOND AND FOURTH MONDAYS

LEXINGTON LUNCHEES

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

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical public service workshop that teaches beauty

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

APR 1

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-3 p.m. TOPEKA, 785-580-4400

APR 2

WOMEN'S HEALTH TALK

By Madonna with Caregivers. Lexington Park Independent Living, 1011 S.W. Cottonwood Ct., 2 p.m. Free and open to the public. TOPEKA, 785-273-4545

APR 2

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 3-4 p.m. TOPEKA, 785-580-4400

APR 2

AN EVENING WITH MAJOR GARRETT

With over two decades of experience reporting on the White House, Major Garrett has had a front-row seat to modern presidential history. He has covered four presidencies for three news outlets and currently serves as the chief Washington correspondent for CBS News. In this can't-miss program, Garrett will discuss his career in journalism, the twists and turns of covering our nation's highest office, and his latest book, "Mr. Trump's Wild Ride." Dole Institute, 2350 Petefish Drive, 7 p.m. This program is free and open to the public, and includes a book sale and signing. LAWRENCE, 785-864-4900
doleinstitute.org/events

APR 4 & 5

AARP DRIVER SAFETY

Lawrence Public Library, 707 Vermont, 10-3 p.m. both days. Fee. LAWRENCE, 785-312-4627

APR 8

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records. Central Park Community Center, 1534 S.W. Clay St., 5-6 p.m. This event requires registration. TOPEKA

APR 9

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 3-4 p.m. TOPEKA, 785-580-4400

APR 9

WALKING AIDS

Presentation by JT and Jean from Caregivers. They will discuss and demonstrate different aids AND proper use. Lexington Park Independent Living, 1011 S.W. Cottonwood Ct., 2 p.m. Free and open to the public. TOPEKA, 785-273-4545

APR 9

SENIOR SUPPER AND SEMINAR

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 connect-care@lmh.org. LMH Auditorium, 5-7 p.m. LAWRENCE, 785-505-5800, lmh.org/events

APR 9

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, April 9, 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 Cotton O'Neil Heart Center at 929 S.W. 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. Bottled water provided. TOPEKA

APR 9

HUMAN TRAFFICKING

Professor Sharon Sullivan of Washburn University will present a program on Human Trafficking. Lexington Park Independent Living, 1011 S.W. Cottonwood Ct., 2 p.m. Free and open to the public. TOPEKA, 785-273-4545

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. This event requires registration. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 9:30-11 a.m. This event requires registration. TOPEKA, 785-580-4400

APR 13-27

COMPUTER 102-THE INTERNET AND BEYOND

Designed for the internet newbie, this class will work exclusively with the web browser Firefox. We'll research pop-up and ad blockers, how to download files, manage bookmarks, refine your searches and demystify internet security. Take home curriculum included. Instructor: Sharon Gan-Yang, Class Code: 227606. Fee. Community Building, 2-3:30 p.m. Sponsored by Lawrence Parks and Recreation Department. Register online or call. LAWRENCE, 785-832-7909
wt.lawrenceks.org/wbwc/webtrac.wsc/search.html

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APR 13

COMPUTERIZED GENEALOGY 2

Now that you have your family tree, move to the next level. This class will focus on using online resources to find your ancestors where they may be hidden. Register at tscpl.org/register. Topeka Room, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 11 a.m.-1 p.m.

TOPEKA, 785-580-4400

APR 13

PUBLISHING YOUR FAMILY HISTORY

Part of our highly popular genealogy series! We will have a website or blog started so Alisa can show an electronic publication live in class. We will talk about how to interview family members, and how to preserve old documents. Please bring your own publications and expertise to share with the class. To purchase tickets, visit www.watkinsmuseum.org/events/gen18. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-12 p.m.

LAWRENCE, 785-841-4109 234-1030

APR 14

DOLE LECTURE: CARLY FIORINA

The Dole Institute is delighted to welcome Carly Fiorina for the 2019 Dole Lecture.

The first woman ever to lead a Fortune 50 company, Fiorina is the former CEO of HP and a best-selling author, and she was a 2016 candidate for president. Guided by her new book, "Find Your Way: Unleash Your Power and Highest Potential," Fiorina will share reflections and leadership lessons gleaned from her long career in both for-profit and nonprofit settings. This program is free and open to the public, and includes a book sale and signing. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 4 p.m.

LAWRENCE, 785-864-4900

APR 15

UNDERSTANDING MEMORY LOSS, DEMENTIA AND ALZHEIMER'S DISEASE

Alzheimer's disease is not a normal part of aging. An Alzheimer's Association dementia care specialist will provide information on detection, causes, risk factors, stages of the disease and treatment. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 5:30-7 p.m.

TOPEKA, 785-580-4400

APR 16

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 3-4 p.m.

TOPEKA, 785-580-4400

APR 17

INTERNET INTRODUCTION

Learn basic internet functions and visit a variety of sites for information and entertainment.

Anton Room 202, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

APR 17

NATIONAL PARK SYSTEM

Ranger Randy will present a talk on the History of the National Park System. Lexington Park Independent Living, 1011 S.W. Cottonwood Ct., 12:30 p.m. Free and open to the public.

TOPEKA, 785-273-4545

APR 19

ANYONE CAN COOK

For anyone who loves to eat but can't cook, you'll learn to follow a recipe, plan healthy and delicious meals and snacks, and explore different styles of cooking. Lingo Story Room, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 4-5 p.m.

TOPEKA, 785-580-4400

APR 22

UNDERSTANDING DEMENTIA RELATED BEHAVIOR

An Alzheimer's Association dementia care specialist will help you learn to decode behavioral messages, identify common behavior triggers and learn strategies to help. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 4:30-7 p.m.

TOPEKA, 785-580-4400

APR 23

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, April 23, 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 Cotton O'Neil Heart Center at 929 S.W. Mulvane. For information, call 785-270-4593, sign up at our website <http://centuryinsurance-agencyks.com> (on the Medicare tab) or email us at info@century-health.com. Bottled water provided.

TOPEKA

APR 23

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 3-4 p.m.

TOPEKA, 785-580-4400

APR 25

BATTLEGROUND: POLITICAL POLARIZATION AND THE SUPREME COURT

Recent judicial confirmations have laid bare the political divisions present in the nation's highest court. In the Dole Institute Student Advisory Board's spring program, two experts on judicial confirmation, law and legal institutions will examine politicization of the Supreme Court. Joining the conversation are Lee Epstein, Ethan A.H. Shepley Distinguished University Professor at Washington University, and Stephen Ware, KU professor of law. This program is hosted by the Dole Institute's Student Advisory Board. It is free and open to the public. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 7 p.m.

LAWRENCE, 785-864-4900

APR 25

SENIOR SESSION: PICTURING THE DEAD IN ANCIENT PALMYRA

Join museum educator Rachel Straughn-Navarro for a discussion of a bust of a woman in the Spencer's collection, focusing on its original context and what it can tell us about funerary practices in ancient Palmyra (present-day Syria). Spencer Museum of Art, 1301 Mississippi St., 10:15 a.m.

LAWRENCE, 785-864-4710

calendar.ku.edu/#/?i=1

APR 25

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

LAWRENCE

APR 29

EYE DISEASE

Presentation by Dr. Atteberry on Eye Disease. Lexington Park Independent Living, 1011 S.W. Cottonwood Ct., 1 p.m. Free and open to the public.

TOPEKA, 785-273-4545

APR 29

MEDICAID FOR SENIORS

Medicaid Eligibility Quality Control Manager, Kelly Barker, will provide an overview of Medicaid for seniors and answer your questions. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

APR 30

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 3-4 p.m.

TOPEKA, 785-580-4400

MAY 2

BIG SONIA SCREENING

Sonia is one of the last remaining Holocaust survivors in Kansas City and one of the only survivors in the area who speaks publicly about her wartime experience. Sonia is the ultimate survivor. Her story must never be forgotten. Presented in partnership with Temple Beth Shalom. Marvin Auditorium 101BC, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 6:30-8:45 p.m.

TOPEKA, 785-580-4400

MAY 2

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records as you research your family tree. Register at www.tscpl.org/register. Shawnee North Community Center, 300 NE 43rd St., 10-11:30 a.m.

TOPEKA, 785-580-4400

MAY 4

CREATING ORAL HISTORIES

Learn how to use the library's oral history kits to preserve and enhance your own family history. Register at tscpl.org/register. Topeka Room, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 11 a.m.-1 p.m.

TOPEKA, 785-580-4400

MAY 6

MEDICARE MONDAYS

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

TOPEKA, 785-580-4400

ENTERTAINMENT

SUNDAYS

LAWRENCE IRISH TRADITIONAL SESSION

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

LAWRENCE, lawrencecesession.com

THURSDAYS

JUNKYARD JAZZ

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

LAWRENCE, 785-842-3415

SATURDAYS

COMMUNITY JAM

Totally free and open to the public, the AMA Saturday Jam has become a tradition in the Lawrence music community. All styles and levels welcome, acoustic instruments only. Americana Music Academy, 1419 Massachusetts St., 3-5 p.m.

LAWRENCE, 785-830-9640

americanamusicacademy.com

APR 3

GRACE READERS THEATER GROUP

Grace Readers Theater Group will present "The Haunting Hour" and "A Crime in Rhyme." Lexington Park Independent Living, 1011 S.W. Cottonwood Ct., 6:30 p.m. Free and open to the public.

TOPEKA, 785-273-4545

APR 5

STORY SLAM: ENDINGS

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

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■ CONTINUED FROM PAGE 19

or evening, twice. Adults, 18+ only. Live music & social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. Lawrence Arts Center, 940 New Hampshire. Admission: Suggested Donation \$5.

LAWRENCE, lawrenceartscenter.org
 lied.ku.edu/calendar

APR 5

STORY SLAM

Listen to or be one of 10 people who each tell a 5-minute story on the theme of fools or foolishness. The audience will award a cash prize to the best story based on quality and presentation. Sign up to be a storyteller begins at 6:30. Co-hosted with NOTO Arts Place, emcee Kay Duganator. NOTO Arts Place, 905 N Kansas, 7-9 p.m.

TOPEKA

APR 7

LUCY KAPLANSKY

Blending country, folk and pop styles, she has the unique ability to make every song sound fresh, whether singing her own sweet originals, covering country classics by June Carter Cash and Gram Parsons, or singing pop favorites by Lennon/McCartney and Nick Lowe. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

APR 11

WOODY PARKER

Music by Woody Parker. Lexington Park Independent Living, 1011 S.W. Cottonwood Ct., 3 p.m. Free and open to the public.

TOPEKA, 785-273-4545

APR 12, 13, 14*, 18, 19, 20, 21*

LEND ME A TENOR

Here comes a madcap, screwball comedy with lots of laughs. Set in 1934, an opera manager is primed to welcome a great tenor to appear as Otello. However, through a hilarious series of mishaps, two Otellos are soon running around in costume pursued by two women, each thinking she is with *Il Stupendo*. Evening performances start at 7:30 p.m. *Indicates a 2:30 p.m. performance. Theatre Lawrence, 4660 Bauer Farm Dr. Fee.

LAWRENCE, 785-843-SHOW (7469)

wp.theatrelawrence.com/events/2018-19-season

APR 12

THE PHILADELPHIA STORY

When a rich woman's ex-husband and a tabloid-type reporter turn up just before her planned remarriage, she begins to learn the truth about herself. 1940, b&w, 112 min. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 2-5 p.m.

TOPEKA, 785-580-4400

APR 17

EVERG

EverG presents a very fun music program. Lexington Park Independent Living, 1011 S.W. Cottonwood Ct., 5:30 p.m. Free and open to the public.

TOPEKA, 785-273-4545

APR 19-MAY 4

THE DIARY OF ANNE FRANK

The Diary of Anne Frank captures the claustrophobic realities of eight people hiding from the Nazis in a concealed storage attic in war-torn Amsterdam. Anne's daily existence – her fears, her hopes, her laughter, her grief, and her family's desperate attempt to preserve humanity in an inhumane world – drives this transcendentally powerful tale. Topeka Civic Theatre and Academy, 3028 S.W. 8th Avenue. Dates vary. Fee.

TOPEKA, 785-357-5211

topekacivictheatre.com/event/the-diary-of-anne-frank

APR 21

FINDING NEVERLAND

Directed by visionary Tony-winner Diane Paulus, and based on the critically acclaimed Academy Award-winning film, FINDING NEVERLAND tells the incredible story behind one of the world's most beloved characters, Peter Pan. Lied Center of Kansas, 1600 Stewart Drive, 6 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

APR 24

ED FARRIS BAND

Music by the Ed Farris band. (Piano, Trumpet, Tuba). Lexington Park Independent Living, 1011 S.W. Cottonwood Ct., 3 p.m. Free and open to the public.

TOPEKA, 785-273-4545

APR 28

THE SENIOR CLASS IMPROV COMPANY

A senior improv company made up entirely of 55+-year-old actors. They define life in the golden years as a terrifically fun-filled trip. Their show is family-friendly and a perfect way to spend your Sunday. Topeka Civic Theatre and Academy, 3028 SW 8th Avenue, 2 p.m. Fee.

TOPEKA, 785-357-5211

topekacivictheatre.com/senior-class

MAY 4

REO SPEEDWAGON

By the early '70s, REO Speedwagon's unremitting drive, as well as non-stop touring and recording, jump-started the burgeoning rock movement in the Midwest. It carved a path that was eventually followed by STYX, Kansas, Cheap Trick and more. Platinum albums and freeform FM radio staples such as "Ridin' The Storm Out" followed, setting the stage for 1980's explosive Hi Infidelity. Topeka Performing Arts Center, 214 SE 8th Avenue, 8 p.m.

TOPEKA, 785-234-2787

topekaperformingarts.org/events

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. Wanamaker. Mall walking hours are Monday-Saturday 7 a.m. to 9 p.m. and Sundays 11 a.m. to 6 p.m. Log your visits at the kiosk in the northwest corner of the lower level to be eligible for prizes from sponsors West Ridge Mall and Stormont Vail Health. Free.

TOPEKA

ONGOING

FREE MEMORY SCREENING CLINIC

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

TOPEKA, 785-368-0744

ONGOING

WELLNESS COACHING

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

LAWRENCE

ONGOING

FIT FOR LIFE

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

LAWRENCE, 785-505-2712

ONGOING

ZUMBA GOLD

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

LAWRENCE, 785-832-7920

DAILY

EXERCISE CLASS

Lexington Park, 1011 SW Cottonwood Ct., 10 a.m.

TOPEKA, 785-273-4545

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

Need exercise? Come to the East Lawrence Recreation Center (7-9 a.m.) or Holcom Park

Recreation Center (7-11 a.m.), Monday through Friday. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE. Lawrence Parks and Recreation. For more information, contact Stephen Mason. LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

LAWRENCE, 785-832-7950

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

Seaman Community Church, 2036 NW Taylor. 9:30-10:15 a.m.

TOPEKA, 785-357-8777 or 785-213-6016

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

TUESDAYS

FREE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZERCISE LITE

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

LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

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

TOPEKA, 785-354-5225

TUESDAYS AND THURSDAYS

FLEXERCISE

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

LAWRENCE, 785-856-6030

■ CONTINUED FROM PAGE 20

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

THURSDAYS**WELLNESS CLINIC**

Blood pressure checks, weights. Lexington Park, 1011 SW Cottonwood Ct., 12:30 p.m. TOPEKA, 785-273-4545

FRIDAYS**BLOOD PRESSURE CHECKS**

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

SECOND THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

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

THIRD THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

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

THIRD THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

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

FOURTH THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

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

APR 3**TACC SPRING SENIOR HEALTH FAIR**

At least 40 vendors including home health, hospice, retirement communities, hearing specialists, rehab centers, skilled nursing, and many more. Fairlawn Plaza Mall, 2114 S.W. Chelsea Dr., 9 a.m.-2 p.m. TOPEKA

APR 11-& 18**NORDIC WALKING**

Turn your daily walk into a full-body workout. Walking poles work your upper body through a functional range of motion as you walk. Poles also take some of the load off your lower back, hips and knees. This class teaches the proper technique using poles for improved balance, stability and increased aerobic benefits. Participants provide their own poles and may contact the instructors for advice. Co-sponsored by the Lawrence Parks and Recreation Department and Lawrence Memorial Hospital. Class Code: 227280. Fee. Union Pacific Depot, 6-7:30 p.m. Register online or call. LAWRENCE, 785-832-7909
wt.lawrenceks.org/wbws/wbstrac.wsc/search.htm

APR 22**TAI CHI FOR BEGINNERS**

We will explore the benefits and fun of Tai Chi for seniors. Come ready to move. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m. TOPEKA, 785-580-4400

HISTORY/HERITAGE**APR 1****KANSAS AFRO-AMERICAN HISTORICAL AND GENEALOGY SOCIETY MEETING**

The Kansas Chapter of KAAHGS meets quarterly to learn about African American family history and genealogy with guest speakers. Find them on Facebook or visit aahgs.org. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 5:30-7:30 p.m. Suggested donation \$5. TOPEKA, 785-856-0434
facebook.com/events/364655100801049

APR 6**CELTIC ROOTS FESTIVAL**

Workshops in dance, song, fiddle, banjo, and bodhran will be followed by six of the lead-

ing local traditional Irish bands in Lawrence and Kansas City. Free State beer available for purchase. Union Pacific Railroad Depot, 402 N. 2nd Street, 1 p.m. LAWRENCE,

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

MONDAYS**BREAST CANCER SUPPORT GROUP**

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

MONDAYS, WEDNESDAYS & FRIDAYS**WATER AEROBICS CLASSES**

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class times are 6:30 a.m., 9 a.m., and 5 p.m. 1112 W. 6th St., Ste. 124. LAWRENCE, 785-838-7885
OrthoKansasPA.com

FIRST MONDAY OF THE MONTH**INDIVIDUAL BEREAVEMENT SUPPORT**

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

FIRST & THIRD MONDAY OF THE MONTH**BEREAVEMENT SUPPORT GROUP**

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

FIRST & THIRD MONDAY OF THE MONTH**GRIEF SUPPORT GROUP**

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

FIRST & THIRD MONDAY OF THE MONTH**CAREGIVER SUPPORT GROUP**

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

FIRST & THIRD MONDAY OF THE MONTH**SPOUSE/PARTNER LOSS**

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

FIRST & THIRD MONDAY OF THE MONTH**CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by the Senior Resource Center for Douglas County, 2920 Haskell Ave., 2:15-3:45 p.m. LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY**MEN'S COFFEE**

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

TUESDAYS**BREW HA HA!**

A coffee group for anyone desiring some fun and coffee at the The Midland Care Center for Hope and Healing. The Midland Care Center for Hope and Healing, 1112 SW 6th St., 4-5 p.m. TOPEKA, 785-430-2194

TUESDAYS**GENERAL GRIEF SUPPORT GROUP**

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 5:30-6:30 p.m. TOPEKA, 785-430-2194

TUESDAYS**INTERGENERATIONAL CHOIR**

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

**FIRST TUESDAY OF THE MONTH
LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES**

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

■ CONTINUED FROM PAGE 21

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 & THURSDAYS
WATER AEROBICS CLASSES**

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

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

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

**WEDNESDAYS
GRIEF SUPPORT GROUP**

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

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

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

**FIRST THURSDAY OF THE MONTH
LAWRENCE AREA PARTNERS IN AGING**

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

**FIRST FRIDAY OF THE MONTH
STROKE SUPPORT GROUP**

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

**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**

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

**SECOND WEDNESDAY OF THE MONTH
DIABETES EDUCATION GROUP**

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

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

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

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

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

**SECOND SATURDAY OF THE MONTH
HAPPY TIME SQUARES SQUARE DANCE
CLUB**

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

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

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

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

Strengthening family relationships and 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 WEDNESDAY OF THE MONTH
BETTER BREATHERS CLUB**

BBC Support group is to improve the quality of life and functional status for members. It will provide disease specific education and emotional connection. Angels Care Home Health Lower Conference Room, 5375 SW 7th St., 11:30 a.m.
TOPEKA, 785-273-3560

**THIRD 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.
LAWRENCE

**THIRD WEDNESDAY OF THE MONTH
NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of the month at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free. NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.
LAWRENCE, 785-843-7481

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

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

**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
tgstopoka.org

**FOURTH THURSDAY OF THE MONTH
CHRISTIAN WIDOW/WIDOWERS
ORGANIZATION**
We have a covered dish dinner, a short meeting, and then play dime bingo with playing cards. 5:30 p.m. at 17th and Stone. For additional information, email pdpatterson@juno.com.
TOPEKA

**FOURTH FRIDAY OF THE MONTH
NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES**
The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of the month (except Nov. and Dec.) at Aldersgate Village, 7220 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, contact Jim Miller at 785-478-0651 or Sharon Rosenow at 785-640-7317. Luncheon reservations needed one week in advance of meeting.
TOPEKA

**LAST WEDNESDAY OF THE MONTH
WARM UP WEDNESDAYS GROUP**
The Midland Care Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m.
TOPEKA, 785-430-2194

■ CONTINUED FROM PAGE 22

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

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

THURSDAYS

SCRABBLE CLUB - OPEN PLAY

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

APR 20

EARTH DAY AT SOUTH PARK

Join us for fun hands-on activities that focus on best practices for environmental sustainability. South Park, Massachusetts Street, 11:30 a.m.-4 p.m. LAWRENCE, 785-864-4450

APR 27

MILDALE FARM COMMUNITY DAY

Bring the family out and spend the day exploring Mildale Farm. Visitors can explore and picnic on the 158-acre site including the 22-acre rental property. Arts and crafts activities for the kids will take place in the main barn. Catch-and-release fishing in any or all of seven ponds within the 158-acre area will also be offered, so bring your own bait and tackle. While District fishing permits have been waived for this event, Kansas residents ages 16 to 74 and nonresidents 16 and older need to have a Kansas state fishing license. Mildale Farm, 38250 W 199th, 9 a.m.-2 p.m. Free. EDGERTON, 913-826-2957

APR 27

ROAR & POUR WINE FEST

The 3rd annual Roar & Pour Wine Fest features a variety of wine tastings from local, national, and international wineries, as well as appetizer and dessert samplings from local vendors. Enjoy live music by Departure and delight in animal/artist collaborations by Amused that will be auctioned off. A limited number of VIP tickets include early entry to a 5 p.m. VIP Reception in Camp Cowabunga, featuring dinner and exclusive wine. Topeka Zoo and Conservation Center, 635 SW Gage Boulevard, 6 p.m. Fee. TOPEKA, 785-368-9133
cityspin.com/northeastkansas/e/roar-pour-wine-fest-2

TOURS/TRIPS

THURSDAYS

BEHIND THE BRICKS: WATKINS MUSEUM TOURS

Every Thursday, Watkins volunteer Michele Montour introduces visitors to the amazing architecture of the Watkins Building and some of our fascinating exhibits. This tour is a short, free, and fun way to spend time Thursday afternoons soaking up some local history! Watkins Museum of History, 1047 Massachusetts St.,

2-2:30 p.m. Free.

LAWRENCE, 785-841-4109

watkinsmuseum.org

FIRST SATURDAY OF THE MONTH

DISCOVER WITH DOLE

Drop by the Dole Institute on the first Saturday of each month for an interactive, kid-friendly visit to discover uniquely themed items in the museum and archives. Activities include crafts, puzzles, coloring, and museum gallery activities. Families with young children encouraged! All programs and events at the Dole Institute are free and open to the public. Dole Institute of Politics, 2350 Petefish Dr., 10 a.m.-12 p.m. LAWRENCE, 785-864-4900, doleinstitute.org

SECOND SATURDAY OF THE MONTH

FREE STATE EAST SIDE BREWERY TOUR

Free State Brewing Co.'s East Side Brewery offers tours on the second Saturday of the month at 2 p.m. Tours are free, and open to the public, but you will need to reserve your place by registering online. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd. LAWRENCE, 785-550-9718
shop.freestatebrewing.com/collections/front-page/products/brewery-tour

APR 24

ANDRÉ'S CONFISERIE SUISSE & MOON MARBLE COMPANY

Andre's Confiserie Suisse is one of America's premier chocolatiers. We will learn about the art of Swiss techniques and classic recipes for creating luxurious chocolate candies. The tour will end with an authentic Swiss lunch in the Tea Room at Andre's. On our way home, a visit to the Moon Marble Company. CODE: 227882. Fee. Sponsored by Lawrence Parks and Recreation Department. Registration Deadline April 24. Register online or call. LAWRENCE, 785-832-7909
wt.lawrenceks.org/wbws/wbstrac.wsc/search.html

APR 28

FORT LEAVENWORTH HOMES TOUR

Walking tour of historic military homes of Fort Leavenworth. NOTE: U.S. Picture ID required upon entry to the fort, enter in the right-hand lane (non-decal). No weapons may be brought onto the fort. Fort Leavenworth, Grant Ave, 10 a.m.-6 p.m. Adm chg. FORT LEAVENWORTH, 913-684-3193

MAY 29

HISTORIC CEMETERIES OF DOUGLAS COUNTY

Join us at Pioneer Cemetery, Oak Hill Cemetery, Haskell Indian Nations University and Beni Israel, the longest continuous burial ground in Douglas County. The stops on this day will provide a glimpse into notable people and events of Douglas County. CODE: 227881. Fee. Sponsored by Lawrence Parks and Recreation Department. Registration Deadline, May 13. Register online or call. LAWRENCE, 785-832-7909
wt.lawrenceks.org/wbws/wbstrac.wsc/search.html

JUN 4 & 5

WICHITA

Two full days will include guided tours of the Ulrich Museum Outdoor Sculpture Collection, Wichita Art Museum; and Frank Lloyd Wright's Allen House. Set your own pace at Botanica, and the Sedgwick County Zoo. Plan on dining

in Old Town, visiting the Nifty Nut House and viewing the Ring of Fire. 227887. Fee. Sponsored by Lawrence Parks and Recreation Department. Registration Deadline, May 1. Register online or call. LAWRENCE, 785-832-7909
wt.lawrenceks.org/wbws/wbstrac.wsc/search.html

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RICK STEVES' EUROPE

Experiencing Italy's Renaissance

By Rick Steves

Tribune Content Agency\

Among the many things I love about Italy is how the Renaissance can be spliced into your travels. Imagine: In Florence you can sleep in a converted 16th-century monastery that's just a block from Michelangelo's David, around the corner from Brunelleschi's famous cathedral dome, and down the street from the tombs of the great Medici art patrons—and that's just for starters.

Before the Renaissance, Europeans spent about 1,000 years in a cultural slumber. Most art was made to serve the Church, and man played only a bit part—typically as a sinner. But around 1400, everything began changing.

The new “Renaissance Man” shaped his own destiny and was no longer a mere plaything of the supernatural. Belief in the importance of the individual skyrocketed, and life became much more than a preparation for the hereafter. This new “humanism” wasn't a repudiation of God; it was an understanding that the best way to glorify God was not to bow down in church all day long but to recognize the talents God gave you and use them.

And that's what the Renaissance Florentines were doing. Think of the extraordinary “class of 1500” living during that exciting time: Michelangelo was inspired by Leonardo da Vinci. Leonardo was hanging around with political bad boy Niccolò Machiavelli. Machiavelli had the ear of power broker Lorenzo Medici the Magnificent. Lorenzo's son, Pope Leo X, gave big painting commissions to Raphael, who exchanged masterpieces with artist Albrecht Durer in Germany. Durer was personally converted to Protestantism by Martin Luther—who was excommunicated by Leo X—who had gone to school with Michelangelo.

Never before had artists been asked to do so much or given so much money and freedom. In the Middle Ages, unheralded craftsmen cranked out by-the-numbers religious art. During the Renaissance, artists no longer worked anonymously. The most successful ones—like Leonardo, Michelangelo and Raphael—achieved celebrity status, dictating their terms and creating as the spirit moved them.

Artists of the Renaissance deserved the respect they got. To create realistic paintings and statues, they merged art and science. They studied anatomy

like doctors, nature like biologists, and the laws of perspective like mathematicians.

Enhanced by experiments with perspective, paintings became more true to life - and packed a bigger psychological punch. When you look at Leonardo's Last Supper, you don't think, “Isn't it amazing how the lines of perspective pull me right to the figure of Christ?” But subconsciously those lines powerfully direct your eye - and heart - to the center of the fresco, right to Jesus.

Leonardo—a sculptor, engineer, inventor, and scientist—typified the well-rounded Renaissance Man (and he wasn't a bad painter either). Indifferent to what his patrons thought, Leonardo often left projects undone. Of the few surviving paintings by his hand, two are unfinished—abandoned when something more interesting came along.

But Leonardo was far from a flake. From the notebooks he left behind, we see him as a keen observer and a fearless thinker: He dissected corpses, diagrammed the flight of birds, and formulated hypotheses about the movement of water.

Michelangelo was no less inventive than Leonardo, and he was equally famous. He split his time between Florence (his hometown) and Rome, where the money was. Over his long life, he ended up working for nine popes.

Michelangelo insisted he was a sculptor, not a painter. And though he preferred working in Florence, when Pope Julius II said, “Come to Rome and do a painting,” he couldn't refuse. He spent years at the Vatican, frescoing the Sistine Chapel.

That chapel ceiling is the story of

creation—and the essence of Renaissance humanism. When Michelangelo shows God giving Adam the spark of life, man is truly made in God's image, as glorious as his creator.

Raphael, the third of the big three, combined the quiet elegance of Leonardo with the raw power of Michelangelo. A bit of an upstart, Raphael rubbed elbows with his elder mentors in Florence for a time, but soon moved on to Rome.

There, the pope hired him to paint the walls of his library in the Vatican. In his huge fresco, called the School of Athens, Raphael celebrated the great pre-Christian thinkers—a shocking break from Church tradition. And to make the embrace of these once taboo figures even stronger, Raphael depicted the great thinkers of ancient Greece as portraits of the leading Renaissance artists and geniuses of his generation. Not only did the Renaissance appreciate the greats of the ancient world, they considered themselves in the same league. Renaissance humanism ruled.

Although the Italian Renaissance sputtered out by 1600, by then people from around the world were already coming to see its masterpieces. Especially in Italy today, visitors continue to set their sights on the great works of the cultural explosion that was the Renaissance.

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

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By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

Now that the weather is beginning to warm, you might be planning a vacation or trip. Social Security is here for you when you're traveling, whether it's just a state away or when you're overseas.

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WOLFGANG PUCK'S KITCHEN

It's the perfect time of year to bake bread

Last month's record-breaking polar vortex may be over, but it's very likely that the weather where you live is still keeping you in indoors on the weekends. It's a perfect time of year for cooking foods that warm you and sustain you. After all, in times past, when people wanted to chase away the cold they gathered around the glowing hearth.



Wolfgang
Puck

I think the one cooking activity that most captures such old-fashioned pleasures of warming yourself by the fire is baking. Preparing bread itself is very pleasurable, causing you to slow down from the often-hectic pace of the week. Mixing, kneading and shaping dough feels therapeutic, like acts of meditation. Waiting for the dough to rise stretches out the day, while offering a perfect stretch of time to catch up on the newspaper, read a book, listen to music, play a game or have a conversation. The baking itself extends that beneficial down time even more.

Don't think I'm forgetting the pleasures of the bread. Beautifully browned and fragrant, crusty, chewy, tender and still warm from the oven, a loaf you've baked for yourself really can come to feel like the proverbial staff of life. It can also go on sustaining you for several days to come.

That's why I'm happy to share one of my favorite basic bread recipes. My French olive bread has the ability to transport you, at least in your imagination, to the sunny shores of the Mediterranean, since it's flavored with black, briny, slightly chewy Nicoise olives.

You can easily find them in jars—or in service delis or serve-yourself olive-and-pickle bars—in many well-stocked supermarkets.

You'll find the recipe surprisingly simple overall. To help you get the best results, though, it's important to stick carefully to the timing instructions for mixing and baking. I also suggest calibrating your oven by hanging an oven thermometer from the top rack, since the dials on most home ovens don't accurately match their internal cooking temperatures.

Speaking of equipment, you will also need a stand mixer to mix the dough easily; but I'm always surprised by how many home cooks have this versatile appliance now. And a baking stone, available in most cookware stores, helps ensure a good rise and nice crust like you'd get from a professional baking oven.

If the weather's still bad, you don't even need to venture out to buy these things. You can easily find all this equipment, even the Nicoise olives, online, have them delivered straight to your door.

FRENCH OLIVE BREAD

Makes 2 loaves, about 21 ounces each

5 cups (1.125 L) plus 2 teaspoons bread flour, plus extra for kneading

2 cups (500 mL) cold water

1 1/2 packages fresh yeast, crumbled, or active dry yeast

4 ounces (125 g) Nicoise olives, pitted and sliced crosswise into 3 or 4 pieces each

2 teaspoons kosher salt

Put the 5 cups (1.125 L) flour and 2 cups (500 mL) cold water in the bowl of a stand mixer fitted with the dough hook and mix at the lowest speed, or 1, for exactly 4 minutes. Sprinkle the

yeast over the dough, raise the speed to the next level, or 2, and mix for exactly 4 minutes longer. The dough should be elastic enough to pull away cleanly from the bowl.

Toss the olives with the remaining 2 teaspoons flour, add them to the dough along with the salt, and mix them in for 2 minutes longer at the lowest speed. Then, stop the machine, remove the bowl, cover it with a clean kitchen towel, and set aside to rest for 15 minutes.

Turn out the dough onto a heavily floured surface. With clean hands, lightly knead the dough into a ball. Cover and leave to rest at warm room temperature for 45 minutes. With clean hands, punch the dough down to release air trapped inside. With a large, heavy knife or a dough scraper, cut the dough in half.

To shape the loaves, flatten a piece into an 8-inch (20-cm) square, fold it in half, and press down on the seam to seal it. Turn the dough so the seam runs along the top and press down to flatten it. Then, fold one narrow end toward the center and fold the other end to meet it.

Press down slightly and then fold the dough in half to make a compact bundle. Press down on the seams, and gently roll the bundle back and forth to form a loaf

8 inches (20 cm) long. Repeat with the other piece of dough. Place the loaves on a large rimless baking sheet, sprinkle with flour, cover with the towel, and leave to rest at warm room temperature for 45 minutes.

Place a baking stone on the center rack of the oven and preheat the oven to 400 F (200 C). With a very sharp knife, make a slash down the center of each loaf. Carefully slide the loaves onto the stone, and bake for 10 minutes. With a spray bottle filled with fresh water, lightly spray the loaves. Close the oven and continue baking until the loaves are well browned, about 1 hour and 10 minutes longer. Transfer to a wire rack to cool before slicing and serving.

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HUMOR

The Waiting Room Magazine Certification Association

Longtime readers of this column will recognize the name Eloise Simplkins. Eloise was a domestic cleaning woman who realized that suburban housewives were uncomfortable having their regular cleaning ladies see their husbands' messy bathrooms. Eloise realized that these women would pay pre-cleaning ladies to touch up their houses before the reg-



Larry
Day

ular cleaning ladies arrived.

Eloise created a nationwide business that sent pre-cleaning ladies to prepare homes for the regularly scheduled cleaning ladies. She had scores of franchises. That idea made her wealthy.

Of the various things we have said about Eloise over the years, we have never said she had a sense of humor. But Eloise does have a sense of humor. She often uses it to make a point. For example, she Created the National Waiting Room Magazine Association.

Like most of us, Eloise spends time in waiting rooms of practitioners like dentists, medical doctors, financial advisers and specialists who enhance one's personal appearance. Eloise recently was kept waiting by such a practitioner. As she waited (and waited), Eloise riffled through the waiting room magazines. They were dog-eared and months old. Her eyes wandered to the walls of the office where framed credentials touted the practitioner's professional qualifications. There was even a framed ribbon that the practitioner received for winning his third-grade spelling bee.

Eloise decided it would be easy to convince these certificate-happy bozos

that their waiting rooms should be certified and organized, and incorporated the National Magazine Waiting Room Certification Association. She hired a PR agency to place favorable news stories about the association in all the mass and social media.

Meantime, Eloise developed a large quantity of waiting room certificates. The certificates covered a variety of professional practices and included fee structures that each practice could afford.

Eloise added an incentive. For an additional fee, Eloise would deliver the certificate personally and evaluate the waiting room magazines. She created categories for the waiting room magazines—including oldest date, most-dog-eared-but still-readable, most unusual foreign language, most appropriate content (for the particular practice) magazine, least likely to be of interest to the clientele of that practice, most unreadable typeface.

Finally, Eloise said she would pose for photographs with the practitioners. After she said that, orders poured in, nearly all of them specifying that Eloise was to deliver the certificates.

These projects kept Eloise so busy that she hardly had time to gloat. This

leading physician, that nationally noted orthodontist, and the other highly-regarded financial adviser all wanted a waiting room certificate and a photo taken with Eloise. She traveled across the country, visiting waiting rooms large and small. She took a couple of assistants with her and they did a systematic evaluation of the magazines and put them in the appropriate categories from Eloise's list. By this time the mass media were covering Eloise's movements without prodding from PR firms. The New York Times did an interview; the Wall Street Journal sent reporters to dig into her past, and The New Yorker did a humorous short piece about her past and found it to be exactly as originally reported. She appeared on Jimmy Kimmel's show, the Today show, Anderson Cooper 360, and network evening news.

Overseas practitioners revamped their waiting rooms. All that activity was good for the industry and good for the wide variety of clients being served in the waiting rooms.

The analysis of categories proved popular and was picked up by social

media as well as the media of mass communication.

Following are the results:

- Oldest magazine found in a waiting room: 1917 copy of *Field and Stream*.

- Most dog-eared-but-still-readable magazine: an April 1971 copy of *Ladies Home Journal*.

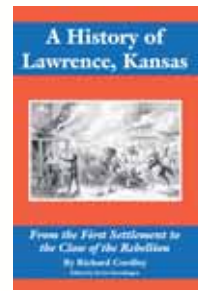
- Most unusual foreign language magazine: *Kalakaumundi Magazine* published in Malayalam.

- Most appropriate magazine content for a particular practice's waiting room: *The Bark* found in veterinarians' waiting rooms.

- Magazine least likely to be of interest to that waiting room's clientele: *Today's Senior Magazine*, found in a pediatric physician's waiting room.

- Magazine with the most unreadable typeface: *Saturday's Guru* printed in Frutiger boldface type.

- 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.



The History of Lawrence, Kansas

by Richard Cordley

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MY PET WORLD

What do you do when you find a lost pet?

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: I found a cat on the street with a collar, but no tag. I fed her and took her to my vet's office to check for a microchip. Since no microchip was found, I had her blood checked for HIV, etc. and her teeth cleaned before I brought her home. The bill was \$450.

This kitty, apparently, was left on the streets; there were no lost signs in the neighborhood. After 14 days, however, I spotted a sign. So, do I give the cat back to people so ill-informed that they don't even look for her for days, fail to tag or chip her, and clearly leave her outside in a heavy traffic area? The sign said that "she did not come home one night," like they dumped her out in the cold to be struck by a car, attacked by dogs, or poisoned? Do I keep her? At this point, I feel I should keep her.

I belong to several animal organizations and am an activist. I can't count the number of pets that I have rescued or picked up off the street. I can't imagine anyone so ignorant that they let a cat run loose in this day and age. Also, do you have any tips on getting her accustomed to indoor life? She wants to go out, but so far, I have been keeping her busy and in a back room if I leave any door open to the outside. - B. Anne, via email

Dear B. Anne: It's wonderful you rescued this cat and got her checked for a microchip. That is the exact right first step for anyone finding a lost pet.

The second step is to let your neighbors know you found a lost pet. Did

you put up signs around the neighborhood to say you had found her? Did you report her as "found" through the city shelter or humane society?

It's hard to know why the family didn't get signs up sooner, and easy to jump to conclusions when we don't know the entire story. Regardless of when they put the signs up (they may have posted on social media or called the animal shelter first) if they took the time to make signs and put them up around the neighborhood, one has to assume they love their cat and want her back. The fact that the cat has been spayed gives us a small clue into their care for her.

While I'm an advocate for keeping cats indoors, I don't judge people too harshly for letting let their cats outside at night since it was once a common practice that many people grew up thinking it was OK to do. It takes time to educate people about the safety of keeping cats indoors, but this practice, in general, doesn't mean they are bad cat owners.

While ID tags and microchips are also the hallmarks of a responsible pet owner, not having them doesn't mean the person doesn't love their pet. What it often means is that they either don't understand the importance of ID'ing their pets or don't have the resources to pay for a microchip. With their cat now missing, it's possible they may regret not providing proper ID.

As you are now seeing, some cats are very persistent about wanting to go outside. As a result, some cat owners give in to this pressure and let their cats

outside at night. I am not saying this is right, but some people still think it's OK to do.

So, my question to you is, what would you want someone to do if the situation was reversed and it was your kitty that didn't come home one night? Would you hope and pray someone would call you about your cat? I know you already love this cat and have invested money into her welfare too, but if your answer is yes, you would want someone to call

you, then I think you know what you have to do.

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

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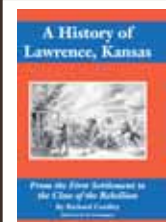
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JAY'S MUSICAL MEMORIES

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 show-
ers may come your
way
They bring the flow-
ers that bloom in
May
So if it's raining
have no regrets
Because it isn't
raining rain you know, it's raining vio-
lets*



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 LawrenceHits.com, an APP and website based Classic Hits radio station that plays a variety of music from the 60s, 70s, 80s and 90s and covers the genres pop, rock, country and soul. The station is in its 7th year in operation and can be also be found on Roku and Tune In Radio.

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THE SPOTS FALL

Both vulnerable, East deals

NORTH

♠ K 5 3
♥ A Q 9 4
♦ Q 9 4 3
♣ 3 2

WEST

♠ Q J 10 7 6
♥ K J 3 2
♦ 7 5
♣ 6 5

EAST

♠ 8 2
♥ 8 5
♦ K J 10
♣ A J 10 9 8 7

SOUTH

♠ A 9 4
♥ 10 7 6
♦ A 8 6 2
♣ K Q 4

The bidding:

EAST	SOUTH	WEST	NORTH
Pass	1♦	Pass	1♥
2♣	Pass	Pass	3♦
Pass	3NT	All pass	

Opening lead: Six of ♣

The opening club lead went to East's seven and South's king. South was the great Norwegian player Tor Helness. Most players would have started on diamonds at trick two, but Helness reasoned that East's hand was limited by his failure to open the bidding. East's club holding was obvious and he would have opened

the bidding had he held both red kings. Should Helness lose an early trick to the king of hearts in the East hand, there was an excellent chance that West held the king of diamonds.

Helness decided to play on hearts first, rather than diamonds. He led the 10 of hearts at trick two, covered by the king and won with dummy's ace. Helness next led a club from dummy. East rose with his ace and cleared the clubs with a third round to South's queen. Helness successfully led a heart to dummy's nine, noting the incredible fall of the five and the eight from East. Declarer crossed back to his hand with a spade to the ace and led the seven of hearts, skillfully managing four tricks from the heart suit. That was enough to get his total up to nine and bring home his contract.

Note that the contract would have failed had Helness started on diamonds first. He would eventually play on hearts, but he would no longer have the entries to take four tricks in the suit. Nicely played!

(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: tcaeditors@tribpub.com)

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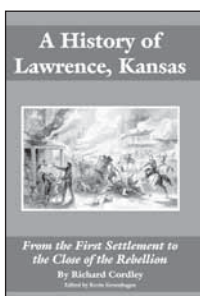
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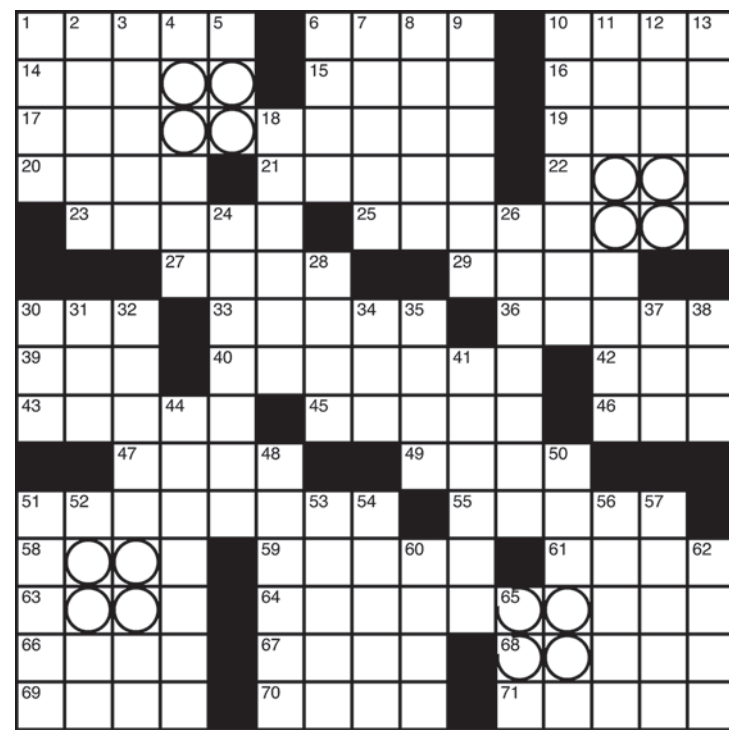
Across

- 1 Host of "Late Night Joy"
 6 Pennant contest
 10 Herbal seed used in smoothies
 14 Truly impress
 15 Screen image or screen idol
 16 Called
 17 Eleventh hour
 19 Language of Pakistan
 20 Beach toy
 21 "Otello" composer
 22 She played Jackie on "Nurse Jackie"
 23 Age of Reason philosopher
 25 Short fiction
 27 Sloth and envy
 29 First name in scat
 30 Super ___
 33 Words after save or take
 36 Afghan capital
 39 Lamb nurser
 40 Speaker's stand ... or

- what each set of circled squares graphically represents
 42 Mama bear, in Baja
 43 Sauce made with pine nuts
 45 Roll dipped in wasabi
 46 ___ cabbage
 47 Drawn tight
 49 Big name in golf clubs
 51 Bugs' voice
 55 Storied monsters
 58 Airline known for tight security
 59 About
 61 Algerian seaport
 63 Humorist Barry
 64 Unparalleled
 66 Plugging away
 67 Heated contest, in more ways than one
 68 Aquafina rival
 69 Some skinny jeans
 70 Torah cabinets
 71 Like a neglected garden

Down

- 1 Refuse to, with "at"
 2 Outlook messages
 3 Lacks choices
 4 Quetzalcoatl worshipers
 5 High-___ image
 6 Jasmine ___
 7 Part of an autumn stash
 8 Many a beach rental
 9 Bitter green in mixed greens
 10 Fur-loving de Vil
 11 Work that may be imposed with a prison sentence
 12 29-state country
 13 Feverish bouts
 18 "Still ..."
 24 Honda Fit competitor
 26 Warning sign in the Rockies
 28 High waters
 30 Abundance in the cheerleading squad
 31 Reverence
 32 Observation with a sigh
 34 Kwik-E-Mart clerk
 35 Kitchen amt.
 37 Take for a sucker
 38 Little fellow



- 41 Many an Indian fan
 44 Computers that travel well
 48 Puget Sound city
 50 It's on the record
 51 Wartime award
 52 Fill with joy
 53 Forty-___
 54 Links hazard
 56 Banks with a statue at Wrigley Field
 57 Course with leaves
 60 Jazz lovers
 62 Part of a Wall St. address
 65 Meadow drops

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

JUMBLE

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

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

TAIDM

○ ○ ○ ○

MUPEL

○ ○ ○ ○

RENOYR

○ ○ ○ ○

NAMEUH

○ ○ ○ ○

Answer here: ○ ○ ○ ○

THE TREE WASN'T GROWING COCONUTS LIKE IT SHOULD, AND IN ORDER TO FIND OUT WHY, THEY HIRED A

Check out the new, free JUST JUMBLE app

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SCRABBLE G.R.A.M.S.

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A₁ O₁ D₂ R₁ R₁ L₁ W₄

A₁ I₁ K₅ H₄ R₁ S₁ D₂

A₁ E₁ E₁ Y₄ M₃ D₂ W₄

A₁ I₁ I₁ H₄ R₁ F₄ S₁

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

PAR SCORE 265-275
 BEST SCORE 328
 FIVE RACK TOTAL
 TIME LIMIT: 25 MIN

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

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

12-00

Answers to all puzzles on page 34

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

CROSSWORD SOLUTION



SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: ADMIT, PLUME,
ORNERY, HUMANE

Answer: The tree wasn't growing
coconuts like it should, and in order
to find out why, they hired a -- PALM
READER

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SCRABBLE GRAMS SOLUTION												
W ₄	A ₁	R ₁	L ₁	O ₁	R ₁	D ₂	RACK 1 =	61				
D ₂	A ₁	R ₁	K ₅	I ₁	S ₁	H ₄	RACK 2 =	67				
A ₁	T ₁	T ₁	I ₁	R ₁	E ₁	D ₂	RACK 3 =	58				
M ₃	A ₁	Y ₄	W ₄	E ₁	E ₁	D ₂	RACK 4 =	66				
F ₄	A ₁	I ₁	R ₁	I ₁	S ₁	H ₄	RACK 5 =	76				
PAR SCORE 265-275							TOTAL	328				



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MY ANSWER

Strive to reach God's potential for your life

By Billy Graham

Tribune Content Agency

Q: I believe the most important thing we can do in life is develop our inner potential. I don't see why Christians tear people down by telling them they're sinful and worthless. You ought to encourage them instead to look within themselves and strive to reach their full potential. - P.G.

A: I'm sorry if you've gotten the impression that Christians believe we are worthless—because the opposite is the case! Instead, we are so valuable in God's eyes that He sent His Son into the world to give His life for our salvation. Would He have done that if we were worthless?

At the same time, we will never become the people God wants us to

be by looking only within ourselves. When we do that (as you are suggesting), we ignore God and think we can solve all our problems on our own. We become centered instead only on ourselves, and in our pride we put ourselves in the place of God. We end up denying our weaknesses and our selfish motives, and we have no real answer for our feelings of guilt or failure.

Most of all, looking only within ourselves means we overlook our greatest need: to be reconciled to God. God made you, and life's greatest joy comes from knowing Him and discovering His plan for our lives. It comes also as we discover the gifts and abilities He has given us, and begin using them for His glory. Nothing is greater than reaching God's potential for your life.

Don't turn your back on Christ. Face instead your need for His forgiveness and grace, and open your heart and life to His love and His transforming power. The Bible says, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind" (Romans 12:2).

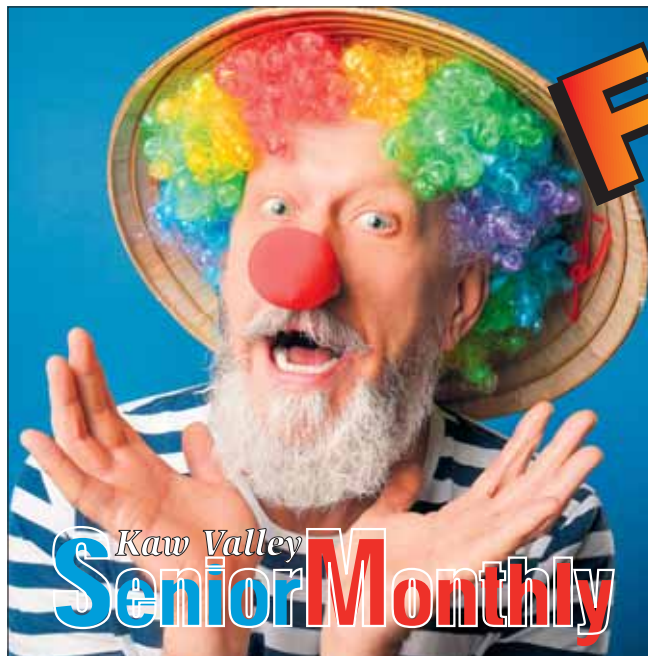
- Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham Parkway, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: www.billygraham.org.

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